

a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
WINTER 2026



LOMA LINDA
UNIVERSITY
HEALTH

START THE YEAR WITH FOUR
HEALTHY CHANGES

SHOULD YOU TRUST AI FOR
HEALTH ADVICE?

THE 7 KINDS OF REST
YOU MIGHT NEED

ask *the* EXPERT

Can holiday stress feel like a heart attack?

A: For many people, the holidays bring joy and connection. But for others, packed schedules, family dynamics, travel, financial strain and the pressure of hosting can create emotional overload that stresses the heart. Each year, cardiologists at Loma Linda University Health see more patients with stress-induced cardiomyopathy, a condition that mimics a heart attack.

"Patients come in with chest pain, shortness of breath and abnormal EKGs," says Megan Pelter, MD, an advanced heart failure and transplant cardiologist. "Everything points to a heart attack, but their coronary arteries aren't blocked."

Older adults are most often affected, especially those managing conditions like diabetes, kidney disease or lung problems. Late nights spent shopping, traveling or scrolling on phones keep stress hormones elevated, placing added strain on the heart.

"Most patients with stress-induced cardiomyopathy recover with medication and follow-up," Pelter says. "The key is managing stress and following heart-healthy habits."

Schedule a preventive heart screening or talk to your doctor about your risk factors. Learn more at lluh.org/heart-vascular.



Megan Pelter, MD,
Advanced Heart
Failure and Transplant
Cardiology,

Loma Linda University
International Heart Institute



fyi Sign up to get heart-health tips, fun activities and delicious recipes at lluh.org/pref.



START THE YEAR WITH HEALTHIER NUMBERS

The new year is the perfect time to check in on your blood pressure. Current guidelines define high blood pressure as 130/80 mm HG or higher. That may be lower than you remember, so it's important to know your numbers and make a plan if they're elevated.

Even small, steady changes can make a real difference for your heart and overall health. You don't need to change everything at once — try building new habits step by step:

Try these four steps over the next few months:

1. Know your numbers. If you haven't had your blood pressure checked recently, make it a priority. Home monitors or a quick check at a pharmacy can also give you a snapshot before your next appointment.

2. Move more. The goal is to hit 150 minutes of activity per week. If you're already there, great! If that feels out of reach, start with 10 minutes a day and build from there.

3. Eat smart. Add a fruit or vegetable to every meal. For instance, try fruit in your cereal, spinach on your sandwich and chopped broccoli in your pasta. Also, watch out for extra sodium in packaged or restaurant foods.

4. Talk with your provider. At your next visit, share your readings. If your blood pressure is above the healthy range, your provider may suggest lifestyle changes or medicine to help bring it down.

Making these small changes now can set you up for a healthier year ahead — and protect your heart for years to come.

BE HEART SMART

For most people, heart disease is caused by our daily lifestyle choices. When we make better choices, we can prevent four out of five cases of heart disease. Our experts are here to help you do just that. Visit us at lluh.org/heart-month or call us at 800-INTL-HEART (800-468-5432).

7 THE KINDS OF REST

YOU DIDN'T KNOW YOU NEEDED



Feeling stuck or uninspired?

You may need **Creative Rest:**

Paint, write or bake for fun, turn your brain off and listen to music or wander around a local garden, park or beach.

Match how you're feeling to the rest your mind or body actually needs.



Having racing thoughts or trouble concentrating?

You may need **Mental Rest:**

Meditate or practice mindfulness, journal your thoughts before bed, work on a puzzle or fold laundry.



Under pressure to "keep it together"?

You may need **Emotional Rest:**

Express your true feelings, text a friend you trust or say "no" without guilt.



Noticing tense muscles or body exhaustion?

You may need **Physical Rest:**

Lie down and take a nap, turn on white noise to sleep better at bedtime, go for a walk or stretch or do yoga.



Overwhelmed by sounds or screen time?

You may need **Sensory Rest:**

Turn on "Do Not Disturb" for 10 minutes, head outdoors or find a quiet space and close your eyes.



Tired of always giving to others?

You may need **Social Rest:**

Spend time with people who recharge you, leave group chats that drain your energy or enjoy a solo lunch break.



Struggling to find purpose or fulfillment?

You may need **Spiritual Rest:**

Surround yourself with people who accept you, join a cause that matters to you or intentionally enjoy the beauty of nature.

Quick tip: You don't have to try all seven at once. Just pick the kind of rest you need most today!

LIVE IT

Quick tips to keep you healthy!

For more simple ways you can
live healthier, longer, visit
LiveItLomaLinda.org.

The heart-protecting power of potassium

Peel a banana, roast a sweet potato or sauté some spinach. If you have type 2 diabetes, these potassium-packed foods may help lower your risk for heart disease. While extra potassium can be harmful for people with kidney disease or other health conditions, most adults don't get the recommended 3,500 milligrams per day. If you have diabetes, ask your provider how much potassium is right for you.



Should you trust AI for health advice?

While AI may seem all-knowing at times, it's important to remember that it's not a doctor. Don't rely on it as your primary source of medical advice, especially for serious or complex health issues. The best approach is to use AI as a helpful guide for non-urgent issues — like understanding the difference between a cold and allergies or getting tips on managing stress. For specific concerns, always check in with your provider.





Don't get sidelined by the flu

A yearly flu shot helps protect you from the influenza strains expected to cause the most illness. A high-dose vaccine is approved for those ages 65 and older and recommended as an option for those younger than 65 and those who take immunosuppressive medicines.

To schedule a flu or vaccine appointment for you or your family, call Loma Linda University Primary Care at **909-255-3236**.

Don't skip the nutrients you need

If your New Year's resolution includes losing weight, remember: it shouldn't come at the cost of your health. Your body still needs key nutrients to stay strong and energized. Be sure to eat a mix of fruits and veggies, whole grains and proteins. If you start feeling weak, tired or foggy, check with your provider to make sure your plan is on track.



Boost your brain every day

Looking to lower your risk of cognitive problems? Small lifestyle choices can make a big difference. Join a group that challenges your mind, such as a book club. Volunteer for a cause that's meaningful to you — whether it's a food bank, animal shelter or hospital. Staying socially connected and having a sense of purpose may help keep your brain active and healthy.

MEDITERRANEAN DICED SALAD

INGREDIENTS

- 19-ounce can chickpeas
(also called garbanzo beans)
- 1 red pepper
- 1 cucumber
- 2 celery stalks
- 1 cup halved grape tomatoes
- Juice of 1 large lemon (about ¼ cup)
- 1 tbsp. white vinegar
- 2 tbsp. olive oil
- ½ cup chopped fresh parsley



DIRECTIONS

1. Drain and rinse chickpeas and put in a large mixing bowl.
2. Core red pepper and dice into half-inch squares. Add to bowl.
3. Peel and chop cucumber; slice celery lengthwise and chop. Add to bowl.
4. Add halved grape tomatoes.
5. In a measuring cup or small bowl, whisk lemon juice, vinegar and olive oil. Pour over salad ingredients. Toss well to coat all ingredients.
6. Add parsley and mix again.
7. Refrigerate until ready to serve. Season to taste. Serve chilled.



**CLICK THIS CODE
TO FIND MORE
HEART-HEALTHY
RECIPES ONLINE!**

WHY YOU SHOULDN'T SKIP REGULAR CHECKUPS

A short visit today can stop small problems from growing.

It's easy to find excuses for putting off a nonurgent healthcare appointment. Maybe you tell yourself that you don't have time right now. Maybe you believe that everything is probably fine. Or perhaps you're worried it isn't, and you don't want to hear bad news. Whatever the reason, it's likely outweighed by all the great benefits of seeing your healthcare provider regularly.

REASON #1: DISCUSS PREVENTIVE STRATEGIES

Regular checkups help you stay up-to-date on preventive care. And that helps you stay healthier in the years ahead. This is a chance to talk with your provider about making healthy lifestyle choices, such as maintaining a healthy weight and staying active. Your provider may also refer you to other specialists or services.

REASON #2: GET VACCINES AND SCREENINGS

Regular visits ensure you receive all the vaccines and screenings you need. Vaccines lower your risk for certain

diseases and their complications. Screening tests and exams help you find specific health problems early, when treatment can be most effective. Some tests, such as blood pressure checks, can be done during your visit. Others may require extra preparation or separate appointments. Your provider can review which ones are due and where to have them done.

REASON #3: MANAGE CHRONIC CONDITIONS

For long-term health condition such as diabetes, heart disease or asthma, regular visits help you manage them more successfully. The frequency depends on your health. If you have started a new medicine or developed a complication, you may need to go more often.

REASON #4: BE READY FOR NEW PROBLEMS

You never know when an unexpected issue might arise. Your primary care provider can treat the new condition or refer you to a specialist. Either way, having a provider you trust means someone is overseeing your care and guiding you in the right direction. That's the kind of relationship built up through regular health visits.

CARE YOU CAN COUNT ON

Loma Linda University Health providers are committed to keeping your entire family healthy. We offer same-day and after-hours expert care for infants, children, adults and seniors. Learn more at lluh.org/primary-care.

WHAT'S HAPPENING AT LOMA LINDA UNIVERSITY HEALTH

WINTER 2026



CLASSES & PROGRAMS

ALWAYS IN MY HEART

A bereavement support group for parents who have lost a baby from miscarriage, stillbirth or in infancy. We are sorry we are unable to accommodate children. For information, call 909-558-7261 or visit lluh.org/bereavement.

BEHAVIORAL HEALTH OUTPATIENT PROGRAMS

Partial hospitalization and intensive outpatient therapy programs are available for youth and adults facing mental health and substance use challenges. To learn more, call 909-558-9275 or visit at llubmc.org.

BIG HEARTS FOR LITTLE HEARTS GUILDS

Loma Linda University Children's Hospital volunteer guilds host events and activities to help meet the healthcare needs of community children. Call 909-651-9849 for more information.

BIRTH AND BEYOND

Covering everything from the childbirth process to what you need to know about a NICU stay, we offer classes, tours and support groups to help you prepare for your family's newest addition. Learn more at lluch.org/classes.

CARDIOPULMONARY REHAB COOKING DEMONSTRATION

• Call for dates and times. Plant-based cooking demonstrations.



COMPREHENSIVE WELLNESS EVALUATIONS

Make an appointment with our Preventive Medicine providers at the Center for Health Promotion for your annual wellness visit, followed by targeted interventions. Call 909-559-4594 for information.

DIABETES SELF-MANAGEMENT EDUCATION CLASS

Call 909-558-3022 to register. Four-session program that is recognized by the American Diabetes Association.

DIABETES SUPPORT GROUP

Diabetes experts provide educational and resource information. For more information, call 909-558-3022.

GRIEF RECOVERY GROUP

A six-week grief recovery class for those who have experienced a loss due to death. For dates and to register, call 909-558-4367.

HEALTH 180

To request more information about this 10-session virtual group program that helps you turn your health around, email health180@llu.edu.

HOPEFUL JOURNEY

A support group for moms who are pregnant after experiencing the loss of a baby. For information, call 909-558-7261.

INFLAMMATORY BOWEL DISEASE SUPPORT GROUP

• Second Thursday of each month, 6 to 7 p.m. For information, call the Digestive Disease Center at 909-651-4996.

INTERNATIONAL TRAVEL CLINIC

• Wednesdays, 1:30 to 4 p.m. Walk-in vaccination clinic. Please call 909-558-4594 prior to coming in on Wednesday afternoon.

KIDNEY AND PANCREAS SUPPORT GROUP

• Second Tuesday of each month, 1:30 to 3 p.m. For more information, call 909-558-3636.

LIVER SUPPORT GROUP

• First Friday of each month, noon to 1:30 p.m. Call 800-548-3790.

LUPUS AND AUTOIMMUNE SUPPORT GROUP

• Third Thursday of each month, 5 to 6 p.m., Faculty Medical Offices, Room 3925 For patients, caregivers, friends and family who would like more information on autoimmune conditions. Call 909-645-1457.

CANCER SUPPORT GROUP

• Every Wednesday, 5 p.m. 11265 Mountain View Ave., Suite 12, Loma Linda, CA 92354 If you have any questions, email creyesdelapaz@llu.edu or call 909-558-7756.

METABOLIC OBESITY CLINIC

Provider visits for long-term weight management. Call the Center for Health Promotion at 909-558-4594.

MONDAY NIGHT OUT: SUPPORT AND SOLUTIONS FOR WOMEN'S PELVIC HEALTH

• First Monday of each month, 6 to 7 p.m. Learn more about women's health topics and support one another through the phases of life. To register or for more information, call 909-558-5874.

PARKINSON'S DISEASE EXERCISE GROUP

• Thursdays, 9:30 to 10:30 a.m. For people with PD who have participated in the LSVT BIG therapy program and want to continue group exercise. \$15/day.

STROKE/ANEURYSM SUPPORT GROUP

• Third Tuesday of each month, 5:30 to 6:30 p.m. Led by Dr. Promod Pillai (Department of Neurosurgery). For more information, contact Olivia Portugal at oportugal@llu.edu or 909-558-4726.

WEIGHT LOSS ONLINE SUPPORT GROUP

• Second Monday of each month, 6:30 to 7:30 p.m. For more information, call 909-651-7091 or email bariatrics@llu.edu.

RESOURCES

PHYSICIAN REFERRAL LINE

• Loma Linda University Health 800-872-1212



For more information on all classes and programs, call 877-558-6248.

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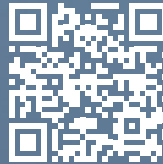


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One Mission.

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