

a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
DEC 2017

AVOID
THE
HOLIDAY
BLUES



LOMA LINDA
UNIVERSITY
HEALTH

BEAUTY'S SMOKIN'
HOT TREND: CHARCOAL

3 POWERHOUSE FOODS
YOU SHOULD TRY

CHORES COUNT
AS EXERCISE

ask *the* EXPERT

What are some signs that you or a loved one might be depressed?

A: Depression is sadness, emptiness or hopelessness that causes distress in everyday life. This means that feeling depressed interferes with the individual's ability to function at home, work or school. The symptoms include weight loss or weight gain, too much sleep or too little sleep, feeling agitated, low self-esteem, isolation, difficulty concentrating, excessive fatigue, feelings of worthlessness and sometimes thoughts of suicide. Approximately 7 percent of adult Americans are diagnosed with depression. Women are diagnosed with depression more often than men. The holidays can be a stressful time that might trigger depression. Above all, learn to recognize depression symptoms and seek professional help if needed.

Are you having feelings of depression? Call the Loma Linda University Behavioral Medical Center for a free assessment at **1-866-884-2334**.

fyi:

The WHO estimates that more than 30 million people around the globe suffer from depression.



HEALTHY WAYS TO AVOID THE HOLIDAY BLUES

The holidays are a difficult time of year for those who are depressed. You may also experience feelings of loneliness during this time.

It can be tempting to indulge in unhealthy behaviors, such as drinking, to help you cope. With scores of holiday parties and family gatherings this time of year, there's often plenty of alcohol available. Or you may be tempted to smoke, take drugs or overeat to escape difficult emotions you may be experiencing.

The truth is, these behaviors won't help — they can even make you feel worse. These tips can help you navigate tough times without hurting yourself or those around you.

■ **Keep your expectations realistic.** You may feel pressure to take on more tasks than you have energy for or give more gifts than you can afford. Overextending yourself and not being able to follow through can make you feel worse. Only commit to those things you know you'll be able to do. If other people ask more of you than you can handle, you can always say no.

■ **Make time for exercise.** When you're active, your brain releases chemicals that improve your mood and decrease stress. Not only does exercise keep your body healthy, it protects your mind, too. Experts recommend 150 minutes of moderate-intensity exercise each week.

■ **Talk to someone.** You don't have to go it alone. Talk about your problems with someone close to you, such as a friend or family member. It can help you feel better. That person may also help you think of your problems in a new way and recommend solutions you haven't considered before. Be honest with your doctor, too. There are treatments for depression that can help.

■ **Take care of yourself.** When you treat your body right, you're able to deal with problems more easily. Get seven to nine hours of sleep every night. Avoid sugar and caffeine. They can cause a dip in your energy level and leave you feeling worse. And fill your diet with health-boosting foods, like fruits, vegetables, beans and whole grains.

ARTHRITIS OF HAND WILL AFFECT ALMOST HALF OF ADULTS – AND MOSTLY WOMEN

Recent research suggests that about 40 percent of adults will develop osteoarthritis (OA) of the hand at some point in their lives. OA of the hand is a common condition that causes disability in hand strength and function. The study, led by researchers from the U.S. Centers for Disease Control and Prevention, also found that OA of the hand is more common among women. Nearly one in two women will develop the condition by age 85, compared with one in four men.

For women, OA of the hand typically develops after menopause. Women are also more vulnerable to arthritis at the base of the thumb after age 40. Studies suggest that OA of the hand is so much more common among women because declining estrogen levels during perimenopause and menopause contribute to the loss of joint function.

RISK FACTORS

But women are not the only people who are at a higher risk for OA of the hand. Other risk factors include:

- **Genetics:** If your mother or grandmother has or had OA in her hands, you are at greater risk of having it, too.
- **Weight:** OA of the hand is more common among people who are obese.
- **Age:** The risk of developing arthritis increases as you get older.
- **Health history:** Prior fractures or other injuries to the joint may increase the likelihood of developing OA of the thumb.

SYMPTOMS AND TREATMENT


Talk with your doctor if you experience these symptoms:

- Pain that feels dull or burning. It often occurs after joint use, such as gripping or grasping heavy things.
- Swelling when the joint is subject to greater stress

- The joint is warm to the touch, due to your body's inflammatory response.
- Looseness or grinding sensation in the affected joint
- Cysts that cause ridging or dents in the nail plates of the affected fingers

If you have OA of the hand, there are steps you can take to relieve pain and inflammation. Common treatments include:

- **Nonsteroidal anti-inflammatory drugs (NSAIDs):** These are used to help ease pain and inflammation from all types of arthritis.
- **Corticosteroids:** These drugs are used to control inflammation.
- **Analgesics:** These are used to relieve pain, particularly in people who cannot take NSAIDs due to allergies or stomach problems.
- **Surgery:** If arthritis leads to deformity or interferes with function, surgery, such as finger joint fusion or finger joint replacement, may be necessary.



Nearly one in two women will develop osteoarthritis of the hand by age 85.

IN GOOD HANDS

The Hand Center at Loma Linda University Medical Center is a comprehensive center dedicated to treating your hand pain. To learn more, call today at **909-558-HAND (909-558-HAND)**.

LIVE IT

Quick tips to keep you healthy!

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

3 AT-HOME TIPS FOR WHITER TEETH

Aiming for pearlier whites?
Revamp your habits with these tips:

1 RETHINK YOUR BRUSH

Consider going electric. At least for some people, electric toothbrushes can help them brush the right way for the right amount of time, keeping their teeth cleaner and leading to a whiter smile. And don't forget to floss to clean between the teeth.

2 EAT YOUR FRUITS AND VEGGIES

Chewing on crunchy fruits and vegetables — think apples or celery — help rid the teeth of plaque and scrubs stains off the surface of the teeth.

3 RINSE FIRST

After indulging in stain-causing drinks, rinse with water and wait at least 30 minutes to brush. Brushing too soon can actually push the pigment into your teeth.



BEAUTY'S SMOKIN' HOT TREND: CHARCOAL

Want cleaner skin, whiter teeth, shinier hair? Check out charcoal. Activated charcoal — charcoal that has been specially treated with oxygen (not the charcoal found in your barbecue) — can be ordered online or found in your local drugstore. And it's the latest health and beauty trend. This special charcoal is thought to naturally absorb toxins and draw impurities and excess oils from the body.





3 HEALTHY FOODS YOU SHOULD PUT ON YOUR GROCERY LIST

These three powerhouse foods pack just as much of a healthy punch — if not more — as the superfoods you are used to hearing about, such as kale, blueberries and salmon.

Artichokes are Mediterranean treats that are low in calories and sodium and free of fat and cholesterol. They are also a good source of fiber (to help with digestive issues), vitamin C, folate and magnesium. Try steaming them for 25 to 45 minutes, depending on size.



Beets are celebrated for their powerful anti-inflammatory and vascular-protective effects. Try adding them to kebabs or stir-fries.

Cauliflower is a good source of vitamin C and folate. It is also fat-free, cholesterol-free and contains very low sodium. Try roasting or steaming cauliflower as a side dish. Or puree it into soups.



recipe

FIREHOUSE LENTIL SOUP

INGREDIENTS

- 1½ cups uncooked lentils
- 6 cups water
- ½ tsp. black pepper
- ½ tsp. cumin
- ½ tsp. oregano
- 2 bay leaves
- 1 4-oz. can diced green chilies, undrained
- 1 medium red bell pepper, chopped
- 1 medium carrot, diced
- ¼ cup lime juice
- 1 tbsp. olive oil

DIRECTIONS

Place first six ingredients in large pot. Bring to a boil and simmer until lentils are tender, about 20 minutes. Remove one cup of lentils and puree with green chilies in blender. Add back to the soup. Add bell pepper and carrot and cook until the vegetables are tender. Discard bay leaves before serving and serve with lime juice and olive oil.

NUTRITION FACTS

Makes six servings. Each serving provides: 200 calories, 3 g total fat (1 g saturated fat), 0 g cholesterol, 80 mg sodium, 32 g carbohydrates, 12 g dietary fiber, 3 g sugar and 13 g protein.

Source: Centers for Disease Control and Prevention, "Fruits and Veggies: More Matters"

LIVE IT
IN THE KITCHEN

Find more healthy recipes
at liveitlomailinda.org.

CHORES COUNT AS EXERCISE

**You know
you should
exercise more.
But when?**

It takes some creative planning. But there are ways to make time for aerobic exercise — as well as two or three weekly strength-training and flexibility workouts.

BRUSH UP ON THESE EXERCISE ESSENTIALS

Here are some fitness facts to keep in mind when planning your workouts:

- Many chores count as exercise, including washing windows and scrubbing floors.
- Shorter, intense workouts provide similar health benefits as longer, moderate workouts. For example, 15 minutes of climbing stairs at an intense pace offers many of the health benefits that you get with 30 minutes of brisk walking.

- You don't have to exercise for 30 minutes straight. Three 10-minute brisk walks will earn you the same health benefits.
- Twenty minutes, two or three times a week, is all it takes to gain many of the benefits of strength training. You only need to perform one set — or eight to 12 repetitions — of each exercise.
- Many stretching exercises can be done just about anywhere — for instance, when waiting in line or sitting at your desk.

LOOK FOR EXERCISE OPPORTUNITIES

Here are just a few ways to fit exercise into your schedule:

- Walk on a treadmill while watching your favorite TV show.
- Climb stairs as often as you can.
- Stow a pair of walking shoes in your desk for a lunchtime walk.
- Get off the train or bus a stop early and walk the rest of the way to or from work.
- Make it a family habit to take a walk after dinner.
- When traveling, choose a hotel with a fitness center or swimming pool. Or get a map and explore a new city on foot.

Make a Resolution

Make yourself a promise to work more movement into your daily routine. Exercise has many health benefits, including lowering your risk for heart disease, certain cancers, type 2 diabetes and osteoporosis. It can also improve your mood and make you feel good.



CLASSES & PROGRAMS

CLASSES/PROGRAMS

BIRTH AND BEYOND EDUCATION CLASSES

- Preparing for Childbirth
- Breastfeeding Basics
- And more!

CANCER COOKING CLASSES

Call for dates and times.

Cooking demonstrations for cancer patients, their families and employees of Loma Linda.

CARDIAC AND PULMONARY REHABILITATION

Covered by most insurance.

DIABETES SELF-MANAGEMENT EDUCATION CLASS

Call to register.

Five-session program recognized by the American Diabetes Association.

DRAYSON CENTER WELLNESS CLINIC, THE FULL PLATE DIET

Lose weight with the healthiest diet on the planet!

LEAN CHOICES

Once a week. Call for dates and times.

Lean Choices is a 12-week lifestyle education group encounter that features informal discussions and goal-setting activities.

THE LEBED METHOD— FOCUS ON HEALING EXERCISE CLASS

Call for dates and times.

Healing through therapeutic exercises and movement to music. Designed for anyone who has experienced breast cancer and those with chronic health conditions.

NUTRITION TALKS

Second Thursday of each month, noon Cancer Center Conference Room, Schuman Pavilion Level A

Information for cancer patients and interested parties on nutrition as part of risk reduction, healthy foods, weight management and more.

THE POWER OF CHOICE FOR HEALTH, WELL-BEING AND LONGEVITY

Call for dates and times.

Learn how choices play a role in health.

PRENATAL CLASS

Second Monday of each month, 5:30 to 7 p.m.

English and Spanish classes provide information for a safe and healthy pregnancy.

SICKLE-CELL EDUCATION SERIES ADULT GROUP MEETING

Second Thursday of each month, 6:30 to 8:30 p.m.

FREE WEIGHT-LOSS SURGERY SEMINARS

For dates and registration, visit lomalandaweightloss.org.

SUPPORT GROUPS

ALWAYS IN MY HEART

- Second Monday of each month, 7 to 8:30 p.m.
- Fourth Tuesday of each month, 9:30 to 11 a.m.

A bereavement group for parents who have lost a baby.

DIABETES SUPPORT GROUP

First Tuesday of each month, 6:15 to 7:30 p.m.

Diabetes experts provide educational and resource information.

ANEURYSM/STROKE SUPPORT GROUP

Third Tuesday of every month, 5:30 to 6:30 p.m.

A bereavement group for survivors and their families.

HOPEFUL JOURNEY

Please call for time and location.

A support group for women who are pregnant following the death of a baby. The group focuses on dealing with fears and anxieties while moving forward in hope.

LIVER SUPPORT GROUP

First Friday of each month, noon to 1:30 p.m.

MENDEED HEARTS

Fourth Friday of each month, 1:30 to 3 p.m.

Loma Linda University Heart and Surgical Hospital

For all heart patients and their families.

METABOLIC AND BARIATRIC SURGERY SUPPORT GROUP

Second Monday of each month, 6:30 to 7:30 p.m.

Tom & Vi Zapara Rehabilitation Pavilion

PARKINSON'S SUPPORT GROUP

Third Wednesday of each month, 10 to 11:30 a.m., LLUMC East Campus, Room 129

For caregivers and those living with Parkinson's.

WOMEN'S CANCER SUPPORT GROUP

Tuesdays, 6 to 8 p.m.

For women with all types of cancer. Family and friends are welcome.

BEHAVIORAL MEDICINE CENTER

CHRONIC PAIN AND MEDICATION DEPENDENCY PROGRAM

A specialized program to address the unique needs of a chronic pain patient by addressing all aspects of the individual's mind, body and spirit so that the individual can reclaim his or her life through hope, healing and serenity.

GET INVOLVED

BIG HEARTS FOR LITTLE HEARTS GUILDS

Loma Linda University Children's Hospital volunteer guilds host events and activities to raise funds and bring awareness to help meet the health care needs of community children.
llu.org/guilds

CENTER FOR HEALTH PROMOTION

COMPREHENSIVE WELLNESS EVALUATIONS

An in-depth evaluation of your health and wellness followed by targeted interventions.

INTERNATIONAL TRAVEL CLINIC

Wednesdays Walk-In, 1:30 to 4 p.m.

International travel vaccinations.

WEIGHT ORIENTATION

Review several treatment options for weight loss.

For more
information on
all classes and
programs, call
1-877-LLUMC-4U.

a **HEALTHY** **TOMORROW**

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This Holiday Season **Give Now.** **Build Hope.**

Madison and her family called Loma Linda University Children's Hospital home for several months while she received the care she needed. This holiday season, many families like Madison's will call the hospital home. Help us build hope for these families.

Through our Vision 2020 campaign, we are embarking on a journey to give hope, provide cures and save the lives of our tiniest patients by building a new children's hospital tower.

Give today to help us build hope for families like Madison's.

Visit us on the web at **GiveVision2020.org**, and make your pledge today.



**LOMA LINDA
UNIVERSITY
CHILDREN'S
HOSPITAL**