

a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
JAN/FEB 2017

HEALTHY HABITS from Around the World



LOMA LINDA
UNIVERSITY
HEALTH

FAMILY LINK TO
HEART ATTACK

STRATEGIES TO QUICKLY
DECLUTTER

5 WAYS TO EASE
YOUR WORRIES

ask the EXPERT

I heard that a low-carbohydrate diet would help me lose weight and improve my diabetes. I have been following a low-fat diet, but I seem to get heavier and my A1c keeps going up. What do you think?

A: Most of us in the medical profession have thought that a low-fat diet was the answer to losing weight and curing diabetes. Fat has more calories per unit weight than carbohydrates and proteins. Just cut the fats and your weight should get better.

But just like you, we found that the higher-carbohydrate diet that replaced the fat in our diets seem to just make matters worse. Carbohydrates and refined sugars seemed to be just plain addicting.

Avoiding the starchy carbohydrates while still enjoying plenty of other vegetables full of fiber and nutrients would be a good start. When you eat foods with plenty of healthy fats and proteins, such as nuts, legumes, tofu and avocados, you will be on your road to health.

Warren Peters, MD, is the Administrator and Medical Director for Loma Linda University Center for Health Promotion. To make an appointment at the Center for Health Promotion, call **909-558-4594**.

New Year, New Beginnings



As 2017 approaches, we look forward to a new year of fulfilling our motto: To Make Man Whole. Let me share with you what that motto means for your family. As we approach the 50-year anniversary of our adult hospital building, I reflect on all the services that we have provided for over a century. Loma Linda University Health focuses on the whole person by considering the important health initiatives that all families should be informed about: physical, mental, social and spiritual health.

Our motto would mean nothing if we could not provide health information and services that your family could readily apply. Consider us a partner in those healthy choices based on our history. With

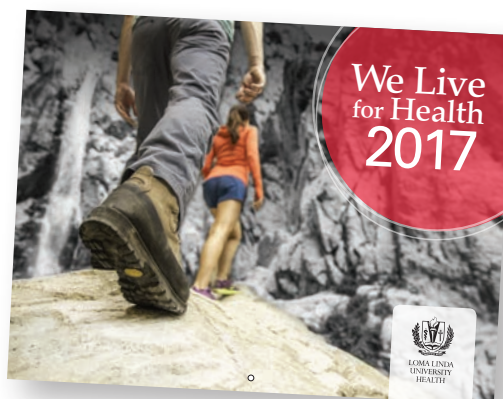
over 1.5 million visits per year, our clinical staff works with patients to give them the best chance to live longer, healthier lives.

A Healthy Tomorrow is a publication we created for our community that shares the lifestyle tips that we live every day. Our goal is to support the needs of your family and promote healthier decisions that you can easily implement. We look at health as a partnership between you, your community and our institution. We believe that living whole is important for our patients' success, and that is why our "Live It" section highlights physical, emotional and spiritual health advice.

Let us all make 2017 a year of better choices. The small decisions we make for our family are what leads to longevity and a healthier tomorrow.

Thank you for continuing to welcome us into your home by supporting this newsletter. *A Healthy Tomorrow* is written and published with you and your family's needs in mind. We hope to provide you with another year of healthy tips and balanced recipes.

Richard Hart, MD, DrPH
President,
Loma Linda University Health



FREE 2017 CALENDAR!

Call 1-877-LLUMC-4U today and receive your FREE copy of the 2017 Health and Wellness Calendar! This calendar will keep you informed about special dates, events and advice for a healthy lifestyle.

STUDY CONFIRMS FAMILY LINK TO HEART ATTACK, STROKE RISK

DO YOUR PARENTS HAVE A HISTORY OF HEART DISEASE? WHAT ABOUT YOUR BROTHERS OR SISTERS?

Studies have shown that having a parent with cardiovascular disease (CVD)—such as heart disease or stroke—doubles your risk of developing CVD. One study confirms that having a brother or sister with CVD also raises your risk in middle age.

THE YOUNGER CVD OCCURS, THE HIGHER THE RISK FOR SIBLINGS

Researchers examined more than 2,400 women and men over an eight-year period. All the subjects were age 30 or older.

During the study period, the researchers documented any CVD event, such as angina, heart attack and stroke, that occurred among subjects.

They found that having a sibling with CVD significantly raised a subject's risk of having CVD. Overall, a person's risk for heart attack, stroke or other CVD events may be as much as 45 percent higher if his or her brother or sister suffers from CVD.

CHALLENGE YOUR FAMILY TO HEALTHY CHANGES

A family that shares genes also can try to share a commitment to health. To lower your—and your family's—risk for CVD, try issuing some fun but healthy challenges:

- Make it a goal to learn how to cook and prepare food in heart-healthy, tasty ways. If you're used to frying, commit to grilling, broiling, sautéing or poaching. If you're addicted to ice cream, try sweetening up nonfat yogurt with a sugar substitute, vanilla and berries.
- Form a partnership with your doctor. If a parent or sibling has been diagnosed with CVD, be sure to tell your doctor. Your doctor may recommend that you take prescription medicine or aspirin to lower your risk.
- Commit to adding heart-healthy foods to your palette. You might start with whole-grain barley. Research shows that adding fiber-rich barley to your diet may help lower cholesterol levels.
- Make a pact not to be too hard on yourself. Instead of calling it quits when you fall off your healthy resolutions, pick yourself up and try again.



HEART HEALTH

For more information, call
1-800-INTL-HEART or visit
www.lomalindaheart.org.

LIVE it!

Quick tips to keep you healthy!

Let us support your journey to wellness! Watch our new video series, "Live It: In the Kitchen," featuring healthy and easy recipes at www.liveitlomailinda.org. The videos launch on January 9.

Healthy Habits from Around the World

When it comes to healthy habits, we can learn a lot from other countries. Different cultures embrace different foods and traditions. Here's a look at some healthy behaviors from around the globe that Americans can benefit from, too:



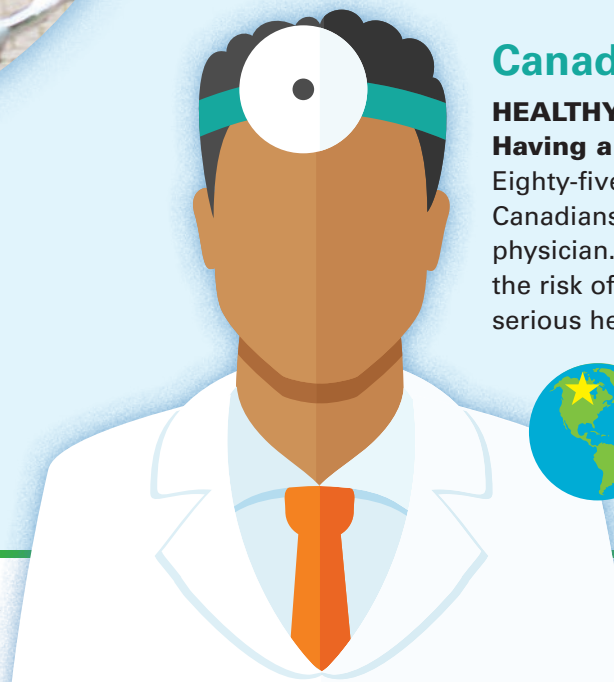
The Netherlands

HEALTHY HABIT: Riding bicycles
Forget car travel—in the Netherlands, it's just as common to cycle. More than one-half of urban trips and one-quarter of all trips throughout the country are taken by bike.



Australia

HEALTHY HABIT: Watching less television
Australians average less than two hours a day in front of the TV. The average American watches an hour more than that.



Canada

HEALTHY HABIT: Having a primary doctor
Eighty-five percent of Canadians have a regular physician. This helps reduce the risk of developing more serious health problems.



China

HEALTHY HABIT: Eating vegetables every day

Fresh veggies are an integral part of the Chinese diet. A recent study found that the Chinese people eat fresh vegetables every day of the week!



TABLE TRAVELS: SAMPLE THESE HEALTHY FOODS

Eat internationally without leaving home with these global healthy foods:

Quinoa (South America).

This versatile grain packs 8 grams of protein and 5 grams of fiber in a cup.

Greek yogurt (Europe).

This yogurt is higher in protein than regular yogurt, with 17 grams per serving.

Chinese cabbage, or bok choy (Asia).

This popular vegetable is high in iron and potassium and can be served cooked or raw.

Kiwifruit (New Zealand).

This tart, green fruit contains your recommended daily value of vitamin C.

Jicama (Africa).

This crispy vegetable is loaded with vitamin C and fiber.

Argentina, Chile and Uruguay

HEALTHY HABIT: Being active

A study published in 2016 found that nearly two-thirds of the adults in cities in these countries exercised regularly—the equivalent of taking a 40-minute brisk walk five days a week.



TO SHAMPOO— OR NOT TO SHAMPOO?

Once upon a time, people believed that not washing your hair enough led to dandruff (not true, though special shampoo containing salicylic acid can help treat this condition).

Now, skipping shampoo has emerged as a hot beauty trend. Should you jump on the no-'poo bandwagon?

While there's no hard-and-fast rule as to how often you should bathe your mane, dermatologists point out infrequent shampooing has its downsides. Not only can hair appear greasy without washing, the scalp underneath can collect oil, too. And skipping shampoo after activities like swimming can cause chemicals like chlorine to linger, damaging your hair.

The ideal frequency depends on your personal preference, along with how oily, curly or chemically treated your tresses are. Also choosing the right shampoo—and using it properly—can improve the appearance and health of your hair and skin. Here's how to do it:

- **Pick a shampoo for your hair type.** For instance, some formulas work best for chemically treated hair.
- **Use only a small amount.** A dab about the size of a quarter will do.
- **Massage gently into the scalp.** Use your fingertips and concentrate your efforts on the top of your head. Working shampoo down the ends of the hair can cause dull, coarse flyaways.
- **Rinse well.** Wash away all suds. Lingering shampoo can cause dry, itchy or flaky skin.
- **Condition afterward.** Unlike shampoo, concentrate conditioner on the ends. Otherwise, it can weigh down your hair.
- **Towel dry.** Wrap—but don't rub—to absorb extra water. Rough treatment with a towel can damage your strands.
- **Comb through.** Use a wide-tooth comb to gently work out tangles. Don't yank or pull—you'll risk breakage and hair loss.
- **Air-dry.** Hair dryers and other heatstyling products can damage hair. Try not to use them, and if you do, apply a heat-protecting product first.



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 providing 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 www.lomalindaweightloss.org.

SUPPORT GROUPS

HOPEFUL HEARTS SUPPORT GROUP

Third Wednesday of each month, 5 to 6 p.m.

An open forum of support and discussion for families with children with congenital heart defects.

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 each month.

LIVER SUPPORT GROUP

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

HEAD AND TRAUMATIC SPINAL CORD INJURY SUPPORT GROUP

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

Survivors or family members welcome.

HEART TRANSPLANT ADULT SUPPORT GROUP

Third Sunday of each month, 2 to 4 p.m.

Information for pretransplant, posttransplant and assist device patients 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.

LUPUS AND RHEUMATIC SUPPORT GROUP

Third Thursday of each month, 5 to 6 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. www.lluch.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.**

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A *Healthy Tomorrow* is published by Loma Linda University Health to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician.
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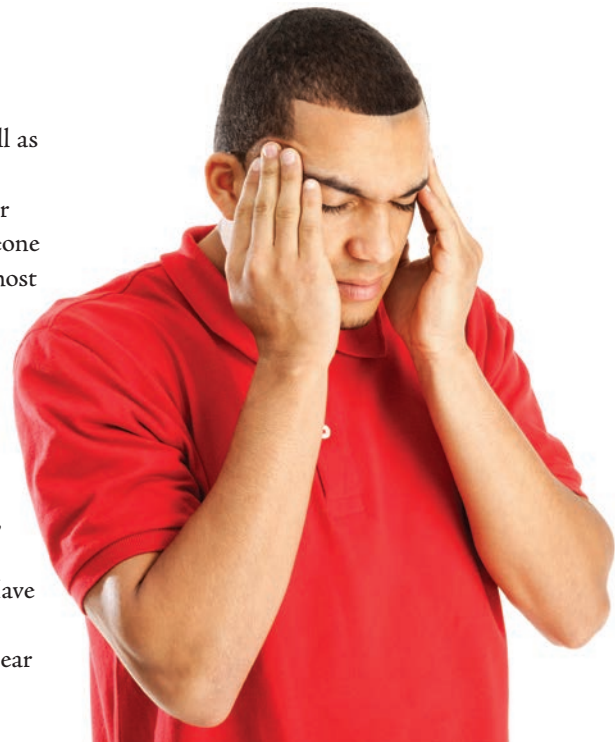
5 WAYS TO EASE WORRY

Maybe your list of responsibilities is a mile long. Or you're concerned about your job, family, finances or health. If you're feeling worried and overwhelmed, you aren't alone: In one recent survey, one in four Americans said they'd felt extremely stressed in the past month. To dial back worry and feel more in control, try these five techniques.

- 1. Move!** Melt mental stress with a 20-minute stroll. You'll start feeling better in as little as five minutes. Don't like walking? Any physical activity—riding an exercise bike, swimming—can help.
- 2. Breathe.** Calm, deep breathing switches on your body's natural ability to relax. Try taking slow, deep, even

breaths for a few minutes. Let your belly rise gently as you inhale and fall as you exhale.

- 3. Prioritize.** Remove things from your to-do list that can wait (or that someone else can handle). Then work on the most important items. And give yourself a daily pat on the back for what you've completed, instead of nagging yourself about what's not done.
- 4. Turn off the news.** Watching, reading or listening to the news, especially if it's violent or disturbing, can increase feelings of stress.
- 5. Socialize.** Don't isolate yourself. Have fun with people you enjoy. Ask for support, too, whether it's a listening ear or a break from caregiving duties.



STRATEGIES TO QUICKLY DECLUTTER

Are you drowning in a sea of possessions, papers and paraphernalia? It may be time to declutter.

Clutter does more than simply take up physical space. It can make you feel overwhelmed and out of control as well. But instead of trying to overhaul your entire home or office right away, try these five simple ways to downsize—and de-stress:

- 1. Start small.** Choose one room or area (like the top of your desk) to tackle instead of trying to do everything at once. If your time is short, give yourself a specific period (say, 15 minutes) each day to devote to decluttering.
- 2. Bag it.** Have three boxes or bags—one for trash, one for items that can be recycled and one for items to

donate or give away. Then place items in the appropriate bags as you decide where they belong.

- 3. Consider value.** Struggling to get rid of belongings? Only keep items that are useful, that work and that you really need.
- 4. Organize.** Group things that belong together—like putting all pens and pencils in a plastic box in a kitchen drawer. In your closet, group different types of clothing together (like shirts or pants) and consider storing out-of-season clothing somewhere else.
- 5. Save creatively.** Instead of keeping piles of family heirlooms, take photos of your favorite objects and then rehome the actual items. Giving feels good and will reduce your clutter as well.