

a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
DECEMBER 2018/JANUARY 2019

AVOID HEARING LOSS



LOMA LINDA
UNIVERSITY
HEALTH

NEWYEAR,
NEW BEGINNINGS

HEALTHY
HOLIDAY GIFTS

SLOW COOKER
OATMEAL RECIPE

ask *the* EXPERT

What are the signs you should visit an ear, nose and throat specialist (ENT) for hearing loss?

A: If you experience a sudden hearing change in one or both ears, please seek medical attention from a primary care physician (PCP) or ENT as soon as possible. The physician could recommend oral steroids, as well as other treatments or tests. If you experience hearing loss over time, seek evaluation through an ENT or PCP. If you have hearing aids but no longer obtain benefits from them, please see an ENT, as other options may be available. Rehabilitative devices can be offered once degree of hearing loss is determined with a hearing test.

If hearing loss is worse in one ear, this should be evaluated by an ENT physician.

Dr. Baishakhi Choudhury is an assistant professor in the Otolaryngology Department. To make an appointment, please call **909-558-2600** or email entreferrals@llu.edu.



New Year, New Beginnings



As we begin 2019, we look forward to continuing our dedication to providing whole family care. Let me share with you how we are bringing health to your fingertips.

At Loma Linda University Health, we know how important it is to keep your family healthy. In 2018 we launched new features through MyChart that empower patients to access health resources on the go. You can use MyChart to schedule appointments online, refill prescriptions and message your physician. This is one way we are continuing our emphasis on providing excellent primary care to you and your family.

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 Loma Linda University Health. 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 2019 a year of better choices. The small decisions we make for our families are what lead to longevity and a healthier tomorrow.

In December employees and community members came together to celebrate the topping off of our Adult and Children's Hospital towers. This special event marked the completion of all the steel work framing of the new hospital. When finished, our Adult and Children's Hospital towers will have 693 patient beds ready to help us better serve our community.

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

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

TURN DOWN THE VOLUME

LOUD NOISES ADD UP TO HEARING LOSS

Mowing the lawn, driving next to a truck with your window open, attending a rock concert. All these activities add up to a dangerous amount of loud noise.

Any exposure to loud noise — one ear-splitting firecracker or five hours of using a power drill — can destroy the nerve endings in your inner ear. This type of damage builds up over time. As more and more nerve endings are destroyed, permanent hearing loss results.

HOW LOUD IS TOO LOUD?

Scientists measure the intensity of sounds in decibels. Here's a sampling of approximate decibel levels:

- Normal conversation: 60 decibels.
- Lawn mower, power tools: 90 decibels.
- Sandblasting, loud rock concert: 115 decibels.
- Jet engine: 140 decibels.

Any sound at or above 85 decibels can damage your hearing. And the longer you're exposed to harmful noise levels, the greater your risk for hearing loss. But you don't need to determine decibel levels to tell whether a noise is too loud. Noise can harm hearing if:

- It hurts your ears or makes them ring.
- You have to shout to make yourself heard.
- You have difficulty hearing for several hours afterward.

MAKE A SOUND INVESTMENT

Wearing earplugs or earmuffs at a noisy job or when using power tools or yard equipment can help preserve your hearing. An added bonus: They make it easier to hear voices and carry on a conversation in noisy places, much like sunglasses help you see in bright sunlight.

But be sure to follow directions on how to wear protection devices correctly. Earplugs should block your ear canals, and earmuffs should fit snugly over your outer ears.

CHECK YOUR EARS

To make an appointment with an ear, nose and throat specialist, call **909-558-2600** or email entreferrals@llu.edu.



LIVE IT

Quick tips to keep you healthy!

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



essential oils with research-backed beauty benefits:

The Natural Beauty Secret for Healthy Hair and Skin

Meet your new go-to ingredients for clear skin and healthy hair: essential oils. These natural plant oils come from parts of flowers, herbs and trees. Here are two

TEA TREE OIL

Tea tree oil may help clear up acne, according to research. Research shows that tea tree oil is equally effective at treating acne lesions as acne treatment benzoyl peroxide, without the potential negative effects of using antibiotics long-term. Researchers credit the essential oil's natural antibacterial activity.

LEMON ESSENTIAL OIL

If you have dandruff, lemongrass oil may offer some relief for your scalp.

Dandruff is due to a type of yeast, and lemongrass oil may have antifungal effects that fend it off.

If you experience acne, dandruff or another skin condition, talk with your dermatologist or healthcare provider about whether products containing essential oils may work for you.

Before using essential oils or products containing them, first try a small amount to see how your body reacts.



Get Healthy Holiday Gifts for Everyone on Your List

It's an annual tradition: Every year around this time, you start fretting over finding the perfect gift that will show how much you care. This year, why not give the gift of healthy living? Here are a few suggestions:

Cooking helpers: Wrap up a healthy cookbook. Give a subscription to a meal-kit delivery service. Or sign up the recipient for a cooking class.

Fitness gear: Good gift options include an exercise mat, running socks, cycling gloves or sweat-resistant earbuds. If you have a bigger budget, consider a fitness tracker or gym membership.

Stress soothers: Buy a gift subscription to a yoga app or magazine. Or give a gift card for downloadable music, and add a note saying to use it for relaxing tunes.

Kids' gifts: Choose active toys and sports gear, such as a Frisbee, hula hoop or soccer ball. Or opt for a classic: a shiny new bike. Just be sure to include the helmet.



A Beginner's Guide to the Gym

Just getting started at the gym? This map will help you strategically navigate the fitness center floor so you can target two crucial types of exercise:

FLEXIBILITY

Your goal: Stretch your muscles to give you more freedom of movement.

Circuit:

- **Mats:** You can stretch all areas of your body here.
- **Studios:** Scan your gym's instructor schedule for yoga classes.

If you are unsure about how to properly use a machine or perform a particular exercise, ask a member of your gym's training staff.

STRENGTH

Your goal: Make your muscles stronger by lifting weights.

Circuit:

- **Free weights:** Start with two light weights as you practice bicep curls, shoulder presses and tricep extensions.
- **Mats:** Try working against your own body weight with lunges or squats. You may also use a stability ball, which can help with core exercises.
- **Studios:** Scan your gym's instructor schedule for classes focused on strength training.



Slow Cooker Oatmeal

Skip the packets of instant oatmeal and wake up to this hearty version with whole ingredients instead. You'll get extra health points for flaxseed — it's rich in fiber and omega-3 fatty acids, which may help lower cholesterol levels.

INGREDIENTS

- Spray oil
- 2 cups rolled oats
- 2 cups water
- 2 cups almond milk
- 1 package (1.2 ounces) freeze-dried apples, crunched into smaller pieces
- 2 tablespoons ground flaxseed
- 2 tablespoons honey
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

DIRECTIONS

- Spray the inside of a slow cooker with oil.
- Put all ingredients into the slow cooker.
- Cook on low for eight hours.

NUTRITION FACTS

Serves four; serving size is 1¼ cups.
Each serving provides: 264 calories, 5 g total fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 106 mg sodium, 43 g carbohydrates, 6 g fiber, 16 g sugar, 7 g protein.

 **FIND MORE COZY CUISINE**
Visit LiveItLomaLinda.org
for more healthy recipes.

CLINICAL TRIALS: SHOULD YOU PARTICIPATE?

Know the risks and benefits

If you've been diagnosed with cancer, heart disease or another serious illness, you are probably overwhelmed with the decisions you need to make about your treatment. What if your doctor gives you a choice: Try a conventional therapy, which might help, or participate in a trial for a new drug or treatment, which might prove more effective? Should you take part in a clinical trial?

WHAT ARE CLINICAL TRIALS?

Clinical trials are research studies that test how well new medical approaches work in people. Each study answers scientific questions and tries to find better ways to prevent, screen for, diagnose or treat a disease. Clinical trials may also compare a new treatment to a treatment that is already available.

Clinical trials must follow a predetermined plan, or protocol, to ensure participants' safety. In the United States, an independent committee of physicians, statisticians and members of the community must approve and monitor the protocol. They make sure that the risks are small and are worth the potential benefits.

WEIGHING THE PROS AND CONS

Is a clinical trial right for you? Be sure to weigh the risks and benefits before you agree to participate.

Pros

Among the positives, participants in clinical trials:

- Gain access to new treatments before they are widely available.
- May receive extra attention from the research team.
- Can help others by contributing to medical research.

Cons

But be aware of the risks involved in clinical trials. For example:

- The treatment may cause uncomfortable side effects.
- The treatment may not work for you.
- There may be out-of-pocket costs.
- The study may require a lot of time, with more tests and visits needed than regular care.

PARTICIPATE IN A LOMA LINDA TRIAL

To contact our Clinical Trial Center,
call **909-558-5830** or email
clinicaltrials@llu.edu.

WHAT'S HAPPENING AT LOMA LINDA UNIVERSITY HEALTH

December 2018/January 2019

CLASSES & PROGRAMS

THE ADULT — PARTIAL AND INTENSIVE — OUTPATIENT PROGRAM

This program serves as a “step down” or as a supportive means to prevent inpatient hospitalization using therapy, psychotropic medications and educational 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.

ANEURYSM/STROKE SUPPORT GROUP

- Third Tuesday of each month, 5:30 to 6:30 p.m.
- A bereavement group for survivors and their families.

BIRTH AND BEYOND EDUCATION CLASSES

- Preparing for Childbirth
 - Breastfeeding Basics
 - And more!
- lomalindababies.org

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 healthcare needs of community children. Call 909-558-5384 for more information.

CANCER-FIGHTING FOODS COOKING DEMO

- Call for dates and times.
- Cooking demonstrations for cancer patients, their families and employees of Loma Linda.

CARDIAC AND PULMONARY REHABILITATION

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

CARE PARTNERS SUPPORT GROUP

Behavioral Health Institute (BHI)
1686 Barton Road
Redlands, CA 92373
An understanding and compassionate support program designed for care partners and loved ones of those living with dementia. There is no charge.

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.

COMPREHENSIVE WELLNESS EVALUATIONS

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

DIABETES SELF-MANAGEMENT EDUCATION CLASS

Call to register. Four-session program recognized by the American Diabetes Association.

DIABETES SUPPORT GROUP

- First Tuesday of each month, 5:45 to 7 p.m. Register at 909-558-3022.

Diabetes experts provide educational and resource information.

INFLAMMATORY BOWEL DISEASE SUPPORT GROUP

- Second Thursday of each month, 6 p.m.
- Faculty Medical Offices, Room B-200

INTERNATIONAL TRAVEL CLINIC

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

LEAN CHOICES MEETS FOR 12 WEEKS

A 12-week class that teaches a balanced lifestyle approach to support a lifelong healthy weight.

THE LEBED METHOD — FOCUS ON HEALING EXERCISE CLASS

- Every Thursday, 10 to 11 a.m.
- Healing through therapeutic exercises and movement to music. Designed for anyone who has experienced breast cancer and those with chronic health conditions.

LIVER SUPPORT GROUP

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

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.

PARKINSON'S DISEASE EXERCISE GROUP

- Every Friday, 9:30 to 10:30 a.m., Outpatient Rehab, Room 129

\$15/day for people with PD who have participated in the LSVT BIG therapy program and want to continue group exercise.

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.

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.
lomalindababies.org

SICKLE-CELL DISEASE SUPPORT GROUP

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

UPCOMING ACTIVITIES AT LOMA LINDA SENIOR CENTER

- AARP Driver Safety Program
- Computer classes (beginner and intermediate levels)
- Scrapbooking classes
- Drawing and painting class
- Focus on Healing
- Lunch for seniors 60+ years
- Board games
- Tai chi
- Line dancing

WEIGHT-LOSS SURGERY SUPPORT GROUP

- Second Monday of each month, 6:30 to 7:30 p.m.
- Tom & Vi Zapara
Rehabilitation Pavilion

WOMEN'S CANCER SUPPORT GROUP

- Call for dates and times.
- For women with all types of cancer. Family and friends are welcome.

RESOURCE GUIDE

HEALTH AND HOME CARE

- Loma Linda University Medical Center Home Health Care 909-558-3096
Full-service home health agency
- Physician Referral Line, LLUH 1-800-872-1212

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

a **HEALTHY** **TOMORROW**

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WHEN SHOULD YOU TAKE COMMON SYMPTOMS SERIOUSLY?

Nearly everybody experiences a headache, stomachache, cough or heartburn from time to time. But when is it serious? Here's help deciding when to head to the doctor.

COUGH

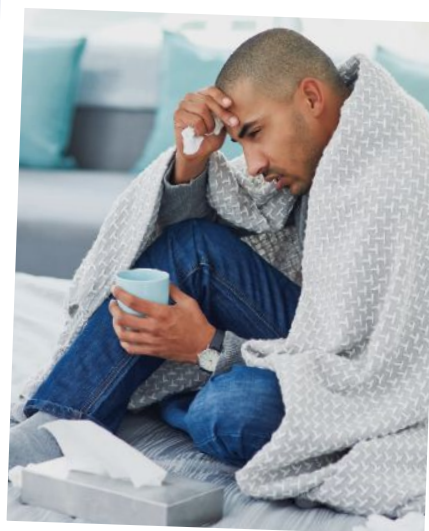
If you have a cough that lasts eight weeks or more, it may be chronic. See your doctor if your cough won't go away and you:

- Cough up blood or phlegm.
- Lose weight without trying.
- Have a temperature higher than 101 degrees.
- Wheeze when you breathe in or out.
- Sweat a lot in bed at night.

STOMACH PAIN

Severe or even mild pain in your abdomen — the region below the chest and above the groin — can signal a serious problem. If mild pain lasts a week or more, call your doctor. Go to the ER immediately if you:

- Have sudden, sharp abdominal pain.
- Vomit blood or have blood in your stool.
- Also experience pain in your chest, neck or shoulder.
- Can't move your bowels, especially if you're also vomiting.
- Notice your abdomen is stiff, hard and tender to touch.



HEADACHE

Headaches can have many causes, and most don't warrant medical attention. But sometimes headaches warn of a more serious disorder, like meningitis or bleeding in the brain. Let your doctor know if you develop sudden, severe headaches or if you've begun having persistent headaches for the first time. Recurring headaches in children should be checked, too.

Finally, seek medical attention right away if you:

- Have a headache following a blow to the head.

- Lose consciousness or have convulsions.
- Also experience pain in the eye or ear, a stiff neck, fever, or confusion.

HEARTBURN

A burning pain in your chest or throat could be a sign of heartburn. Chronic heartburn can irritate and inflame the esophagus, which can cause bleeding. And, if you experience heartburn more than once a week consistently, you may have gastroesophageal reflux disease (GERD).

Other signs of GERD may include coughing, respiratory problems and trouble swallowing. Talk with your doctor about treatment options, which may involve lifestyle changes, medications or surgery.

If you have crushing chest pain, upper body discomfort or shortness of breath, get help immediately — it could be a heart attack.

BE PREPARED

To find the right treatment option and provider for your condition, go to lluh.org/services.