

a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
FEBRUARY/MARCH 2019

**YOU'VE
GOT
THIS!**



*Special Take
Care of Your
Heart Edition*

SEE INSIDE

New section
A Better Tomorrow
helps older adults
live well



LOMA LINDA
UNIVERSITY
HEALTH

COUCH POTATOES
AND BLOOD CLOTS

FREE YOURSELF FROM
DOMESTIC ABUSE

CUT DOWN
ON CLUTTER

ask *the* EXPERT

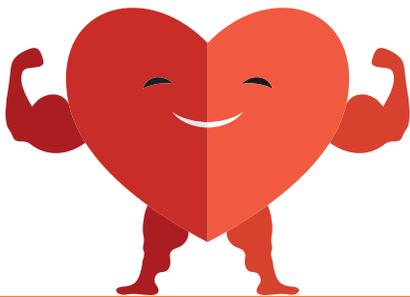
When should I see a cardiologist?

A: Do you know your risk factors for developing cardiovascular disease?

Do you know how to optimally manage those risk factors when they place you at risk? If you answered no to one or both of these questions, then you should set up an appointment to see a cardiologist.

A cardiologist is a physician who specializes in primary and secondary prevention and treatment of these risk factors. Additionally, if you personally have had a diagnosis of coronary artery disease or valvular heart disease or an arrhythmia, then make sure you check in regularly with your cardiologist to ensure that you remain optimally treated.

Dr. Anthony Hilliard is an interventional cardiologist at the International Heart Institute. To request an appointment, please visit luh.org/heart.



fyi

Smoking, high cholesterol and being overweight increase your chance of having a heart attack.

WHAT YOU DON'T KNOW About Heart Attacks Can Hurt You

A man clutches his chest and doubles over. Heart attack, you say. But what about the woman who's been feeling unusually tired and is experiencing nausea and back pain? She, too, could be having a heart attack.

People often miss signs of a heart attack or ignore them, assuming something else is the problem. But acting fast at the first sign of heart attack symptoms can save lives and limit heart damage.

WHY THE CONFUSION?

Heart attack symptoms vary. Even people who have had a heart attack may experience different symptoms during another one. Plus, men's and women's symptoms may differ.

Chest discomfort or pain is the most common symptom of a heart attack in both men and women. The sensation may range from pressure or fullness to squeezing, crushing pain. It may be constant or come and go.

SYMPTOMS MAY BE VAGUE

While chest pain is common, both men and women may experience other symptoms. Women, particularly, are more likely to experience subtle signs such as:

- Pain in the back, neck, jaw or stomach.
- Nausea.
- Light-headedness.
- Abnormal fatigue.
- Breathing problems.

WATCH LESS AND LIVE LONGER

TV TIME IS A LIFE-THREATENING GUILTY PLEASURE

Most people associate the term *couch potato* with someone who is inactive and spends most of their time watching TV. But unfortunately, there's more to it than just that.

STUDY LINKS BLOOD CLOT RISK TO INCREASED TV TIME

For a new study, more than 15,000 U.S. adults chose the category that best represented how frequently they watch TV:

- Never.
- Seldom.
- Sometimes.
- Often.
- Very often.

Researchers then monitored the participants for two decades and tallied how many experienced venous thromboembolism (VTE), a condition in which a blood clot forms in a vein. The results revealed that people who answered that they watch TV very often were almost twice as likely to develop VTE compared with those who never or seldom watched TV.

SITTING, BINGE WATCHING AND BLOOD CLOTting

For those who may be thinking, "I'm healthy and exercise a lot so I don't need to worry about blood clots" — think again. In the same study, researchers found that individuals who met a recommended level of physical activity still had a higher risk for blood clots when they spent hours in front of their TVs.

Sitting on the couch for a prolonged period of time can cause blood to get trapped in your lower extremities. This may lead to the development of blood clots, which, in turn, can result in a life-threatening condition called pulmonary embolism.

GET OFF THE COUCH

If you're not quite ready to give up your favorite show, at least try to limit the amount of time you're sitting in front of the TV. For example, every time there's a commercial break, perform one of these activities:

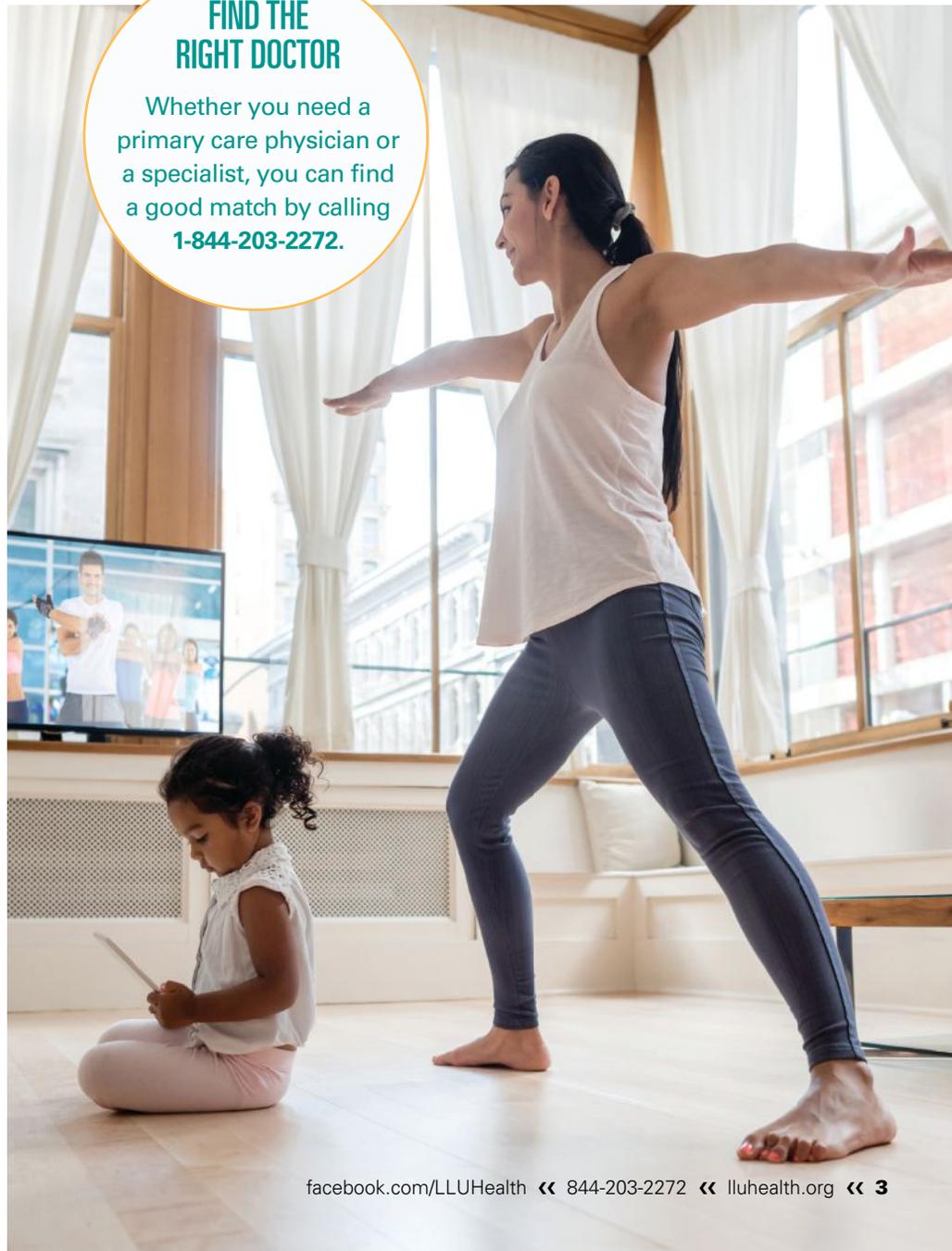
- Lunges.
- Planks.
- Squats.
- Sit-ups.
- Wall sits.

Or, if you're watching a show that doesn't have commercials, assign each of the above exercises to a specific character's action. For example, if you're watching *The Office*, do 10 lunges every time Michael makes a joke.

For more ideas about how to reduce your risk for blood clots, talk with your healthcare provider.

FIND THE RIGHT DOCTOR

Whether you need a primary care physician or a specialist, you can find a good match by calling 1-844-203-2272.



BREAK FREE FROM DOMESTIC ABUSE

Domestic violence can take many forms.

Realizing that you're being controlled or hurt is the first step to escaping.

One in three women and one in five men are victims of domestic violence at some point. The problem, which arises when one partner controls or abuses the other, occurs in every culture, age group, socioeconomic level, educational background and religion.

Abuse can take many forms:

- Physical abuse, such as hitting, kicking or assault with a weapon.
- Sexual abuse, by forcing a partner to perform a sexual activity he or she doesn't want to do.
- Emotional abuse, such as threats, constant criticism and put-downs.
- Restrictive abuse that includes controlling the person's activities, contact with others and access to money.

SIGNS OF ABUSE

Because abuse can take many forms, it's not always easy to recognize. But if you feel you must constantly watch what you say and do around your partner to avoid a tantrum, the relationship could be abusive.

Ask yourself some questions:

- Are you afraid of your partner?
- Has your partner ever hurt or threatened you or someone you care about?
- Does your partner ever force you to take part in sexual activities that make you uncomfortable?
- Do you constantly worry about your partner's moods and change your behavior to deal with them?
- Does your partner try to control what you do and where you go?
- Have you stopped seeing family and friends due to your partner's jealousy?
- Does your partner threaten to commit suicide if you leave?
- Does your partner say his or her temper is out of control because of alcohol, drugs, an abusive childhood or another excuse?

If you answered yes more than once, you're likely in an abusive relationship.

STEPS TO TAKE

Try to have a cellphone accessible at all times. But be aware that cellphones can contain tracking devices your partner could use to find you if you leave.

You need not face abuse alone. Seek help and support from someone you trust — a friend, relative, religious adviser, doctor or mental health professional. You can also call the National Domestic Violence Hotline at 1-800-799-SAFE (7233). If you're in danger or have been assaulted by your partner, call 911 or the police.

For more information, visit the National Domestic Violence Hotline at thehotline.org.

THE BEHAVIORAL HEALTH HELP YOU NEED

If you're dealing with trauma or any other behavioral health issue, you can find services and care at lluh.org/behavioral-health.

a BETTER TOMORROW

FOR MEN AND WOMEN
AGES 55 AND BETTER

east-campus.lomalindahealth.org/just-seniors

YOU CAN CONQUER CLUTTER

The world can be a stressful place.

Making your home a refuge from chaos and clutter can reduce stress while making it easier to find your keys, cellphone and essential papers when you need them. It can also improve your health by helping you keep your home clean and free of items that could cause you to trip and fall.

CLEAR YOUR CLUTTER

Clearing clutter requires you to put away, discard, recycle, donate or sell things that are getting in your way. While some people prefer to sort the disorder in their homes on their own, others may come to realize that the act of organizing is not something they do well when they're alone.

If you want to tackle your mess on your own, these questions can help you decide

whether to keep, discard or donate something:

- When was the last time I used it?
- Do I still like it?
- Does it work or need repair?
- Do I have others like this? If so, how many do I need?

If you'd like some help dealing with your clutter, ask yourself these questions to decide if a friend can help you:

- Is the person patient and nonjudgmental?
- Does he or she have time to stick with the project to the end?
- Can I work well with this person?

If you answer yes to the following questions, however, you may want to hire a professional organizer:

- Am I unsure where and how to begin?
- Would it be helpful to learn organizing techniques?
- Do I have a deadline to meet?

SEEK HELP

In the extreme, excessive clutter can be a symptom of a hoarding disorder, which is often linked with obsessive-compulsive disorder (OCD), attention-deficit/hyperactivity disorder (ADHD) and depression. People with this condition are apt to be indecisive and have great difficulty throwing anything away.

There are multiple types of help for people with hoarding disorders, including self-help books, support groups, individual talk therapy, medications and group therapy. Specific strategies to treat hoarding include challenging the hoarder's thoughts and beliefs about the need to keep items, practicing going out without buying new items, teaming up with a professional to sort and reduce clutter and developing a plan to prevent future hoarding.

Living in a constant state of disorganization can be stressful. Taking steps to clear your clutter is well worth your time and effort.

HEALTH TIPS AT YOUR FINGERTIPS

To find info on managing stress, plus a host of other health issues, visit our online health library at healthlibrary.lomalindahealth.org.



THE TRUTH Behind NUTRITION MYTHS

There's a lot of incorrect information out there. Distinguishing nutritional fact from fiction can help you meet your goals.

NUTRITION MYTH: Carbohydrates will sabotage your waistline.

NUTRITION FACT: The right kind of carbohydrates can be part of a healthy diet.

All carbs aren't created equal. There are two types of carbohydrates — simple and complex.

Simple and refined carbohydrates are the kind found in white rice, white flour and sugar; they're rapidly digested and send your blood sugar soaring and then plummeting. This roller-coaster effect causes you to crave more food. Try to eat fewer of these foods.

Complex carbohydrates are broken down by your body more gradually. As a result, you stay satiated for a longer period of time. So fill up on these foods, including oats, brown rice, whole wheat bread, whole-grain cereal and pasta as well as legumes (beans, lentils and dried peas), fruits and vegetables.

NUTRITION MYTH: Eliminating fat from your diet will help you slim down.

NUTRITION FACT: Lower-fat foods often contain as many as, or more, calories per serving compared with their full-fat counterparts.

When manufacturers subtract fat from a food, they often replace it with other ingredients, such as sugar, salt, flour or starch to improve the taste or texture, which tacks on waist-widening calories.

Try to pay attention to the type of fat that a food contains. Saturated and trans fats increase your risk for serious health issues, such as heart disease and stroke. They're found in foods like butter, cheese, fried foods, cakes, cookies and more. Monounsaturated and polyunsaturated fats can help protect your heart. Find these fats in plant-based oils, avocados, peanut butter, nuts and seeds.

NUTRITION MYTH: A gluten-free lifestyle will help me lose weight.

NUTRITION FACT: A gluten-free diet is not a weight-loss diet.

For people who have celiac disease — about 1 percent of the population — it is dangerous to eat gluten, a protein found in wheat, barley and rye. Other people eliminate gluten for a variety of reasons, such as gastrointestinal issues, sensitivity to gluten or a wheat allergy.

For many other people, a gluten-free lifestyle simply represents a healthy lifestyle. But it turns out that when it comes to nutrition, there is no advantage to gluten-free foods. What's more, a gluten-free diet is not intended to help you lose weight and may actually lead to an insufficient intake of certain vitamins, minerals and fiber.



**FIND THE RIGHT DIET.
WE CAN HELP.**

At the Center for Health Promotion, we offer individualized visits to help you create specific dietary plans. Call **909-558-4594** to make an appointment.

Apricot-Orange Bread

This bread is low in all the right categories — saturated fat, cholesterol and sodium — without losing any taste or texture.

INGREDIENTS

- 1 package (6 ounces) dried apricots, cut into small pieces
- 2 cups water
- 2 tablespoons margarine
- 1 cup sugar
- 1 egg, slightly beaten
- 1 tablespoon orange peel, freshly grated
- 3½ cups all-purpose flour, sifted
- ½ cup fat-free dry milk powder
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- ½ cup orange juice
- ½ cup pecans, chopped



DIRECTIONS

- 1. Preheat oven to 350° F. Lightly oil two 9-by-5-inch loaf pans.
- 2. Cook apricots in water in covered medium-sized saucepan for 10 to 15 minutes or until tender, but not mushy. Drain and reserve ¾ cup liquid. Set apricots aside to cool.
- 3. Cream together margarine and sugar. By hand, beat in egg and orange peel.
- 4. Sift together flour, dry milk, baking powder, soda and salt. Add to creamed mixture alternately with reserved apricot liquid and orange juice.
- 5. Stir apricot pieces and pecans into batter.
- 6. Turn batter into prepared pans.
- 7. Bake for 40 to 45 minutes or until bread springs back when lightly touched in center.
- 8. Cool for five minutes in pans. Remove from pans and completely cool on wire rack before slicing.

NUTRITION FACTS

Makes two loaves; serving size is ½-inch slice.
Each serving provides: 100 calories, 2 g total fat (less than 1 g saturated fat), 5 mg cholesterol, 140 mg sodium, 19 g carbohydrates, 1 g total fiber and 2 g protein.





How to Make Heart-Healthy Choices with Oils and Spreads

It is not just how much fat you eat that's important, but also which kind.

Think of it as a name game. Oils, spreads and other foods high in *saturated fats*, including cheese and butter, increase the levels of “bad” cholesterol in your blood, which can lead to heart disease. So can *trans fatty acids*, or trans fats.

Fats that have the word *unsaturated* in their name can help lower cholesterol when used in place of saturated and trans fats. These include spreads and oils, such as olive oil, that contain polyunsaturated and monounsaturated fats.

Choosing Cooking Oils

Nontropical vegetable oils are the best to use when cooking and preparing food — and there are a lot to choose from. Healthy oils include:

- Canola
- Olive
- Corn
- Sunflower
- Safflower
- Peanut
- Blends of these oils, often sold as “vegetable oil”

Avoid tropical oils, including coconut oil — they're high in saturated fat.

Butter vs. Margarine

Soft margarine is the better option. Choose brands with fewer calories, less saturated fat and no trans fat. But the best choice is still nontropical vegetable oils. They're healthier than solid fats and can usually be used just like them.

WHAT'S HAPPENING AT LOMA LINDA UNIVERSITY HEALTH

February/March 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 Parkinson's 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 1-844-203-2272.



LIVE IT

Quick tips to keep you healthy!

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

REACH FOR A WHOLE FOOD TODAY

Factory-made prepackaged foods can be a convenient time-saver. But many of them contain extra sugar, sodium and fat, as well as additives that mimic the taste or texture of natural foods.

Try removing at least one heavily processed food from your diet today and replacing it with a food that's been processed or refined as little as possible and is free of additives.

Some examples:



Plain oatmeal with berries instead of a bowl of cereal



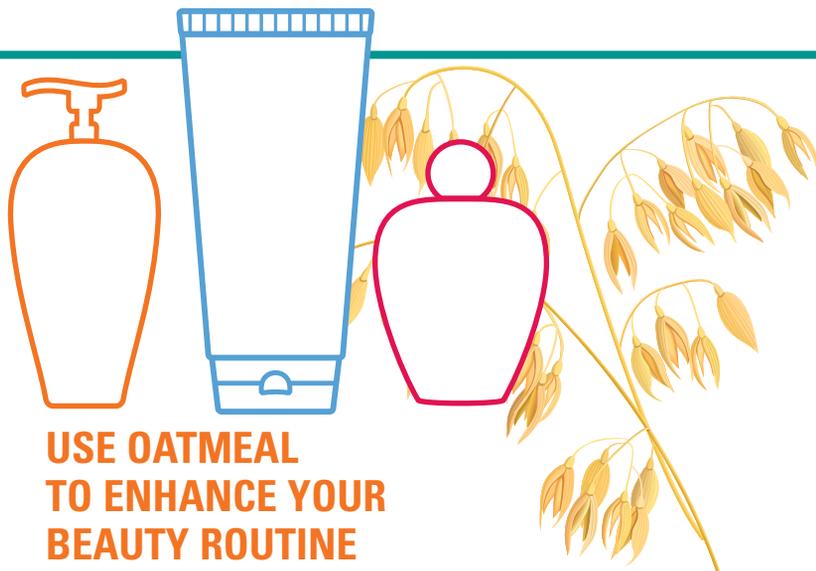
A handful of almonds and a square of dark chocolate instead of a granola bar



COPING AFTER A TRAUMATIC EVENT

People who witness a natural disaster, serve in combat or fall victim to violence often struggle with emotional or psychological trauma. Fortunately, you can take steps toward feeling better:

- Spend time with other people.
- Seek support from a clergy member, trusted family member or counselor.
- Stick to a daily routine and incorporate some positive habits so you have something to look forward to.
- Adopt healthy habits like getting enough sleep, eating a healthy diet and exercising regularly.



USE OATMEAL TO ENHANCE YOUR BEAUTY ROUTINE

Surprise! Oatmeal can add an all-natural boost to your beauty routine — especially if you have sensitive skin.

- **Clean without soap.** Sprinkle oatmeal in the bathtub under warm, running water. As you soak your body, the oats gently soothe and clean your skin — no separate bar or body wash required.
- **Soothe dry skin.** Lotions that contain oatmeal as an ingredient are great for hydrating and protecting your epidermis.
- **Shine up your strands.** Saponins are the soaplike structures in oatmeal that buff, clean and soothe hair when included in shampoos. And these products won't irritate or dry your scalp.

DON'T RESIST RESISTANCE BANDS

Resistance bands — small elastic loops or long elastic tubes — can give you a total body workout, virtually anywhere. Each color indicates resistance level, from light to very heavy. If you are new to resistance band training, start light and work your way up to heavier. Try these exercises to start:

- **Upper back:** While standing, grasp the band so your hands are slightly wider than your shoulders. With palms facing the floor, lift your arms to chest height. Pull your shoulder blades together as you stretch the band. Return to center and repeat.
- **Bicep curl:** While sitting, place the center of a resistance band under your feet to hold it steady. Hold each end of the band with palms facing inward. Keep elbows at your sides. Bend your elbows and bring your hands toward your shoulders. Lower and repeat.



Sunshine Rice

This citrusy rice dish contains almonds, celery and onions, but no added salt for a flavorful, low-sodium side dish.

INGREDIENTS

- 1½ tablespoons vegetable oil
- 1¼ cups finely chopped celery with leaves
- 1½ cups finely chopped onion
- 1 cup water
- ½ cup orange juice
- 2 tablespoons lemon juice
- 1 cup long grain white rice, uncooked
- ¼ cup slivered almonds

DIRECTIONS

- ➊ Heat oil in medium saucepan. Add celery and onions and sauté until tender, about 10 minutes.
- ➋ Add water and juices. Bring to a boil. Stir in rice and bring back to a boil. Reduce heat, cover and simmer for 20 minutes, or until rice is tender and liquid has been absorbed.
- ➌ Stir in almonds. Serve immediately as a side dish for an entrée.

NUTRITION FACTS

Makes four servings; serving size is ⅓ cup. Each serving provides: 182 calories, 7 g total fat (less than 1 g saturated fat), 0 g cholesterol and 21 mg sodium.

Source: National Heart, Lung and Blood Institute/National Institutes of Health



a **HEALTHY** **TOMORROW**

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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Nationally Recognized for Patient Safety.

We are excited to announce our Leapfrog National Designation for Top Children's Hospital, Top Teaching Hospital and our "A" Safety Grade. The Leapfrog Top Hospital award is widely acknowledged as one of the most competitive honors in American hospitals. Our employees and healthcare professionals provide a level of care that our patients can rely on and trust.

Congratulations to Loma Linda University Children's Hospital, Loma Linda University Medical Center and East Campus Hospital on this achievement.



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HEALTH