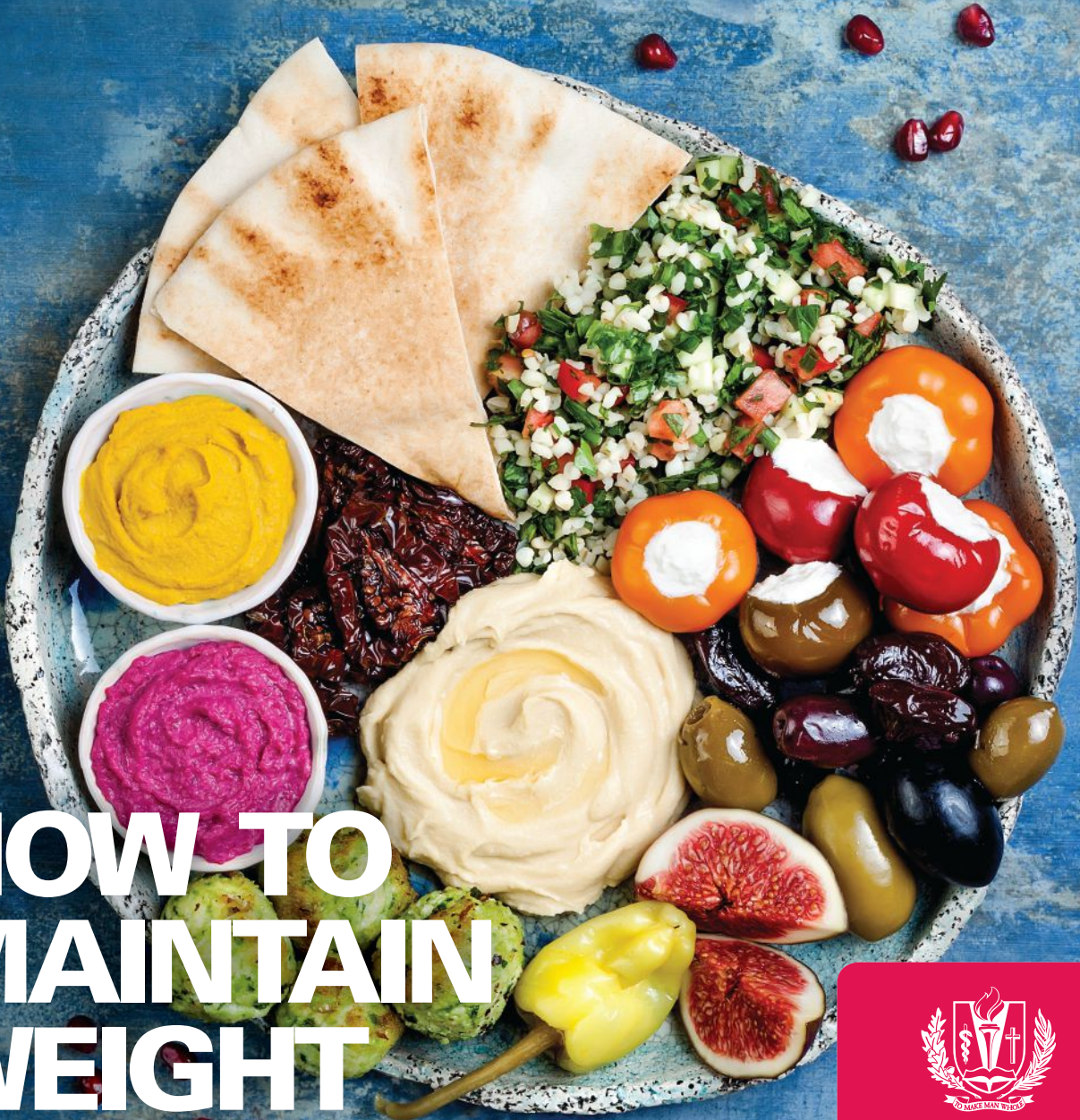


a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
JUNE/JULY 2018

HOW TO MAINTAIN WEIGHT LOSS



LOMA LINDA
UNIVERSITY
HEALTH

GET RELIEF FROM COMMON
DIGESTIVE DISORDERS

PROTECT YOURSELF FROM
OPIOID OVERUSE

DOES KOMBUCHA HAVE
ANY HEALTH BENEFITS?

ask *the* EXPERT

What can I do to help prevent common digestive disorders?

A: You can start by taking these three simple steps:



Eat a healthy diet.

A diet high in fruits and vegetables, and low in meat and processed foods, is associated with a lower risk for digestive cancers, such as colon cancer.



Exercise! This not only reduces your risk for heart disease and makes you feel better, but also improves the function of your digestive system.



Get your screening colonoscopy at age 50, or earlier if you have a family history of colon cancer. Most people don't realize that this test actually prevents colon cancer by detecting polyps and removing them before they can become cancerous.

Michael Volk, MD, is the division head of gastroenterology at Loma Linda University Health.



fyi:

Visit LLUH.org to learn more about our gastroenterology services.



GET RELIEF! 4 COMMON DIGESTIVE DISORDERS

Everyone has a rumbling tummy now and then, but some digestion problems can be more serious and even deadly. Some digestive disorders are lifelong conditions that significantly impact quality of life.

Digestive disorders affect approximately one out of every five Americans. Read on to learn about some of the most common conditions affecting the digestive system.

1 CHRONIC CONSTIPATION

Constipation occurs when you have fewer than three bowel movements in one week or stools that are hard, dry and difficult to pass. When this problem lasts three weeks or more, it is called chronic (or long-lasting) constipation. Call your doctor if you are constipated for longer than three weeks.

2 GASTROENTERITIS Commonly called the stomach flu, gastroenteritis is an infection that causes inflammation in the intestines. The symptoms include vomiting, diarrhea, fever and headache. Most people get better on their own. If you have gastroenteritis, drink lots of fluids to avoid dehydration.

3 GASTROESOPHAGEAL REFLUX DISEASE (GERD)

Heartburn is the most common symptom of GERD. The disease occurs when stomach acid, food or liquid flows from the stomach backward up into the esophagus (the tube connecting the stomach and mouth). If heartburn causes problems in your everyday life, see your doctor.

4 HEMORRHOIDS Hemorrhoids, or swollen veins in the rectum, are very common. Hemorrhoids occur from straining to have a bowel movement, sitting on the toilet too long or heavy lifting. Talk with your doctor before using hemorrhoid medication.

PROTECT YOURSELF

FROM OPIOID OVERUSE

Everyone seems to be talking about opioids lately. The news is alarming: More than 40 Americans die every day of overdoses involving prescription opioids. It's an issue for people of all ages and backgrounds. Anyone who takes too much of an opioid is at risk. If your doctor prescribes an opioid pain medicine, here's how to avoid a tragic mistake.

ASK ABOUT ALTERNATIVES

Prescription opioids are used to treat moderate to severe pain. They may be taken after an injury or surgery, or for a health condition such as cancer. Examples include:

- Hydrocodone (such as Vicodin)
- Morphine
- Oxycodone (such as OxyContin)

Opioids can cause side effects, such as constipation, nausea, sleepiness and confusion. In addition, overuse of opioids could potentially lead to addiction or overdose.

If your doctor prescribes an opioid, talk about the risks and benefits. Ask whether there are any alternatives for treating your pain. Options may include other medicines, physical therapy or exercise. In some cases, these options work better than opioids and with less risk.

AVOID TAKING TOO MUCH

If you do take an opioid, follow these safety tips:

- **Use your medicine exactly as directed.** Never take it in larger amounts or more often than prescribed.
- **Tell your doctor about any other medicines you're taking.** Don't forget over-the-counter and herbal products. It can be dangerous to mix opioids with certain drugs, particularly ones that cause drowsiness.
- **Have one doctor oversee your opioid treatment.** When multiple doctors are writing your prescriptions, the risk for an overdose rises.

- **Fill all your prescriptions at one pharmacy, if possible.** Your pharmacist can help watch for risky drug interactions.

More than 1,000 Americans end up in emergency rooms every day due to misuse of prescription opioids. Don't become one of them. A few small steps can have a big impact on your safety.

HERE TO HELP

Visit one of our pharmacy locations and consult with a Loma Linda University Health pharmacist about your prescriptions.

lluhealth.org/locations/pharmacy

LIVE IT

Quick tips to keep you healthy!

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

ARE YOU DUE FOR A PAP TEST?

Because early cervical cancer may not cause any symptoms, regular screenings can be a lifesaver. A Pap test detects precancerous cells that can be treated before cervical cancer even develops.

The United States Preventive Services Task Force offers the following Pap test recommendations:

- Women ages 21 to 65 should get a Pap test once every three years.
- Women ages 30 to 65 can have a Pap test once every five years, along with a human papillomavirus (HPV) test.
- Women older than age 65 who have had normal screenings and do not have a high risk for cervical cancer do not need Pap tests.
- Talk with your doctor about the schedule that is best for you.

TAKE CARE OF YOUR BODY

Trust Loma Linda to keep you healthy.
Find our women's health services at
lluh.org/services/womens-health.



QUIT SMOKING TO ADD YEARS TO YOUR LIFE

Smoking is the leading cause of preventable death in the U.S. Get support to quit with our smoking-cessation program at the Center for Health Promotion. Call **909-558-4594** for more information.

BEAT HEART DISEASE

Heart disease is a major killer of both men and women in the U.S. Unfortunately, you can't tell by how you're feeling that your blood pressure or cholesterol is high. Visit the Loma Linda University Health Heart Institute for convenient access to leading cardiac specialists. Call **800-468-5432**.

REDUCE PORTION SIZES

Even losing just a few pounds, if you need to, can prevent or delay type 2 diabetes, another potentially life-shortening condition. Losing weight by eating less and exercising can also reduce your risk for heart disease, stroke and certain types of cancer.

DOES KOMBUCHA HAVE ANY HEALTH BENEFITS?

Sweet. Fizzy. Tart. If you've ever tasted kombucha — fermented tea — there's no denying its unique flavor. The effervescent beverage is popular all over the world, and many of its drinkers have claimed that it has beneficial health effects. Research to back up those claims is limited, but don't worry, kombucha lovers: The USDA has deemed the beverage safe to drink.

Studies have shown positive health effects only in animals, not in humans.

WHAT IS KOMBUCHA?

Kombucha is made from a combination of tea, sugar, bacteria and yeast, and it sometimes has fruit juice or other flavors added to it. Through a process known as fermentation, the mixture sits for about 10 to 14 days and forms gas bubbles, as well as more yeast and bacteria. Although its ingredients may not sound particularly appetizing, its popularity has boomed in recent years.

WHAT THE RESEARCH SHOWS

Some kombucha enthusiasts claim that the beverage can lower blood pressure and cholesterol, reduce inflammation, boost the immune system, relieve headaches, help protect against cancer and more.

But while research shows that kombucha is high in compounds such as antioxidants, polyphenols, B vitamins and vitamin C, studies have shown positive health effects only in animals, not in humans.

A SURPRISING INGREDIENT

Although considered a nonalcoholic beverage, kombucha actually contains small amounts of alcohol, which form during the fermentation process. The alcohol content can increase as the drink continues to ferment after it's been bottled and transported to stores. Women who are pregnant or breastfeeding should avoid kombucha.

Talk with your doctor about whether kombucha is safe for you to drink.



Cherry Fruit Leather

INGREDIENTS

- 1 cup pitted dark sweet cherries, fresh or frozen (thawed)
- 1 cup unsweetened applesauce

DIRECTIONS

Preheat oven to 200 degrees. Put cherries and applesauce into blender or food processor. Process for about two minutes or until completely smooth and blended. Place a silicone liner or parchment paper on a cookie sheet. Spread fruit blend evenly onto sheet. Bake for up to three and a half hours. Leather is done when it is sticky, but no longer runny, and is visibly dry. Remove from oven, let cool at least five minutes, and then peel off and divide into four sections. You can slice the leather into smaller pieces if you desire.

Try different fruit combinations by replacing cherries with berries, pineapple or mango.

NUTRITION FACTS

Serves four; serving size is ¼ of the leather. Each serving provides: 50 calories, 0 g fat, 0 mg cholesterol, 1 mg sodium, 13 g carbohydrates, 1.5 g fiber, 11 g sugars, 0.5 g protein.



CHERRY DELICIOUS

Visit LiveltLomaLinda.org for more healthy recipes.



PROTECT YOUR SKIN WITH THE RIGHT SUNSCREEN

How do you choose the right sunscreen?

The summer sun can feel wonderful on your skin. But to protect against skin cancer, painful burns and even wrinkles, it's important to use sunscreen year-round.

MAKE UNDERSTANDING SUNSCREEN EASY AS ABC

Sunlight consists of two types of harmful rays: ultraviolet A (UVA) rays and ultraviolet B (UVB) rays. UVB rays are the main cause of sunburn. UVA rays penetrate deeper into the skin and can cause suppression of the immune system. Excessive exposure to both forms can lead to skin cancer.

Begin by choosing the right sun protection factor (SPF). Anywhere between SPF 15 and 50 is beneficial; higher numbers don't provide much added benefit.

STAY COVERED

Sunscreen should be applied generously to all

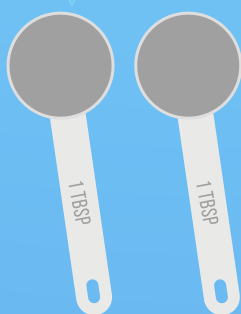
exposed areas 15 minutes before you head outside.

In addition to your arms and legs, protect your:

- Face, head, ears and front of neck
- Chest and abdomen
- Back and back of neck
- Tops of your feet

Here are more tips to keep you protected:

- **Think of the children.** Choose a broad-spectrum, water-resistant sunscreen with an SPF of at least 30. Infant or toddler formulas may cause less skin irritation. Children age 6 months or younger should be kept out of direct sunlight entirely, if possible.
- **Cream, stick or spray: It's up to you.** Certain forms can work better for some skin types or body parts. For instance, gels apply more easily on hairy spots, while creams soothe your face and dry skin. And old sunscreen is OK: The FDA requires that all sunscreens be usable at their original strength for at least three years.



= 1 oz.

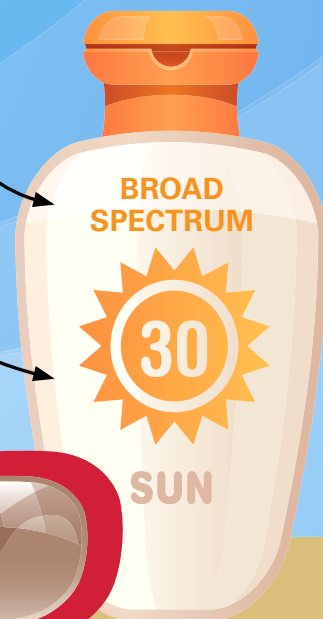
You should use about an ounce to cover your body — that's about 2 tablespoons.

Sunscreen Smarts!

DID YOU KNOW?

This means it filters out both UVA and UVB rays. Both contribute to skin cancer.

The American Academy of Dermatology recommends using SPF 30, which blocks 97% of UVB rays.



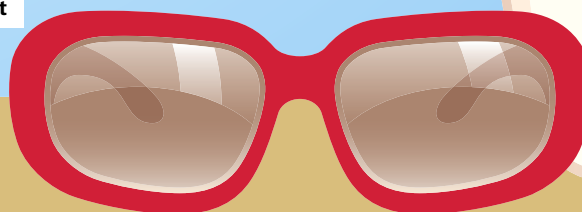
REAPPLY EVERY:

No Swimming

Water-Resistant

Very Water-Resistant

2 40 80
HOURS MINUTES MINUTES



CLASSES & PROGRAMS

CLASSES/PROGRAMS

BIRTH AND BEYOND EDUCATION CLASSES

- Preparing for Childbirth
- Breastfeeding Basics
- And more!

lomalindababies.org

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.

DIABETES SELF-MANAGEMENT EDUCATION CLASS

Call to register.

Four-session program recognized by the American Diabetes Association.

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.

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

Every Thursday from 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.

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. lomalindababies.org

SICKLE-CELL DISEASE SUPPORT GROUP

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

FREE WEIGHT-LOSS SURGERY SEMINARS

For dates and registration, visit
lomalindaweightloss.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.

ANEURYSM/STROKE SUPPORT GROUP

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

A bereavement group for survivors and their families.

DIABETES SUPPORT GROUP

First Tuesday of each month, 5:45 to 7 p.m.

Diabetes experts provide educational and resource information.



Keep fit and have fun at
Loma Linda University Drayson Center.
For membership and class
information, visit drayson.llu.edu.

INFLAMMATORY BOWEL DISEASE SUPPORT GROUP

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

LIVER SUPPORT GROUP

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

WEIGHT-LOSS 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

Call for dates and times.

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. Visit lluch.org/guilds or call 909-558-5384 for more information.

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.

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.

WEIGHT MANAGEMENT ORIENTATION

Tuesdays 3:30 to 4:30 p.m.

Review several weight-management treatment options.

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

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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WANT TO KEEP THE WEIGHT OFF? HERE ARE SOME DO'S AND DON'TS

You did it — you reached your weight-loss goal! Maybe you watched your portions, cut out junk food or became more active — or a combination of all three. Now that you've reached your goal, here are some tips that will help you maintain your new healthy weight.

DO

Keep Checking Your Weight

When you were focused on losing weight, you may have weighed yourself on a regular basis or maybe you paid attention to how your clothes fit. Skipping weigh-ins or ignoring those body cues makes it easy for you to regain lost pounds without noticing right away. Try "checking in" with your body every week or so.

DON'T

Go It Alone

It's more challenging to reach a goal without support from those closest to you. Let your friends and family know you're working on maintaining your weight and you'll find it easier to keep it up.

DON'T

Use Food as a Reward

When you treat yourself with a favorite meal or dessert after a demanding day, those calories can add up quickly. Try using nonfood rewards, like watching a movie.

DO

Focus on the Long Term

Fad diets that promise quick results almost always fail. Instead, embrace the habits that helped you lose weight in the first place — they can help you maintain your healthier weight over time, as well.



WE CAN HELP!

Receive an in-depth evaluation of your health and wellness, followed by targeted interventions to help you stay on track. Call **909-558-4000** and ask about our Lean Choices class at the Center For Health Promotion.