

a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
JAN/FEB 2018

THE LOVE YOUR
HEART ISSUE 

NEW YEAR'S RESOLUTIONS THAT WORK



LOMA LINDA
UNIVERSITY
HEALTH

A LIFESAVING GIFT:
ORGAN DONATION

WHAT DO YOUR NAILS SAY
ABOUT YOUR HEALTH?

WOMEN: GET SCREENED
FOR HEART DISEASE

ask *the* EXPERT

What three things should women do for their heart health?

A: Make sure there are three different colors on your plate each meal. Second, exercise 30 minutes a day. Emotional stress is an important risk factor for coronary artery disease (CAD) in women. And third, quit smoking: Your risk for heart disease goes down dramatically in the first year once you quit.

When should women start worrying about heart disease?

A: After menopause (approximately > age 55) the risk for heart disease goes up. Women with early menopause are twice as likely to develop CAD compared with women of the same age who are not yet menopausal.

Is heart disease different for women vs. men?

A: Symptoms of heart attack are different in women. Heart attack can still manifest in chest pain in women but tends not to be a prominent symptom.

Purvi Parwani, MBBS, is an assistant professor of Cardiovascular Imaging at the Division of Cardiology. To make an appointment, please call **1-800-INTL-HEART** or visit lomalindaheart.org.



New Year, New Beginnings



As we begin 2018, we look forward to continuing our dedication to providing whole family care. Let me share with you how we are bringing this quality care to your family in the New Year.

This spring we are opening a **new pediatric clinic in Indio**. More than 135,000 children live in the low desert region, and the Loma Linda University Children's Health–Indio Outpatient Pavilion will focus on meeting the needs of these children much closer to home.

At Loma Linda University Health, we also know how important it is to keep your entire family healthy. This is why in 2018 we are committed to continuing our emphasis on providing excellent primary care

with the **expansion of our primary care services**. With over 1.5 million visits per year, our clinical staff works with patients to give them the best opportunity for longer, healthier lives.

A Healthy Tomorrow is a publication we created for our community that shares lifestyle ideas for 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 and 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, including healthy dietary tips and balanced recipes.

Let us all make 2018 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 through this newsletter. *A Healthy Tomorrow* is written and published with your and your family's needs in mind.

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

STEP BY STEP

NEW YEAR'S RESOLUTIONS THAT WORK

If you've ever made New Year's resolutions and failed to stick with them, you're in good company.

You may have been unsuccessful because your resolutions were too broad or you lacked a specific plan for execution.

Keep in mind the suggestions that follow as you form your goals for this year. These ideas can help you start small and build on your achievements step by step.

MAKE THEM

The key to keeping resolutions is to make them realistic and attainable, as well as personally important to you. Research shows that self-motivation is more effective than outside pressure. These tips can help:

- **Begin by assessing your lifestyle.** Focus on areas you'd really like to change. For example, if you want to improve your diet, keep a food diary for a week.
- **Focus on small changes you can realistically make.** Don't resolve to exercise seven days a week, for example. Go for three or four times a week, which may be more pragmatic given your time constraints.

■ **Break major resolutions into small, specific steps.** For instance, if you want to improve your diet (and your family's), begin by:

- Adding another serving of fruit or vegetables to every meal
- Eating a healthy breakfast every day
- Drinking sparkling water, not regular, high-calorie soda
- Choosing 100 percent whole-grain (rather than white) bread and pasta

KEEP THEM

Once you've settled on a few attainable resolutions, these strategies can help bolster your self-motivation:

- **Work on one resolution at a time.** Trying to stick to more than that at once could overwhelm you.

- **Let friends and family know your goals, and ask for their support (or even include them in your plan).** Even better, team up with someone with similar resolutions so you can work together.
- **Mark your calendar to evaluate your progress.** Tweak your plan based on how things are going.
- **Finally, cut yourself some slack.** Whether you're trying to lose weight, quit smoking or exercise more, relapses are bound to occur. When they do, don't give up. Get back to your plan.

WE CAN HELP

Consider joining a support group or working with a therapist. Look for a therapist trained in behavior management, a registered dietitian or another professional who fits your goal. That person may provide the extra help you need to achieve your objective. For more information on support groups or other resources, please call 1-877-LLUMC-4U.

Start the year with your free Live It calendar. Get one today by calling 1-877-LLUMC-4U.



LIVE IT

Quick tips to keep you healthy!

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



4 THINGS YOUR NAILS CAN TELL YOU ABOUT YOUR HEALTH

Your fingernails can be a window to your overall health. Here are four health conditions your nails might be pointing to, and what to do if you notice the signs:

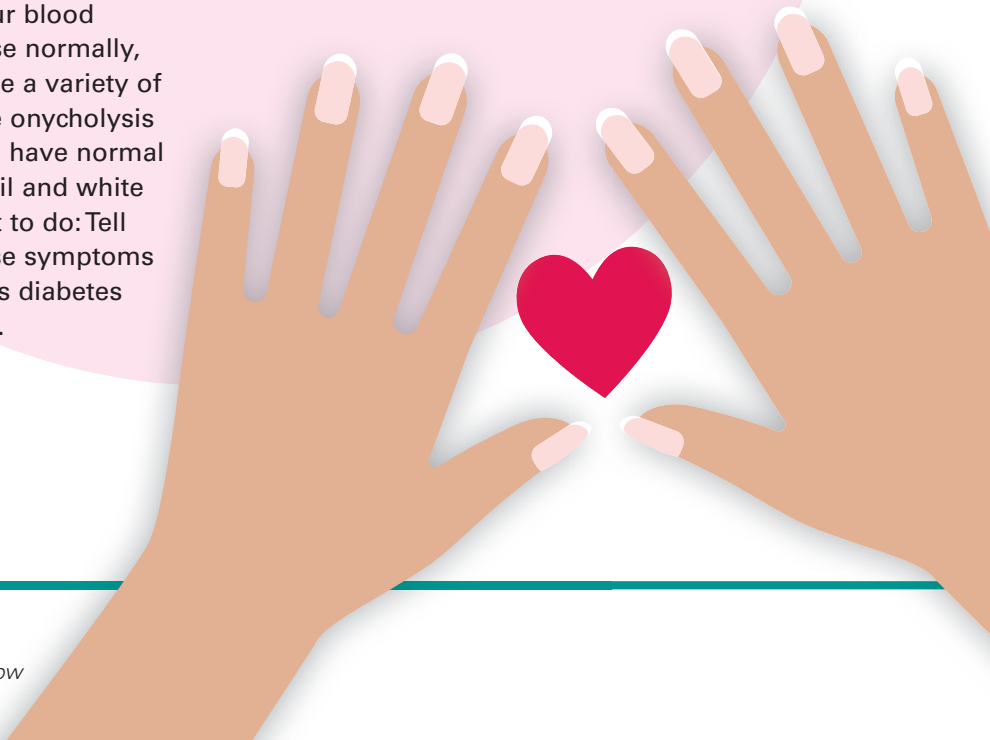
1 PSORIASIS: This chronic, genetic skin disease develops when your immune system tells your skin cells to grow too quickly. If your nails are crumbling or falling off, it could mean you have a form of psoriasis. What to do: Ask your dermatologist to examine your skin, nails and scalp for signs of psoriasis. If necessary, he or she can help you find a psoriasis treatment that fits your lifestyle.

2 ANEMIA: Indented grooves or brittle nails are a symptom of iron deficiency, which can lead to anemia. Anemia means your blood has a lower than normal amount of red blood cells or that your red blood cells don't contain enough of an iron-rich protein called hemoglobin. What to do: Talk with your doctor about performing a complete blood count to check your hemoglobin levels. Your doctor may suggest you supplement your diet with more iron.

LIVER DISEASE: If you notice double white lines on your nails, it may mean you have developed liver disease. What to do: Ask your doctor about a liver function test. This blood test can help check your liver's health and detect liver damage by measuring the levels of certain proteins in your blood.

3

4 DIABETES: When your blood doesn't process glucose normally, your fingernails can see a variety of changes. These include onycholysis and Terry's nails, which have normal coloring on half the nail and white on the other half. What to do: Tell your doctor about these symptoms and discuss the various diabetes tests that are available.





HOW COLORFUL IS YOUR DIET?

The question may sound odd, but it's actually a viable way to measure how well you are meeting your daily requirements for vitamins and other nutrients. So turn your plate into a rainbow of nutrition. Try to eat some red (tomatoes, beets, strawberries), purple (grapes, raisins, eggplant), yellow (grapefruit, yellow bell peppers, corn), orange (acorn or butternut squash, sweet potatoes, mangoes), green (cucumbers, peas, broccoli) and white (bananas, garlic, onion) foods every day. Visit LiveltLomaLinda.org for healthy recipes.



GET SOME Z'S TO PREVENT HEART DISEASE

For people at risk for heart disease, sleep can literally save their lives. A study in the *Journal of the American Heart Association* found that patients with multiple risk factors for heart disease who got less than six hours of sleep per night were more likely to die of heart attack or stroke than those who got six or more hours of sleep. The findings suggest that sleep is an important factor, along with diet and exercise, in preventing heart disease. **Check with your primary care physician to learn more about heart health. Call 909-558-6600 to make an appointment.**

recipe

BERRY CRISP

INGREDIENTS

Crust

- 2 cups old-fashioned oats
- $\frac{3}{4}$ cup oat flour (You can use Bob's Red Mill or you can make your own.)
- $\frac{1}{2}$ tsp. cinnamon, ground
- 1 tsp. pure vanilla extract
- $\frac{1}{8}$ tsp. salt
- $\frac{3}{4}$ cup honey
- 3 tbsps. coconut oil, room temperature

Yogurt Filling

- 1– $1\frac{1}{3}$ cups plain Greek yogurt
- 1–2 tbsps. maple syrup or honey
- 1 tsp. pure vanilla extract

Fruit Topping

- $\frac{1}{3}$ cup raspberries
- $\frac{3}{4}$ cup strawberries, sliced
- $\frac{1}{2}$ cup blueberries

DIRECTIONS

1. Preheat oven to 350 degrees.
 2. Grease a 10-inch cake pan with baking spray and set aside.
 3. In a large bowl, combine oats, oat flour, cinnamon, vanilla and salt. Add the honey and coconut oil and mix until dough is combined.
 4. Spread the mixture into prepared pan and press down.
 5. Bake in preheated oven for 10 minutes. Remove from oven and allow to cool completely.
 6. Meanwhile, in a medium mixing bowl, combine yogurt with honey and vanilla. Use an offset spatula to spread yogurt over cooled crust.
 7. Decorate with fresh berries.
- Enjoy immediately or place in the fridge to cool and set.

LIVE IT

IN THE KITCHEN

Check out more delicious recipes at LiveltLomaLinda.org.

A LIFESAVING GIFT: CONSIDER BECOMING AN ORGAN DONOR

The gift of life is truly special. And it's something many of us have the opportunity to give.

Each year, over 100,000 people wait for an organ donation — a number that continues to grow and far exceeds those available. This could be a father waiting for a new kidney, a best friend waiting for a liver or a daughter waiting for a heart. Unfortunately, 20 people die each day waiting for a transplant. By making the choice to be an organ donor, you can impact the lives of others in unimaginable ways.

SAVING LIVES IN DEATH

To those waiting on the organ transplant list, you are extremely important. Just one eligible person can donate up to eight lifesaving organs. However, only three in every 1,000 donors will be an eligible candidate because they have to die in very specific circumstances to donate. Most often, donors die in the hospital due to an illness or injury such as stroke or brain trauma. Machines are then used to keep oxygen-rich blood flowing to the organs, keeping them healthy.

To become an organ donor after your death, you must register in your state either online or in person at your local motor vehicle department.

MORE WAYS TO DONATE

We often think of organ donation as something that only occurs after we die. But living organ donation — donating organs while still alive — actually accounts for four of every 10 donations. These donations often occur between family members or close friends because the donor wants their loved one to avoid the lengthy wait for a transplant. However, you can donate to someone you've never met.

Most living organ donations involve donating one of two kidneys. Less common living donations include one lobe of the liver or part of the pancreas, intestines or lung.

HOW TO BECOME A LIVING DONOR

If you're interested in becoming a living donor, you likely already know the person you want to help. If so, discuss it with your loved one.

Potential living donors, who must be over age 18, are evaluated at the transplant center to make sure they are suitable candidates. There, you will be medically screened to ensure you are in good health and do not have certain health conditions that could harm the recipient, such as cancer, diabetes, kidney disease, HIV, uncontrolled high blood pressure and more. After initial evaluation, potential donors undergo blood testing to ensure they are a good match with the transplant recipient.

Agreeing to be an organ donor — either in life or in death — is one of the most selfless gifts you can give another person. Take action today and sign up to become an organ donor.

BECOME A DONOR

Discover more information about our living donor program by calling **909-558-3636**.

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 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.

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.

MENDED 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* 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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MANY WOMEN UNAWARE OF HEART DISEASE RISK, MISS OUT ON SCREENING

Hear disease is the number one killer of women in the U.S., yet nearly half of them don't know this, reports a new survey of more than 1,000 U.S. women.

In addition, more than 60 percent of women admitted to putting off doctor visits, missing out on important opportunities to detect cardiovascular disease risk factors early.

The findings are published in the *Journal of the American College of Cardiology*.

WEIGHT WORRIES KEEP MANY WOMEN AWAY FROM THE DOCTOR'S OFFICE

Nearly 50 percent of women in the study confessed that they've canceled or postponed a visit because they wanted to shed pounds before an appointment.

Some respondents connected a sense of embarrassment to heart disease, believing that only weight issues could be to blame. While being overweight or obese can play a role, other factors increase your risk, too. They include:

- **Age — your risk climbs after menopause**
- **Family history of early heart disease**
- **Lack of physical activity**
- **Smoking**
- **Diabetes**
- **High blood pressure or cholesterol**

ASK YOUR DOCTOR ABOUT TESTS TO CHECK YOUR HEART HEALTH

The first step toward a healthier heart is finding out how likely you are to develop cardiovascular disease. Unfortunately, the study found only 40 percent of women's routine doctor visits included a heart checkup.

It's up to you to make sure your ticker is in tip-top shape. During your next appointment, talk with your doctor about tests that can assess your heart disease risk. These include screenings to check your cholesterol and blood sugar levels, blood pressure and body mass index.

MAKE THE CALL

Your primary care physician coordinates all of your care and refers you to specialists for conditions they cannot treat. Your primary care doctor may refer you to a cardiologist. The cardiologist will guide your cardiac care, planning tests and treatments. Call today at **909-558-6600**.

