

a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
OCT/NOV 2017

Spread
the word

MAMMOGRAMS
SAVE LIVES



LOMA LINDA
UNIVERSITY
HEALTH

BUST THESE
DIABETES MYTHS

GO MEATLESS
THIS MONTH

CONQUER DIET
PITFALLS AT WORK

ask the EXPERT

What are some screening tools women can use in the fight against breast cancer?

A: A woman should perform a breast self-exam each month to be very familiar with what is “normal” for her, in addition to having an annual clinical breast exam. Women at average risk should begin annual screening mammograms at the age of 40.

A newer imaging technique called breast tomosynthesis can be used for breast cancer screening in conjunction with traditional digital mammography.

In addition, women at higher risk for breast cancer undergo annual screening breast ultrasound and/or breast MRI, as well as more frequent clinical breast exams.



Cherie A. Cora, M.D., specializes in Radiology, General Diagnostic, Body Imaging, Nuclear Radiology and

Musculoskeletal medicine. To make an appointment with Dr. Cora, call **909-558-4370**.



fyi:

October is
Breast Cancer
Awareness
month.

SPREAD THE WORD MAMMOGRAMS SAVE LIVES

Mammography is an important tool for detecting breast cancer early on, when it's easiest to treat. According to the Centers for Disease Control and Prevention, screening mammograms can reduce breast cancer deaths by approximately 20 to 35 percent in women ages 50 to 69 and approximately 20 percent in women ages 40 to 49.

The benefits and limitations of mammography vary based on factors like age and personal risk. Experts have different recommendations for mammography. Currently, the U.S. Preventive Services Task Force recommends screening every two years for women ages 50 to 74. The American Cancer Society recommends a mammogram yearly for all women ages 45 to 54 and every other year for women ages 55 and older.

Women should talk with their doctors about their personal risk factors before making a decision about when to start getting mammograms or how often they should get them.

REDUCING BREAST CANCER DEATHS

According to the American Cancer Society, the percentage of U.S. women ages 40 and older who are getting regular mammograms has been steady since 2005. As a result, nearly 227,000 lives have been saved since 1989 thanks to these screenings.

Unfortunately, however, some women are still not getting their mammograms. For instance, 68 percent of uninsured women—and 29 percent of women who do have insurance—have fallen behind on breast cancer screenings.

BEATING BREAST CANCER

One thing is clear: If we are going to win the battle against breast cancer, women must be screened.

Women need to be encouraged to follow their doctor's advice to get regular screenings. You can do your part, too. Remind the women you know and love about the importance of regular mammograms—it just might save their life.

LEARN YOUR RISK In honor of Breast Cancer Awareness month, know your risk by visiting **LomaLindaCancerQuiz.org**.

BUST THESE 3 DIABETES MYTHS

Did you know that more than 29 million Americans have diabetes? Read on to set the record straight on some common diabetes myths—and help safeguard your health in the process.



MYTH: Eating too much sugar causes diabetes.

FACT: Eating sweets doesn't necessarily cause diabetes. But eating too many calories from any source might if it leads to weight gain. According to the National Institutes of Health, about 80 percent of people with type 2 diabetes are obese or overweight. Being overweight or obese can lead to insulin resistance, which can lead to type 2 diabetes. To prevent and manage diabetes, staying at a healthy weight by eating a varied diet and exercising regularly are two of the most important things you can do.



MYTH: Insulin comes in pill form.

FACT: Insulin doesn't come in pill form because it's a protein your stomach acids would destroy. You must inject it or deliver it to your bloodstream through your skin with an insulin pump. Diabetes pills aren't insulin pills. They're medication that can make your body produce more insulin or use the insulin it makes better. Diabetes pills can also reduce the blood sugar your liver produces or limit how much carbohydrate your body absorbs after a meal. If the pills aren't enough, your doctor may prescribe insulin, given by injection or insulin pump.



MYTH: It's ok to put off taking insulin until my diabetes gets worse.

FACT: Insulin isn't a last-resort type of medication. It can help prevent or delay serious diabetes complications by keeping your blood sugar within a healthy range. It helps replace the insulin your body is no longer making. Taking insulin by injection or insulin pump, if your doctor recommends it, can help you stay healthier.

GET THE FACTS Visit the **LLUH Diabetes Treatment Center** where certified diabetes educators teach classes in English and Spanish. Call **909-558-3022** for more information.

Harness the Power of COCONUT OIL

Coconut oil is moisturizing, antibacterial, antiviral and anti-inflammatory. Its active ingredient is lauric acid, which is also found in breast milk.

Be sure to choose virgin coconut oil. Processing damages the oil's active ingredients. Here are some ideas for how to use it.

- **Soothe Dry Skin** Coconut oil effectively moisturizes and softens skin when used as a lotion. In fact, a 2014 study found that applying the oil twice a day could treat eczema, a condition where skin is very dry and itchy.
- **Protect Your Hair** Coconut oil can make your hair look healthier and may prevent split ends. Research shows that coconut oil protects the hair from damage due to styling and washing. Massage about 1 teaspoon of coconut oil through your hair overnight. Shampoo as you normally would in the morning.



LIVE it!

Quick tips to keep you healthy!

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

We spend many of our waking hours at work. Between vending machines, fast-food lunches and employee parties, the office can be pure diet sabotage.

One survey found that 30 percent of employees head to vending machines for snacks and 20 percent roam office hallways seeking catering leftovers. But there are better ways to satisfy your appetite during the 9-to-5 hours. Here are helpful solutions to common job-related eating woes:



CONQUERING Diet Pitfalls IN

THE PROBLEM: The vending machine stocks only candy bars and potato chips.

THE SOLUTION: Stash healthy snacks in your desk drawer. Precut fruits and veggies are a fast, easy option. Or try dried fruits, nuts, high-fiber cereal or unsalted pretzels.





THE PROBLEM: Boredom and stress drive you straight to your coworker's candy dish.

THE SOLUTION: Ask yourself if you are really hungry. Write down how you feel and what you eat in a daily food log. Identify your eating triggers and healthy alternatives, such as taking a walk.

THE WORKPLACE



THE PROBLEM:
Lunch deals encourage you to order more food than you need.

THE SOLUTION: Your best bet is to pack a healthy lunch the night before. At restaurants, say no to the value meal. With extra calories and fat, it's no bargain. Avoid all-you-can-eat buffets. Instead, choose salads with low-fat dressing or a baked potato topped with vegetables. Or you can scout out the prepared-foods section of your local supermarket for a salad bar.

LIVE IT
IN THE KITCHEN

recipe

VEGETABLE SOFT TACOS

INGREDIENTS

- ½ tsp. extra-virgin olive oil
- 1 cup thinly sliced red onion
- 3 medium portobello mushroom caps, thinly sliced
- 1 medium zucchini, cut lengthwise in half, then thinly sliced
- ½ red bell pepper, thinly sliced
- ½ orange bell pepper, thinly sliced
- 1 tbsp. lime juice
- 1 tsp. ground cumin
- 1 tsp. smoked Spanish paprika
- ½ tsp. onion powder
- ½ tsp. garlic powder
- ½ tsp. dried oregano
- Pinch or ⅛ tsp. cayenne pepper
- Sea salt to taste (about ½ tsp.)
- 8 medium-sized corn (no salt added) tortillas
- Chopped cilantro

DIRECTIONS

Heat a large nonstick or cast iron pan over high heat for two minutes. Add olive oil, then heat for one minute. Add onion. Sauté for two to three minutes, then add portobello mushrooms and zucchini and sauté for another three to four minutes. Add peppers, lime juice, cumin, paprika, onion powder, garlic powder, dried oregano, cayenne pepper and sea salt. Sauté for two minutes or until all vegetables are cooked through.

To serve, place ½ cup of vegetables in each tortilla and garnish with chopped cilantro.

NUTRITION FACTS

Makes 4 cups of cooked vegetables. A single serving of 1 cup vegetables and two corn tortillas (about 6 inches in size) without added salt contains: 176 calories, 3 g fat (0 g saturated fat, 0 g trans fat) 0 mg cholesterol, 337 mg sodium, 35 g carbohydrates, 5 g fiber, 6 g sugar and 4 g protein.

Turn the page to find even more great ideas to go meatless this month!

4 WAYS TO GO MEATLESS EVERY MONDAY THIS MONTH

Changing up your dietary patterns can be as easy as making just one small change a week. With the Meatless Monday Challenge, you are tasked with eating a plant-based diet at each meal every Monday for a month.

Check out page 5 for our delicious veggie soft taco recipe!

Replacing meat with nutritious fruits and vegetables just one day a week can help reduce your risk for type 2 diabetes and heart disease, experts say.

Take these approaches to help you cut animal products out of your Monday routine over the next four weeks.

1 DON'T GO IT ALONE

Making changes is easier—and a lot more fun—with a group. Enlist your family to help choose, prepare and share a Meatless Monday dinner. And consider asking friends or coworkers to plan a veg-friendly lunch potluck.

Try these meal options: For breakfast, have yogurt parfaits with your choice of fruit and nuts. At lunchtime, head to the salad bar, which is stocked with vegetables, beans, tofu and nuts. And for dinner, throw some veggies, like peppers and onions, onto a pizza.

2 CHANGE UP A FAMILY STAPLE

Win over meatless skeptics by transforming beloved meat-based recipes into vegetable-rich dishes. Just take out the meat and replace it with more vegetables or a plant protein source, such as soy, legumes or lentils.

Instead of turkey sausage, go for a soy-based sausage with your morning meal. At lunch, consider a veggie burger on a whole-grain bun. Later that night, toss together pasta primavera with marinara for dinner.

3 BRANCH OUT WITH SOMETHING DIFFERENT

Now that you're in the groove, consider branching out. Try a meat substitute you've never tasted—such as tempeh (chewy, cultured soybeans) or seitan (wheat gluten). Or pick up a new-to-you vegetable, such as cabbagelike bok choy or jicama, a crisp and slightly sweet root.

Try scrambled tofu for a healthy breakfast. For lunch, have your taste buds travel to an exotic locale with falafel on whole-grain pita and vegetables. Then top your day with a twist on tacos by stuffing them with tempeh instead of ground beef.

4 REWARD YOURSELF

Once you've made progress at home, take your meat-free skills out on the town. With planning and preparation, it's possible to eat a healthy, vegetarian meal in a restaurant. Ethnic cuisines—including Japanese, Thai and Indian—often offer a variety of meatless options. Be sure to check out the menu ahead of time, if possible. You can also ask the staff about the ingredients if you're unsure.

At a diner for breakfast, try whole wheat crepes with fruit. If you're out for lunch, choose minestrone, an Italian soup with kidney beans and tomatoes. Or spice up your evening by going out for an Indian dish with lentils and curried vegetables.

Don't stress: Vegetarian recipes can be easy and delicious! For more ideas, please visit LiveItLomaLinda.org.

CLASSES & PROGRAMS

EVENTS

FAMILY HEALTH FAIR

Sunday, October 29

Registration will open in September.

Visit lomalindaevents.org.

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.

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. 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 **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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Dr. Richard Hart
President, Loma Linda University Health

Rachelle Bussell
Senior Vice President of Advancement

Heather Valentine
Editor-in-Chief

Samantha Orcasitas
Managing Editor

Rachel Logan
Creative Content Editor

Loma Linda University Medical Center
11234 Anderson St.
Loma Linda, CA 92354-2804

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fhf5K.org


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