

January - February 2005

LOMA LINDA UNIVERSITY MEDICAL CENTER

A Healthy Tomorrow

Information for a Healthy Lifestyle Today

Welcome to
Our New Look!

Loma Linda University Medical Center is proud to bring you an improved *A Healthy Tomorrow* as we kick off our 100th year in the community.

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Start Your Year Off on the Right Foot. See page 2

A Century of Service



Welcome to our newly designed *A Healthy Tomorrow* newsletter. We hope you find it a useful

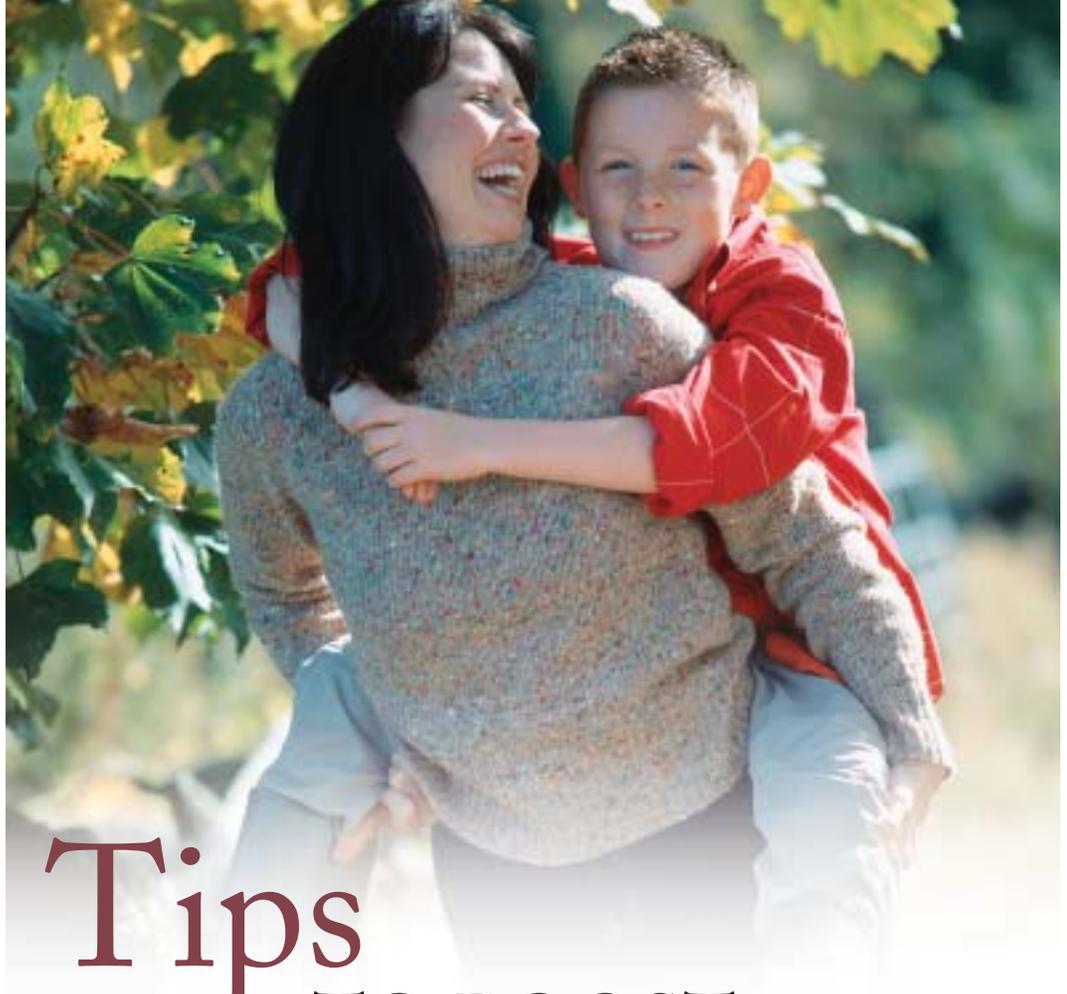
resource and testament of our desire to be your partner in your family's health. We truly are excited about this publication, and we look forward to providing you with information about our services and other current health topics.

It truly is a great pleasure to serve as CEO of Loma Linda University Medical Center as we celebrate our 100-Year Anniversary. Today, our dedicated staff of physicians, nurses, and other health care professionals continue to focus on our mission of "making man whole" through Christ-centered health care. It is our priority that we provide this to you with compassion and quality service. We share some of our history on page 3.

Each year, heart-related diseases claim the lives of more than half a million women. February is American Heart Month. In this issue, you will find some helpful tips to keep you and your heart healthy. Read more about American Heart Association guidelines on page 4.

I am proud to announce that we have been awarded the Consumer Choice Award, as determined by the National Research Corporation, as the preferred hospital of San Bernardino and Riverside counties. Thank you for this great honor. We promise to continue to deliver you the best health care possible.

Ruthita J. Fike
CEO/Administrator



Tips TO BOOST YOUR WALKING ROUTINE

Many people have discovered that a brisk walk is good for both body and spirit. Research also suggests walking may help you live longer.

To boost the health benefits of walking—and keep you motivated—consider these ideas:

■ Try interval training. Pick up the speed for 30 seconds, then return to your normal pace for one minute. But don't overdo it. If you're short of breath or have chest pain, stop and rest.

■ Ask a friend along—you can motivate each other to stick to your walking routine.

■ If you don't feel like walking, tell yourself you're going out for just five minutes. Once outside, you'll probably walk longer.

■ Swing your arms to increase your heart rate and burn more calories.

■ If it's too hot or cold outdoors, try mall walking. ●

Top Hospital for Five Straight Years

National Research Corporation (NRC), an independent research organization, has awarded Loma Linda University Medical Center (LLUMC) the Consumer Choice Award for the fifth straight year. This award identifies hospitals that health care consumers have chosen as having the highest quality and image in their region. This year, LLUMC is proud to be named "Riverside San Bernardino's Most Preferred Hospital." This study is considered to be the nation's largest and most comprehensive of its kind.





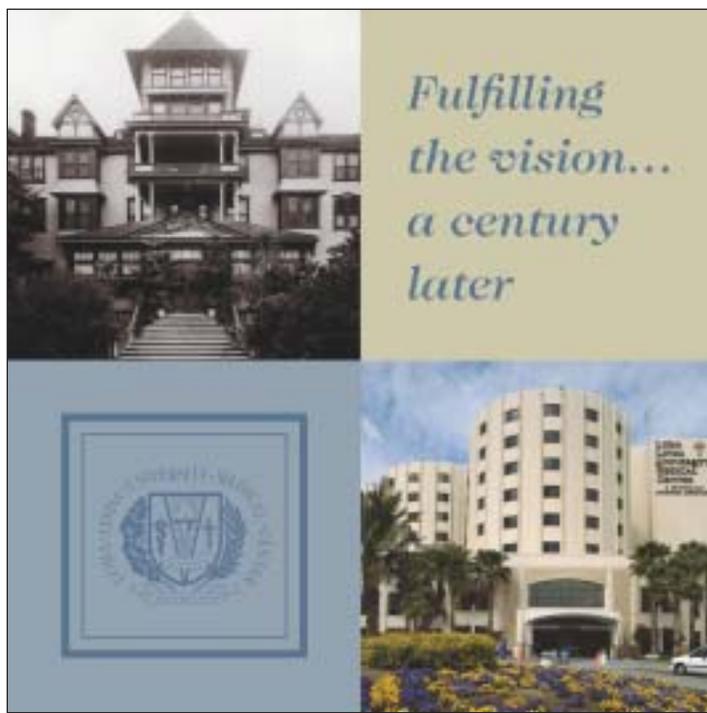
Fulfilling the Vision... A Century Later

From 1905 to 2005, the unwavering dedication of those who promote healthful living and provide care for the sick has shaped and sustained one of the leading hospitals in the nation. Loma Linda University Medical Center (LLUMC), as it is known today, is proudly celebrating its 100-Year Anniversary. From the old Sanitarium on the hill to the present 11-story building built in 1967, LLUMC continues to be a leader in health care and pioneer in life-saving medicine.

On August 26, 1905, Loma Linda Sanitarium was formed; six weeks later, on October 13, the first two patients were admitted. Loma Linda was in business! With the completion of Loma Linda University Children's Hospital in late 1993, nearly 900 beds are now available for patient care, including at

Loma Linda University Medical Center East Campus and Loma Linda University Behavioral Medicine Center.

Each year, the hospital admits more than 30,000 inpatients and serves roughly half a million outpatients. As the only tertiary-care hospital in the area, LLUMC is the only Level 1 Regional Trauma Center for Inyo, Mono, Riverside, and San Bernardino counties. It is recognized as the



international leader in infant heart transplantation and proton treatments for cancer.

Starting in February, LLUMC will celebrate this milestone with a series of events and other commemorative activities through April 2006. "Fulfilling the Vision" has been selected as the centennial theme, referring to LLUMC's vision of excellence in Christ-centered health care and "making man whole."

As part of this celebration, we are collecting stories from people who have been touched by the work of our staff or have a memorable event relating to the hospital. If you have a story or short anecdote to share, write us at:

**Caring for a Century
c/o LLUMC Marketing Department
11215 Mountain View Avenue, Suite 165
Loma Linda, California 92354**

Don't forget to include your name and address. ●

Not Just for the Birds: SEEDS OF NUTRITION



Seeds are loaded with nutrients, but large servings contain a lot of fat and calories. A nutritious serving size is approximately two tablespoons.

- Top cereal or yogurt with ground flaxseed for a nutty crunch. Flaxseed is rich in certain fatty acids, which may prevent breast and colon cancers. Research also has found that flaxseed flour, which can be used for baking, can lower "bad" cholesterol levels.
- Snack on pumpkin seeds, which are packed with protein, iron, B vitamins, vitamin E, and fiber, and are lower in fat than most nuts.
- Top a green salad or casserole with shelled sunflower seeds, which are rich in calcium, thiamin, and vitamin B6.
- Add sesame seeds—a good source of calcium, iron, and phosphorus—to a stir-fry.

AHA GUIDELINES OFFER HEARTENING NEWS FOR **Women**

Ask a woman what her greatest health fear is, and chances are she'll say breast cancer. But it's heart disease that kills more than half a million American women each year, making it the number-one health threat to women of all ages. Yet, ironically, it's also one of the most preventable.

These facts led the American Heart Association (AHA) to release new guidelines for preventing heart disease in women. The resounding conclusion: It's not about aspirin therapy, clot-busting medications, or leading-edge surgical techniques. It's the simple lifestyle choices a woman makes that are her most powerful weapon against heart disease.

The Risk Continuum

New guidelines on heart disease have revised experts' view of the disease. It's no longer "either/or," that is, either a woman has heart disease or she doesn't. Instead, researchers now know that heart disease is a continuum of gradually increasing risk.

Your Life Is in Your Choices

No matter what your age, or where you are on the continuum, you can reduce your heart disease risk by as much as 80%, starting right now. According to the new guidelines, here's how:



■ **Know your risk.** Begin screening for heart disease risk factors at age 20. The AHA advises having blood pressure, body mass index (BMI), and waist size checked at least every two years. Blood cholesterol and blood sugar levels should be checked every five years.

■ **Don't smoke.** And quit if you do. Ask your doctor for help.

■ **Stay active.** This means 30 minutes of activity a day on most days of the week.

■ **Enjoy a healthful, low-fat diet.** Choose plenty of whole-grain foods, fruits, vegetables, and low-fat dairy products. Include fish and walnuts in your diet. These are good sources of heart-healthy omega-3 fatty acids.

■ **Maintain a healthy weight.** Regular exercise and a heart-friendly diet can help you do this.

■ **Get help for stress or depression.** These issues may increase heart risks. ●

Vilma Torres, MD

Cardiologist and Associate Professor at
Loma Linda University Medical Center

QUESTION: Are the signs of a heart attack different for women than they are for men?



ANSWER: Yes, the signs and symptoms for many women are different

from the classic chest pressure experienced by men. They are:

- unusual shortness of breath
- upper abdominal pressure
- unusual fatigue (flu-like symptoms)
 - lower chest discomfort
 - back pain
 - dizziness
 - nausea
- palpitations.

RECIPE: Minestrone Soup

- 1 Tbsp olive oil
- 2 cups chopped onion
- 5 medium cloves garlic, minced
- 1 stalk celery, minced
- 1 medium carrot, minced
- 1 small zucchini, diced and/or 1 cup diced eggplant
- 1 tsp oregano
- 1 tsp basil
- 1 medium bell pepper, diced
- 3-4 cups (or more) water
- 1 14.5 oz. can tomato puree (about 2 cups)
- 1 to 1½ cups cooked pea beans, chickpeas, or kidney beans
- 1 cup dry pasta (*any shape*)
- 1-2 medium-sized ripe tomatoes, diced (*optional*)
- ½ cup freshly minced parsley
- Parmesan cheese, 1 tsp per serving (*optional*)

Heat the olive oil in a large pot or Dutch oven. Add the onion and garlic. Saute over medium heat for about 5 minutes, then add the celery, carrot, eggplant (if using zucchini, add it later, with the bell pepper), oregano, and basil. Cover and cook over very low heat about 10 minutes, stirring occasionally.

Add the bell pepper, zucchini, water, and tomato puree. Cover and simmer about 15 minutes. Add the beans and simmer another 5 minutes.

Bring the soup to a gentle boil. Add the pasta, stir, and cook until the pasta is tender. Stir in the diced fresh tomatoes and serve right away, topped with parsley and 1 tsp Parmesan cheese per serving. Serves 8.

Nutrition Information per serving: Calories: 145; Total Fat: 3 gm; Saturated Fat: 1 gm; Cholesterol: 0 mg; Sodium: 330 mg; Fiber: 6 gm.

“Diabetic Exchanges: 1 starch, 2 vegetable, < 1 fat.”

Adapted from Moosewood Cookbook (New Revised Edition) by Mollie Katzen.



Proton Treatment Center Offers Hope

Derrek Flanders at 18 years old was a healthy young man, who had never even had a headache. In May 2003, he undertook an Eagle Scout project for Boy Scouts and teamed up with Wheels for Humanity to collect wheelchairs, canes, and walkers for those who could not afford them. One year later, Derrek found himself in a wheelchair with little explanation of why.

Looking for a Solution

“He began having problems with his eyes and complained of constant migraines,” says his mother, Kellee Flanders. “We couldn’t understand how a usually active 18-year-old suddenly had no energy and could barely walk.”

As the year went on, Derrek’s parents, Daniel and Kellee, decided the diagnosis had to be more serious.

“It was around graduation time when we got to Loma Linda University Medical Center (LLUMC),” Kellee remembers.

The family, residents of San Dimas, had initial tests run and discovered fluid in Derrek’s head. After having it removed, Derrek returned home in time to make graduation, prom, and even grad night. But the activities left him exhausted, and the family found themselves back at the Proton Treatment Center at LLUMC in less than a month. It was on that trip that Derrek was diagnosed with a brain tumor.

Proton Treatment Center

The concept of proton treatment was first introduced in 1946. In October 1990, LLUMC opened the world’s first hospital-based proton treatment facility, where patients with a wide range of cancers could receive the full benefit of the treatment. As of September 1, 2004, 9,435 patients had received proton treatment at LLUMC.

The effective, noninvasive treatment has been used for various types of localized cancers—lung cancer, prostate cancer, and tumors of the brain among them—and is known to produce minimal side effects.

By Derrek’s third proton treatment, he began to regain his energy.

“We plan to celebrate the day of his third treatment every year,” says Kellee. “That was the day we knew we had our son back.”

To receive your proton therapy packet, please call **1-800-PROTONS (1-800-776-8667)**.

FIGHTING for Lives

The day Tommy was born, Loma Linda University Children's Hospital's Chief Neonatologist, Ricardo Peverini, was there in the delivery room. Tommy's overall Apgar score—a measure of a baby's general health at birth—was 1. A score of zero would have meant that he was stillborn, but his doctor and the rest of the staff took him to the Neonatal Intensive Care Unit (NICU) and fought to keep him alive. Every day was a challenge of keeping him breathing...living.

Unfortunately, stories like these are often told at Loma Linda University Children's Hospital NICU. As the largest and only Level III center in the region, roughly 100 critically ill patients are seen here each month.

Tommy's father says his son was so fragile and tiny that "my wedding band would fit on his lower hand, but I didn't want to push it on because he was so transparent and his skin hadn't really developed completely. He was a small baby...really small."

A skilled team of physicians, nurses, and other clinicians provide care for a wide range of conditions in a family-centered environment for up to 72 infants. Attending neonatologist Dr. Andrew Hopper says, "We are doing two things. One is to provide the best medical neonatal care that we have access to and involve as many people to make the best decision. Second, part of our task is then to communicate back to Mom and Dad...assure the family that I and others in the team are unable to predict the future, but we are going to do our very best."

Nine months have passed and Tommy is now doing great.

"Tommy is absolutely God's miracle!" says his mom. "They can't find anything wrong with him; they try, oh boy they try, but they can't find anything wrong!"

Proceeds from the Loma Linda University Children's Hospital Foundation Gala on Sunday, March 13 will be presented to the NICU. For tickets or more information, please call toll-free 1-800-825-KIDS (5437). ●

January IS AUTISM AWARENESS MONTH

Did you know: If your child has autism and is younger than age 3, she is eligible for federally funded programs available in every state. Autistic children ages 3 to 21 are guaranteed a free public education and possibly other services. For more information, visit the Autism Society of America at www.autism-society.org

Loma Linda University Children's Hospital

12th Annual Foundation Gala—To Benefit the NICU

This year's 12th Annual Foundation Gala, "Fiesta for Kids," will be held at the National Orange Show Events Center in San Bernardino on Sunday, March 13. Tickets are now available by calling 1-800-825-KIDS (5437). Join us for an evening of silent and live auction, black tie dinner, and entertainment.



Classes & Events

To receive more detailed information call 1-877-LLUMC-4U.

JANUARY-FEBRUARY 2005

MEDICAL CENTER & CHILDREN'S HOSPITAL

PossAbilities Triathlon Series
January 22, February 13, March 13, and April 3
Register at www.active.com

Free Arthritis Seminars
Wednesdays, January 12 and February 9
Please call to register

Head Injury and Trauma Spinal Cord Support Group
Family members and friends of injury survivors welcome
Fourth Monday of the month, 6 to 8 p.m.

"Ask Your Doctor"
A medical talk radio show
Fridays at noon on 590 AM and Sundays at 11 p.m. on 95.1 FM

Lupus and Autoimmune Disorders Support Group
Adults—Third Thursday of the month, 5 to 6 p.m.
Children—Third Wednesday of the month, 6 to 7 p.m.

LASIK Seminar
First Monday of the month, 5:30 to 6:30 p.m.
One-on-one consultations available

Adult Asthma in Control
One-on-one consultations
Please call for an appointment

Pediatric and Adolescent Asthma Counseling
One-on-one consultations
Please call for an appointment

Mommy and Me Care Center
Registered nursing staff of lactation specialists available
Please call for an appointment

Teen Connection
Second Tuesday of the month, 6:30 to 8:30 p.m.
A support and activity group run by teenagers for teenagers with cancer or blood diseases.

Gift Shops—Medical Center and Children's Hospital
You will find a great selection of gifts to choose from.
We offer complimentary gift wrap and delivery in hospital

CENTER FOR HEALTH PROMOTION

Lean Choices
Change your weight as you change your life
Tuesdays, 6 to 7:30 p.m.

Mastering Your Weight
Continue on your road to success on Thursdays, January 27 and February 24 at 4 p.m.
Preregistration required, fee \$16

Freedom to Quit - Smoking Cessation Plan
Tuesdays, 6:30 to 8:30 p.m.
Preregistration required

Overeaters Anonymous
Mondays at noon
for brown bag lunch

DIABETES PROGRAMS

Diabetes Support Group
First Tuesday of the month, 6:30 to 7:30 p.m.
English and Spanish

Winning with Diabetes
Morning and evening classes available, call to register
Spanish classes offered

NEUROLOGY SUPPORT GROUPS

Epilepsy Foundation Adult Support Group
Third Friday of the month from 6 to 8:30 p.m.
LLUCH Conference Room 1830

Epilepsy Foundation Parent Support Group
For parents with children who have epilepsy
First Friday of the month, 6 to 8:30 p.m.
LLUCH Conference Room 1830

HEART AND LUNG PROGRAMS

Please call for an appointment, insurance covers most of cost

Cardiac Rehabilitation
Program for people who have had a heart attack or heart surgery

Pulmonary Rehabilitation
Program for people with lung disease

Adult Heart Transplant Support Group
Third Sunday of the month 2 to 4:30 p.m.

CANCER INSTITUTE

Head and Neck Cancer Support Group
First and third Tuesday of the month from 6 to 8 p.m.

"New Dimensions" Women's Cancer Support Group
Second and fourth Tuesday of the month from 6 to 8 p.m.

VOLUNTEER OPPORTUNITIES

A meaningful way to care and share with others

Volunteer Information/Orientation
LLUMC
January 5, 5 to 8 p.m.
February 2, 3 to 6 p.m.
LLUCH—"Help us help our kids"
January 18, 3 to 6 p.m.
February 15, 5 to 8 p.m.

Cards of Care and Cards 4 Kidz
Personally create and decorate cards to give to patients of all ages
Bring a Smile to a Sick Child
Volunteer a comforting gift to cheer up our pediatric patients during a difficult time

DRAYSON CENTER

Karate
Suitable for all ages beginning through advanced

Judo/Ju-Jitsu
Age 12 and above

T'ai chi Ch'uan
Suitable for all ages

BEHAVIORAL MEDICINE CENTER

Eating Disorder Program
Programs available for adolescents and adults

Alcoholics Anonymous
Meetings are open to the public
Daily from 6:30 to 7:30 a.m.

Chronic Pain Medication Dependency Program
For those who have become dependent on prescription drugs
Inpatient and outpatient programs available

Senior Psychiatry Program
An inpatient mental health treatment program for the older adult

Caring for the Caregiver
Senior education and caregiver support group
Wednesdays at 5 p.m.

If you do not see a class or event you were looking for, please call 1-877-LLUMC-4U for more information.



January

IS NATIONAL VOLUNTEER BLOOD DONOR MONTH

Since 1970, January has been deemed National Volunteer Blood Donor Month. The American Red Cross and the American Association of Blood Banks annually partner to encourage donors to give blood in January.

If you are at least 17 years of age, weigh at least 110 pounds, and are in good health, you may be eligible to donate blood. If you would like to give blood, you can attend one of the following blood drives: Mondays, January 3 and 17, 11 a.m. to 3 p.m.; Monday, February 7 and Tuesday, February 22, 11 a.m. to 3 p.m. Loma Linda University Medical Center, 11234 Anderson St., Loma Linda. Sign up in the Medical Center lobby on the day of the event. For more information, please call 1-877-LLUMC-4U.



Humor May Help Healing

Had a good belly laugh lately? Some researchers think humor may keep you from getting sick or even speed the healing process. In his 1979 best-seller "Anatomy of an Illness," author Norman Cousins credited laughter with helping him recover from a painful joint disease.

One way humor may aid healing is by stimulating the release of endorphins, the body's soothing chemicals. Both smiling and laughter increase endorphins.

In fact, the endorphins triggered by humor may help a person cope with pain. The volunteers in one study kept their hands submerged in cold water longer than another group when they watched a humorous film. Groups who watched a documentary film or did not view any film could not tolerate the pain as well.

Laughter also may relieve allergic conditions. In a small study, people with atopic dermatitis, an allergic skin disorder, viewed

the classic comedy "Modern Times." After watching this funny movie, patients showed significantly smaller allergic skin reactions to dust mites and other allergens than they did after viewing a weather video.

Other research has found that humor helps people cope with stressful environments.

Laughter:

- reduces stress hormones
- improves blood flow
- may even lower blood pressure.

Here are a few ways to give yourself some healthy laughs:

- Fit some fun into your workouts. Swing on a swing, or climb a jungle gym.
- Take every chance you get to play with children or animals.
- Learn to laugh at yourself.
- Read the comics in the newspaper or watch funny videos.
- Keep toys, a bottle of bubbles, or soundmakers around for amusement. ●

LOMA LINDA UNIVERSITY MEDICAL CENTER
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