

May - June 2005

LOMA LINDA UNIVERSITY MEDICAL CENTER

# A Healthy Tomorrow

Information for a Healthy Lifestyle Today

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# Finding Dr. Right

## Choosing the Right Doctor for Your Child



**H**ave you chosen a doctor for your baby,” is usually one of the first questions a mother is asked as she welcomes her new child. This can be a daunting question, especially if you are a first-time parent. Here are some things to consider when choosing a doctor for your precious bundle of joy.

### Do Your Research

The last trimester of pregnancy is a good time to begin your research. Your obstetrician is a good place to start. They may have some recommendations based on their own knowledge and experience, or what other patients have shared with them. You also can rely on family, friends, or prenatal groups for a recommendation.

### Be Practical

Other factors to consider are more practical—such as location. It is ideal to choose a doctor whose office is no more than 15 to 20 minutes from your home. Your visit to your doctor should be convenient and easy, especially when your appointments are for urgent reasons. Likewise, choose a clinic that has a doctor on call after normal office hours. If appropriate, keep in mind what coverage your health care insurance provides—making sure that you choose a doctor who will accept the one you have.

### Talk to Your Doctor

Once you have made your choice, interview your prospective doctor. Ask specific questions. Dr. Ravindra Rao,

professor and Head of the Division of General Pediatrics at Loma Linda University, suggests that, “It is crucial for people to love their pediatrician.” He urges that aside from the overall qualifications of a physician, it is key to choose one that you connect with. Does she or he make you feel at ease? Are they personable? Do they communicate effectively with you?

### Consider a Hospital Just for Kids

Not all hospitals are staffed or equipped to care for the special needs of children, especially when they become very ill. Dr. Rao recommends that, “If a child is hospitalized, it is important that the hospital you choose has a staff that is trained to handle their specialized needs.” Medical centers for children, like Loma Linda University Children’s Hospital, are often staffed with a health care team of specialists, nurses, and others whose focus is on pediatric patients.

If you would like to see a pediatrician, call the Loma Linda Pediatric Medical Group at the following locations:

- Loma Linda Clinic  
909-558-2848
- Highland Clinic  
909-425-3939
- Moreno Valley Clinic  
951-247-8697
- Redlands Clinic  
909-307-0964 ●

# ARTHRITIS— PAINFUL THIEF OF SELF-REGARD

**M**illions of Americans think they have arthritis but haven't gone to a doctor yet. When they do go, it will be the pain that gets them there.

Although arthritis is a chronic disease without a cure, early diagnosis makes a big difference:

- Certain tests indicate what kind of arthritis is present.
- Early treatment may stop or slow the joint damage that eventually leads to disability.
- Learning self-management helps to ease arthritis.

## What Is Arthritis Self-Management?

The goal of self-management is to help the sufferer get control over the symptoms of arthritis that affect daily life. Here are some helpful tips that can give you an upper hand:

- 1 All kinds of exercise—range-of-motion, aerobic, stretching, and strengthening (weight training)—are good for your joints. If you're new to exercise, start out gently.
- 2 Keep body weight in check. Extra pounds can aggravate arthritis.
- 3 Use hot and cold. Soak in a hot bath for up to 20 minutes, up to three times a day. Or chill a sore joint with an ice pack wrapped in a towel for up to 15 minutes, several times a day. Use what works best for you.
- 4 Manage stress. Stress can create muscle tension and pain.
- 5 Consider joining a support group.

## Don't Let Arthritis Get You Down

When pain comes in the window, self-esteem may go out the door. Psychological well-being in people

with arthritis is strongly related to the support of others who can be relied on for aid and love. This support network may include physicians, other health care staff, family, or friends. But perhaps the most helpful support comes from being with a group of other people with arthritis, sharing experiences and solutions. ●

## Free Seminar on Arthritis

May 11 and June 8; 10:30 a.m. to noon  
To RSVP, call 1-877-LLUMC-4U.

## Allergies? Asthma?

### Controlling Dust Mites Can Help

Dust mites are tiny bugs that live in even the cleanest home. Allergies to dust mites are common and can contribute to asthma.

Dust mites thrive in warm, humid, and dusty areas. They are commonly found in places like mattresses, carpets, upholstered furniture, and stuffed toys.

Here are some strategies to cut down dust mite populations:

- Cover mattresses and box springs with airtight plastic or polyurethane covers.
- Wash pillows, sheets, and blankets weekly in hot water. Warm water will not kill mites. Toss stuffed animals in the hot cycle, too—or place them in the freezer.
- Replace carpeting, when possible, with tile or hardwood floors.
- Vacuum upholstery and carpets every week, using a double thickness bag and/or a high-efficiency vacuum (HEPA) filter.
- Dust with a damp cloth
- Use a dehumidifier or air conditioner to lower humidity.

To make an appointment, or for information on our Sinus Center or Allergy Department, please call 1-877-LLUMC-4U.



# Prostate Problems:

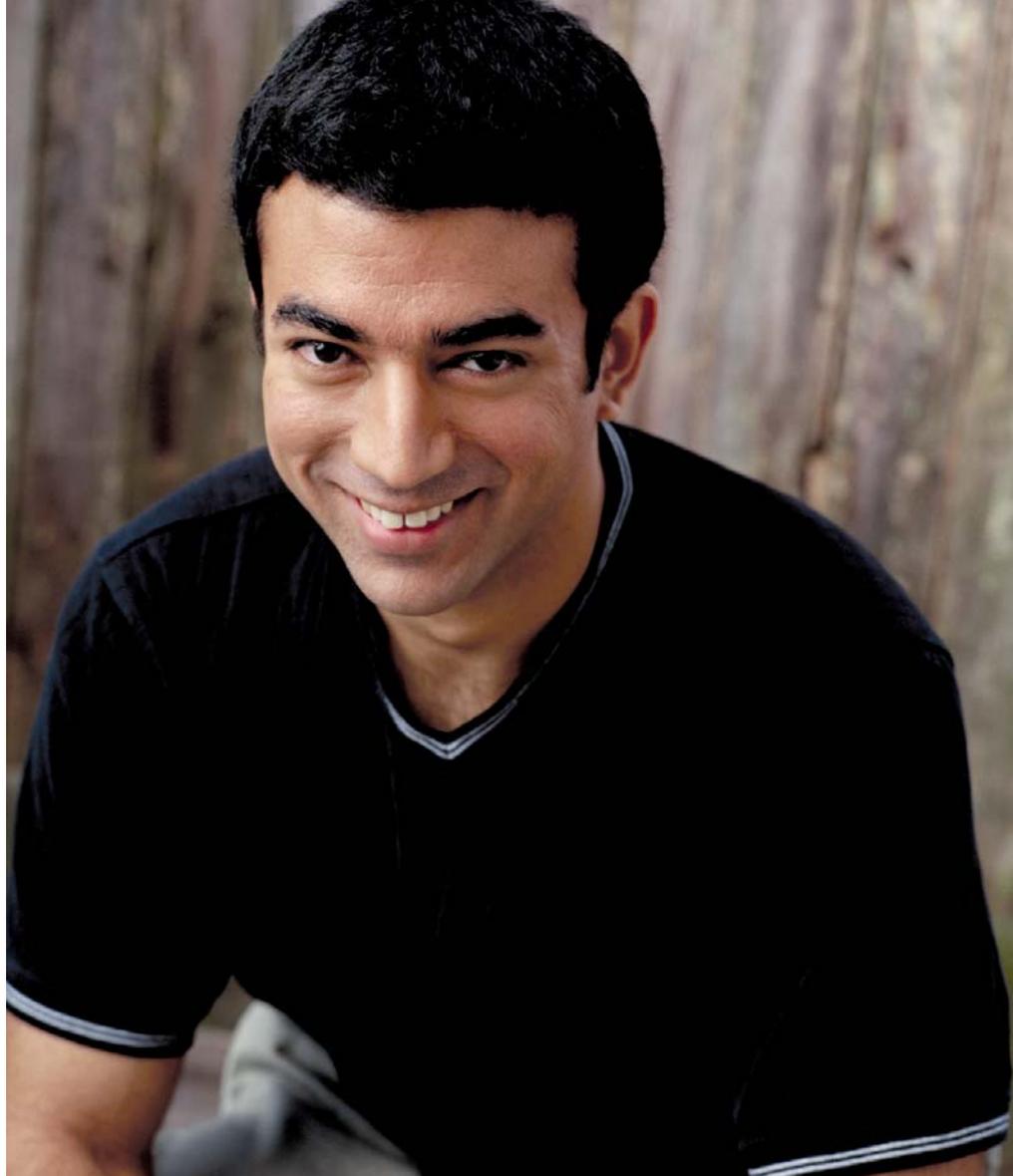
## Not Just an Older Man's CONCERN

**L**ocation is a problem when it comes to a man's prostate. This walnut-size gland is situated right near the bladder and urinary tract. Because of this, the prostate can cause urinary and sexual problems in men of all ages if it becomes inflamed or enlarged.

Even young men can develop prostate problems—and begin taking steps to prevent prostate cancer. Take this quiz to learn what and how.

### Circle the Correct Answer

- ❶ A common prostate problem affecting men of all ages is:
  - A. an enlarged prostate.
  - B. prostate cancer.
  - C. prostatitis.
- ❷ An enlarged prostate:
  - A. occurs in most men after age 50.
  - B. causes various urinary problems such as an urge to urinate more frequently.
  - C. both A and B.
- ❸ Healthy men should be screened for prostate cancer:
  - A. every year starting at age 60.
  - B. every other year beginning at age 50.
  - C. only if their doctor recommends it.



- ❹ The best diet for preventing prostate cancer is one that:
  - A. is rich in fruits and low in fat.
  - B. is high in calcium.
  - C. includes sugar and sodium.

### Check Your Answers

- ❶ C. Prostatitis, or an infection of the prostate, is believed to affect up to 50% of men at some point in their lives. Symptoms may include chills, a fever, pain in the lower back and genital area, an urge to urinate more frequently, and painful urination.

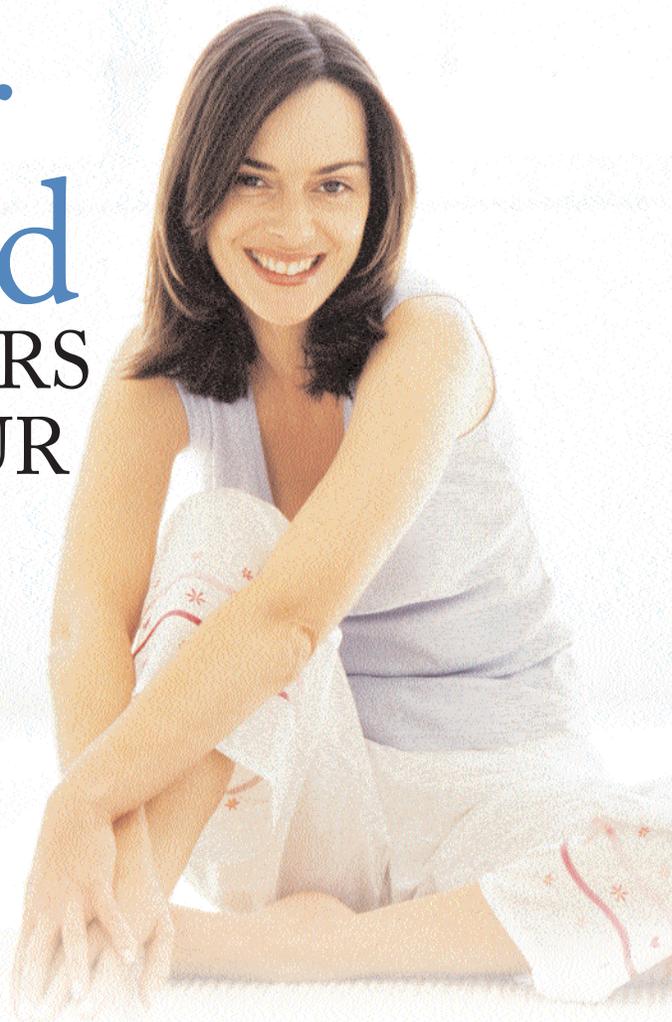
If you suspect you may have prostatitis, see a doctor.
- ❷ C. Some researchers think that decreasing levels of the hormone testosterone—a normal part of aging—may cause the prostate to enlarge.

Regular exercise and other healthy lifestyle choices help control symptoms.

- ❸ B. Beginning at age 50, men should discuss the pros and cons of prostate cancer screening with their doctor. Men may want to have this discussion earlier—by their mid-40s—if they have a higher risk of the disease. This includes African-Americans and men who have a father, brother, or uncle with prostate cancer.
- ❹ A. Eating a low-fat diet that's rich in fruits—and tomato products—has been shown to reduce the risk of prostate cancer. ●

To receive a free booklet, *What You Need to Know About Prostate Cancer*, please call 1-877-LLUMC-4U.

# Your Mind MATTERS TO YOUR HEART



If you've been down in the dumps for a while, don't dismiss it. If true depression is your problem, you may be putting your heart at risk.

People who are depressed are likelier to develop heart disease. The reverse also is true—people with heart disease are likelier to be depressed.

Depression also affects how well people recover from heart attacks. The most common signs of depression are difficulty sleeping and weight loss.

Other signs of depression include:

- loss of interest in activities you once enjoyed
- feelings of helplessness or hopelessness
- lack of concentration
- being irritable
- feeling tired
- appetite changes
- sadness or “emptiness.”

How exactly does depression affect the heart? The answers aren't clear yet.

However, research will probably uncover some answers in the coming years. Some scientists believe that depression may affect blood pressure, heart rhythms, or the blood's ability to clot.

People with symptoms of depression for more than two weeks should see a doctor. Medicine and counseling can make a world of difference. ●

## Depression & Anxiety Program

The Loma Linda University Behavioral Medicine Center's Depression/Anxiety Program focuses on a cognitive approach to help restructure thinking and behavior. The program includes anger management, stress management, cognitive behavioral therapy, group therapy, mental health education, and spiritual care.

To schedule a consultation or depression screening, please call 909-558-9275.

## Recipe

### MIXED BERRY COBBLER

This dessert is packed with berries, which provide some of the most powerful antioxidants found in any fruit. It also contains high-fiber whole oats, which eases the rise in blood sugar. It's low in sugar and high in flavor—enjoy!

- 1 cup old-fashioned oats
- $\frac{1}{4}$  cup firmly packed dark brown sugar
- 3 Tbsp nonhydrogenated margarine
- 2 cups fresh or frozen\* (thawed) blueberries
- 2 cups fresh or frozen\* (thawed) raspberries
- 2 cups fresh or frozen\* (thawed) blackberries
- $\frac{1}{4}$  cup fresh lemon juice
- $\frac{1}{4}$  cup sugar

Combine oats, sugar, and melted margarine; spread on a cookie sheet and bake at 350° for 15 minutes or until golden brown. Cool and set aside.

Put 1 cup each of the blueberries, raspberries, and blackberries in a 2-quart bowl and set aside. Combine the lemon juice with the sugar in a saucepan and bring the mixture to a boil. Add the remaining cup of blueberries to the syrup, reduce the heat to low, and cook for 3 minutes. Add the remaining cup of raspberries and cup of blackberries. Bring the mixture to a simmer and cook, stirring constantly, for 3 minutes.

Pour the cooked fruit into a sieve set over the bowl of reserved berries and use the back of a wooden spoon to press the fruit through the sieve. Stir gently to coat the whole berries with the sauce. Spoon the warm fruit mixture into individual ramekins or small bowls. Sprinkle some of the topping over each portion. Serves 8.

\*unsweetened

*Nutrition information per serving*

*Calories: 180, Total Fat: 5 gms, Saturated Fat: 1 gm, Cholesterol: 0 mg, Sodium: 50 mg, Fiber: 4 gm. Diabetic Exchanges: 1 starch, 1 fruit, 1 fat*

*Source: The Healing Cookbook: Healthy Heart*



# Living with Cancer: The Emotional Side

## National Nursing Week May 6-12

In honor of the dedication, commitment, and tireless effort of the nearly 2.7 million registered nurses nationwide to promote and maintain the health of this nation, Loma Linda University Medical Center and its affiliates, along with the American Nurses Association, are proud to recognize registered nurses everywhere on National Nursing Week for the quality work they provide seven days a week, 365 days a year.

From bedside nursing in hospitals and long-term care facilities to the halls of research institutions, state legislatures, and Congress, the depth and breadth of the nursing profession is meeting the expanding health care needs of American society.



**H**aving cancer gives you a new identity and a challenge. While you are going through treatment, you may feel a mix of emotions—this is normal. Fear, denial, loss of self-esteem, and anxiety are all common. And these emotions can lead to feelings of inferiority, dependency, and rejection. Managing these emotions is an important part of treatment.

### There's Help in Hope

How can a cancer survivor cope with all of these emotions?

One important aspect is hope. Keep in mind that many cancer survivors live full and productive lives. More people today survive cancer than ever before. Many believe hope is an important element in the recovery process.

### Lean on Support Groups

A support group can help you instill and sustain hope. Support groups can give a person with cancer a sense of empowerment.

A support group can help increase quality of life—both physically and emotionally. It even can bolster the immune system. One study showed that women who had advanced breast cancer and belonged to a support group lived twice as long as those who did not.

In a support group, you can do the following:

- Express emotions honestly. You do not have to protect family members and friends from your true feelings in the fear that they will get upset.

- Reduce fear of treatments and pain through sharing knowledge and experience.
- Build self-esteem by reaching out to others who also help you.
- Increase your success in managing your family relationships and your relationship with your doctor.

### Be Proactive

You will feel better emotionally if you actively participate in decisions about treatment. Research backs this up. For example, breast cancer survivors who were involved in decision making for their follow-up tests had higher quality-of-life measures than those who did not. These women had less pain and greater energy. ●

## Loma Linda University Cancer Institute Support Groups

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

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

For more information regarding cancer or support groups, please call 1-877-LLUMC-4U.

# Classes & Events

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

MAY-JUNE 2005

## MEDICAL CENTER & CHILDREN'S HOSPITAL

### Donate Blood at LLUMC

Sign up in medical center lobby  
Mondays, May 2 and 16 and  
June 6 and 20

### Celebration of Life

For cancer survivors  
Monday, June 5

### Head Injury and Trauma Spinal Cord Support Group

Fourth Monday of the month,  
6 to 8 p.m.

### Lupus and Autoimmune Disorders Support Group

Adults—Third Thursday of the  
month, 5 to 6 p.m.

Children—Third Thursday of  
the month, 4 to 5 p.m.

Self-Help Course—Third Thursday  
of the month, 6 to 7:30 p.m.

### Divorce Recovery Group

May 9 to July 11, 7 to 9:30 p.m.  
10-week group – registration fee

### Asthma in Control

Adult, Adolescent, and Pediatric  
One-on-one consultations  
Please call for an appointment

### Prenatal Class

Second Monday of each month,  
5:30 to 7 p.m.

### Gift Shops—Medical Center and Children's Hospital

Complimentary gift wrap and  
delivery in hospital  
Volunteers Needed

## RADIATION MEDICINE

### New Patient Orientation

Tuesday to Thursday  
10 a.m. to 1 p.m.

### Women's Group

Thursdays at 2:30 p.m.

### Dinner Group

Thursdays at 5:30 p.m.

### Lunch Bunch

Tuesdays at 1 p.m.

### Pediatric Pizza Group

Thursdays at 12:30 p.m.

### Prostate Education & Support Group

Wednesdays at 5:30 to 8:30 p.m.

## CENTER FOR HEALTH PROMOTION

### Lean Choices

Tuesdays, 6 to 7:30 p.m.

### Freedom to Quit Smoking Cessation Plan

Tuesdays, 6:30 to 8:30 p.m.  
Preregistration required

### Optifast

Entry dates: May 5, 19, June 2, 16  
Thursdays, 3 to 5 p.m.  
Preregistration required

### Int'l Travel Clinic

Wednesdays, 1:30 to 4 p.m.  
Vaccinations for travel

### Mastering Your Weight

Thursdays, May 26 and  
June 23 at 4 p.m.  
Preregistration required, fee \$16

### Exercise and Fitness Testing

## HEART AND LUNG PROGRAMS

### Cardiac Rehabilitation

For people who have had a heart  
attack or heart surgery

### Pulmonary Rehabilitation

For people with lung disease

### Adult Heart Transplant Support Group

Third Sunday of the month  
2 to 4:30 p.m.

## DRAYSON CENTER

### Leisure Classes

Karate (all ages)  
Judo/Ju-Jitsu (12 and up)  
T'ai chi Ch'uan (all ages)  
Ballet (ages 5 to 9)  
Creative Movements (ages 2 to 4)  
Youth Tennis Lessons

### Fitness & Wellness

Personal Training  
Massage Therapy  
Nutrition Counseling  
Group Classes

### Senior Wellness Program

## SCHOOL OF PUBLIC HEALTH

### Spirituality and Health 2005

Science, Discovery, and  
Application  
May 17 and 18,  
7:15 a.m. to 5 p.m.  
Please call to register

### ACSM Health Fitness Instructor Workshop and Exam

June 15 and 16

## BEHAVIORAL MEDICINE CENTER

### 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

### Senior Psychiatry Program

A mental health treatment  
program for the older adult

### Caring for the Caregiver

Senior education and caregiver  
support group  
Wednesdays at 5 p.m.

## VOLUNTEER OPPORTUNITIES

Please call for details

### Information/Orientation

LLUCH - May 2 and June 8  
LLUMC - May 24 and June 21

### Bring a Smile

Cards of Care & Cardz 4 Kidz

Cheerful Encounter

Mended Hearts Support Team

Cancer Patient Visitation

Music Connection

## DIABETES PROGRAM

### Diabetes Support Group

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

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

## Etch Your Name

### In Loma Linda's History

In celebration of Loma  
Linda's first 100 years  
of service, a distinctive  
Centennial Pathway  
will be placed in the  
heart of the campus.

To learn how you can  
etch your name on one  
of its 36,000 granite  
pavers, visit [www.  
centennialpathway.org](http://www.centennialpathway.org)  
or call 909-558-PATH.



# Are You Getting ENOUGH CALCIUM?



## Hepatitis C: ARE YOU AT RISK?

HIV/AIDS gets more press, but America's most common chronic blood-borne infection is hepatitis C. Affecting nearly 4 million Americans, hepatitis C is a leading cause of chronic liver disease.

Hepatitis C spreads via infected blood. People at risk for the disease include those who use intravenous drugs and those who come in contact with blood on the job. A blood test can determine if someone has hepatitis C.

As yet, there is not a vaccine for hepatitis C. But you can minimize the risk of catching the disease by:

- staying away from the needles used for drugs, tattoos, or body piercing
- avoiding shared razors or toothbrushes
- wearing gloves if you come in contact with others' blood.

**C**alcium helps to build and maintain bones. Consuming too little of this nutrient is a risk factor for osteoporosis—a condition in which loss of tissue in the bones causes them to become fragile and break more easily. Everyone naturally loses bone mass as they age, but women—particularly after menopause—are at much higher risk.

Most American adults aren't getting enough calcium to help prevent osteoporosis. The average adult consumes only 500 to 700 milligrams of calcium per day; most adults need 1,000 to 1,200 milligrams, according to the Institute of Medicine.

Ideally, you should get all the calcium you need from food. Good sources of calcium include dairy products, canned salmon with

bones, broccoli, and green leafy vegetables such as spinach, kale, and collards.

If you are concerned about your calcium intake, ask your doctor whether calcium supplements are appropriate for you. Calcium carbonate, a common and relatively inexpensive form of calcium, is effective for most people. Calcium citrate, which is somewhat more expensive, is helpful to some people with digestive problems.

The Loma Linda Family Medical Group and its physicians are here to help you with your general health care needs. If osteoporosis or any other medical condition is of concern to you, you can make an appointment with one of their reputable physicians by calling **909-558-6600**, or you may request a brochure for a list of current doctors on staff. ●

## Robotic Surgery Comes to the Inland Empire

The next time you go in for surgery, you might find that the newest member of your surgical team is not a young surgeon—but instead a state-of-the-art robot. Loma Linda University Medical Center will be the first hospital in the Inland Empire to provide robotic-assisted surgery. The da Vinci robotic surgical system does not replace a surgeon but instead assists them in making more concise incisions or movements. This benefits the patient by avoiding extensive trauma on the body—resulting in less pain or discomfort, risk of infection, and a faster recovery.

LOMA LINDA UNIVERSITY MEDICAL CENTER  
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