

LOMA LINDA UNIVERSITY MEDICAL CENTER

# A Healthy Tomorrow

Information for a Healthy Lifestyle Today

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Back to  
School!

See Page 3 for  
FREE backpack  
offer.





## WHAT YOUR TEEN NEEDS WHEN YOU HAVE BREAST CANCER

When a mother faces breast cancer, her disease can have an enormous impact on her children, especially teenagers.

Teenagers whose mothers had breast cancer said they needed the following:

- **Information.** The teens wanted clear details about their mothers' illness.
- **Support.** The teens were grateful for relatives who helped out in practical ways
- **Continuity.** The teens most wanted to live as normally as possible.

*Oncology Nursing Forum, Vol. 31, No. 1*

# Five Factors that Affect Breast Cancer Risk

**O**ctober is Breast Cancer Awareness Month. Roughly one out of eight women will be diagnosed with breast cancer during her lifetime.

Take this self-assessment test to see if you are at risk for breast cancer. If you answered "Yes" to any of these risk factors, talk to your doctor about screenings.

### 1. Are you older than age 50?

Yes No

Most cases of breast cancer occur in women older than age 50.

### 2. Did you begin menstruating before age 12?

Yes No

If you had your first period at a young age, you have been exposed to the hormone estrogen for a long time. This can raise your breast cancer risk.

### 3. Have you ever had a breast biopsy with a diagnosis of atypical hyperplasia?

Yes No

Your breast cancer risk may be four to five times higher than average.

### 4. Have you never had children, or did you have your first child after age 30?

Yes No

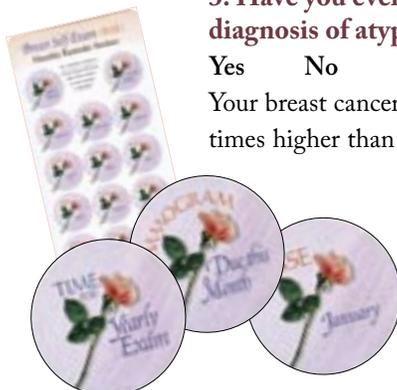
You are at greater risk if you have never given birth, or if you gave birth to your first child after age 30.

### 5. Do you have a personal or family history of breast cancer?

Yes No

Your risk increases if you have had breast cancer, or if your mother, sister, or daughter had breast cancer. Many women who get breast cancer do not have any of the above risk factors. Screening is important. Women between ages 20 and 39 should have a regular breast exam every three years. Beginning at age 40, the American Cancer Society recommends annual exams and mammograms. Women at a high risk for breast cancer because of their personal or family history may need earlier and more frequent screenings. ●

**Women's Breast Health Event: An Enchanted Evening** presented by Loma Linda University Cancer Institute. **Wednesday, October 19, 6 to 8 p.m.** Women who have experienced any kind of cancer are welcome.



## Free Stickers!

To receive your free Breast Self Examination Reminder Stickers, or for more information about the event, please call 1-877-LLUMC-4U.

# Should Your Child Take a Sick Day?

With a new school year just around the corner, many parents are preparing for the back-to-school ritual—shopping for school supplies, books, clothes, or uniforms, and getting ready for the usual morning rush. As if that were not enough to worry about, there will be those days when it's almost time to leave for the bus, and your child is complaining of a headache and sore throat. What should you do? Knowing when to send your student off to school and when to keep her home can be a tough judgment call—especially in the rush of a weekday morning. When you're wondering how sick is too sick for school, a few general guidelines can help. You may want to keep your child home if she has any of the following symptoms:

- Fever
- Diarrhea
- Repeated vomiting
- Severe sore throat
- Thick discharge from the eye

- Mouth sores accompanied by drooling
- Wheezing
- Uncontrolled or severe coughing
- Unusual fatigue
- Difficulty breathing
- Weakness
- Dry mouth
- Unexplained irritability
- Skin problems, including discolored skin, rashes, or itchiness
- Decreased appetite ●

## Free Backpack Offer

Just in time for your back-to-school needs, Loma Linda University Children's Hospital is offering free backpacks. Quantities are limited, so call 1-877-LLUMC-4U today. Please allow up to four weeks for delivery.



## Adolescence and Self-Esteem: A Fragile Road



Even self-assured children can lose self-esteem when they move into adolescence. It's naturally a self-conscious age. Plus, teens begin junior high and then high school, where their performance and looks are constantly being judged.

### HOW TO BOOST SELF-ESTEEM

To help boost your teen's esteem, try the following strategies:

- Encourage your teen to get involved in sports, hobbies, and other activities that she or he enjoys.
- Celebrate your teen's successes.
- Teach your children to question the standards of attractiveness set forth in the media. Ask them how many people they know who really look like models or bodybuilders.
- If your teenager has a weight problem, help her or him achieve a healthy weight in a safe way. Emphasize good nutrition and an active lifestyle.
- Pay attention if your teen uses a lot of self-defeating statements. Negativity can signal low self-esteem. But reciting positive statements, such as "I can do anything that I set my mind to," may brighten your teen's outlook.
- Avoid criticizing teens too much. When you do criticize, attack your teen's actions, not your teen. Saying "I get upset when you're on the phone for an hour" is better than "You're a phone addict."

# Weight Training: Not Just for Bodybuilders

**W**hat exercise can boost strength and bone at the same time? If you said weight training, you guessed right. Besides building strength, weight training helps protect against osteoporosis.

Here are some myths and facts you need to begin your own workout.

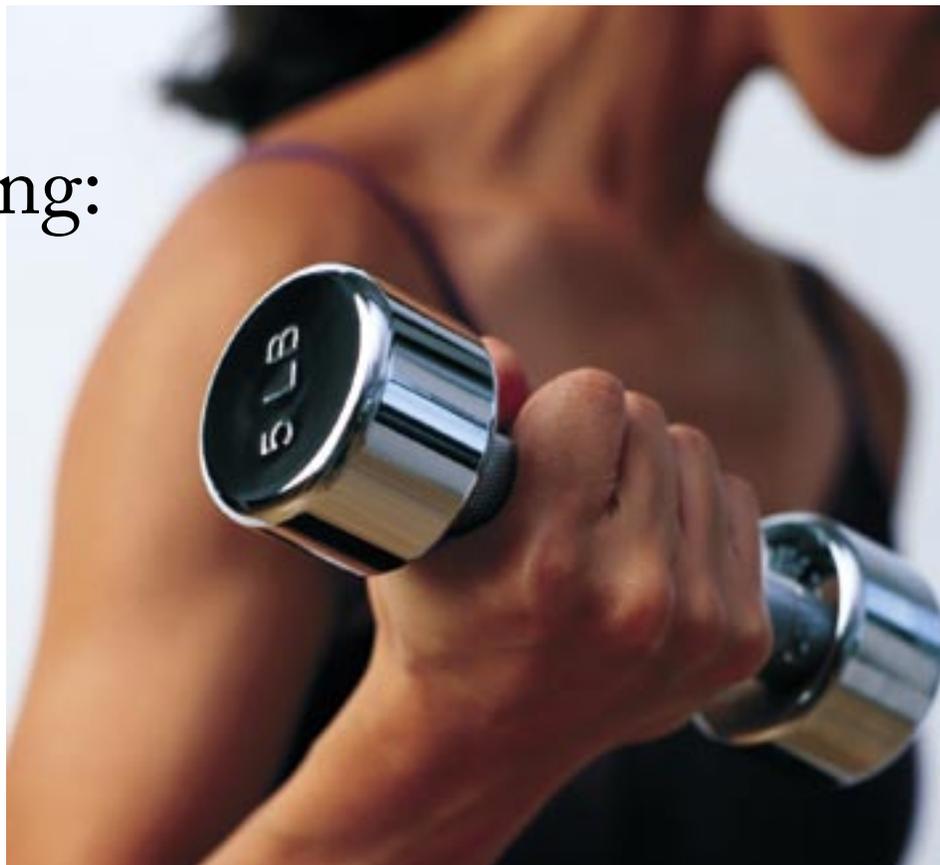
## Myth: Weight training won't help you lose weight.

**Fact:** Building muscle may help you burn calories—even after your workout. That's because weight training quickens metabolism, or a person's calorie-burning rate. Most people lose 20 to 40% of their muscle as they age, which slows their metabolism and reduces strength and energy.

So, weight lifting is an excellent way to round out your exercise routine. However, anyone with high blood pressure, joint problems, or other health problems should talk to a doctor before lifting weights.

## Myth: Weight training takes time and money.

**Fact:** It's easy and inexpensive to get started. You can use weight machines, dumbbells, and ankle weights; or milk jugs filled with water.



Begin with an amount of weight that you can lift only eight times. For some, this might be 1 pound; for others it could be 10.

Keep using that weight until you can lift it 12 to 15 times. Then, add just enough weight so that, again, you can lift it only eight times at first.

Twice a week, perform eight to 10 different exercises that work the major muscle groups, including chest, arms, and legs. You might want to take a class or consult an expert to help you identify exercises to perform. You'll want to do one to three sets of each exercise. A set equals eight to 15 repetitions.

## Myth: Weight training makes women "bulk up."

**Fact:** Women won't get "big" from the routine described above. Women bodybuilders undergo high-volume, high-intensity training. ●

CALL NOW

Loma Linda University Drayson Center is a recreation and wellness complex offering complete fitness equipment and programs such as an indoor/outdoor track, aquatic facilities, classes, certified personal trainers, massage therapists, and registered dietician. For more information, call 1-877-LLUMC or 909-558-8690.



## Keeping Calluses Away

Calluses sure can rub you the wrong way. These thick areas of skin, caused by friction, are common on the soles of the feet. But they also can pop up on the palms because of pressure from tennis rackets and golf clubs. Gloves or cushioned grips can help prevent calluses on your hands, while properly fitting shoes can help you keep your feet callus-free.

*Physician and Sportsmedicine*

# When Pain Is Constant

“The pain will pass,” you remind yourself when you break a bone or cut your hand. But when pain is chronic, there is no immediate end in sight. It can persist for months or years.

When pain is persistent, it can affect how you eat, work, sleep, and feel about yourself. But you don't have to let chronic pain take over your life. In fact, learning how to control pain is the first step toward conquering it.

## Take Charge of Pain

Which therapies work best for you will depend on the cause and severity of your pain. Your doctor may begin by recommending self-care strategies, such as the following:

- Exercise regularly. Exercise can help relieve tension, which contributes to

headaches and other types of pain. It also may help retrain the nervous system so it stops sending needless pain signals.

- Stop smoking, if you smoke. Nicotine may increase pain.

- Lose excess weight, if necessary. Some painful conditions, such as osteoarthritis and back pain, are worsened by extra weight.

- Identify ways to reduce stress. Practice relaxation techniques.

- Consider a massage. Massage decreases stress hormones, which can contribute to pain. It also seems to increase levels of endorphins, which are natural painkillers.

Over-the-counter or prescription medicines can also help relieve pain. Other therapies are also available. Your doctor can help you sort through existing treatments and find one that can work for you. ●

## Rehabilitation Information

Loma Linda University Medical Center's Rehabilitation Institute offers inpatient and outpatient services. Inpatient services include programs such as Spinal Cord and Head Injury, Pediatric, and Stroke Rehabilitation. Outpatient services offer physical and occupational therapy and body conditioning. For more information, please call 1-877-LLUMC-4U to receive an informative brochure.



## Recipe

### AUTUMN VEGETABLE SPAGHETTI

This lively vegetarian pasta dish contains no added fat or oil, is low in cholesterol, and is good hot or cold.

2 cups small yellow onions, cut in eighths

2 cups chopped, peeled, fresh, ripe tomatoes (about 1 lb)

2 cups thinly sliced yellow and green squash (about 1 lb)

1½ cups cut, fresh green beans (about ½ lb)

¾ cup water

2 Tbsp. minced, fresh parsley

1 clove garlic, minced

½ tsp. chili powder

¼ tsp. salt

1 can (6 oz) tomato paste

1 lb uncooked spaghetti

½ cup grated Parmesan cheese

1. Combine first 10 ingredients in large saucepan; cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.

2. Cook spaghetti in unsalted water according to package directions.

3. Spoon sauces over drained, hot spaghetti and sprinkle Parmesan cheese over top.

*Yield: 9 servings*

*Serving size: 1 cup spaghetti and ¾ cup sauce with vegetables*

*Each serving provides: Calories: 279, Total fat: 3 g, Saturated fat: 1 g, Cholesterol: 4 mg, Sodium: 173 mg*

*Source: National Heart, Lung, and Blood Institute/National Institutes of Health*

# Cracking the Cholesterol-Heart Disease Connection



Much has been made of the link between high-cholesterol foods, such as eggs, and heart disease. But recent research shows that dietary cholesterol has little influence on heart disease risk. And there's no firm evidence that eating eggs will make you more likely to develop heart disease.

It's saturated fat that poses the real danger. Saturated fat raises the level of LDL—or “bad”—cholesterol in your blood, and this can lead to heart disease. One egg has little saturated fat—about 2 grams—and it's all in the yolk. ●

## Cholesterol By the Numbers

The following are categories of cholesterol levels for those 20 and older, measured in milligrams per deciliter (mg/dL).

Cholesterol categories	Desirable value	Borderline values	Undesirable values
Total Cholesterol	Below 200 mg/dL	200 to 239 mg/dL	240 mg/dL and above
Total triglycerides	Below 150 mg/dL	150 to 199 mg/dL	200 mg/dL and above
HDL cholesterol	Above 45 mg/dL	40 to 45 mg/dL	Below 40 mg/dL
LDL cholesterol	Below 130 mg/dL	130 to 159 mg/dL	160 mg/dL and above

Desirable ranges for cholesterol levels vary depending on risk factors, such as age, sex, family history and health condition.

Source: *The National Heart, Lung, and Blood Institute*

## Calming Chronic Heartburn

Heartburn—that burning sensation in the stomach or chest—happens to most of us sometime. Too much food, or eating certain foods, tends to bring it on. If it shows up only occasionally, it's probably not serious. But in people with gastroesophageal reflux disease, heartburn can be a frequent event. How do you know if it's heartburn or worse?

Gastroesophageal reflux disease, or GERD, refers to heartburn that is chronic and severe. It occurs when the muscle that connects the esophagus with the stomach becomes weak. That pressure sometimes pushes stomach acid up to the esophagus.

When GERD is left untreated, a person may experience other symptoms including:

- chest pain or pressure
- difficulty or pain in swallowing

- hoarseness and coughing, especially at night
- vomiting blood.

Doctors often recommend lifestyle changes for most people with GERD, such as:

- Stop smoking.
- Avoid acidic foods like tomatoes and citrus, and drinks or foods that contain chocolate, spearmint, or peppermint.
- Eat small meals, and wait about three hours after a meal before lying down.
- Sleep with head and shoulders propped up so digestive juices flow down.

If these lifestyle changes don't calm the heartburn, doctors may treat GERD with medications or surgery.



# Upcoming Events

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

SEPTEMBER-OCTOBER 2005

## MEDICAL CENTER & CHILDREN'S HOSPITAL

### Stater Bros. & KFROGGERS for Kids Radiothon

October 18 and 19

Listen on KFRG 95.1 FM

### Donate Blood at LLUMC

Sign up in lobby

Tuesday, September 6 and Mondays, September 19, October 3, and 17

### Head Injury and Trauma Spinal Cord Support Group

Fourth Monday of each 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.

Call to register

### Divorce Recovery Group

September 12 to November 14, 7 to 9:30 p.m.

10-week group—registration fee

### Grief Recovery Group

October 3 to November 14 1:30 to 3 p.m. or 7 to 8 p.m.

### Ask Your Doctor Medical Talk Radio Show

KTIE 590 AM

Sundays at 4:30 p.m.

KFRG 95.1 FM

Sundays at 11:30 p.m.

### 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.

### Cardiovascular screening

Please call to register

### Overeaters Anonymous

Please call to register

## RADIATION MEDICINE

### Attitude Is Everything

Wednesdays at 2:30 p.m.

### New Patient Orientation

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

### Wives and Caregivers Group

Thursdays at 2:30 p.m.

### Dinner Group

Thursdays at 5:30 p.m.

### Lunch Bunch

Tuesdays at 1 p.m.

### Pediatric 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 p.m.  
Preregistration required

### Freedom to Quit Smoking-Cessation Plan

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

### Optifast

Thursdays, 3 to 5 p.m.  
Preregistration required

### Int'l Travel Clinic

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

### Executive Health

Ongoing  
Please call to schedule appointment

### Mastering Your Weight

Preregistration required, fee \$16

### Exercise and Fitness Testing

Preregistration required

## HEART AND LUNG PROGRAMS

Please call to register for programs below.

### Cardiac Lifestyle Management Clinic

Clinic for patients with vascular disease

### Cardiac Rehabilitation

For people who have had a heart attack or heart surgery

### Pulmonary Rehabilitation

For people with lung disease

### Women's Heart Center

Wednesday evenings

### Cardiovascular screening

## CANCER INSTITUTE

### Focus on Health: "The Lebed Method"

Please call to register

### Head and Neck Cancer Support Group

Thursdays from 9 to 11 a.m.

### "New Dimensions" Women's Cancer Support Group

Second and fourth Tuesday of the month from 6 to 8 p.m.

### Cancer Resource Center

Monday to Thursday, 8:30 a.m. to 5 p.m., Friday, 8:30 a.m. to 2 p.m.  
All materials free to community.

## 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
- Senior Wellness Program

## BEHAVIORAL MEDICINE CENTER

### Chronic Pain Medication Dependency Program

For those who have become dependent on prescription drugs

### Eating Disorder Program

Programs available for adolescents and adults

### Senior Psychiatry Program

A mental health treatment program for the older adult

## VOLUNTEER OPPORTUNITIES

Please call for details

### Information/Orientation

Bring a Smile

Cards of Care & Cardz 4 Kidz

Cheerful Encounter

Mended Hearts Support Team

Cancer Patient Visitation

Music Connection

Donations Welcomed

- Magazine Donations
- Travel Size Shower Amenities

## DIABETES PROGRAM

### Winning with Diabetes

Morning and evening classes  
Please call to register

### 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



The year 2005 marks Loma Linda's 100th year of service. To commemorate the vision and spirit of dedication of Loma Linda's pioneers and to celebrate a century of outstanding achievement, the University and Medical Center are creating the Centennial Pathway consisting of 36,525 engraveable pavers. You can etch your name or a loved one's in Loma Linda's history with one of the granite pavers in the Pathway. Each gift of \$100 entitles the donor to one inscribed paver. For more information or to reserve your paver, call 1-877-LLUMC-4U or 909-558-7284. You can also visit [www.centennialpathway.org](http://www.centennialpathway.org).

# Family Health Fair Day

It's that time of the year again. Every fall we can look forward to cooler weather, an extra hour of sleep thanks to daylight-saving time, fresh apples from the local orchards and, of course, Family Health Fair Day in Loma Linda. Formerly known as the Health Fair Expo, this year's health fair will be held on Sunday, October 30, from 9 a.m. to 2 p.m. in the Loma Linda University Drayson Center. More than ever, this year's health fair will offer free health screenings and educational information. This includes free blood pressure and height/weight checks; hearing, dental, and vision screenings; and body fat assessment just to name a few.

Last year's free flu shots offer was pulled unexpectedly at the last minute. Due to a nationwide shortage of flu serum, most health fairs offering this vaccination were forced to cancel their offer. Flu shots were rationed only to those who absolutely required them, such as the elderly, infants, and individuals with special

health concerns. This year, we again plan to offer free flu shots at Family Health Fair Day as long as supplies are available. As always, quantities will be limited.

Sponsored by the Loma Linda University and Medical Center, Family Health Fair Day will also feature other health screenings and diagnoses provided at a minimal fee such as cholesterol, glucose, hepatitis C virus, PSA, and TSH tests. ●

**FREE HEALTH SCREENINGS**  
Call 1-877-LLUMC-4U to learn more about health screenings and the Family Health Fair.



LOMA LINDA UNIVERSITY MEDICAL CENTER  
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