

May – June 2007

LOMA LINDA UNIVERSITY MEDICAL CENTER

# A Healthy Tomorrow

Information for a Healthy Lifestyle Today

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## Mother's Day Spa Special

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for details.

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# Depression and Panic Are Asthma Triggers, Too



Pollen, pet dander, certain foods . . . these are a few well-known asthma triggers. But did you know that emotions could trigger asthma, too? It's true—feelings of depression and anxiety can bring on an attack.

Why is this? Depression and anxiety disorders, such as panic attacks, cause stress. Stress makes you tired, and this can worsen asthma symptoms. Also, those who are upset breathe too quickly and deeply, which may narrow airways and cause an attack. Finally, in addition to causing stress, depression can also make you less motivated to keep up with your asthma treatment and medications.

To keep emotional problems from making your asthma worse, try these tips:

- **Avoid extra stress.** Exercise regularly, eat well, and sleep enough. When you feel tense, try to slow down your breathing.

- **Seek treatment.** This may include talking with a therapist and/or taking medication. You may need to try a few different treatments before finding the best one.

- **Quit smoking, if you still smoke.** Research has found that panic and asthma are more tightly linked for smokers than for nonsmokers.

Also, the tie between asthma and psychological distress goes both ways, according to a recent study. This means that keeping your asthma under control could in turn ease depression and anxiety. ●

## Asthma in Control

For adult, adolescent, and pediatric one-on-one consultations please call 1-877-LLUMC-4U to make an appointment.



## WHY DADS MAKE A DIFFERENCE

A father's presence can enhance his child's life from birth. In one study, premature babies showed improved weight gain in the hospital if they were visited often by their fathers. They also performed better on developmental tests during their first 18 months.

Research points to other unique contributions of fathers:

- Fathers help their children develop intellectually and socially through physical play. Mothers are more likely to use talking and teaching.

- Children whose fathers participate in their lives are more likely to have higher college entrance exam scores, greater educational achievement, and better economic status.

- Teens who feel close to their fathers—even if the fathers don't live with them—are far less likely to smoke. According to another study, having a father who exercises is the single biggest factor in whether or not teens are physically active.

- Research shows that a healthy, involved father can help ease the impact on children if their mother suffers from depression or other mental health issues.



# What's the Best Way to Do a **Skin Self-Exam**?

According to the experts, skin cancers are almost always curable if found and treated in the earliest stages. And you can improve your chances of detecting skin cancers by performing a skin self-exam every month.

## What to Look For

While skin cancer can be found anywhere on the body, it most often develops on the head, face, neck, hands, and arms. Skin cancer can appear as a:

- Reddened lump
- Small, smooth, shiny, pale, or waxy bump
- Flat, red spot that is rough, dry, or scaly.

The most lethal form of skin cancer—malignant melanoma—usually begins in a mole.

When examining moles, look for the “ABCDs” of malignant melanoma:

- Asymmetrical shape, meaning that one side of the mole doesn't match the other side
- Borders that are irregular, uneven, or ragged
- Color that varies from one area to another
- Diameter larger than 6 millimeters, or bigger than the standard eraser on the end of a pencil

## How to Check Your Skin

Now that you know what to look for, here's how to examine your skin:

- Stand in front of a wall mirror in a well-lighted room, just after a shower or bath.
- Examine your face, neck, chest, arms, hands, stomach, and genital area.
- Use a handheld mirror to help you better see your buttocks and upper back in the full mirror reflection.
- Sit down to examine your legs, the tops and soles of your feet, and in between your toes. Use the hand mirror to check the backs of your legs.

If you notice anything questionable, see your doctor.

Regular professional skin exams are important, too. Based on your personal risk factors and family history, your doctor can help you decide how often you should be checked. ●



When checking moles, look for the “ABCDs” of malignant melanoma: asymmetrical shape, borders that are irregular or uneven, color that varies, and diameter larger than 6 millimeters.

## LATEST ADVANCES IN CANCER TREATMENT

Doctors are making great strides in cancer treatment, including advances for:

**Colorectal cancer:** New medicines treat this cancer by preventing the formation of blood vessels that help tumors grow.

**Breast cancer:** A medicine called letrozole is now used with other therapies against certain types of early breast cancer. And, newer surgical and radiation techniques are reducing trauma to the breast.

**Patient comfort:** New medications reduce the side effects of traditional treatments, such as chemotherapy and radiation. This includes palifermin, which helps prevent mouth sores.

**Prevention:** The Food and Drug Administration recently approved the first vaccine to prevent cervical cancer caused by human papillomavirus (HPV) infection.

## FREE Lip Balm

Call 1-877-LLUMC-4U today to receive a free lip balm, courtesy of Loma Linda University Cancer Institute. Quantities are limited.



Celebrate Life

## Celebration of Life Cancer Survivor Special Event

All cancer survivors are invited to celebrate life. This year's theme: **Look on the Bright Side.** Featuring live music, food, and more.  
**Sunday, June 3, 1 to 3 p.m.**  
**Wong Kerlee International Conference Center**  
 For more event details, call 1-877-LLUMC-4U.



# Is She Really Just Mumbling? Or Could You Have a **Hearing Problem?**



**L**ively dinner conversation. A favorite TV program. A phone visit with an old friend. These activities can be a challenge if you've lost part of your hearing. Even when the loss is minor, it's a problem that needs treatment.

The most common cause of hearing

loss is damage to nerve cells in the ear. Aging is frequently to blame, but other causes include:

- Exposure to harmfully loud noise—either once or regularly
- Family history of hearing loss
- Injury to the inner ear

- German measles, mumps, or other infections
- Medications, such as certain anticancer drugs and some antibiotics
- Heart problems, high blood pressure, and stroke.

## **Temporary vs. Permanent Hearing Loss**

If loss is sudden, hearing may return after the underlying cause is treated. See your doctor if you notice a change in hearing after being injured or ill, hearing a loud noise, or taking a new medication.

Hearing loss caused by age often occurs gradually. Higher-pitched sounds tend to go first. Hearing aids may help.

Conductive hearing loss occurs when sound is blocked from the inner ear. Earwax buildup, abnormal bone growth, a punctured eardrum, or ear infections may be the cause. Hearing often returns after treatment.

## **Recognizing the Problem**

If you answer "yes" to any of the following questions, talk with your doctor:

- Are conversations hard to follow?
- Is it difficult to hear on the phone?
- Does background noise interfere with your hearing?
- Do you ask people to repeat themselves often?
- Are women and children especially hard to understand?
- Does it seem as if people are always mumbling? ●

## **Nurses: Strength, Commitment, and Compassion**



### *National Nursing Week, May 6 to 12*

Loma Linda University Medical Center and its affiliates are proud to recognize nurses everywhere during National Nursing Week. We salute the dedication and commitment of all nurses within our health system and nationwide.

The purpose of National Nursing Week is to raise awareness of the value of nursing and help educate the public about the role nurses play in meeting the health care needs of the American people.

## **FREE Ear Plugs**

Call 1-877-LLUMC-4U for your free pair of ear plugs.

## Country Style Potato Salad



- 3 medium baking potatoes
- 1 cup chopped celery
- ½ cup minced onion
- 1 cup frozen peas
- 1 Tbsp. prepared mustard
- ½ cup mayonnaise, lowfat
- ½ cup yogurt, nonfat plain
- Garnish: Lettuce and tomato

1. Wash potatoes, leave skin on and cut in bite-size chunks.
2. Place in pan and cover with water. Bring to a boil, lower to simmer and cook uncovered until potatoes are tender, about 20 minutes.
3. Drain in colander and sprinkle lightly with cold water.
4. In the meantime, put the rest of the ingredients in a large mixing bowl. Drain potatoes well and add to the bowl.
5. Mix well and refrigerate until ready to use.
6. Garnish with fresh lettuce and sliced tomatoes. Makes about 4 1-cup servings.

*Nutrition Information per serving:*  
 Calories: 180, Total Fat: 4.5 gm,  
 Saturated Fat: less than 1 gm, Cholesterol:  
 0 mg, Sodium: 380 mg.

# What if Your Blood Pressure's Just a Little High?

When it comes to blood pressure, you just might be in for a surprise. What once was considered safe is now viewed as potentially risky. Federal health guidelines currently put about 45 million Americans in a category called “prehypertension.” This category was created to warn people of the dangers of developing full-fledged high blood pressure—including heart disease, stroke, eye problems, and kidney disease.

Experts now consider optimal blood pressure to be lower than 120/80 mmHg. Readings between 120/80 and 139/89 are considered prehypertension, even if just one of the numbers falls in that range.

Why the change? New research shows that damage to the cardiovascular system from increased blood pressure can begin

earlier than doctors previously realized.

Health experts recommend having your blood pressure checked at least every two years, beginning at age 18.

Fortunately, recent studies show that making certain lifestyle choices can lower your chance of developing high blood pressure, even if you already have prehypertension. These include:

- Maintaining a healthy weight
- Exercising for at least 30 minutes a day on most days of the week
- If you drink, limit alcoholic beverages to one daily drink for women, two for men
- Consuming less than 2,300 mg of sodium—about the amount contained in 1 teaspoon of table salt—a day
- Eating foods rich in calcium, potassium, magnesium, and folate. ●



## FREE Fast-Food Calorie Guide

Reserve your Fast-Food Calorie Guide. Quantities are limited, so call 1-877-LLUMC-4U today.

# If **Rheumatoid Arthritis** Has You Out of Joint, Medicines Can Help



**Q: What is rheumatoid arthritis, and what medications are available for it?**

**A:** Rheumatoid arthritis (RA) is a chronic disease that causes pain, stiffness, and swelling of the joints. A doctor may recommend various medicines for RA. Some drugs reduce pain or inflammation. Others, called disease-modifying antirheumatic drugs (DMARDs), can actually slow the progress of the disease. Research shows DMARDs can help people with RA stay active and be productive.

**Q: How do these drugs work?**

**A:** DMARDs relieve pain and swelling in the joints. They also protect against deformed joints and other damage caused by the disease.

Some people may take a combination of two or three DMARDs to help prevent joint damage.

While DMARDs can greatly improve the outlook for people with RA,

they may cause side effects, including hair loss, mouth sores, and a higher risk of infection.

New drugs called biologic response modifiers can also help people with RA. These drugs may help people who don't take DMARDs, or they may be used with DMARDs. However, it's still unknown if these drugs are safe and effective over the long term.

**Q: How important is early treatment with DMARDs?**

**A:** RA can significantly damage joints within just two years of the start of the disease. But early diagnosis and treatment can prevent serious joint damage. Research shows that patients who start DMARDs soon after diagnosis experience significant improvements in joint swelling and quality of life after one to five years, compared to patients who wait to go on DMARDs.

DMARDs usually take a few weeks or months to be effective. ●

## This Mother's Day, Give Mom the Gift of Rest and Relaxation

Ho'onanea Day Spa in Highland, in collaboration with Loma Linda University Health Care, is offering a **discount coupon\*** on any spa treatments, including:

**Swedish Massage • Mother-To-Be Massage • Customized Facial**

Check out all the services at Ho'onanea Day Spa via the website [www.highlanddayspa.com](http://www.highlanddayspa.com).

Ho'onanea Day Spa

7223 Church Street, Suite B, Highland, California 92346

\*To receive the discount, please call 1-877-LLUMC-4U, and one will be mailed to you.



# Upcoming Events

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

MAY-JUNE 2007

## MEDICAL CENTER & CHILDREN'S HOSPITAL

### 22nd Annual Children's Day

Come learn about the hospital in a fun way! Children must be accompanied by an adult

*Wednesday, May 16*

*8:30 a.m. to 2 p.m.*

*Call for more information.*

### 17th Annual Proton Charity Golf Invitational

*Sunday, May 20 to*

*Monday, May 21*

*For more information about sponsoring this event, please call 1-877-LLUMC-4U.*

### Overeaters Anonymous

A 12-step program for those dealing with eating disorders

*Call for dates and times*

### Moms Joining Moms Support Group

A place for new moms to learn

*Mondays from 9:30 to 11:30 a.m.*

### Autoimmune Support Group

(Lupus, Fibromyalgia, Arthritis, Thyroid, etc.)

*Third Thursday of each month*

*Children—4 to 5 p.m.*

*Adults—5 to 6 p.m.*

*Self-Help Course—6 to 7:30 p.m.*

*Call to register.*

### Head Injury and Trauma Spinal Cord Support group

*Fourth Monday of each month*

*6 to 8 p.m.*

### Always in My Heart

A bereavement support group for parents who have lost a baby.

*Second Monday of each month*

*7 to 8:30 p.m.*

### Blood Drives

Sign up in the Medical Center lobby

*Mondays, May 7 and 21,*

*June 4 and 18*

## BEHAVIORAL MEDICINE CENTER

### Chronic Pain Medication Dependency Program

For those who have become dependent on prescription drugs

### Child and Adolescent Outpatient Program

For children ages 8 to 18 experiencing behavioral problems, family conflicts, and school-related difficulties.

### Eating Disorder Program

Available for adults

## RADIATION MEDICINE

### Head and Neck Support Group

*Every Wednesday at 1 p.m.*

### Lunch Group

*Every Tuesday at 1 p.m.*

### Wives & Caregivers Support Group

*Every Thursday at 2:30 p.m.*

## CANCER INSTITUTE

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

A therapeutic program for those with chronic illnesses

*Please call to register.*

### "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

## CENTER FOR HEALTH PROMOTION

### Lean Choices

*Tuesdays from 6 to 7:30 p.m.*

12-week program providing tools to lose weight and develop a healthy lifestyle

### Optifast

A 26-week, medically supervised program for those with 50 or more pounds to lose.

### International Travel Clinic

*Wednesday from 1:30 to 4 p.m.*

Providing vaccinations necessary for travel

### Exercise and Fitness Testing

Ever wonder how to maximize your health and/or exercise workouts? We offer: body fat measurements by composition analyzer or underwater weigh, resting metabolic rate, and VO2 max testing.

## CENTER FOR JOINT REPLACEMENT

### FREE Arthritis Seminar

*Wednesdays, May 9 and June 13*

*9:30 to 11 a.m.*

*Preregistration required.*

## DRAYSON CENTER

### Fitness & Wellness

- Personal Training
- Massage Therapy
- Nutrition Counseling
- Senior Wellness Program

## VOLUNTEER OPPORTUNITES

### Get Involved at Loma Linda

Please call for details.

- Orientation
- Bring a Smile
- Cards of Care & Cardz 4 Kidz
- Cheerful encounter
- Mended Hearts Support Team
- Cancer patient visitation
- Music Connection
- Donations Welcome
  - Magazine donations
  - Travel-size shower amenities

## DIABETES PROGRAM

### Winning with Diabetes

Morning and evening classes, Spanish classes available

*Preregistration required.*

### Female, Fit, and Fabulous

Experts present on diabetes, weight loss, metabolism, and exercise.

*Preregistration required.*

### Inside Scoop on Diabetes Prevention

Class designed to assess your risk for diabetes and to give lifestyle recommendations.

*Preregistration required.*

### Diabetes Support Group

*First Tuesday of the month*

*6:30 to 7:30 p.m.*

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



## Bike Contest Update

Many thanks go out to all the kids who have shared their stories along with pictures of their "healthy" activity. Winners will be announced in the July-August issue.

# Focus on **Laser Eye Surgery:** What You Should Know

The two most popular laser eye surgeries are photorefractive keratectomy (PRK) and laser-assisted in situ keratomileusis (LASIK).

They can correct:

- Nearsightedness
- Farsightedness
- Astigmatism.

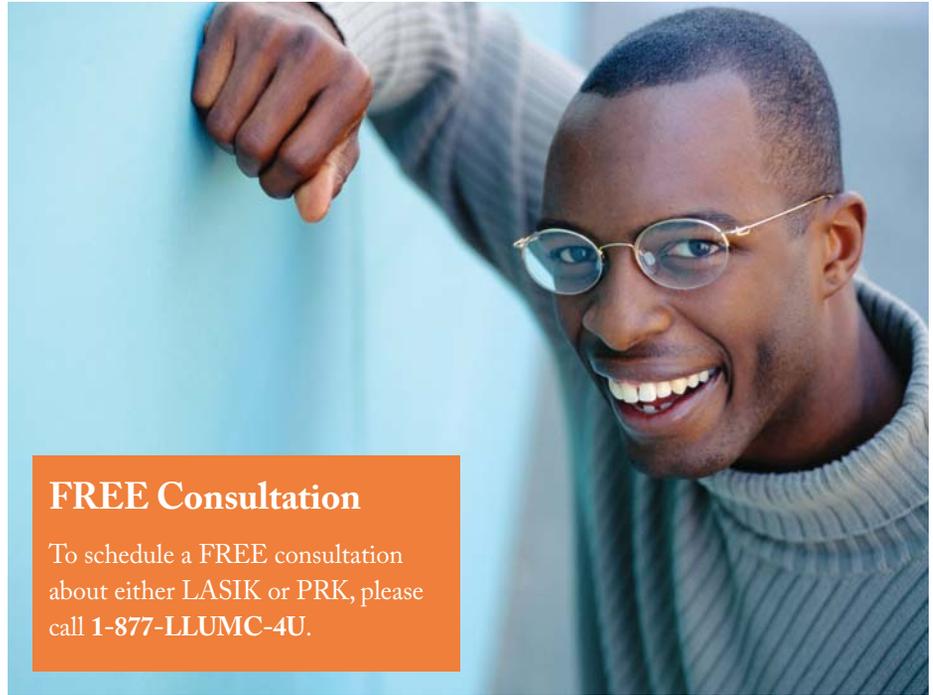
Both PRK and LASIK usually take just a few minutes, and they're relatively pain-free due to numbing eye drops. During PRK, the laser removes microscopic slivers of tissue from the surface of the cornea. During LASIK, the surgeon cuts and pulls back a flap on the cornea. The inner layers of the cornea are treated with the laser, then the flap is repositioned.

## Results and Risks

Many patients enjoy outstanding results and return to daily routines within three days. In one study, 81% of mildly nearsighted PRK patients no longer needed glasses or contacts.

Here are some points to consider:

- The surgery should be performed only by a specially trained ophthalmologist.
- PRK can result in a longer, more painful recovery than LASIK. It also carries a higher risk for cloudy vision and scarring. However, vision usually clears in six months.
- LASIK is a more complex procedure. Its complications include loss of or damage to the corneal flap. The flap also



might not heal properly, causing wrinkles or folds that may distort vision.

## Is Laser Eye Surgery for You?

PRK and LASIK are typically most successful for people between ages 18 and 35 who:

- Are in good health
- Need mild-to-moderate vision correction

- Have had stable corrected vision with glasses or contacts for at least one year before surgery.

The surgeries may not be appropriate for those who:

- Heal slowly
- Have medical conditions such as glaucoma or diabetes
- Are pregnant. ●

## FREE Pair of Sunglasses

Call 1-877-LLUMC-4U to receive your free pair of sunglasses sponsored by Loma Linda University Rehabilitation, Orthopaedic, & Neurosciences Institute. Quantities are limited so call for yours today.



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Printed on Recyclable Paper

964M