

January – February 2008

L O M A L I N D A U N I V E R S I T Y M E D I C A L C E N T E R

A Healthy Tomorrow

Information for a Healthy Lifestyle Today

- 2 FIRST AID FOR MINOR BURNS
- 4 WHEN TO VISIT THE ER
- 5 WEIGHT-TRAINING SAFETY
- 6 HEART-HEALTHY HABITS
- 8 LOUD MUSIC AND YOUR CHILD'S HEARING

FREE 2008
Health and
Wellness Calendar

See page 2
for details.

Turning Up the Heat to Help Cancer Patients. See page 3.

Your Healthy Lifestyle

As your partner in managing your health, we at Loma Linda University Medical Center are proud to provide *A Healthy Tomorrow* to more readers than ever before. Promoting a health-conscious lifestyle is one of our goals. We want to help you avoid health risks such as obesity and smoking, which can lead to complications such as heart disease, cancer, and diabetes.



Taking charge of your personal health is the best investment you can make to live a better, more fulfilled life. We hope that the stories and articles featured in this newsletter provide you with the tools you need to start, maintain, and succeed in whatever goal you set.

This issue of *AHT* features a diverse collection of topics that everyone in your family can use. With cold and flu season still lingering in the air, you will be interested to turn to page 4 and read about your best health care options when you need them.

The rapid growth of technology can have a strong impact on health just as any other lifestyle or environmental factor. The widespread use of personal MP3 players is one that affects many, including children. Turn to page 8 to read about the possible damaging effects that loud music can have on you or your child's hearing.

Thank you again for welcoming us into your home and making us part of your healthy lifestyle.

Ruthita J. Fike
CEO/Administrator

What Should You Do for a Minor Burn?

It can happen in a moment, but the pain of a minor burn can last for days. Act fast to relieve symptoms and prevent infection:

- Run cool water over the burn for several minutes.
- Clean it with soap and water.
- Apply an antibiotic or antiseptic to the burn, and cover it with a sterile dressing.
- Change the dressing and reapply medication daily.

The skin on a minor burn usually looks red and dry. Call your doctor if the burn does not heal within about five days or shows signs of infection. These include increased pain, redness, swelling, or discharge.

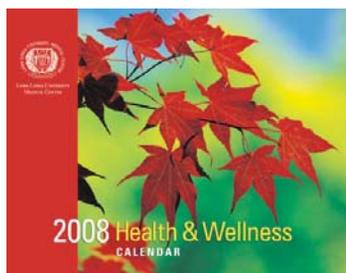
Seek immediate medical attention for any of the following:

- A burn to the head, neck, hands, feet, or genitals
- A burn from electricity, chemicals, or an explosion
- Burns on more than one part of the body
- Difficulty breathing



FREE Mini First Aid Kit!

To receive your free mini first aid kit, call 1-877-LLUMC-4U. Quantities are limited.



Get a jump-start on 2008!

Call today for your free copy of the 2008 Health & Wellness Calendar. Filled with important dates and events, this 10 $\frac{7}{8}$ -by-8 $\frac{1}{2}$ -inch calendar is a must-have for the coming year. Call 1-877-LLUMC-4U.

Turning Up the Heat to Help Cancer Patients



Dr. Sharmila Roy-Chowdhury is Asst. Professor of the Division of Surgical Oncology and is a surgical oncologist with Loma Linda University Cancer Center—the only facility in the region that has the capability to provide HIPEC as a treatment option for cancer patients.

To obtain more information about an appointment or referral, please call 1-877-LLUMC-4U.

You might also receive additional chemotherapy after HIPEC to target any leftover cancer. This one-two-three punch aims to both kill existing cancer and prevent you from developing new tumors.

Heat can be dangerous. Just think about fevers and burns. But now, doctors use high temperatures to give cancer patients hope.

It's all part of a treatment called hyperthermic intraperitoneal chemo-perfusion, or HIPEC. HIPEC is given to patients whose cancers might have once been considered incurable. Many have lived longer lives because of it.

Who Needs HIPEC?

HIPEC was first used in 1980 on patients with cancer in the tissue that lines their abdomens. This type of cancer sometimes develops in patients who first had stomach cancer. Since then, children and adults who originally had cancer in other organs, such as their colon or ovaries, have been successfully treated with HIPEC.

How Does It Work?

If your doctor recommends HIPEC, you'll probably have surgery first. The surgeon will remove all the tumors she can see in your abdomen.

Then, cancer-fighting drugs will be warmed. Doctors believe the heat helps weaken cancer cells and makes the cancer cells more sensitive to radiation. They'll place tubes into your abdomen and pump the high-temperature anticancer drugs through. This method allows the drugs to travel directly to cancer cells and penetrate them.



FREE Brochure

For an informational brochure about HIPEC or to find out if you or someone you know may be a candidate, call the Loma Linda University Cancer Center at 1-877-LLUMC-4U.

When You Need **Emergency Care** ... And When You Don't

Emergency departments are usually busy places. They don't care for patients on a "first come, first served" basis, because they have to handle the most severe problems first. Using the emergency room only when you need to can help you avoid long, unnecessary waits.

Here are some tips to help you know when to go to the emergency room—or when other kinds of care will do just fine.

Checking In with Your Regular Doctor

Whenever possible, make your primary care provider your first choice, especially when you need treatment for chronic conditions or preventive care like immunizations and checkups. This helps you build a relationship with your doctor, which can lead to better care on future visits. If you don't have a primary care provider, choose someone whose office is open during times that are convenient for you.



Understanding Urgent Care

If your doctor's office is closed or if you're unable to get an appointment, visiting an urgent care center may be an option. Urgent care centers can treat problems such as:

- Minor cuts that require stitches
- Animal bites
- Nausea
- Rashes
- Flu

Urgent care centers are usually open on nights and weekends, which makes them convenient. If you are thinking about visiting an urgent care center, ask your doctor to recommend a clinic near you.

When Timing Is Everything: Emergency Care

Some symptoms can't wait for treatment—they need immediate care. According to the American College of Emergency Physicians (ACEP), these include:

- Difficulty breathing
- Fainting
- Chest pain or pressure
- Uncontrolled bleeding
- Coughing or vomiting blood
- Sudden or severe pain
- Poisoning
- Major injuries, such as broken bones
- Sudden facial drooping or weakness in an arm or leg

When should you call 911? The ACEP recommends dialing 911 if you think a health problem is life-threatening or if it could get worse on the way to the hospital. Examples include chest pain or severe bleeding.

A final tip: Make sure you understand the "rules" of your health plan regarding emergency care. For instance, some plans require that you call them within 24 hours of visiting the emergency department. ●

Avoiding the emergency room starts with regular visits and check-ups with your primary doctor. If you don't have one or would like to make an appointment, call **1-877-LLUMC-4U** for a free referral.

STAY HYDRATED AFTER GIVING BLOOD

Many regular exercisers wonder if donating blood will interfere with their fitness goals. Health experts say that unless you're a pro athlete, you probably have nothing to worry about. But keep in mind that blood donation could put you at risk for dehydration. So, after giving blood, be sure to drink what is offered at the donation center. And take in plenty of fluids throughout the rest of the day.

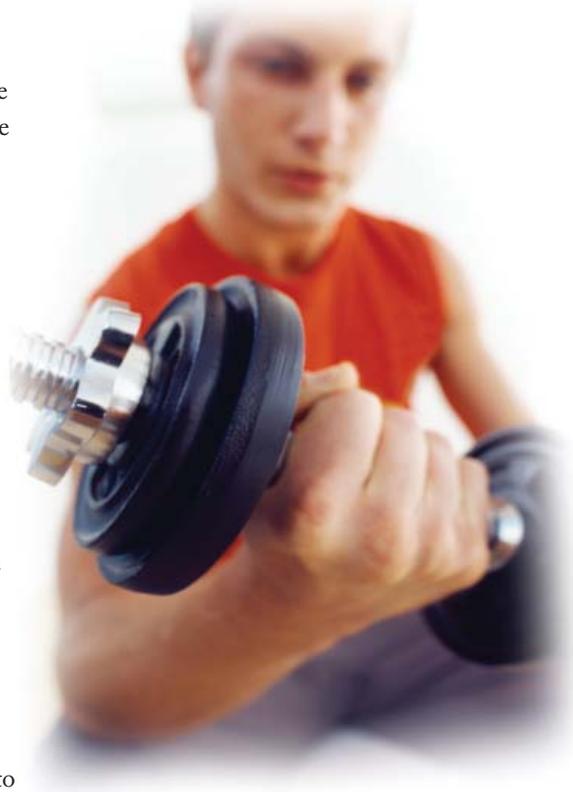
Blood Donations The Bloodmobile will be on campus every weekday, except Fridays. Sign up in the Children's Hospital lobby or call 1-877-LLUMC-4U for more information.

A Short Training Course in **Weight-Training Safety**

Weighing the pros and cons of weight lifting? Potential health benefits include stronger muscles, increased bone density, less body fat, better muscle tone, and improved overall quality of life. But “weight”—don’t forget about these possible drawbacks: strains, sprains, fractures, and nerve damage.

To help avoid injury, take these precautions when pumping iron:

- When picking up free weights from the floor, lift with your legs—not your back.
- Never use equipment with loose or missing parts.
- Start slowly with light weights. When you’re ready to add more pounds, ask a friend to “spot” you in case the load becomes too heavy to handle.
- Always wear shoes with good traction when you weight train.
- Breathe out as you’re lifting weight. Breathe in when you lower it.
- Don’t force it. If weight lifting hurts, stop. ●



Drayson Center

For information about personal training or other services at the Loma Linda University Drayson Center—a recreation, wellness, and fitness complex—please call 1-877-LLUMC-4U.

Good-For-You Corn Bread

- 1 c. cornmeal
- 1 c. flour
- ¼ c. white sugar
- 1 tsp. baking powder
- 1 c. low-fat buttermilk
- 1 egg, whole
- ¼ c. tub margarine
- 1 tsp. vegetable oil
(to grease the pan)

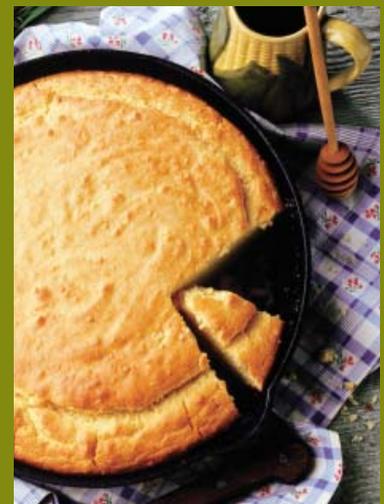
1. Preheat oven to 350 degrees.
2. Mix together cornmeal, flour, sugar, and baking powder.
3. In another bowl, combine buttermilk and egg. Beat lightly.
4. Slowly add buttermilk and egg mixture to the dry ingredients.
5. Add margarine and mix by hand or with a mixer for one minute.
6. Bake for 20 to 25 minutes in an 8-by-8-inch greased baking dish. Cool.
7. Cut into 10 pieces.

Makes 10 servings

Serving Size: one square

Calories: 178, Fat: 6 g, Saturated fat: 1 g, Cholesterol: 22 mg, Sodium: 94 mg

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



HELP FOR WORN-OUT KNEES

Being active may lessen your risk for knee osteoarthritis. People at a high risk for this problem tried out a training program three times a week. The program included aerobic and strength-building exercises targeting the lower body. After four months, exercising improved the quality of their knee cartilage.

Free Arthritis Seminar To register for a free arthritis seminar, call 1-877-LLUMC-4U. Wednesdays, January 9 and February 13

TASTEFUL TIPS TO CUT OUT SALT

Cutting back on sodium doesn't have to mean bland food. By making a few changes in your shopping and cooking habits, you can still enjoy flavorful meals.

At the Store

- Look for the words reduced- or low-sodium on packaging. There are plenty of low-sodium versions of the foods you like, including soups, frozen dinners, and condiments, such as soy sauce.
- Think fresh. Fresh vegetables are lower in sodium than canned or processed versions.
- Choose frozen over canned vegetables. Or select low-sodium canned vegetables. Another option: Rinse canned vegetables and beans before using them.
- Check the Nutrition Facts information on food packages. You can't always judge a food by its taste. Cereals and other foods that don't taste salty often have as much sodium as salty snacks like potato chips.



In the Kitchen

- Experiment with rosemary, basil, or other herbs and spices.
- Use a few drops of lemon juice to enhance flavor. Lemon can make a small amount of salt seem like more.
- Perk up bored taste buds with vinegar. Many cuisines combine vinegar and pepper to stimulate taste buds.

Adopting Heart-Healthy Habits: Advice from the Experts

Learning you have heart disease can be rough, especially when your doctor tells you what you need to do: perhaps start exercising or eat better. Although these changes may seem daunting, you can make them. Here's how the experts suggest you start.

Find Out if You're Ready to Change

Studies show that most people go through the same basic steps, or phases, before they make a lifestyle change, such as quitting smoking. These guidelines can help you find out which phase you're in and how ready you are to change:

- **Precontemplation phase**—if you are unsure whether you need to make a change—at least not in the next six months
- **Contemplation phase**—if you have thought about making the change in the next six months
- **Preparation phase**—if you have picked a day in the next month to start the new habit
- **Action phase**—if you've already changed a habit
- **Maintenance phase**—if you've kept up the new habit for at least six months

Prepare Yourself for Success

Congratulations if you've already begun a new habit and are in the action or maintenance phase. Your time and efforts deserve credit. But if you're not as far along in the change process, don't worry. There's a lot you can do to build momentum and keep yourself motivated to change.

Here are some suggestions:

- **Set goals you can live with.** For example, promise yourself that you will take a walk after dinner or ride a stationary bike while watching TV.



- **Get rid of temptations.** Avoid people or things that make you want to continue your unhealthy habit. If you want to quit smoking, get rid of all smoking-related items, such as ashtrays and lighters, at home and in your car.
- **Have a vision for the future.** Picture yourself healthier and happier once you've made the change.
- **Record your progress in a diary.** And remember to reward yourself when you have reached a goal.
- **Develop a support network.** Once you've decided to make the change, use your family and friends to help you stay focused. Or consider joining a support group. ●

February 1 is National Wear Red Day.

Wear red today to remind you and others to adopt heart-healthy habits. To make an appointment with a doctor for a check-up, call 1-877-LLUMC-4U.

Upcoming Events

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

JANUARY-FEBRUARY 2008

MEDICAL CENTER & CHILDREN'S HOSPITAL

Child & Adolescent Asthma

One-on-one counseling session to educate and develop an asthma control plan.

Prenatal Class

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

English & Spanish classes
Providing information for a safe and healthy pregnancy.

Pulmonary Rehab Program

For those with lung disease.
Please call for more information.

Moms Joining Moms

Support Group

Fridays from 9:30 to 11:30 a.m.
5-week, free of charge group for new moms and their babies.

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.

Head & Traumatic Spinal Cord Injury Support Group

Fourth Monday of each month
6 to 7:30 p.m.

Always in My Heart

Second Monday of each month
7 to 8:30 p.m.

A bereavement class for parents who have lost a baby.

Blood Drives

The Bloodmobile will be in the Medical Center parking lot weekly; please call for times.
Sign up in the Children's Hospital.

Overeaters Anonymous

Mondays, 12:30 to 1:30 p.m.

A 12-step program for those dealing with eating disorders.
Call for dates and times.

Cardiac Rehab

For people with chest pain, heart attack, or bypass surgery.

Call for dates, times, and more information.

Pulmonary Rehab

For people with lung disease.

Call for dates, times, and more information.

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 Programs

Available for adults.

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 Tuesdays of the month, 6 to 8 p.m.

Cancer Resource Center

Monday through 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

Weight Management Orientation

FREE Orientation of the weight-loss programs available.

Tuesdays, January 8 and 22 and
February 5 and 19

3:30 to 5 p.m. *Please arrive 15 minutes prior to start time.

Please call for details and to preregister.

Executive Health Physical

By appointment only.

1:30 to 4 p.m.

A comprehensive health evaluation followed by targeted interventions. Available to the community and corporations.

International Travel Clinic

Walk In Clinic on Wednesdays
1:30 to 4 p.m.

Providing a full range of vaccinations necessary for travel as currently recommended by the Centers for Disease Control and Prevention.

Optifast

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

DIABETES PROGRAM

Winning with Diabetes

Morning and evening classes; Series of five sessions on types, causes, and self-management.
Preregistration required.

Diabetes Support Group

Diabetes experts provide educational and resource information each month.

First Tuesday of the month
6:30 to 7:30 p.m.

TRANSPLANTATION INSTITUTE

Kidney/Pancreas Support Group

First Tuesday of each month from
1:30 to 3 p.m. and the first
Wednesday of each month from
6:30 to 8 p.m.

For all pre-dialysis, dialysis, pre-transplant, and post-transplant patients and their families. Help others along the journey of transplantation.

SCHOOL OF DENTISTRY

Seminar: Men and Women in the Workplace

Thursday, February 7
1:30 to 4:30 p.m.

Dr. John Gray, author of "Men are from Mars, Women are from Venus" will be speaking.
Preregistration required.

Clinic with a Heart

Sunday, January 27
6:30 to 9 a.m.

A morning of free dental care.
Preregistration required.

Volunteers Needed for Studies

The Center for Dental Research is seeking patients for a variety of studies, including tooth whitening, crowns, and fillings.
Preregistration required.

RADIATION MEDICINE

Call for locations on the following groups.

Head and Neck Support Group

Every Wednesday at 1 p.m.

Clinical Prostate Support Group

Every Wednesday at 2 p.m.

Lunch Group

Every Tuesday at 1 p.m.

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

Is Loud Music Damaging Your Child's Hearing?

Study Confirms Need to Catch Bulimia Early

Forty-four women with bulimia were contacted about nine years after they had been treated. Some of these women had been treated within four years of developing the eating disorder. Of those, 80 percent had recovered.

But only 20 percent of women who waited 15 or more years to get treatment had gotten better.

FOR AN ASSESSMENT OR TO RECEIVE information about Loma Linda University Behavioral Medicine Center's Eating Disorder Program, call 1-877-LLUMC-4U.



Noise-induced hearing loss was once limited to construction workers, soldiers, and drummers. But as more children and teens use MP3 players and attend concerts, they are experiencing the same hearing problems as older adults.

One recent survey found that more than one-half of high school students had symptoms of hearing loss. These include ringing in the ears. Also, other people may seem to be mumbling.

Noises louder than 85 decibels can damage hair cells and nerves in the ear

and contribute to hearing loss. An electric shaver is about this loud. Power tools, lawnmowers, and hair dryers are often much louder.

To protect your child's ears, talk with her about hearing loss. Studies show many young people aren't aware of the problem. Tell her to wear earplugs when she goes to a concert. Limit her MP3 player use to one hour a day at 60 percent volume. If someone standing nearby can hear her tunes, they're too loud. ●



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A Healthy Tomorrow

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