Breastfeeding Basics

Nursing can be rewarding, but it isn't always easy. Sore nipples and concerns about how much milk your baby is getting may make you want to give up. But, you can help prevent these types of problems:

- Scrap feeding schedules. Breast-fed babies tend to eat more often than formula-fed infants. These frequent feedings stimulate your body to make milk. Just watch for your baby’s hunger cues—sucking motions, mouthing a fist, or turning toward your breast. Once he or she is crying, latching on may be more difficult.

- Check your baby's position. When your infant latches on to your breast, make sure both lips cover your nipple and most of the dark area around it. This helps prevent nipple soreness.

- Care for your breasts. When your milk comes in, your breasts may feel painful and swollen. Warm, wet compresses and an over-the-counter pain reliever may help. Talk with your doctor before using medication. If you have a fever or painful lumps, call your doctor.

Parents might consider breastfeeding babies with family histories of allergies. The act could delay or prevent asthma, food allergies, or the skin condition eczema.

This recommendation from the American Academy of Pediatrics (AAP) is an update to its previous guidelines for preventing allergies in babies. The group revised its suggestions after a review of studies on diet, allergies, and infants. The review confirmed that at least four months of breastfeeding will protect high-risk babies from wheezing and a cow's milk allergy. Hypoallergenic formulas without cow’s milk can work as a substitute for breast milk.

The study also concluded that there is no good evidence to support avoiding certain foods, such as peanut butter, fish, and eggs, during pregnancy to prevent allergies. Researchers also couldn’t prove that waiting to give such foods until after a child is age 6 months to 4 years made a difference. But the AAP still recommends delaying the introduction of solid foods until infants are at least 4 months of age.

FREE Pamphlet

To receive your free Guide to a Healthy, Happy Baby pamphlet, please call 1-877-LLUMC-4U. Sponsored by the Loma Linda University Children's Hospital.

Recognize Your Nurse This Week

Loma Linda University Medical Center and its affiliates, along with the American Nurses Association, 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.

For information on available nursing positions at Loma Linda University Medical Center, log on to our Web site at www.lomalindahealth.org and click on Jobs.

Nurses

Making a Difference Every Day

National Nursing Week
May 6–12, 2008
A Few Key Points About Acupuncture

Many people turn to acupuncture as a way of relieving pain. This ancient Chinese treatment, which uses needles to stimulate parts of the body, has been gaining popularity in the West for many decades.

Today, more people in the West are exploring some of the traditional treatments of Eastern medicine, including acupuncture, than ever before. Results from recent studies show that acupuncture is safe and can provide pain relief and other benefits. Take this quick true or false quiz to see if you’re up on the latest findings on acupuncture.

Test Your Knowledge
Choose the best answer to each question:

1. Acupuncture may help chronic low-back pain.
   - True     False

2. There is some evidence that acupuncture may help headaches.
   - True     False

3. Acupuncture helps reduce the amount of anesthesia for surgery.
   - True     False

4. Acupuncture is often covered by insurance.
   - True     False

Check Your Answers

1. **True.** A review of 33 trials in the Annals of Internal Medicine concluded that acupuncture can ease chronic low-back pain.

2. **True.** Although controversial, some research has shown that acupuncture can help ease the pain of tension headaches. However, in a study of migraine patients, acupuncture was no more effective than sham acupuncture in reducing migraines.

3. **False.** However, acupuncture may help relax a patient before surgery. It may also help treat and prevent nausea and vomiting—side effects of anesthesia. In addition, there is some evidence that acupuncture may ease nausea from cancer medicines.

4. **True.** While many insurance companies do cover acupuncture, you should check with your insurer before you start treatment to get details on coverage. You should also ask whether preauthorization is needed.

   If you are interested in finding a licensed acupuncture practitioner, ask your doctor or check with a national acupuncture organization.

Q: Do the needles used in acupuncture hurt?
A: Acupuncture needles are extremely fine and do not hurt in the same way as, say, an injection. Patients may even be unaware that a needle has been inserted. However, some acupuncturists attempt to produce a sensation called “de Qi”—a sense of heaviness, soreness, or numbness at the point of needling. This is said to be a sign that an acupuncture point has been correctly stimulated. Many patients say that they find acupuncture a relaxing or sedating experience.

Sleep More, Weigh Less?

Americans are weighing more and sleeping less. Is this a coincidence? To find out, researchers asked 68,183 middle-aged nurses how long they slept in a 24-hour period. They then asked them about their weight every two years for 16 years. Those with a shorter sleep duration gained more weight than those who slept seven hours per night. This was true even after taking diet and physical activity into account. The biggest risk for weight gain was among women who slept five or fewer hours per night. They gained about two pounds more than seven-hour sleepers and were 28 percent more likely to have a 33-pound weight increase.

FREE Sleep Mask!
To receive your free sleep mask and Tips for a Good Night’s Sleep please call 1-877-LLUMC-4U. Quantities are limited.
For many women, it seems, knowledge about cancer does not always translate into action. As evidence, a recent survey by the American College of Obstetricians and Gynecologists (ACOG) found that more than 76 percent of women feel they know how they can reduce their risk for cancer. However, only about half of these women feel they are doing enough to reduce their risk.

Survey Findings
According to ACOG, there may be several reasons why women are not doing more to help themselves detect and prevent cancer.

For one, women are afraid of cancer. In fact, 20 percent of survey respondents admit that they do not want to know if they have cancer. However, early detection of cancer can go a long way toward successful treatment.

Another reason many women forgo cancer screenings is that they have no family history of the disease. This, they believe, means they are at low risk of developing cancer themselves. But this is simply not true. While family history is a risk factor for the disease, most cancers occur in people whose family members are cancer-free.

ACOG Takes Action
In response to these and other misconceptions, ACOG has developed a Web-based guide to encourage women to take charge of their health and better understand their risks of developing cancer and the importance of preventing and detecting the disease.

Called Protect and Detect: What Women Should Know About Cancer, the guide outlines the risk factors, warning signs, screening guidelines, and prevention strategies for cancers of the breast, uterus, ovaries, cervix, colon, and lungs. You can download the guide at www.acog.org/from_home/misc/protectanddetect.pdf.

The guide stresses the fact that cancer does not always cause symptoms. And even when symptoms are present, women often mistake them for harmless health problems. This is why, ACOG points out, an annual visit to your health care provider is one of the most important things you can do to protect your health. Ask your doctor about screenings such as:

- Breast exams and mammograms to check for breast cancer
- Pap tests to help detect cervical cancer
- Colonoscopies to check for early signs of colon cancer

LIVE IN THE NOW!
Celebrate National Cancer Survivor’s Day with Loma Linda University Cancer Center. Cancer survivors, along with family and friends, can enjoy the day by remembering to “live in the now.”

Celebration of Life
Sunday, June 1
Registration starts at 12:30 p.m.
Program: 1 to 2:30 p.m.
Kid’s Activity Room: 1 to 3 p.m.
Five Ways Gender Has an Impact on Your Health

Differences between men and women go beyond basic anatomy. Here are some key ways women's health may vary from that of the men.

1. Women often don't have "classic" heart attack symptoms. Classic heart attack symptoms, such as crushing chest pain and pain in the arm, may be classic for men. But women often have more subtle symptoms, such as shortness of breath, a burning sensation, or palpitations.

2. Smoking is more addictive and dangerous for women. Tobacco is deadly to both men and women. Yet smoking can take a worse toll on women. It has a greater effect on risk for heart disease and stroke. Women are also more prone to lung diseases, including lung cancer. Nonsmoking women face a greater risk for lung cancer than nonsmoking men.

3. Women are more likely to be clinically depressed. When women are down in the dumps, they may think they should just snap out of it. Often it's not that easy. The incidence of depression is rising in women. In fact, women are two to three times more likely than men to face the destructive effects of depression. Depression is also a serious health threat at times when women expect to be happiest—during and after pregnancy.

4. Women's health needs change more. Women face a host of health concerns depending on whether they are in their puberty, reproductive, menopause, or senior years.

At different stages of life, women may grapple with contraception, sexually transmitted diseases, reproductive issues, depression, heart disease, cervical cancer, breast cancer, incontinence, and osteoporosis. And since women live longer than men, women are more likely to live with chronic diseases and meet the challenges of aging alone.

5. Women put their own health on the back burner. Many women take care of children, husbands, aging parents, and sometimes even pets before they tend to their own health. But experts say ignoring your own needs is dangerous. It’s vital that women put themselves first sometimes and take care of their health.

Knowing the role gender plays in health can empower women to live healthier lives. Experts say women need to educate themselves, be proactive about health, and take health concerns to the doctor.

Fresh Orange Compote with Granola

Preparation Time: 15 minutes

INGREDIENTS
- 2 navel oranges, peeled, separated into segments
- 1 apple or pear, diced
- ½ cup halved seedless red or green grapes
- 1 banana, peeled, thinly sliced
- 2 Tbsp fresh squeezed orange juice
- ½ cup low-fat granola cereal

DIRECTIONS
In a medium bowl toss together orange half segments, apple, grapes, banana and orange juice. Sprinkle granola over mixture; toss lightly.

Serve immediately as dessert, for breakfast topped with low-fat yogurt, or drained over lettuce as a salad.

Serving size: ⅛ of recipe

Per serving: Calories: 100, Calories from fat: 5% Daily Value (DV)*, total fat: 1 g, saturated fat: 0 g, Cholesterol: 0 mg, sodium: 25 mg, total carbohydrate: 24 g, dietary fiber: 3 g, sugars: 14 g, protein: 2 g, vitamin A: 6%, vitamin C: 60%, calcium: 2%, iron: 2%

Sources: Sunkist Growers, Inc.; Centers for Disease Control and Prevention, "Fruits and Veggies: More Matters"

New Women's Health Care Line

A Women's Health phone line is now available at Loma Linda University Medical Center. For your female-related health care needs and access to services, please call 1-888-97-WOMEN (888-979-6636). Call 1-877-LLUMC-4U for your FREE Manicure Set with emery boards. Limited quantity available.

www.lomalindahealth.org | LOMA LINDA UNIVERSITY MEDICAL CENTER | 5
Checkups  Keep Your Child Well

Regular checkups—also called well-child visits—ensure your children are growing up healthy and strong. But at least 20 percent of kids miss some recommended visits. Take yours to the doctor at the ages listed on the chart below.

In addition to a physical examination, where the doctor examines your child’s body, every visit should involve:

- **Measurements**. The doctor will weigh your child and check her height. Until age 2, infants’ head sizes are measured with a tape. Growth charts show whether your child is meeting development milestones. Blood pressure is also taken.
- **Immunizations**. The doctor will give your child shots to protect against serious illnesses such as measles, pneumonia, and the flu. Eleven different childhood vaccines are available. For the latest recommended schedule, ask the doctor or visit [www.cdc.gov/vaccines/](http://www.cdc.gov/vaccines/).
- **Behavior assessments**. Young brains, like young bodies, are changing rapidly. The doctor will make sure your child’s mental health is on track using tools such as behavior checklists.
- **Monitoring developmental milestones**. Doctors know about when your child should be sitting up, walking, and talking. Report these events and any concerns you have.
- **Hearing tests**. The doctor will play noises and test how your child’s brain and ears respond.
- **Eye exams**. The doctor will watch your infant track a bright light and look inside her eyes to check for cataracts and other problems. As your child gets older, she’ll read letters from an eye chart to detect vision problems.
- **Other screenings**—if there’s a potential problem. Depending on your child’s risk factors, the doctor may recommend checking for lead poisoning or other issues.

To make the most of well-child visits, write down your concerns beforehand. Ask questions and talk openly with your child’s doctor.

<table>
<thead>
<tr>
<th>Age</th>
<th>Head circumference</th>
<th>Height, weight, and blood pressure</th>
<th>Immunizations</th>
<th>Hearing tests</th>
<th>Vision tests</th>
<th>Developmental screening or surveillance</th>
<th>Autism screening</th>
<th>Psychosocial/behavioral assessment</th>
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To receive more detailed information, call 1-877-LLUMC-4U.

MAY–JUNE 2008

Meds

Children's Day
Wednesday, May 14
8:30 a.m. to 2:30 p.m.
Free event for children ages 3–12.
Learn about good health and what the hospital is for.

Mended Hearts
Last Friday of each month
11 a.m. to 1 p.m.
A support group for all heart patients and their families.

Grief Recovery Group
Mondays, 7 to 8:30 p.m.
Call to register.

Divorce Recovery Group
Wednesdays, 7 to 9:30 p.m.
Call to register.

Total Care Birth Center Classes
• Childbirth for First Timers
• Breastfeeding
• Newborn Care
• Moms in Motion—Prenatal Exercise
• Infant/Child CPR
• Sibling Preparation
Please call for details.

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.

Head & Traumatic Spinal Cord Injury Support Group
Fourth Monday of each month
6 to 7:30 p.m.

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.

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.

Center for Health Promotion
Weight Management Orientation
Free orientation of weight loss programs available.
Please call for details and to preregister.

Executive Health Physical
By appointment only.
A comprehensive health evaluation followed by targeted interventions.

Lean Choices
Tuesdays, 6 to 7:30 p.m.
12-week program providing tools to lose weight and develop a healthy lifestyle.

International Travel Clinic
Walk In Clinic on Wednesdays
1:30 to 4 p.m.
Providing a full range of vaccinations necessary for travel.

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
First Tuesday of the month
Diabetes experts provide educational and resource information each month.

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.

Radiation Medicine
Call for locations on the following groups.

D I A B E T E S  P R O G R A M

WEDNESDAY'S

FRUIT SUMMER

FRUIT SUMMER

MOMS

MOMS

SCIENCE

SCIENCE

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

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SHEDDING LIGHT ON MELANOMA PREVENTION

Melanoma is the deadliest of skin cancers. The most common form is found most often on women’s legs and on the backs of women and men. It looks like a small brown or black stain and usually spreads out from a mole.

Practicing good sun sense can help protect you. Wear long sleeves, long pants, sunscreen, and a hat to minimize sun exposure.

Melanoma can even develop in the retina. Experts believe this type is triggered in childhood when ultraviolet radiation passes through the eye.

Medsurg Nursing, Vol. 14, No. 4