



LOMA LINDA
UNIVERSITY
MEDICAL CENTER

a healthy tomorrow

JULY/AUG 2009

INFORMATION FOR A HEALTHY LIFESTYLE TODAY

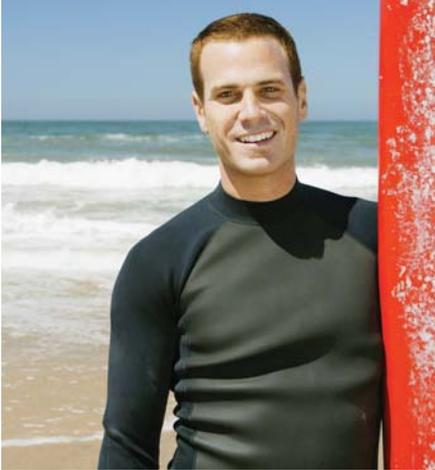
Walk in the Sand for Fitness

- SET A GREAT PLATE
- HEALTH SCREENINGS FOR MEN

**FREE
BACKPACK!**
See page 2 for
details.

FIRST AID FOR A SNAKEBITE. SEE PAGE 8.

Scenic, Sandy ... and Good for Your Health



If it feels like you're working harder when you walk on sand, that's because you are. When you walk on the beach you exert about 80 percent more energy than when walking on a hard surface.

Hoofing it on sandy surfaces can be a fun way to stay active during a vacation. Or it can be an easy option to revive your regular workouts if you live close to the coast.

To get the most from your beach walks:

- Wear walking shoes—they help prevent cuts from broken glass and

litter. If you find an area where the sand seems trash-free, you can try kicking off your shoes for a bit. Strolling barefoot in the sand massages your feet and keeps toes strong and flexible.

- Know where you're headed. Obey warning signs on the beach that show where you can tread safely. Don't hike beyond fences.

- If you have arthritis, you might want to skip walking by the shore, especially if the sand is dry and loose. The uneven surface could cause pain in your legs or, worse, an injury.

Want to work out with others on the beach? For a moderate workout, play Frisbee. For more vigorous exercise, throw up a net and play some beach volleyball. ●

Drawstring Backpack Offer

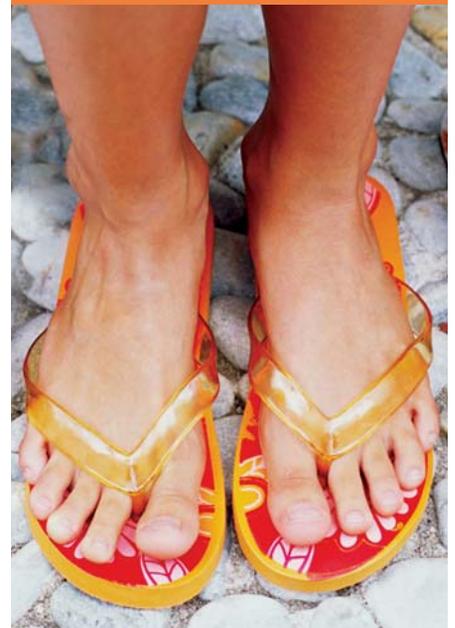
Call **1-877-LLUMC-4U** to request your free backpack and start using it for your summer daytrips. Quantities are limited.



Keeping Feet Safe in the Sun

Strolling the beach barefoot is not only relaxing—it can also help you get in shape. But before you kick off your shoes, remember these tips:

- Don't forget your feet when applying sunscreen. The tops of your feet and your ankles are especially important.
- Keep your flip flops on when walking around the pool area, the locker room, or the public bathroom to avoid athlete's foot or other infections.
- If your shoes get wet, make sure they dry completely before putting them back on. This will help prevent bacterial and fungal infections. To be safe, pack an extra pair.
- People with diabetes should avoid walking barefoot altogether. If you have diabetes, always wear socks and shoes to protect your feet, even at the beach.



Dude! Stay Safe When You Surf

If you're planning on hanging 10 on the surf circuit this summer, here are some ways to do it safely:

- Be sure to outfit your surfboard with rubber guards for the side rails and fins. This can protect you from cuts and gashes if you wipe out.
- Consider wearing a special surfing helmet and goggles for added protection.
- Before you "catch some sick air" or do some other impressive surfing move, make sure the area is safe for surfing. Avoid coral reefs or areas with stingrays, jellyfish, or sharks. You can avoid stepping on a stingray by dragging your feet through the sand, which may scare them off.

Protect Yourself While at the Beach



There are few more enjoyable ways to spend a summer day than on the beach. But remember these tips for safe and healthy summer fun:

- **Stay afloat.** Choose a beach with a lifeguard on duty. Ensure all non-swimmers wear U.S. Coast Guard-approved life jackets, and don't rely on floating toys to keep children safe. Even experienced swimmers shouldn't swim alone—always have a buddy.
- **Limit sun time.** Exposing unprotected skin to the sun can cause sunburn, which damages the skin and typically lingers a few days. But sometimes sunburn can trigger sun poisoning, which can last for days to weeks and cause an itchy rash, blisters, chills, and fever. To protect yourself and your family from sunburn and sun poisoning, follow this advice:
 - Choose SPF 15 or higher sunscreen. Apply it 15 minutes before heading outside, and reapply after sweating or swimming.

- Wear sunglasses and a wide-brimmed hat to protect your eyes, head, and face.
- Avoid too much exposure during the sun's peak hours—10 a.m. to 4 p.m. Bring a large umbrella so you can spend time in the shade while enjoying the beach.
- **Chill food.** A picnic is a great beach treat, but be sure to keep perishable foods on ice. Place your cooler in the shade or under blankets. Throw away any food that sits out more than two hours. This will help prevent stomachaches, diarrhea, and other food poisoning symptoms. ●

Did You Know?

Dehydration can affect your memory, mood, and motor skills. It also may cause fatigue, headache, and dizziness.

Drink Up!

Water is a key nutrient—we can't live without it. In fact, every system in the body depends on water. Our bodies use water to carry other nutrients and oxygen to cells, flush toxins out of vital organs, dissolve minerals, and keep mucous membranes moist. We constantly lose water so we need to replace it. But how much do you really need?

How Much Is Enough?

The amount of fluid you require depends on how active you are and how hot it is. Forget the typical rule of eight glasses of water a day—some people may need more.

Strenuous exercise or exercise in the heat and humidity can tip the balance toward dehydration. Drink extra beforehand, plus $\frac{1}{2}$ to 1 cup every 15 to 20 minutes. After exercise, drink at least two additional cups—more if it's very hot.

Wet Your Appetite

Don't drink water much? Here are some tips to help:

- Keep a glass or water bottle on your desk at work.
- Add a splash of fruit juice to plain or carbonated water.
- Toss a bottle of water in your bag or briefcase so you can drink up when you're on the go.



Five Steps for a Safe Picnic

- ❶ Find out if there's a source of clean water at your picnic site. If not, bring towelettes or an alcohol-based cleanser for washing hands and surfaces.
- ❷ Pack perishable foods—such as eggs and salads—directly from your fridge into an ice-filled cooler.
- ❸ Stow food in the coolest part of your vehicle.
- ❹ When you arrive at your picnic destination, keep the cooler out of the sun, covered, and closed as much as possible.
- ❺ Discard perishable food left out for more than two hours—or one hour when the temperature is higher than 90 degrees Fahrenheit.



Who Needs a Multivitamin?



The pharmacy's shelves stock dozens of multivitamin varieties. Which one do you need?

Maybe none. There's only limited evidence that multivitamins prevent cancer and chronic disease. That's according to a panel of experts organized by the National Institutes of Health. Some exceptions:

- Women who may become pregnant. A folic acid pill or multivitamin with 400 micrograms of folic acid helps prevent birth defects.
- Women after menopause. While

multivitamins may have limited value, calcium and vitamin D supplements can keep bones strong.

- Older people with an eye condition called macular degeneration. Antioxidants and zinc may help prevent blindness.

If you're not in one of these groups, could taking a multivitamin hurt? Probably not. But remember, supplements aren't a substitute for eating a balanced diet. And you should always tell your doctor about any supplements you're taking. ●

Symptom Navigator

Is that pain bothering you longer than it should? Do you have a fever but not sure if you should go to the doctor? Visit lomalindahealth.org/health-library and click on the symptom navigator. This site will guide you in making the best decision about your health. Remember, only a doctor can give you a diagnosis or treatment for any medical conditions.



Where does it hurt? Click on a body part to find symptoms.

Set a Great Plate

Food shouldn't just taste good—it should look good. Serve colorful meals light on protein and heavy on vegetables.

Eating well begins with your eyes. Food tastes better when it looks great, and that starts with the plate.

Too many of us eat on the run, standing in front of the fridge, or sitting in front of the TV. We're not paying attention to what fills us up—and out.

The first step in healthy eating is using a table, plate, and chair. Experts say you're likely to eat 43 percent less because you are enjoying your food and taking the time to eat.

Most people know they should eat 2 cups of fruit and 2½ cups of vegetables a day. But nine out of 10 people don't.

For the ideal plate, think 25-25-50:

25%
Lean Protein

25%
Whole Grains



50%
Vegetables

■ 25 percent whole grains. Go for deep brown rice, barley, millet, and quinoa.

■ 25 percent lean protein. Instead of red meat, favor neutral hues of beans, nuts, or seeds.

■ 50 percent vegetables. Reach for the rainbow: Red bell peppers and tomatoes. Orange carrots and sweet potatoes. Yellow corn and squash. Green leafy kale and spinach, crunchy zucchini and celery. Blue and purple eggplant and cabbage. White garlic, onions, and mushrooms. ●

Veggie Benefits

Experts say people who eat less meat tend to weigh 15 percent less, live 3.6 years longer, and decrease their risk for the big three chronic conditions: diabetes, heart disease, and cancer.



Beet-All Pasta Salad

- 2 cups cooked spiral whole-wheat pasta
- 3 cups fresh baby spinach, shredded
- 1 12-ounce jar whole beets (1½ cups), cut in half
- ¼ cup red onion, chopped
- 2 tablespoons walnuts, chopped
- 1 tablespoon real maple syrup
- 1 tablespoon balsamic vinegar
- 1 teaspoon virgin olive oil

Mix pasta, spinach, beets, onion, and walnuts in a salad bowl.

Combine maple syrup, vinegar, and olive oil in a small jar and shake well. Pour over salad.

Serve immediately or cover and refrigerate until you're ready to eat.

Makes six side-dish servings. Each serving contains about 123 calories, 4 grams protein, 3 grams fat, no cholesterol, 23 grams carbohydrate, 3 grams fiber, and 120 milligrams sodium.

Platter Matters

- Use a plate. As simple as that may seem, many people don't. Avoid serving family style. Instead, portion out the food on your plate in the kitchen, not at the table. When the bowls of food are in front of you, odds are you'll overeat.
- Plan what you eat. Healthy eating starts when you shop.
- Find a farmers' market. Teach your kids that peas don't come from a can.

Nutrition Info Online

Search the A-Z Health Guide, our illustrated health encyclopedia, at lomalindahealth.org/health-library for facts on nutrition.

Obese Kids Face Adult Health Problems

By now you know about the growing problem of childhood obesity. According to the American Heart Association, nearly one out of every three children and adolescents is overweight or obese. In addition to causing increased rates of type 2 diabetes, this epidemic is having dire health effects among our nation's children—problems that once affected only adults.

The Problems of Obesity

More and more doctors are seeing the following conditions in their young obese patients:

- **High blood pressure:** In a study of 5,000 children, 5 percent had high blood pressure—and the strongest risk factor was obesity.

- **High cholesterol:** Ten percent of kids ages 2 to 19 have total blood cholesterol levels greater than 200 mg/dl, the upper limit of the recommended range. High cholesterol increases heart attack risk.

- **Metabolic syndrome:** This is a group of risk factors that increase the chances for several serious conditions, including heart disease, diabetes, and stroke. Researchers found that as many as 50 percent of severely obese adolescents have metabolic syndrome.

- **Plaque buildup:** According to the American Heart Association, plaque buildup in the neck arteries of obese children is similar to levels found in middle-aged adults. Plaque is a substance that forms along the walls of arteries, increasing the risk for heart attack and stroke.

Help Your Child Be a Kid

These trends are clear evidence that kids need to manage their weight. Ask your pediatrician if your child's weight is in a healthy range. If not, these tips can help:

- Serve healthy foods and control portion size.
- Enjoy regular family meals.
- Encourage physical activity.
- Limit time spent in front of the TV or computer.
- Set a good example by eating well and being active. ●

Stay Fit at The Drayson Center This Summer!

- Swimming Lessons
- Xtainment Area
- Boot Camp

Call 1-877-LLUMC-4U today for more information or to register.

Quiz: Men's Screening Tests

Regular screenings can help keep men healthy and find diseases early, when they're most treatable. How much do you know about tests you should be getting?

① Men should get their blood pressure checked every two years.

TRUE FALSE

② Men should get tested for diabetes starting at age 45.

TRUE FALSE

③ Men should get a colonoscopy every year.

TRUE FALSE

④ Men should get tested for prostate cancer every year.

TRUE FALSE

Answers:

① **TRUE.** Uncontrolled high blood pressure can result in stroke and heart failure.

Maintaining a healthy weight can help control high blood pressure.

② **TRUE.** Starting at age 45, you should get your blood sugar tested every three years. Early detection and treatment of diabetes can decrease the chance of complications like heart disease, stroke, and blindness.

③ **FALSE.** Starting at age 50, you only need a colonoscopy every 10 years.

④ **FALSE.** Starting at age 50, men should discuss the advantages and limitations of prostate cancer screening with their doctor.



classes & programs

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

Special Events

KOLA Cares for Kids Radiothon

August 25 and 26, 7 a.m. to 7 p.m.

KOLA 99.9 FM listeners can pledge by calling **1-800-825-KIDS**. All proceeds benefit our Children's Hospital.

Blood Drives

The Bloodmobile is here weekly; please call for times. Sign up in the Children's Hospital. You can also check Loma Linda times at www.lstream.org.

Summer Camp Zone at Drayson Center

Weekly sessions through July 31

Campers will enjoy XRtainment Zone games, sports, crafts, drama, cooking, music, field trips, and more! Ages 6 to 14 welcome. **Space is limited and registration is required.**

Support Groups

Diabetes Support Group

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

Diabetes experts provide educational and resource information each month.

No registration; no fee.

"Hopeful Journey: walking the path of loss and hope"

First and third Tuesday of each month, 11 a.m. to noon

The focus is on remaining healthy and hopeful for the current pregnancy while still honoring the memory of the baby who died.

Call for more details.

Mended Hearts

Fourth Friday of each month
11 a.m. to 1 p.m.

A group for all heart patients and their families.

No registration, no fee.

Always in My Heart

Second Monday of each month
7 to 8:30 p.m., fourth Tuesday of each month, 9:30 to 11 a.m.

A bereavement class for parents who have lost a baby.

Call for location and details.

Grief Recovery Group

7 consecutive Mondays beginning
July 6, 7 to 8:30 p.m.

Open to adults who have experienced the loss of a loved one.

Please call to register.

Pet Grief Recovery Group

7 consecutive Thursdays beginning
August 6, 7 to 8:30 p.m.

A support group to help those mourning the loss of a pet.

Please call to register.

Radiation Medicine Department Groups

Call for locations and details.

- New Patient Orientation

Every Tuesday and Thursday

9:30 to 11 a.m.

- Education/Support Group

Every Wednesday, 5 to 7 p.m.

- Wives and Caregivers Group

Every Thursday, 2:30 to 3:30 p.m.

- Head and Neck

Every Wednesday, on-call

- Clinical Prostate Support Group

Every Wednesday, 2 to 3 p.m.

- Pediatric Christmas Party

Thursday, August 23, noon to 2 p.m.

- Restaurant Tours

Every Thursday, 5:30 to 8:30 p.m.

Classes/Programs

Perinatal Institute

Total Care Birth Center

- Preparing for Childbirth
- Newborn Care
- Breastfeeding Basics
- Health and Fitness in Pregnancy
- It's Time to Eat
- Baby is Home
- Breastfeeding Support Group
- Car Seat Fitting Clinic
- The Art of Infant Massage
- Moms Joining Moms

Call for details and to register.

Winning with Diabetes

Morning and evening classes; series of five sessions on types, causes, and self-management. Spanish classes offered every other month. **Please call to register.**

Drayson Center

- Jr. Lifeguard Training—Ages 10 to 14
- Summer Pool Passes
- Summer Swim lessons—programs available for 6 month babies to adults.

Call for details and to register.

Prenatal Class

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

English and Spanish classes

Providing information for a safe and healthy pregnancy.

Cardiac and Pulmonary Rehabilitation

Monday through Thursday
7:30 a.m. to 4:30 p.m.

For those with chest pain, heart attack, bypass surgery, or lung disease. **Please call to register.**

Lean Choices

Tuesdays, 6 to 7 p.m.

This 12-week program gives you tools to lose weight and develop a healthy lifestyle. **Please call to register.**

Optifast

A 26-week medically supervised program for those with 50 or more pounds to lose. **Please call to register.**

Child & Adolescent Asthma

One-on-one counseling session to educate and develop an asthma control plan. **Please call to register.**

International Travel Clinic

Every Wednesday, 1:30 to 4 p.m.

Walk-in clinic provides a full range of vaccinations necessary for travel. **No appointment necessary.**

Volunteer Services

We Need You!

Openings now available. Please attend our Volunteer Information and Orientation session to learn more about our programs and how to become a volunteer. **Call for dates, times, and details.**

If the event or class you are looking for is not listed here, please call **1-877-LLUMC-4U** for more information.

Congratulations to our Bike Contest Winners Zephyr Moon Dowd-Lukesh and Deston Jones! We want to thank all of the young people who submitted their entries; we are pleased to know you are making healthy choices in your lives!



Zephyr



Deston

a healthy tomorrow

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Care for a Snakebite

Sean P. Bush, MD, FACEP is Professor of Emergency Medicine at Loma Linda University School of Medicine, where he is also on staff in the ER as an emergency physician and envenomation (venomous animal) specialist. He has had a lifelong interest in reptiles and venomous creatures. Dr. Bush offers some tips to remember if a venomous snake bites you:

- Seek medical attention as soon as possible.
- Take off any tight clothes or jewelry close to the snakebite.
- Don't use tourniquets.

- Time and mark with a pen the edge of tenderness and/or swelling as it advances.
- Keep the bite in a neutral position of comfort.
- Don't put ice directly on the bite.
- Don't cut or suck at the wound with anything.

Studies show that suction devices used for sucking out snake venom are ineffective. They may remove a lot of blood, but little venom. Instead, carry a cell phone and call **911** or your local emergency number for help if you get bit. ●



Sean P. Bush, MD, FACEP has a lifelong interest in reptiles and venomous creatures.

What venomous snakes live in Southern California? How do you keep snakes out of your yard? For answers to these and more frequently asked Venom ER questions, please visit lomalindavenomer.org.



Health Library

In English and Spanish

lomalindahealth.org/health-library

Health Information at the Tip of Your Fingers

- Illustrated health guides
- Step-by-step care guides
- Health Information Centers
- Find a doctor

