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If Veterans don't help Veterans, who will?

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a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
MAY/JUN 2017

SPECIAL MEN'S ISSUE

**FATHER
& SON:
A WINNING
PAIR FOR
HEALTH**



LOMA LINDA
UNIVERSITY
HEALTH

LEARN FROM EVERY
GENERATION

4 WAYS TO GET RID OF
THE DAD BOD

THE BETTER-
BEAUTY DIET

ask the EXPERT

What are four things men can do today to decrease their chances of heart disease?

A: Quit smoking if you smoke. Smokers are twice as likely to have a heart attack than nonsmokers and are more likely to die if they have a heart attack.

Lose the “spare tire.”

For every 2 inches you add to your waistline, your risk for heart disease increases by 20 percent.

Manage stress. Men need to focus on stress reduction. Find ways to feel comfortable about talking about stressors and working through them.

Eat food that will spoil—real unprocessed whole foods.

Why is it so important for men to be proactive about their heart health?

A: Men can lower their risk for heart disease by eating healthy, maintaining optimal weight, reducing stress, exercising and getting enough sleep.

Anthony Hilliard, MD, is a cardiologist at the Loma Linda University International Heart Institute (LLUIHI) specializing in Interventional Cardiology. To learn more visit www.LomaLindaHeart.org or call 1-800-INTL-HEART. To schedule a men's health checkup, call Loma Linda University Faculty Medical Group Family Medicine at 909-558-6600.

fyi:

Experts recommend sharing meals with your family three or more times a week for weight loss.



4 GREAT WAYS TO DROP THE DAD BOD

The dad bod is real: According to a recent study, men put on weight when they become fathers and continue packing on pounds over the years. Though you may have less time these days to work out and plan your meals, it's still important to be mindful of your waistline. Here's how you can shed your dad bod:

1 EAT WITH YOUR KIDS. Families who eat together have healthier meals. Plus, family meals are an opportunity for you to teach your children healthy eating habits. So your whole family is more likely to eat veggies instead of junk.

2 DON'T EAT OFF YOUR CHILDREN'S PLATES. A few bites of mac and cheese here and there—it seems pretty harmless, but the calories add up.

3 AVOID EATING IN FRONT OF THE TV. It's easy to overeat when zoning out in front of the tube. Turn off the TV during family meals and avoid snacking while watching your shows.

4 EXERCISE WITH YOUR FAMILY. Your gym membership may be collecting dust, but you can still be active when you have kids. Take a walk while pushing your baby in the stroller. As they get older, play tag, go for a bike ride or toss a ball with your kids.

MOTIVATION TO KICK CIGARETTES TO THE CURB

If you're one of the 17 percent who still smoke, it's time to stop. Quitting isn't easy. But if millions of Americans can be successful, so can you.

Many resources are available to help you kick the habit. But finding your personal motivation for quitting can help you through difficult times. What drives you?

YOUR HEALTH

Quitting smoking lowers the risk for heart disease, stroke, lung disease and cancer. But you don't have to wait to reap health benefits. In fact, your body begins to heal almost immediately once you stop. For example, just 20 minutes after your last cigarette, your blood pressure drops.

YOUR WALLET

Smoking isn't cheap. Think of all the things you can do with your savings when you quit. If you smoke a pack a day, that can add up to 200 extra dollars or more each month.

YOUR FAMILY

Smoking takes a big toll on your family and friends. Secondhand smoke can hurt your loved ones. And it can take you away from them earlier. On average, smokers die 13 years sooner than nonsmokers.

No matter what your reasons for quitting, it's time to join the ranks of those who have said good-bye to cigarettes for good.

NEED HELP QUITTING?

Call LLU Behavioral Medicine Center and ask about our Smoking Cessation Program at 909-558-9275, available 24/7.



Find out how a lung cancer screening can benefit you. Call 1-800-78-CANCER.



THE BETTER-BEAUTY DIET

Ready for an all-natural makeover—no salon fees or oily foundation required? Add these foods to your cart to increase your odds of having beautiful hair and skin. (They're good for your heart and overall health, too!)

YOU WANT GLOWING SKIN

Key nutrients: Carotenoids and vitamin E

The same pigments that color orange, yellow and red fruits and veggies can give your skin a golden hue. In fact, one study found that people who had glowing skin from eating carotenoid-rich fruits and veggies were rated as more attractive than those who tanned. Another study noted that if you increase fruit and vegetable intake, the effects shine through after just six weeks.

Eat: Tomatoes, carrots, sweet potatoes and winter squash for carotenoids

YOU WANT SHINY HAIR

Key nutrients: Vitamin C and essential fatty acids

Vitamin C rose to fame for its immune-boosting powers. But this vitamin also helps your body form healthy-hair proteins, including collagen and keratin. In addition, your body needs fats it can't produce on its own, such as omega-3 and omega-6 fatty acids.

Eat: Vitamin C-rich citrus fruits, red and green peppers and kiwi; walnuts and flaxseeds for fatty acids

LIVE it!

Quick tips to keep you healthy!

Let us support your
journey to wellness!

www.liveitlomailinda.org.

Good Habits to Learn from Every Generation

What's the healthiest age? There's no such thing! Every generation can teach you something about living a healthier life. No matter the number of candles on your birthday cake, here's what you can learn from each age group.

WHAT CHILDREN DO RIGHT:

They Make Fitness Fun.

Children don't "exercise" — they play! As an adult, being active can improve your mood and reduce the risk for depression. Choose activities you enjoy, and you'll be more likely to stick with them. Try going for a bike ride, playing tennis or swimming.

WHAT TEENS DO RIGHT:

They Socialize.

Teenagers are generally very focused on their friendships. As you age, strong, positive relationships are no less important. Good relationships with others can help you cope better with stress and adversity. Studies show that loneliness is linked to high blood pressure, poor immunity and early death.



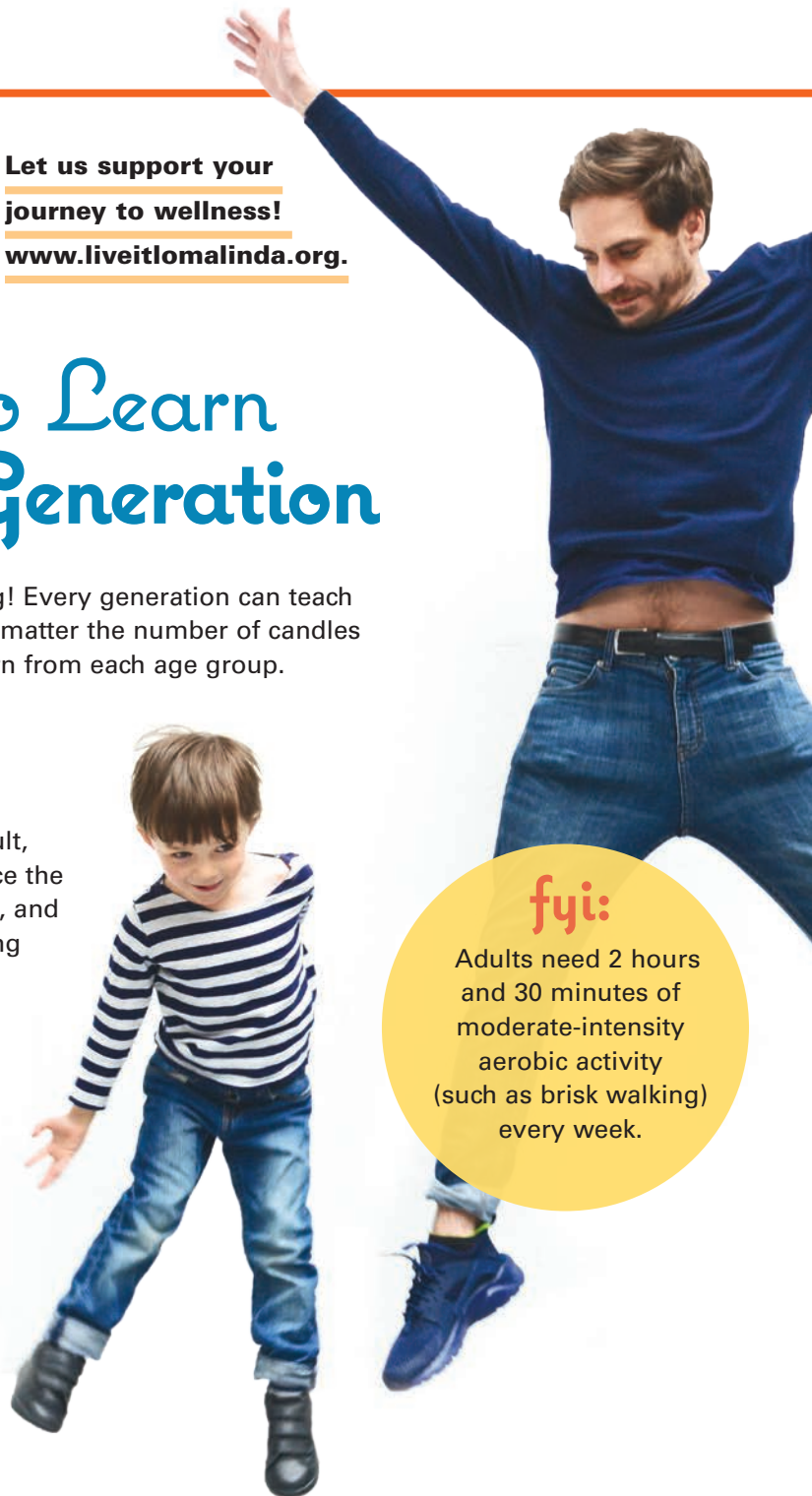
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Adults need 2 hours and 30 minutes of moderate-intensity aerobic activity (such as brisk walking) every week.

WHAT MIDDLE-AGED ADULTS DO RIGHT:

They Care for Others.

Many middle-aged adults are caretakers for their children or older relatives. Volunteering and caretaking have been shown to have many health benefits. Caring for others has been shown to reduce stress, improve mood and increase physical activity.



recipe

PEACH AND CARROT SMOOTHIE

INGREDIENTS

- 2 peaches, pitted and halved, peeled or unpeeled
- 1 medium carrot, top removed, peeled or unpeeled
- 8 ice cubes (about 1 cup)
- 3 large strawberries, tops removed (about ½ cup)
- 1 tbsp. honey
- 1 tsp. vanilla
- ½ tsp. cinnamon

For garnish:

- 2 strawberries, cut halfway down the middle

DIRECTIONS

1. Wash all fruit in fresh water.
2. Place all ingredients in a blender and blend on high for two minutes.
3. Divide into two glasses
4. Garnish each with a strawberry.

NUTRITION FACTS

Serves two. Each serving provides: Calories 138, Total fat 1 g, Cholesterol 0 mg, Sodium 45 mg, Carbohydrate 34 g, Sugar 27 g, Fiber 5 g, Protein 2 g.



WHAT OLDER ADULTS DO RIGHT:

They Make Time for Themselves.

For many older adults, retirement is a time to reconnect with personal interests and enjoy some well-earned relaxation. But don't wait until your retirement years to take care of yourself. Self-care includes practices such as getting enough sleep, eating well and taking time to relax. These practices won't only make you healthier, they can also help you be more productive.



PREVENTIVE CARE

Want to learn more about holistic care options? Our staff is ready to help you achieve your wellness goals at **909-558-4594**.

SUPPORTING YOUR STRESSED-OUT STUDENT

Research shows that more than one-third of secondary school students report psychological distress.

Exams, homework and social pressure can be stressful for any student. But for students today, stress is a serious concern. A new study finds that more than one-third of secondary school students report psychological distress.

The good news: Parents can take steps to help children and teens cope better with school-related stress.

HOW STRESS HURTS STUDENTS

Stress isn't merely unpleasant. It can also have serious physical effects. Teens may have trouble sleeping, or they may avoid responsibilities. Stressed-out teens may also be more likely to use alcohol or other illegal drugs.

Teens undergoing stress can be irritable, angry or anxious. One recent U.S. survey found that more than one-third of teens reported these types of stress-related symptoms.

HELP STUDENTS DE-STRESS

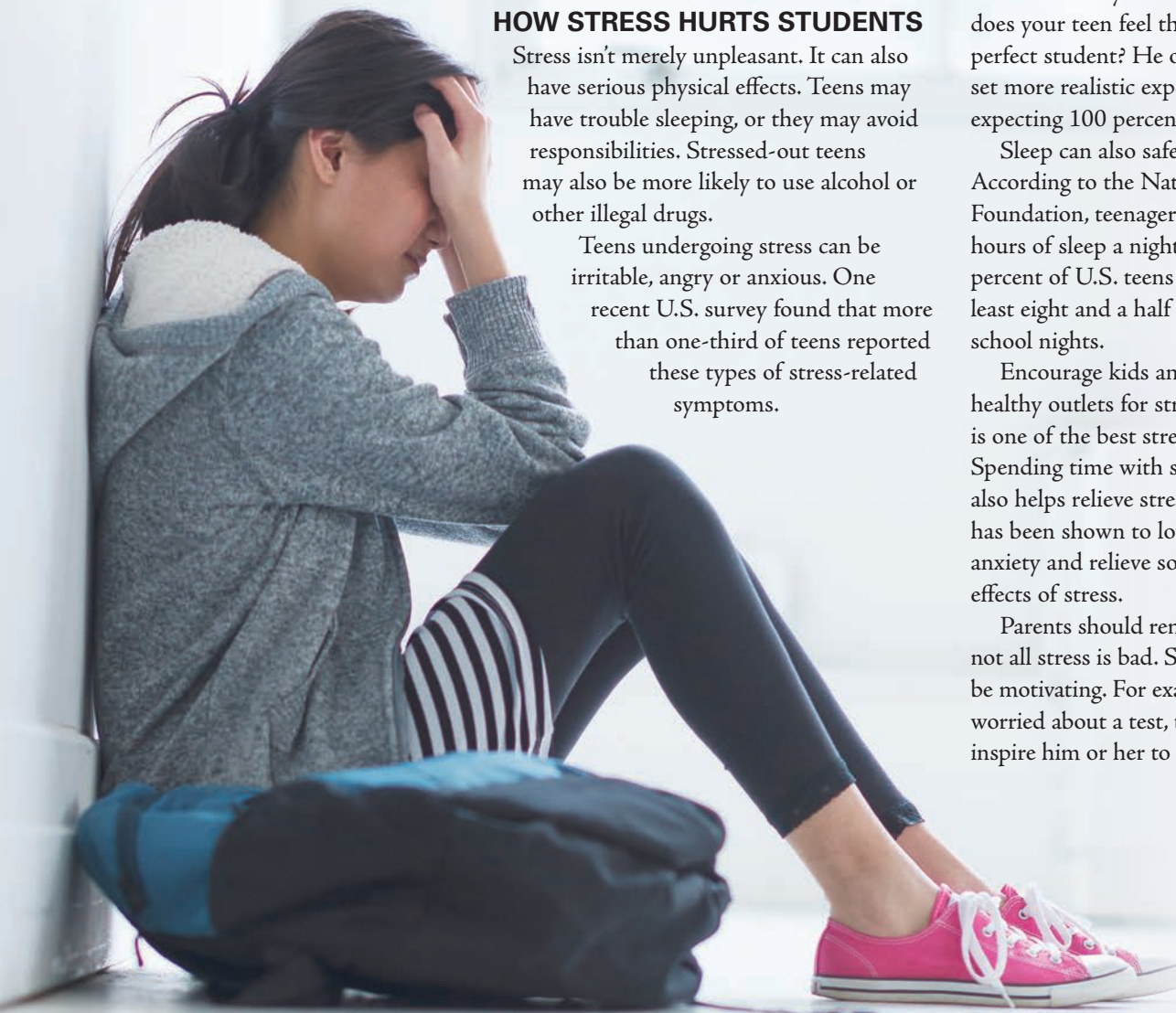
Students can't avoid stressful situations, like exams. But parents can help their children learn how to cope well with stressors.

Ask your child or teen what's causing the stress. Identifying the cause of stress can be the first step toward addressing it. Once you've found the problem, brainstorm ways to solve it. For example, does your teen feel the need to be a perfect student? He or she might need to set more realistic expectations, like not expecting 100 percent on every test.

Sleep can also safeguard against stress. According to the National Sleep Foundation, teenagers need eight to 10 hours of sleep a night. But only 15 percent of U.S. teens report getting at least eight and a half hours of sleep on school nights.

Encourage kids and teens to find healthy outlets for stress. Physical activity is one of the best stress busters. Spending time with supportive friends also helps relieve stress. Meditation, too, has been shown to lower levels of anxiety and relieve some of the physical effects of stress.

Parents should remind students that not all stress is bad. Sometimes stress can be motivating. For example, if your child is worried about a test, that pressure can inspire him or her to study.



CLASSES & PROGRAMS

EVENTS

WOMEN'S CONFERENCE

May 5
www.lluhwomensconference.org

STAND UP TO STIGMA 5K WALK/RUN

May 21
www.llubmc.eventbrite.com

CLASSES/PROGRAMS

BIRTH AND BEYOND EDUCATION CLASSES

- Preparing for Childbirth
- Breastfeeding Basics
- And more!

CANCER COOKING CLASSES

Call for dates and times.
Cooking demonstrations for cancer patients, their families and employees of Loma Linda.

CARDIAC AND PULMONARY REHABILITATION

Covered by most insurance.

DIABETES SELF-MANAGEMENT EDUCATION CLASS

Call to register.
Five-session program recognized by the American Diabetes Association.

DRAYSON CENTER WELLNESS CLINIC, THE FULL PLATE DIET

Lose weight with the healthiest diet on the planet!

LEAN CHOICES

Once a week. Call for dates and times.
Lean Choices is a 12-week lifestyle education group encounter that features informal discussions and goal-setting activities.

THE LEBED METHOD—FOCUS ON HEALING EXERCISE CLASS

Call for dates and times.
Healing through therapeutic exercises and movement to music.

Designed for anyone who has experienced breast cancer and those with chronic health conditions.

NUTRITION TALKS

Second Thursday of each month, noon
Cancer Center Conference Room, Schuman Pavilion Level A

Information for cancer patients and interested parties on nutrition as part of risk reduction, healthy foods, weight management and more.

THE POWER OF CHOICE FOR HEALTH, WELL-BEING AND LONGEVITY

Call for dates and times.
Learn how choices play a role in health.

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.

SICKLE CELL EDUCATION SERIES ADULT GROUP MEETING

Second Thursday of each month, 6:30 to 8:30 p.m.

FREE WEIGHT-LOSS SURGERY SEMINARS

For dates and registration, visit www.lomalindaweightloss.org.

SUPPORT GROUPS

HOPEFUL HEARTS SUPPORT GROUP

Third Wednesday of each month, 5 to 6 p.m.

An open forum of support and discussion for families with children with congenital heart defects.

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 group for parents who have lost a baby.

DIABETES SUPPORT GROUP

First Tuesday of each month, 6:15 to 7:30 p.m.

Diabetes experts provide educational and resource information each month.

LIVER SUPPORT GROUP

First Friday of each month, noon to 1:30 p.m.

HOPEFUL JOURNEY

Please call for time and location.

A support group for women who are pregnant following the death of a baby. The group focuses on dealing with fears and anxieties while moving forward in hope.

MENDED HEARTS

Fourth Friday of each month, 1:30 to 3 p.m.

Loma Linda University Heart and Surgical Hospital

For all heart patients and their families.

METABOLIC AND BARIATRIC SURGERY SUPPORT GROUP

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

Tom & Vi Zapara Rehabilitation Pavilion

PARKINSON'S SUPPORT GROUP

Third Wednesday of each month, 10 to 11:30 a.m., LLUMC East Campus Room 129

For caregivers and those living with Parkinson's.

WOMEN'S CANCER SUPPORT GROUP

Tuesdays, 6 to 8 p.m.

For women with all types of cancer. Family and friends are welcome.

BEHAVIORAL MEDICINE CENTER

CHRONIC PAIN AND MEDICATION DEPENDENCY PROGRAM

A specialized program to address the unique needs of a chronic pain patient by addressing all aspects of the individual's mind, body and spirit so that the individual can reclaim his or her life through hope, healing and serenity.

GET INVOLVED

BIG HEARTS FOR LITTLE HEARTS GUILDS

Loma Linda University Children's Hospital volunteer guilds host events and activities to raise funds and bring awareness to help meet the health care needs of community children. www.lluch.org/guilds

CENTER FOR HEALTH PROMOTION

COMPREHENSIVE WELLNESS EVALUATIONS

An in-depth evaluation of your health and wellness followed by targeted interventions.

INTERNATIONAL TRAVEL CLINIC

Wednesdays Walk-in, 1:30 to 4 p.m.

International travel vaccinations.

WEIGHT ORIENTATION

Review several treatment options for weight loss.

For more information on all classes and programs, call **1-877-LLUMC-4U.**

a HEALTHY TOMORROW

A *Healthy Tomorrow* is published by Loma Linda University Health to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician.
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STAR IN YOUR OWN SUMMER ACTION FLICK

The sun beats down, the mercury rises. You'll sweat no matter what. So why not work a little more motion into your summer routine?

Fortunately, you can write physical activity into nearly any warm-weather tradition. These three fitness infusions make working out so fun you might forget it's good for you. Lights, camera—and most of all—action!



Add Action: Before you fire up the grill, stage a croquet, boccie ball or badminton tournament. Or just grab a football or Frisbee and start tossing.



Add Action: Consider an outdoor adventure—hiking in a national park, skiing, even scuba diving. Regardless of your destination, make an effort to explore on foot or by bicycle. Seek out landmarks with stairs—think stadiums or skyscrapers—for a few extra steps.



Add Action: Who needs the gym? Skip through the surf, swim near the shore or build castles in the sand. Set up a friendly volleyball match or footrace on the oceanfront. Or try a new water sport—surfing, canoeing, kayaking and even stand-up paddleboarding all provide a great workout.

