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a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
APRIL/MAY 2018

YOUR SPRING SURVIVAL GUIDE



LOMA LINDA
UNIVERSITY
HEALTH

HEALTH RISKS OF
WORKING OVERTIME

NATURAL DEODORANTS
AND YOU

LOWER YOUR RISK FOR
CERVICAL CANCER

ask *the* EXPERT

What's the best way to deal with conflict in a relationship?

A: Follow these simple steps to help deal with conflict in a fruitful way: 1. Listen without interjecting; 2. Validate the other person; 3. Be willing to compromise; and 4. Be willing to apologize and forgive.

How does stress affect relationships?

A: Those who are stressed often engage in mindreading, assuming and jumping to conclusions, creating distance and tension. Communicate your needs and the reason behind your stress to create a stronger bond with your loved one.

What's the difference between spending time vs. spending quality time?

A: Our daily interactions with our loved ones can become routine. You can see this way of interacting within a relationship as just spending time — not quality time. Spending quality time involves being fully in the moment with your partner or spouse, which encompasses focus, attentive body language and the ability to listen.

April Wozencroft, LMFT, is a clinical therapist 2 at Loma Linda University Behavioral Medicine Center.



fyi:

Stress can be a major factor of health conditions, please consult with your primary care physician. If you need assistance with securing a primary care physician, please call **1-877-LLUMC-4U**.

WORKING OVERTIME MAY POSE LONG-TERM HEALTH RISKS

Stressed-out, overworked Americans now have one more reason to seek out work-life balance. Failing to do so may result in serious, long-term health problems.

Researchers studied nearly 7,500 workers for an average of 32 years. About one-fourth regularly put in 40 hours a week, but many worked more. About 57 percent logged 41 to 50 hours and 13 percent worked 51 to 60 hours. Another 3 percent toiled for more than 60 hours weekly.

The more hours worked, the greater the risk of developing four chronic diseases: heart disease, non-skin cancer, arthritis and diabetes. Results were published in the *Journal of Occupational and Environmental Medicine*.

WOMEN VS. MEN

The risks differed by gender. When the researchers analyzed men alone, long work hours were linked only to arthritis.

In contrast, women who spent more than 60 hours per week on the job had nearly triple the risk for each of the four health problems as those who worked less.

Women often have more family responsibilities than men, the study authors note, meaning long work hours could add even greater stress.

RELIEVE STRESS

Building better work-life balance would likely benefit both employees and employers, experts note.

Can't change your work hours? Protect your health by managing stress. Plan your time using tools like to-do lists. Exercise regularly — at least two hours and 30 minutes per week — to relax muscles and improve your mood.

Finally, try soothing, mind-clearing techniques like deep breathing and meditation.

ENJOY THE OUTDOORS

YOUR SPRING SURVIVAL GUIDE

Spring is in the air. And if you have asthma and allergies, pollen and pollution can cause your symptoms to flare up. But the change in seasons doesn't mean that you have to stay inside all the time. Take these four steps toward relief.

1 MAKE A PLAN.

Do you start coughing and wheezing at the first signs of spring? Talk with your doctor or an allergist to figure out what's causing your symptoms. He or she can work with you to create a plan that controls your exposure to them or may prescribe medicine to help control your symptoms.

2 CHECK THE AIR QUALITY.

While some air pollution exists all year, certain types can get worse in the summer during hot afternoons and evenings. If the air is polluted, you may find it harder to breathe when you are active outside. Air pollution can also make you more sensitive to other triggers. You may notice asthma symptoms the day after you've been breathing polluted air.

Sometimes it's obvious when the air is polluted, such as on a hazy or smoggy day, but in other cases it's not. If you are sensitive to air pollution, you may want to check the air quality before you plan any outside activities. You can usually find reports about the air quality in your area in local newspapers or on TV or radio stations. These reports are also available on the Environmental Protection Agency website airnow.gov.

3 PROTECT AGAINST POLLEN.

For many allergy sufferers, pollen and mold are the main problem. Here are some suggestions to help keep these tiny particles from irritating your asthma:

- Close your windows at night to keep pollen and mold from coming in.

- Don't hang clothes or sheets outside to dry.
- Shower and change your clothes after spending time outside. Doing so will help remove any pollen or mold that is on your clothing, hair and skin.
- Take your asthma or allergy medicine as directed. If you have asthma, find out from your doctor in advance what you should do if your symptoms get more severe or if you feel like you are having an asthma attack.

4 GET HELP IF YOU NEED IT.

The spring and summer months can be difficult for many people with asthma, but there's no need to suffer. If you are still having trouble with your asthma despite trying to avoid triggers and taking medication, talk with your doctor.

IS SPRINGTIME AFFECTING YOUR ASTHMA?

Schedule an appointment with your primary care physician to learn how to best manage your asthma. 909-558-6600

LIVE IT

Quick tips to keep you healthy!

For more simple ways you can live healthier, longer, visit LiveltLomaLinda.org.



NATURAL DEODORANTS AND YOU

From roll-ons and “spritzes” to sticks and creams, trendy natural deodorants promise to battle armpit odor with ingredients like clay, essential oils and plant extracts. Some are even vegan, organic and cruelty-free. Here’s what you usually won’t find inside: chemicals used in conventional deodorants and antiperspirants, such as aluminum-based compounds, parabens and phthalates.

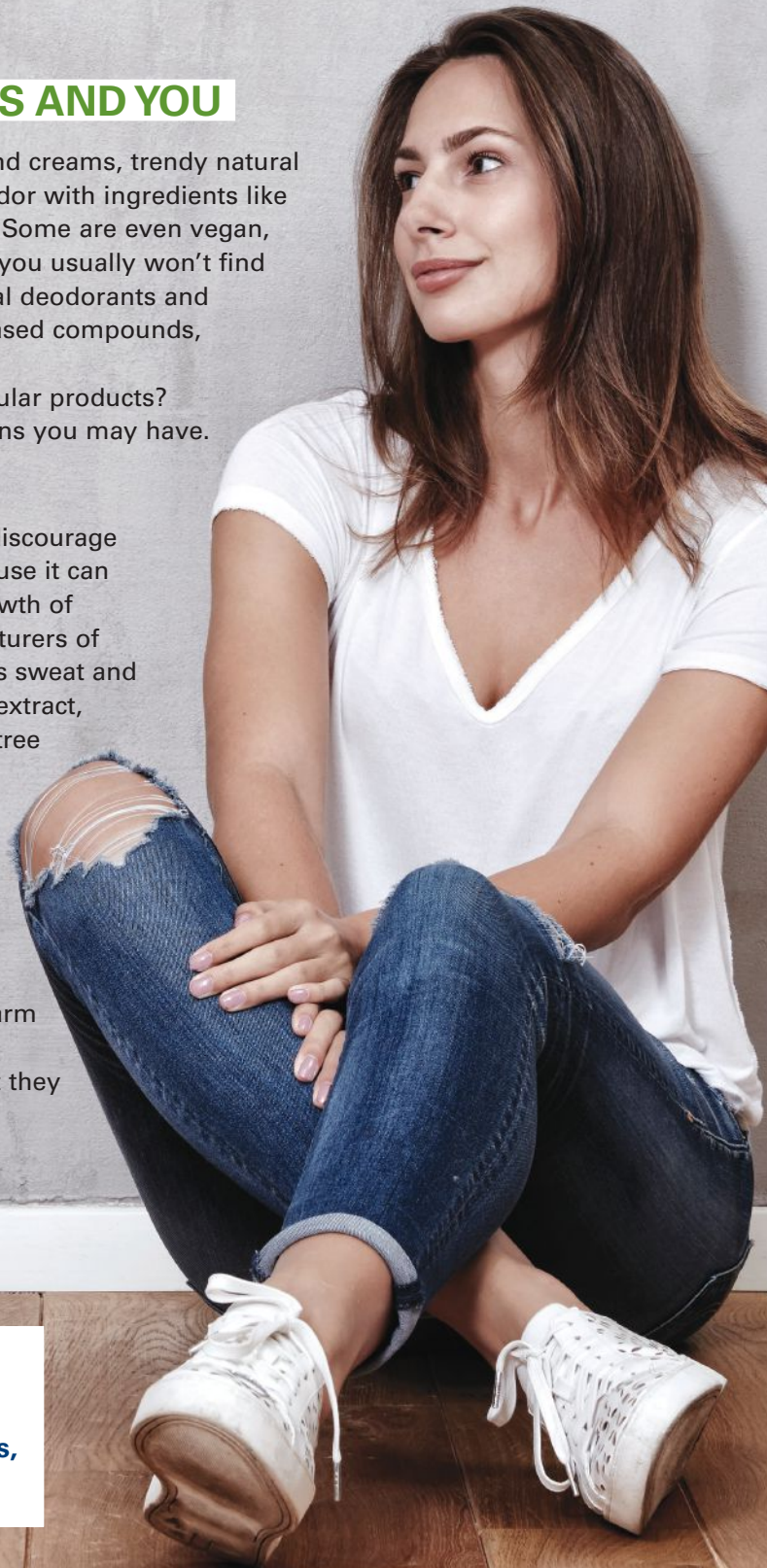
Intrigued by these increasingly popular products? Here are answers to common questions you may have.

Q: Will I smell?

A: Active ingredients in natural deodorants may discourage armpit odors in several ways. Clay may help because it can absorb perspiration. Sage extracts discourage growth of underarm bacteria that cause body odor. Manufacturers of natural deodorants say tapioca starch also absorbs sweat and that botanicals, including coriander fruit oil, hops extract, grapefruit essential oil, lavender, peppermint, tea tree and plant enzymes, battle underarm odor, too.

Q: How long does protection last?

A: Protection varies by product. Some promise multiday coverage, while others say freshness lasts from morning until night. Still others advise users to reapply as needed throughout the day. And while some products say they control underarm wetness, others are more direct about what they do — neutralizing or preventing odor — and what they won’t do — like preventing you from sweating.



LIVE IT

IN THE KITCHEN

Check out the next page for our favorite falafel recipe. For even more delicious recipes, visit LiveltLomaLinda.org.

HERE'S HOW TO LOWER THE RISK FOR CERVICAL CANCER

The HPV vaccine is one of the few ways to lower the risk of developing cervical cancer. Ideally, girls and boys should receive the series of shots at 11 or 12 years old, but they are still effective up to age 26. Even if they have received the HPV vaccine, women should receive regular pap tests to check for signs of cervical cancer beginning at age 21.



HEART ATTACKS ON THE RISE

Historically, women in midlife have been at a lower risk for heart disease and heart attacks than men the same age. As a result, prevention and management efforts have focused on men — with positive effects. Unfortunately, the news is not as good for women. Over the last 20 years, one small study found that heart attacks have increased among women ages 35 to 54. They are also suffering more strokes. One theory suggests that women and their doctors have not addressed their risk factors and have focused more on warding off other diseases, such as cancer.



WOMEN'S HEART ATTACK SYMPTOMS

- UNUSUAL FATIGUE
- SLEEP DISTURBANCES
- SHORTNESS OF BREATH
- INDIGESTION
- ANXIETY

Our Favorite Falafel



Serving size: 2 balls
Servings per recipe: 6
Prep time: 10 min
Cook time: 15 min

INGREDIENTS

- 1 can chickpeas, 15 oz., rinsed, drained and patted dry
 - 1/3 cup parsley, fresh
 - 1/3 cup cilantro, fresh
 - 4 cloves garlic
 - 2 shallots, minced — equivalent to 3/4 cup (can substitute yellow onion)
 - 2 tbsp. sesame seeds, raw
 - 1 1/2 tsp. cumin, ground (plus more to taste)
 - 1 tsp. coriander
 - 3-4 tbsp. breadcrumbs (can substitute with an oat flour or gluten-free blend with varied results)
 - 3-4 tbsp. grapeseed oil for cooking
- OPTIONAL: Breadcrumbs for coating

DIRECTIONS

1. Preheat oven to 375°F. Add chickpeas, parsley, cilantro, garlic, shallots, sesame seeds, cumin and coriander to a food processor to combine, scraping down sides as needed until combined. You want a crumbly dough, not a paste. Add breadcrumbs one tablespoon at a time and pulse to combine until mixture is no longer wet. You want to be able to touch the dough without it sticking to your fingers.
2. Move mixture to a mixing bowl, cover and refrigerate one to two hours to firm dough up. Once chilled gently form into 12 small patties or balls. OPTIONAL: Sprinkle with bread crumbs and gently press to adhere — flip and repeat. This will produce a crispier crust.
3. Bake at 375 for 20-25 minutes, or until firm. Serve warm with a tzatziki sauce, inside a pita with desired toppings or atop a bed of greens.

NEUROPATHY: WHEN GOOD NERVES GO BAD

Neuropathy has a variety of causes, and you can't always prevent or cure it.

Even so, learning about the condition can help you take steps to ease your symptoms. More than 20 million Americans have neuropathy, a disorder of the peripheral nervous system. These nerves transmit signals from the spinal cord and brain to the hands, feet, joints, skin and internal organs.

Neuropathy has a variety of causes. About 30 percent of cases relate to diabetes, and another 30 percent have no known cause. The remaining cases stem from autoimmune disorders, infections, cancer and cancer treatments, kidney and thyroid disease, dietary problems, alcohol abuse and poor blood flow to the legs.

SYMPTOMS

In some people, neuropathy develops gradually. In others, it comes on suddenly. The symptoms can include:

- **Arm and leg weakness.** This can make it hard to walk, keep your balance or carry things.
- **Numbness, tingling or aches.** These may cause pinching sensations, or sharp, deep pain. Such symptoms often worsen at night.
- **Organ problems.** These can cause digestive issues, difficulty swallowing, diarrhea, constipation or feeling faint or light-headed when standing from a seated position.
- **Damage to specific nerves in the head.** Trouble focusing, double vision, pain behind one eye or paralysis on one side of the face can result.
- **Erectile dysfunction, bladder problems or excessive perspiration.**

DIABETIC NEUROPATHY

People with diabetes who have uncontrolled blood sugar have a higher risk for neuropathy. The condition affects around 60 to 70 percent of people with diabetes.

Working with your doctor to control your blood sugar, taking insulin and other medications as prescribed, exercising regularly, eating a healthy diet and maintaining a healthy weight may help you prevent it.

DIAGNOSIS AND TREATMENT

While some forms of neuropathy can be cured, many cannot. Even so, depending on the underlying cause, symptoms can be relieved. Seeking medical attention early is one key to effective treatment.

The condition is usually diagnosed via a complete medical history and physical exam by a doctor. The physician may also ask for blood tests or exams that gauge your nerve function.

Braces and splints may help improve mobility.

SELF-CARE

These recommendations can help you take care of yourself if you have neuropathy:

- Be careful when using knives, scissors and other sharp objects.
- Walk slowly and use a cane to steady your gait.
- Wear shoes to protect your feet from injury.
- Check hot water temperature with a thermometer before showering or bathing.
- See if acupuncture or massage provides pain relief or helps restore nerve function.

ARE YOU SUFFERING FROM NERVE PAIN?

Our new Neuropathic Therapy Center offers a breakthrough treatment to help you. Call **909-558-6799** to learn more.

CLASSES & PROGRAMS

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 provide 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 lomalindaweightloss.org.

SUPPORT GROUPS

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, 5:45 to 7 p.m.

Diabetes experts provide educational and resource information.

ANEURYSM/STROKE SUPPORT GROUP

Third Tuesday of every month, 5:30 to 6:30 p.m.

A bereavement group for survivors and their families.

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.



Keep fit and have fun at Loma Linda University Drayson Center.

For membership and class information, visit drayson.llu.edu.

LIVER SUPPORT GROUP

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

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.

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.

Walk-in vaccination clinic

WEIGHT MANAGEMENT ORIENTATION

Tuesdays 3:30pm – 4:30pm

Review several weight management treatment options

LEAN CHOICES

Meets for 12 weeks

A twelve-week class that teaches a balanced lifestyle approach to support a lifelong healthy weight

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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APRIL 29
2018

For event information or to volunteer
go to teampossabilities.org.

Registration opens Monday, January 1, 2018.
Go to active.com and search "PossAbilities".

LOMA LINDA UNIVERSITY
HEALTH
PossAbilities

STAND UP to the stigma that
surrounds mental health

**2ND ANNUAL
STAND UP TO STIGMA
5K Walk/Run**

Registration
includes t-shirt
(limited to the first
500 registrants).

**Register at
LLUBMC.org/StandUp**

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