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a **HEALTHY** TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
APRIL/MAY 2019

TECHNOLOGY AND YOUR BRAIN



LOMA LINDA
UNIVERSITY
HEALTH

MUST-KNOW
FIBROID FACTS

THE MIND-GUT
CONNECTION

CHIA PUDDING
RECIPE

ask *the* EXPERT

How do I know if someone has an alcohol problem?

A: Signs of problematic drinking can include blackouts, mood swings, making excuses for drinking, hangovers, isolation from family or friends, drinking in secret, scheduling around drinking, drinking despite negative consequences, higher tolerance and spending more time and money on alcohol. In the early stages, signs may be harder to recognize.

Alcoholism is a chronic brain disease in which a person is unable to control their use of alcohol. It may be controlled with treatment, but relapse is not uncommon. Alcoholism requires ongoing management, including but not limited to medication maintenance, support groups like AA, follow-ups with a physician, therapy or outpatient treatments.

For help, call the Substance Use Recovery and Wellness Program at Loma Linda University Behavioral Medicine Center at **909-558-9277**.

Katia S. Stoletniy, MD, is a psychiatrist and medical director for the Substance Use Recovery and Wellness Program at Loma Linda University Behavioral Medicine Center.

fyi

By age 50, up to 70 percent of white women and 90 percent of African-American women may have fibroids.



GET THE FACTS ABOUT FIBROIDS

Fibroids are the most common pelvic tumor in women. If you are having any of the following symptoms, it is important to discuss them with your medical provider:

- Heavy menstrual bleeding.
- Painful periods.
- Feeling of fullness in the lower belly.
- Pain during sex.
- Low back pain.
- Frequent urination.
- Difficulty getting pregnant.
- Problems during labor and delivery.

“Workup will often include a detailed history, targeted physical examination and an ultrasound,” explains OB-GYN Heather Figueroa, MD. Often, fibroids are incidentally discovered during examinations or on imaging.

Fibroids are rarely cancer; however, that doesn’t mean they can’t create havoc in a woman’s life. Quality of life can be impacted in a number of ways. Discomfort and heavy bleeding can affect work and educational goals, personal life and family time. In women of childbearing years, fibroids can provide anxiety about their impact on fertility. When seeking assistance and advice from your gynecologist, it is important for the two of you to discuss all management options, pros and cons of each and your personal goals from treatment.

If you feel you have some of these symptoms or are concerned about any other OB-GYN issues, please call **909-558-2806** to make an appointment with one of our providers trained to provide specialty care to women.

MIND GRIND

THIS IS YOUR BRAIN ON GADGETS

For many of us, electronic gadgets like smartphones, tablets and laptops have become an extension of ourselves. Scientists are divided about the impact of technology on our well-being. It's a resource for information and entertainment, and it can improve motor responses and visual processing skills. However, a concentrated use of technology may contribute to fractured attention and undermine critical mental functions.

One thing most experts agree on: Frequent use of technology can rewire your brain.

MEDDLING MULTITASKING

Some things you're training your brain to do may not be helpful. Consider media multitasking — using more than one type of media at a time, such as checking email on your phone while working on your computer and listening to TV. While it

may feel as if you're doing multiple things at once, you're actually switching your attention back and forth quickly from one task to another.

Studies suggest that multitasking causes you to make more mistakes and retain less information. Plus, you may be teaching your brain to flit around restlessly. You may have trouble focusing and tuning out distractions, even when you aren't using gadgets. To prevent problems, set aside time to single-task. Focus on one thing at a time, such as checking email or shopping online.

DATA OVERLOAD

Some people feel empowered by the constant access to news and info that technology provides. For others, it's too much. To avoid feeling overwhelmed, limit yourself to a few apps and websites that best meet your needs.

Also limit children's and teens' time spent using media and make sure screen time doesn't take the place of sleep or physical activity.

SOCIAL MEDIA SABOTAGE

Social media sites can help you connect and communicate. But online friends are no substitute for the real thing. Put face time first. Make a rule banning phones, tablets and TV from meals. Seek opportunities to enjoy gadget-free time with family and friends.

SMARTPHONE ADDICTION WARNING SIGNS

Watch out for these signs that your smartphone use may have crossed the line from helpful to harmful:

- You've begun spending more time browsing the web, checking Facebook or playing game apps.
- You're having trouble cutting back on use.
- You feel anxious or agitated when your phone is out of sight.
- Loved ones complain that you're always on your phone.

If the problem starts interfering with your relationships or daily life, ask a mental health professional for advice on getting your smartphone habit under control.



REACH OUT FOR HELP

Loma Linda offers hope and healing to youth and adults. Learn more at lluhealth.org/behavioral-health.

LIVE IT

Quick tips to keep you healthy!

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

KEEP YOUR NAILS IN THE PINK

A fungal infection may cause nails and nail beds — the area of skin beneath the nail — to:

- Turn white, yellow or brown.
- Become thick.
- Become fragile, cracked or more likely to break.

PREVENTING NAIL FUNGUS

Here's how to reduce your risk for nail fungus:

- Keep your hands and feet clean and dry.
- Clip your fingernails and toenails short and clean them regularly.
- Don't share nail clippers.
- Wear flip-flops at communal showers and pools.
- Bring your own manicure tools to the salon.



THREE HEALTH SYMPTOMS WOMEN SHOULDN'T IGNORE

Something small may be a sign of a more serious issue with your health. "Women are busy and may not notice warning signs before they become a serious health condition," says OB-GYN Courtney Martin, DO. Here are three gynecologic symptoms women shouldn't ignore and why:



1

Postmenopausal bleeding. If you start to have vaginal bleeding after menopause, it can be a sign of uterine abnormalities or cancer.

2

Bloating, pelvic discomfort or pain. These may be suggestive of some form of pelvic cancer.

FIVE WAYS TO PROTECT YOUR BONE HEALTH



Osteoporosis occurs when you lose so much bone density that your bones become weak and break easily. Taking good care of your bones can help them stay stronger. Here's what to do:



1 Get a bone density test. All women older than age 65 should have their bone density checked.

2 Consume calcium and vitamin D. Good sources of calcium include low-fat milk and dairy products and dark green leafy vegetables. Vitamin D is found in fortified milk and egg yolks.

3 Engage in weight-bearing exercise. Examples include walking, jogging, dancing, playing tennis and weight training.

4 Avoid smoking and alcohol. Long-term heavy drinking may cause bone loss. Smoking raises the risk for breaking a bone.



5 Discuss medicine with your healthcare provider. Several medicines are available to help prevent or treat osteoporosis.



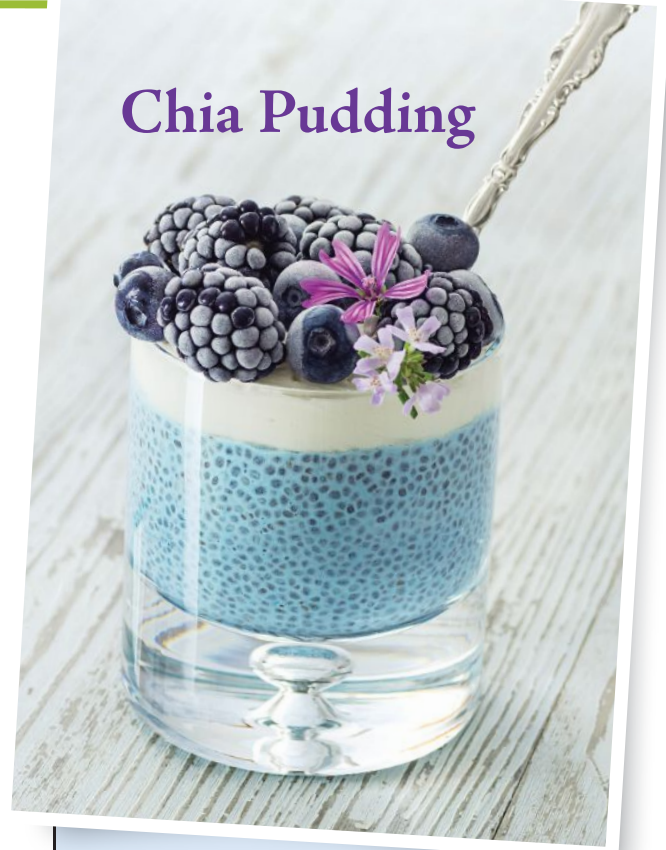
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Painless blood in the urine. This could be an early indication of bladder cancer.

WE CAN HELP

If you have any of these symptoms or other OB-GYN concerns, please call **909-558-2806** for an appointment with an expert provider.

Chia Pudding



INGREDIENTS

- 1 cup unsweetened almond milk
 - 3 tablespoons chia seeds
 - 1 tablespoon honey
 - ½ teaspoon vanilla extract
- Topping: fresh or frozen fruit, cinnamon

DIRECTIONS

1. In a medium-sized bowl, whisk together almond milk, chia seeds, honey and vanilla extract until well combined.
2. Divide into two custard cups. Let sit in refrigerator for at least two to three hours or overnight.

NUTRITION FACTS

Makes two servings. A serving is ½ cup. Each serving contains about 170 calories, 9 g fat (1 g saturated fat, 0 g trans fat), 0 mg cholesterol, 85 mg sodium, 18 g carbohydrates, 6 g fiber, 9 g sugars and 5 g protein.

Note: For instant pudding, add 1 additional tablespoon chia seeds. It will set in 15 minutes.

MENTAL HEALTH AND DIGESTIVE HEALTH ARE CONNECTED

Gut feelings are the real deal.

Having “gut feelings” is more than just a turn of phrase. Your digestive organs, or “gut,” can react to emotions such as anxiety, sadness and anger. And your brain can react to signals from your gut as well.

The gut and brain are linked by:

- Nerve pathways.
- Chemicals that carry messages between these two areas of the body.

Bacteria, viruses and fungi living in your gut can affect these messages. In this way, they play a key role, too.

AN ARRAY OF EXPERTS

For behavioral health concerns, call **909-558-9275**.

To find a physician for gastroenterology issues, call **844-203-2272**.

GUT-WRENCHING EMOTIONS

You may have felt the gut-brain connection firsthand. Day-to-day stress sometimes causes an upset stomach.

Some people have a longer-lasting problem with how the brain and gut work together. This may lead to:

- Functional indigestion — burning feelings or pain in your upper belly.
- Irritable bowel syndrome (IBS) — belly pain with diarrhea or constipation.

DEPRESSION AND ANXIETY

Having IBS raises your risk for depression and anxiety. One reason is the stress of living with an illness. Stress can bring on mental health problems.

Changes inside your gut may also affect your brain through chemical messages. And it's a two-way street. Having depression or anxiety may affect your gut health.

WHAT YOU CAN DO

These steps can help you take care of both your gut and your brain:

- Learn ways to keep stress in check. You might meditate, take deep breaths or listen to relaxing music.
- Eat a healthy, balanced diet. Get plenty of fiber.
- Ask your healthcare provider if you should limit certain foods. You may need to cut back on foods with hard-to-digest carbs.

Tell your provider if you're having gut symptoms. At times, you may be referred to a specialist called a gastroenterologist. If depression or anxiety is an issue, a mental health professional can help.

WHAT'S HAPPENING AT LOMA LINDA UNIVERSITY HEALTH

April/May 2019

CLASSES & PROGRAMS

THE ADULT — PARTIAL AND INTENSIVE — OUTPATIENT PROGRAM

This program serves as a “step down” or as a supportive means to prevent inpatient hospitalization using therapy, psychotropic medications and educational 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.

ANEURYSM/STROKE SUPPORT GROUP

- **Third Tuesday of each month, 5:30 to 6:30 p.m.**
- A bereavement group for survivors and their families.

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 healthcare needs of community children. Call 909-558-5384 for more information.

BIRTH AND BEYOND EDUCATION CLASSES

- Preparing for Childbirth
 - Breastfeeding Basics
 - And more!
- lomalindababies.org

CANCER-FIGHTING FOODS COOKING DEMO

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

CARDIAC AND PULMONARY REHABILITATION

- **Call for dates and times.**
- Plant-based cooking demonstrations included.

CARE PARTNERS SUPPORT GROUP

Behavioral Health Institute
1686 Barton Road
Redlands, CA 92373
An understanding and compassionate support program designed for care partners and loved ones of those living with dementia. There is no charge.

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.

COMPREHENSIVE WELLNESS EVALUATIONS

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

DIABETES SELF-MANAGEMENT EDUCATION CLASS

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

DIABETES SUPPORT GROUP

- **First Tuesday of each month, 5:45 to 7 p.m.**
- Register at 909-558-3022. Diabetes experts provide educational and resource information.

INFLAMMATORY BOWEL DISEASE SUPPORT GROUP

- **Second Thursday of each month, 6 p.m.**
- Faculty Medical Offices, Room B-200

INTERNATIONAL TRAVEL CLINIC

- **Wednesdays Walk-In, 1:30 to 4 p.m.**
- Walk-in vaccination clinic.

LEAN CHOICES

A 12-week class that teaches a balanced lifestyle approach to support a lifelong healthy weight.

THE LEBED METHOD — FOCUS ON HEALING EXERCISE CLASS

- **Every Thursday, 10 to 11 a.m.**
- Healing through therapeutic exercises and movement to music. Designed for anyone who has experienced breast cancer and those with chronic health conditions.

LIVER SUPPORT GROUP

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

MENDED HEARTS SUPPORT GROUP

- **Fourth Friday of each month, 1:30 p.m., Loma Linda University Surgical Hospital**
- Support group for heart patients and family members.

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.

PARKINSON'S DISEASE EXERCISE GROUP

- **Every Friday, 9:30 to 10:30 a.m., Outpatient Rehab, Room 129**
- \$15/day for people with Parkinson's who have participated in the LSVT BIG therapy program and want to continue group exercise.

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.

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.
lomalindababies.org

SICKLE-CELL DISEASE SUPPORT GROUP

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

UPCOMING ACTIVITIES AT LOMA LINDA SENIOR CENTER

- AARP Driver Safety Program
- Computer classes (beginner and intermediate levels)
- Scrapbooking classes
- Drawing and painting class
- Focus on Healing
- Lunch for seniors 60+ years
- Board games
- Tai chi
- Line dancing

WEIGHT-LOSS SURGERY SUPPORT GROUP

- **Second Monday of each month, 6:30 to 7:30 p.m., Tom & Vi Zapara Rehabilitation Pavilion**

WOMEN'S CANCER SUPPORT GROUP

- **Call for dates and times.**
- For women with all types of cancer. Family and friends are welcome.

RESOURCE GUIDE

HEALTH AND HOME CARE

- Loma Linda University Medical Center Home Health Care 909-558-3096
Full-service home health agency.
- Physician Referral Line, Loma Linda University Health 800-872-1212

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

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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How **BELLY FAT** Sabotages Your Health

What do men have in common with apples? That round shape is what most men look like with a few too many pounds — widest around the middle. Women, however, tend to be pear-shaped: Extra fat typically heads to their hips.

That difference is important. Storing fat around your waist, rather than at your hips, puts you at higher risk for type 2 diabetes and heart disease. High belly fat is also associated with high triglycerides and low HDL cholesterol, the “good” cholesterol.

BAD FAT, WORSE FAT

A type of fat called visceral fat is associated with larger waistlines. Visceral fat interferes with how your body regulates blood sugar. It also increases your risk for a variety of diseases by increasing inflammation, promoting a fatty liver and infiltrating major internal organs.

LOSE YOUR BELLY

You can't help where your body stores fat, but you can work to reduce overall body fat. Losing just 5 to 10 percent of your body weight can significantly improve

your health — plus give you more energy and confidence.

Follow these tips to lose your gut for good:

- **Set realistic goals.** Think about your long-term goal — for example, losing 40 pounds — and break it down into achievable daily changes, such as taking a 15-minute walk or eating a salad with dinner.
- **Keep calories in check.** To lose weight, you need to eat fewer calories than your body is using. Keep a food diary for a few days to learn how many calories you typically consume. If you want to lose one or two pounds per week, decrease your daily intake by 500 to 1,000 calories. And remember, all calories are not the same. Fat calories are very satisfying and starchy; carbohydrate calories can be addictive.
- **Don't forget fitness.** Experts recommend combining a reduced-calorie diet with increased physical activity. Adults should aim for at least 30 minutes of moderate-intensity physical activity every day.



KNOW YOUR NEEDS

For personalized nutritional testing, call our Center for Health Promotion at **909-558-4594**.