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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  
JUL/AUG 2017

## a sweet way

TO FIGHT  
INFLAMMATION



LOMA LINDA  
UNIVERSITY  
HEALTH

CANCER SCREENINGS YOU  
SHOULD NEVER SKIP

BEAUTY REGIMEN  
FOR EVERY AGE

JUICE YOUR FRUITS AND  
VEGGIES RIGHT

## ask the EXPERT

What is a low-dose CT lung screening and why should I get one?

**A:** Lung cancer is the most deadly cancer in the U.S., because it has no symptoms until it is at an advanced stage. The primary tool for early detection is an annual low-dose CT scan (LDCT) of the chest. A LDCT does not reduce your risk of developing lung cancer, but it does increase your chance of detecting it early, when it's easiest to treat.

The dose of radiation is significantly lower than a normal CT scan of the chest. A LDCT scan does not hurt and there are no needles.

Screening should be once a year. It is common to find a nodule in high-risk patients, but the vast majority of nodules are not cancer and can be monitored by an annual LDCT.

But a comprehensive lung cancer screening clinic is more than a CT scan. It's an opportunity to discuss lung cancer risks with someone who is knowledgeable in the field. This expert can tell you the risks and benefits of screening so that you can choose what is right for you.

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Brian Furukawa, MD, is an assistant professor of the Loma Linda University School of Medicine.

**fyi:**

Health screenings check for signs of disease before you have any symptoms.



## 4 CANCER SCREENINGS YOU SHOULD NEVER SKIP

**Y**our doctor is there for you when you're sick, but it's just as important to visit him or her when you're well. During your annual wellness visit, ask your doctor which screenings you need. The earlier your doctor finds any problems, the easier they are to treat. Here are four cancer screenings you should discuss with your doctor at your next visit.

### BREAST CANCER

A mammogram is an X-ray of the breast that can find breast cancer before you have any symptoms. Talk with your doctor about when you should start receiving mammograms and how often you should get them.

### CERVICAL CANCER

A Pap test can find abnormal cervical cells, which your doctor can treat, before they become cancer. The current USPSTF guidelines recommend that women ages 21 to 65 receive a Pap test every three years.

### COLORECTAL CANCER

Most adults should receive their first colorectal cancer screenings beginning at age 50. There are many different tests available, so discuss with your doctor which one is best for you and how often you should repeat it.

### LUNG CANCER

In the U.S., more people die of lung cancer than any other type of cancer. A low-dose CT (LDCT) scan of the lungs can detect the disease in its earliest stages. The USPSTF recommends the test for adults ages 55 to 80 who have a 30 pack-year smoking history (meaning, a pack per day for 30 years or two packs per day for 15 years) and currently smoke, or quit only within the past 15 years. If you match this profile, you should have the test repeated every year.

**Watch our online videos on cancer screenings. Visit [healthlibrary.lomalindahealth.org](http://healthlibrary.lomalindahealth.org) and click on "Tools & Multimedia."**

# Is Your Beauty Regimen Right for Your Age?



You're beautiful at any age. As the years pass by, however, you may need to adjust your beauty routine. Follow these tips to look your best, feel great and let your natural beauty shine through.

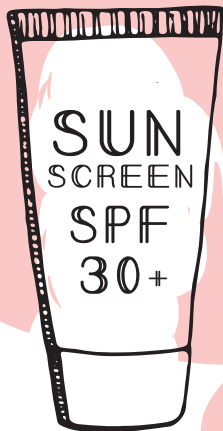
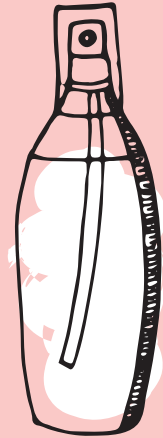
You have a lot of control over how your skin looks as you age. While some changes are genetic, things like smoking and exposure to ultraviolet (UV) light significantly affect skin's appearance. Tobacco smoke contains toxins that cause premature wrinkles and a dull complexion.

The sun also speeds up the aging process of your skin. Whether you're in your 20s, 70s or somewhere in between, it's always important to wear sunscreen on your body and face. Use a broad-spectrum sunscreen with an SPF of 30 or higher, the American Academy of Dermatology recommends.

Skin becomes drier with age, so use a moisturizer on your face and body. In addition, take showers and baths in warm (not hot) water, which is less drying.

Hair can naturally become thinner, duller and more brittle as you age. The hair fiber itself becomes curved, which makes hair less shiny. Many of these changes are caused by genetics, but exposure to the sun's UV light is also a trigger.

Simple adjustments can help improve hair's appearance. Use a conditioner every time you shampoo to increase shine and strength and protect hair from UV light. Apply conditioner to the ends of your hair, not to the scalp. Shampoo every day if you have oily hair, or less frequently if you have dry hair.



## SKIN CARE

For more information about skin care, contact Loma Linda University Health Dermatology at 909-558-2890.

# LIVE it!

Quick tips to keep you healthy!

Let us support your  
journey to wellness!  
[liveitlomalinda.org](http://liveitlomalinda.org)

## color your summer with these sweet fruits



**As summer heats up, give your body a sweet cooldown. That's right—'tis the season to send a fruity punch straight to the source of your body's inflammation, as some of summer's most delicious treats are excellent resources for healing.**

Inflammation of the body is your immune system's response to what it considers potentially harmful, such as bacteria, viruses, wounds or chemicals. Conditions that cause inflammation include cystitis, an inflammation of the bladder; dermatitis, an inflammation of the skin; or arthritis, an inflammation of the joints. Symptoms such as swelling, pain or loss of function in a particular area of your body could indicate that you have inflammation.

So while you're grocery shopping for your next summer picnic, consider the following fun-to-eat fruits that'll help you fight inflammation naturally. Most of them are packed with anthocyanin, a flavonoid that makes up pigments of blue to red in these juicy foods. Anthocyanin also possesses anti-inflammatory properties so strong that some researchers compare the effects to those produced by nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen.



### Tart cherries

Thanks to their high anthocyanin content, tart cherries have been proven to help relieve joint pain and gout symptoms.



### Strawberries

Studies indicate that consuming 16 or more strawberries per week can lower your body's C-reactive protein, which is linked to inflammation that accompanies arthritis and heart disease. Strawberries are also high in anthocyanin and folic acid.



### Red raspberries

Raspberries have been shown to reduce inflammation throughout the entire body. When a regular part of the diet, raspberries also help prevent a number of chronic conditions, such as heart disease, stroke and type 2 diabetes.



## JUICE YOUR FRUITS AND VEGGIES RIGHT

Many Americans don't get enough fruits and vegetables in their diets, so juicing is a good way to consume more. In addition, juicing might be one way to encourage you to eat some nutrient-dense foods you don't normally consume, such as kale and spinach. If you're thinking about adding juicing to your daily diet, here are some things to consider:

1

Talk with your doctor if you have a chronic health condition, such as diabetes or kidney disease. There are certain nutrients you may need to limit, like carbohydrates or potassium, and you could unknowingly consume too many from juice.

2

Wash your fruits and veggies under running water to remove bacteria. You don't need to use any other products, such as produce wash—water is enough.



### Watermelon

Not only is watermelon rich in antioxidants that protect against certain cancers, research suggests this summer favorite can also improve risk factors for cardiovascular disease by lowering inflammation. Watermelon is also high in beta-cryptoxanthin, which can reduce the risk for rheumatoid arthritis.



### Dried plums

The unique potency of dried plums has been shown to prevent bone loss and restore bone, likely because of their antioxidant and anti-inflammatory properties.

recipe

## easy vegetable smoothie

### Sip your vegetables through a straw!

#### INGREDIENTS

- Banana
- Milk or yogurt
- Spinach
- Carrots
- Cooked sweet potatoes
- Other vegetables you have available

#### DIRECTIONS

1. Freeze a banana and put it in the blender with milk or yogurt.
2. Add raw spinach, carrots, cooked sweet potatoes or nearly any other veggie before you hit pulse or crush. The banana makes your smoothie creamy and thick—and masks the milder flavor of vegetables.



# VACCINATION AND OTHER ADVENTURE VACATION TIPS

**Before traveling to a developing country, there are extra steps you should take to stay healthy on your trip.**

**M**aking sure you and your family are up-to-date on all vaccinations should be at the top of your to-do list. The CDC also suggests a variety of measures to keep you safe while you're away.

## BEFORE YOU GO

At least four weeks before you leave the country, ask your doctor whether you or family members need vaccinations or booster shots against any of these diseases:

- Yellow fever
- Typhoid fever
- Polio
- Cholera
- Hepatitis A and B
- Flu
- Japanese encephalitis
- Meningococcal disease
- Pneumococcal disease
- Rabies
- Measles-mumps-rubella (MMR)
- Chickenpox
- Tetanus

The CDC recently amended its MMR vaccine recommendations to include children ages 6 to 11 months old if they will be traveling or living abroad. Pregnant women should avoid live virus vaccines, including those against MMR, chickenpox and yellow fever.

Ask your doctor whether you also should take medication to prevent malaria, which kills a few American travelers to developing countries each year.

Check, too, to make sure that your health insurance covers you outside the U.S. You may need to purchase additional insurance coverage for your trip.

## WHILE AWAY

On vacation, you can keep yourself and your family safe by watching what you eat and drink. Diarrhea is the most common travel-associated health problem, afflicting as many as six out of 10 travelers to the developing world. The following tips can help prevent it:

- Before you eat, always wash your hands thoroughly with soap and water or an alcohol-based rub to kill germs.
- Drink only water that has been boiled or bottled. Avoid tap water, fountain drinks and ice cubes.
- Eat food only if it has been cooked thoroughly. If you eat raw fruits and vegetables, make sure they've been washed and peeled first.
- Avoid eating food from street vendors.

## PLANNING A TRIP?

Visit our travel clinic. For more information, call 909-558-4594.



# CLASSES & PROGRAMS

## EVENTS

### SWIM-N-CINEMA AT THE DRAYSON CENTER

**Thursday, July 20**

*The Lego Batman Movie*

**Thursday, August 3**

*The Incredibles*

## 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 [lomalindaweightloss.org](http://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. [llu.org/guilds](http://llu.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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Postmaster:  
Please deliver between June 5 and 9.

Nonprofit Org.  
U.S. Postage  
**PAID**  
Loma Linda University  
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Printed on Recyclable Paper. Developed by StayWell. 964M

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Introducing a cooking show that inspires healthy, wholesome home cooking.  
In less than a minute, each episode demonstrates quick  
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[LiveitLomaLinda.org](http://LiveitLomaLinda.org)



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*A Seventh-day Adventist Organization*