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a **HEALTHY** TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
JUNE/JULY 2019

SPECIAL SECTION

*A Better Tomorrow —
especially for
older adults*

HIS and HERS HEALTH



LOMA LINDA
UNIVERSITY
HEALTH

HOW TO EASE
ARTHRITIS

ER OR URGENT
CARE?

QUINOA:
EAT IT UP

ask *the* EXPERT

What are the symptoms of juvenile arthritis?

A: Juvenile idiopathic arthritis (JIA) is an autoimmune condition that affects the joints of the body. It is caused by an overactive immune system that attacks the body. Children with JIA have swelling and pain of one or more joints. JIA patients are also at risk for eye inflammation.

Who is at risk for JIA?

A: Girls are at greater risk of developing JIA; however, certain types of JIA occur more often in boys.

How is JIA diagnosed?

A: JIA is diagnosed by physical exam, laboratory markers and imaging. It is treated with medications that help control the immune system and inflammation as well as physical and occupational therapy.

Wendy De La Pena, MD, specializes in pediatric rheumatology at Loma Linda University Health.



fyi

Arthritis can happen at any age. If you have signs such as pain, aching or stiffness in or around a joint, make an appointment with your doctor.

SEVEN WAYS TO EASE ARTHRITIS

Do you have stiff, painful joints? If so, they don't have to control your life. To get the upper hand on joint pain, these tips may help:

- **Understand how you use your body.** Repetitive use or even assuming prolonged positions at work can lead to joint wear and tear.
- **Exercise.** All kinds of exercise — range-of-motion, low-impact aerobic, stretching and strengthening (weight-training) — are good for your joints. If you're new to exercise, start out gently with walking, dance, tai chi, cycling or a pool-based exercise program. At work, take frequent short breaks to stretch sore joints and muscles.
- **Keep body weight in check.** Extra pounds can aggravate arthritis.
- **Use hot and cold.** Soak in a hot bath for up to 20 minutes, up to

three times a day. Or chill a sore joint with an ice pack wrapped in a towel for up to 15 minutes, several times a day. Use what works best for you.

- **Manage stress.** Feeling stressed can affect the amount of pain you have.
- **Find support.** Talk with your healthcare provider about joining an arthritis support group.
- **Know when to see a doctor.** If symptoms persist or occur daily for more than two months, make an appointment to see a physician.

FIND RELIEF

If you are suffering from arthritis pain, call **909-558-2860** to make an appointment with an expert rheumatology provider.

GET THE FACTS ABOUT URGENT CARE

KNOW WHERE TO GO

Almost everyone has heard of the emergency room. But patients who need immediate help have another option to consider: urgent care centers.

Urgent care centers and hospital emergency departments offer some of the same services. They differ in several important ways, though. Understanding those differences can help you choose the most appropriate care.

WHEN TO GO TO AN URGENT CARE CENTER

An urgent care center is an independent emergency facility. Some urgent care centers are operated by hospitals, while others are private clinics. They do not provide the full range of services offered by hospital emergency rooms.

Urgent care centers are designed to provide onetime help or care after hours that isn't related to a chronic or long-term condition. For instance, an urgent care center can treat:

- Sports injuries.
- Sprains.
- Cuts.
- Fevers and infections.

Urgent care centers also provide routine medical care, such as flu shots, wellness checkups and school physicals.

Loma Linda's urgent care centers are open evenings and weekends. They also see patients on a walk-in basis. And waiting time can be shorter than in an emergency room. Many urgent care centers also provide services at a lower cost.

WHEN TO GO TO THE EMERGENCY ROOM

Though an urgent care center can meet many needs, it is not always the best choice. The emergency room is the place to go for life-threatening emergencies such as when:

- You are having trouble breathing.
- You are suffering uncontrolled bleeding.
- You are experiencing chest pain or other symptoms of a heart attack.
- You think you need to call **911** or AMR.



NEED URGENT CARE?

For more information about Loma Linda University Health Urgent Care options, visit llu.org/urgentcare.

MEN: TAKE BETTER CARE OF YOUR HEALTH

It's time for taking care of your health to become a "guy thing"

When it comes to their health, men and women are not created equal. Men tend to lead less healthy lifestyles than women and take part in more risky behaviors. Women tend to take better care of themselves when they get sick. But with health problems such as cancer, heart disease and diabetes looming, men need to take better care of themselves and do some preventive maintenance while they can. Perhaps it's time men took a page from the women's health playbook.

THE DIFFERENCE BETWEEN THE SEXES

For years, men's life expectancy has trailed behind that of women. While the gap has been closing recently, men are dying on average almost five years sooner than women.

This difference is due in large part to men's tendency toward accidental injuries. In general, men participate in risky behaviors that put them in harm's way. In addition, more men than women smoke, drink alcohol and engage in substance abuse, factors that contribute to many health problems.

Getting hurt or sick is not the only reason why men are less healthy than women, though. Men are more likely than women to skip regular checkups and delay medical care.

WHAT MEN SHOULD DO

According to research reported in *JAMA*, men who take care of their health in midlife are more likely to live longer. Here are the most important things they can do:

- **Get screened.** Screening tests can detect diseases early, when they are easier to treat. There are screening tests for obesity, high cholesterol, hypertension, colorectal cancer and diabetes. Men need to ask their healthcare providers which screening tests they need and when.
- **Don't smoke.** Tobacco damages the entire body. It is the main cause of lung and bladder cancer and leads to poor circulation, heart disease and even sexual dysfunction.
- **Exercise.** Try to get at least 150 minutes (two hours and 30 minutes) of moderate-intensity aerobic activity every week. Break down the 150 minutes into as many smaller sessions as needed.
- **Eat a healthy diet.** The best way to get all the nutrients the body needs is to eat a wide variety of fruits, vegetables, whole grains and fat-free or low-fat dairy products.
- **Maintain a healthy weight.** Excess weight contributes to many health problems, including heart disease, diabetes, arthritis, and joint and mobility problems.
- **Avoid alcohol.** Drinking can have negative effects on health. Alcohol is linked to mood and behavior issues, heart troubles, cancer and more.

PAY A VISIT

Visit mylluhealth.org to schedule an appointment with your primary care physician.

a BETTER TOMORROW

FOR MEN AND WOMEN AGES 55 AND BETTER

east-campus.lomalindahealth.org/just-seniors

BRAIN HEALTH 101: WHAT YOU NEED TO KNOW TO STAY SHARP

Maintaining a sharp and healthy mind doesn't have to be complicated. Dean Sherzai, MD, PhD, and Ayesha Sherzai, MD, co-directors of the Brain Health and Alzheimer's Prevention Program at Loma Linda University Health, recommend the following smart lifestyle choices to improve brain health.

1 NUTRITION. Eating well is one of the easiest ways to add life and vitality to your years while fighting off chronic illnesses. Focus on a whole-food, plant-based diet low in sugar, salt and processed foods. "When you consume a whole-food, plant-based diet, you are consuming all the vitamins, minerals and building blocks of life that your body needs," Dean said.

2 EXERCISE. It's important to get regular exercise at the gym that raises heart rate and increases muscle strength, but you should also make time to move your body every hour. "Studies have shown that, even if you do strenuous workouts for more than 20 minutes a day, the benefits can be undone from being sedentary for hours at a time," Ayesha said.

3 UNWIND. Stress and the stress hormone cortisol have many damaging effects on the brain, including brain shrinkage and inflammation, as well as affecting the gut, insulin resistance and blood pressure — all of which make stress management essential to properly unwinding. There are many ways you can de-stress, according to the Sherzais, including meditation, mindful breathing and time spent in nature.

4 RESTORE. Seven to eight hours of restorative sleep is essential for optimal brain health. For restorative sleep to occur, the brain needs to go through its natural cycles and "cleanse itself of bad proteins and other waste," Ayesha said. If you struggle to get enough sleep, work on sleep hygiene, which includes identifying foods that interfere with sleep, controlling the amount and type of light in your bedroom and maintaining a proper bedroom temperature.

5 OPTIMIZE. Feed the brain with social and multimodal activities (such as dancing, studying for a certification or learning a new language) to challenge and engage multiple brain centers. Regular challenging activities create a cognitive reserve, helping brain resilience and protecting against cognitive decline.

By maintaining brain health and making smarter lifestyle choices, you can empower yourself to fight diseases like Alzheimer's plus dramatically improve overall health and add quality years to your life.

BE BRAIN-SMART

Loma Linda University's Brain Health and Alzheimer's Prevention Program can tailor a healthy brain lifestyle program for you. Call **909-558-2880** today to schedule a consultation.



CATARACT SURGERY

Linked to a LONGER LIFE

By age 70, one-fourth of Americans have developed a cataract — clouding of the eye's lens that leads to vision loss. By age 80, that fraction rises to half. When needed, cataract surgery can help people see better, but the benefits may not end there. One large study shows that having cataract surgery is also associated with living longer.

The study included more than 74,000 women ages 65 and older who had cataracts. Those who got cataract surgery were less likely to die of any cause during the long-running study. They were also less likely to die of specific conditions, such as:

- Accidental injuries.
- Cancer.
- Blood vessel disease.
- Lung disease.

BETTER VISION FOR A BETTER LIFE

How might cataract surgery and a longer life be connected? For one thing, improved vision reduces the risk for injuries due to falls and driving accidents.

Plus, having a cataract can limit a person's ability to take part in many activities. Getting surgery to treat the problem helps people with cataracts get back to doing more things they want to do. And that may empower them to lead healthier, more active lives.

WHO NEEDS CATARACT SURGERY?

At first, an older loved one with a cataract may be able to manage with eyeglasses and

magnifying lenses. But as the cataract gets worse, these steps may not be enough.

Vision loss can begin interfering with daily activities, such as driving and reading. At this point, surgery is the only effective treatment.

During cataract surgery, the cloudy natural lens of the eye is removed and replaced with a clear artificial lens. Ninety percent of people who have the surgery can see better afterward. As with any surgery, there are risks. They include infection, bleeding and, rarely, a detached retina. In general, however, it's a very safe procedure. If you or a loved one has a cataract that's causing problems in everyday life, it's time for a conversation with the eye doctor about surgery.

PROTECT YOUR VISION

Call the Loma Linda University Eye Institute at **909-558-2154** to find a provider specializing in whole person eye care.



GLUTEN-FREE *Quinoa Burgers*

INGREDIENTS

- 2 cups red quinoa, cooked and unrinsed
- 1 sweet onion, diced
- 1 sweet potato, grated
- 3 cloves garlic, minced
- Butter or oil for sautéing
- 1 tablespoon coconut oil

DIRECTIONS

1. Heat 1½ cups of water. Add 1 cup raw quinoa. Bring to a simmer and allow to cook for five minutes, turn off heat, leave lid on and let sit for 15 to 20 minutes until all the water is absorbed.
2. Sauté the onion, potato and garlic with a little oil or butter.
3. Add all the ingredients into a bowl, mix well and form into patties. Bake for 25 to 30 minutes at 350 degrees.

NUTRITION FACTS

Makes seven servings. A serving is one patty. Each serving contains about 120 calories, 3.5 g total fat (2 g saturated fat, 0 g trans fat), 0 mg cholesterol, 15 mg sodium, 20 g carbohydrates, 3 g fiber, 4 g sugars and 3 g protein.

VISIT LIVEITLOMALINDA.ORG FOR MORE
HEALTHY RECIPES.



Get to Know QUINOA

Quinoa (pronounced keen-wah) is a whole grain that you can often find in the pasta aisle at the supermarket. It is grown in the Andean region of South America and was a staple of the Incas' diet. It cooks quickly and has a nutty, chewy texture.

Quinoa is high in protein — including the amino acid lysine, which many grains lack — making it a great food for vegetarians. Plus, it is gluten-free and a good source of fiber, iron, magnesium and B vitamins.

Whole grains such as quinoa contain the entire grain kernel — the bran, germ and endosperm. Diets rich in whole grains protect you from chronic conditions such as diabetes, heart disease and cancer. The USDA recommends that half of the grains you eat should be whole grains.

Need some ideas on how to incorporate quinoa into your diet? Try the recipes in this magazine, or toss quinoa into salads, stir into soups or combine with beans for a satisfying vegetarian main dish. Visit LiveItLomaLinda.org and click on Cooking Tips to find tips for cooking quinoa.



WHAT'S HAPPENING AT LOMA LINDA UNIVERSITY HEALTH

June/July 2019

CLASSES & PROGRAMS

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. We are sorry we are unable to accommodate children at our meetings.

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 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

BMC'S ADULT PARTIAL AND INTENSIVE OUTPATIENT THERAPY PROGRAMS

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

CANCER-FIGHTING FOODS COOKING DEMO

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

CARDIOPULMONARY REHAB COOKING DEMONSTRATION

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

CARE PARTNERS SUPPORT GROUP

Behavioral Health Institute (BHI)
1686 Barton Road
Redlands, CA 92373

An understanding and compassionate support program designed for care partners and loved ones of those living with dementia. Free of charge.

COMPREHENSIVE WELLNESS EVALUATIONS

Make an appointment with our preventative medicine physicians for your annual wellness visit, followed by targeted interventions.

DIABETES SELF-MANAGEMENT EDUCATION CLASS

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

DIABETES SUPPORT GROUP

• **First Monday of each month (no meeting in July), 5:45 to 7 p.m.**

Diabetes experts provide educational and resource information.

HOPEFUL JOURNEY

A support group for moms who are pregnant after experiencing the loss of a baby. For information, call **909-558-7261**.

INFLAMMATORY BOWEL DISEASE SUPPORT GROUP

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

INTERNATIONAL TRAVEL CLINIC

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

KIDNEY AND PANCREAS SUPPORT GROUP

• **Second Tuesday of each month, 1:30 to 3 p.m.**

LEAN CHOICES

An interactive 12-week program that features a balanced lifestyle approach to support a lifelong healthy weight.

LIVER SUPPORT GROUP

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

MEDICAL MASSAGE

Relax, restore and find relief with a massage that focuses on your specific needs.

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., LLUMC Outpatient Rehab, Room 129**

For people with PD who have participated in the LSVT BIG therapy program and want to continue group exercise. \$15/day.

PARKINSON'S SUPPORT GROUP

• **Third Wednesday of each month, 10 to 11:30 a.m., LLUMC Outpatient Rehab, Room 129**

For caregivers and those living with Parkinson's.

PEDIATRIC BRAIN AND SPINE TUMOR SUPPORT GROUP

• **First Monday of each month, 4:30 to 5:30 p.m.**

Led by Dr. Tanya Minasian, Neurosurgery.

SICKLE-CELL DISEASE ADULT AND FAMILY SUPPORT GROUP AND EDUCATIONAL SERIES

• **Second Thursday of each month, 6:30 to 8:30 p.m.**
Dinner is served. All are welcome.

THE LEBED METHOD — FOCUSED 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.

TOTAL SPINE HEALTH SUPPORT GROUP

• **Second Monday of each month, 5:30 to 6:30 p.m.**
Led by Dr. Namath Hussain, Neurosurgery.

WEIGHT LOSS SURGERY SUPPORT GROUP

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

WEIGHT MANAGEMENT ORIENTATION

• **Tuesdays, 3:30 to 4:30 p.m.**
Review weight management treatment options in this free session.

WOMEN'S CANCER SUPPORT GROUP

• **Call for dates and times.**
For women with all types of cancer. Female family and friends 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 **844-203-2272**.

LIVE IT

Quick tips to keep you healthy!

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



Choosing the Right Sunscreen

If you've shopped for sunscreen, you might have been overwhelmed by the dizzying array of products. How do you know which one is right for you?

Check the label for a sun protection factor (SPF) of at least 30. The higher the SPF, the greater the protection. Also seek out a sunscreen that has broad-spectrum protection. That means it shields skin from both ultraviolet A (UVA) and ultraviolet B (UVB) rays. It's also wise to choose a product labeled water-resistant so that it has extra staying power against water and perspiration.

All types of sunscreen formulas are available to suit consumers' preferences. Creams work well for

individuals with drier skin and for the face. Hypoallergenic brands may work well for sensitive skin. For covering areas with hair — such as an exposed scalp or a man's arms or legs — a gel may glide on easier. Sunscreen sticks neatly cover ears, noses and under the eyes. Some parents favor spray-on sunscreens to quickly cover fidgety children.

The best type of sunscreen is one you will use, so feel free to choose whichever you like best — as long as it meets the SPF minimum and is broad-spectrum.

CALL 909-558-2890 TO SCHEDULE
A SKIN ANALYSIS.

Essential Calm

Essential oils seem to be used — and talked about — everywhere these days. These oils are made from the natural chemicals that give a plant its particular aroma, or "essence." The essence is usually found in special cells located under the surface of a plant's leaves, peel or bark.

Essential oils play an important role in aromatherapy — the use of scents to improve well-being. While evidence supporting aromatherapy as a medical treatment is lacking, research has shown that some scents can temporarily lower anxiety.

Want to give aromatherapy a try? You can use a diffuser to disperse essential oils so that their aroma fills a room or an area with the natural fragrance.

A wide variety of diffusers are available, from the simple to the elaborate. Just be sure to select essential oils that are 100% pure — not diluted or synthetic.





Toasted Quinoa Pecan Clusters

INGREDIENTS

- 1 tablespoon coconut oil
- ½ cup quinoa, rinsed
- 1 cup chopped, salted nuts (walnuts, hazelnuts, pecans, cashews or other favorite nuts)
- 1 teaspoon sea salt
- 6 ounces dark chocolate (65% or higher)

DIRECTIONS

1. Line a baking sheet with parchment paper or a nonstick mat and set aside.
2. Heat a skillet to medium heat. Add coconut oil and allow to melt. Add quinoa and cook, stirring often, for about five to eight minutes, until the seeds are golden brown. Transfer to a medium bowl and add in favorite nuts and sea salt.
3. Melt chocolate in a glass bowl that fits in a pot over simmering water. Heat until melted, stirring often to prevent burning. When the chocolate is melted through, add in quinoa and nut mixture and stir well until combined.
4. Drop 1 to 2 tablespoons full on to prepared parchment paper or nonstick mat. Let sit at room temperature until set.



NUTRITION FACTS

Makes eight servings. Serving size is 48 g. Each serving contains about 260 calories, 18 g total fat (7 g saturated fat, 0 g trans fat), 0 mg cholesterol, 310 mg sodium, 21 g carbohydrates, 2 g fiber, 9 g sugars and 5 g protein.

VISIT LIVEITLOMALINDA.ORG FOR MORE HEALTHY RECIPES.

Brush Up on Makeup Brush Safety

Do you remember the last time you cleaned your makeup brushes? If not, you're probably past due. Dirt, oil and bacteria can transfer to your makeup brushes from your skin, resulting in irritated skin or breakouts. Dirty brushes can even spread infections.

You can purchase cleansers made especially for cleaning synthetic brushes, but washing with shampoo or dish detergent under hot water works well, too. After washing, squeeze the water out of the brushes and lay them flat to dry.

Don't forget to stay safe when it comes to your makeup, too.

- Never share makeup or makeup brushes.
- Throw out makeup that has changed color or smells bad.
- Do not use eye makeup when you have an eye infection. Throw away any eye makeup you were using when you discovered you had an infection.
- Avoid adding water to makeup; it could add germs.

a **HEALTHY** **TOMORROW**

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Join us for our
4th Annual

Baby Conference

Sunday, August 25 | 11:30 a.m.-2:30 p.m.

Registration is free

Please visit luch.org/baby-conference to reserve your spot today.

We want to invite expecting mothers and new mothers to join us for an afternoon of education, support and fun!
Lunch will be provided.

Centennial Complex
24760 Stewart Street, Fourth Floor
Loma Linda, CA 92354

HEALING. HEALTHY. HAPPY.



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