



Uploaded to the VFC Website

▶▶▶ 2019 ◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](#)

If Veterans don't help Veterans, who will?

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members & subscribers.



a HEALTHY TOMORROW

INFORMATION FOR A
HEALTHY LIFESTYLE TODAY
OCTOBER/NOVEMBER 2019

SWEET TALK

Why your family should
avoid added sugars

See Inside
**A BETTER
TOMORROW**
LIFESTYLE TIPS FOR
OLDER ADULTS



LOMA LINDA
UNIVERSITY
HEALTH

PROTECT
YOUR LIVER

ESSENTIAL CANCER
SCREENINGS

PREVENT
SPORTS INJURIES

ask *the* EXPERT

Am I at risk
for liver disease?

A: People at risk for liver disease include those who consume more than one alcoholic beverage per day, are overweight or have a family history of liver disease.

How can I get tested?

A: Ask your doctor to check your alanine aminotransferase (ALT). This is the best screening test for liver disease. You should also get checked for hepatitis C if you were born between 1945 and 1965 or have a history of IV drug use or blood transfusion prior to 1992.

What are the signs?

A: Patients with advanced liver disease develop yellow skin and eyes, buildup of fluid in the abdomen (ascites), throwing up blood or mental confusion (encephalopathy). However, liver disease is like hypertension — most people don't have any symptoms until the disease is advanced. That's why it is important to get tested!

Michael L. Volk, MD, MSc,
is the division head of
Loma Linda University Health's
Gastroenterology and
Hepatology Department.



fyi

Your liver makes proteins and bile, stores energy and nutrients, fights infection and removes harmful chemicals from your blood.

LOVE YOUR LIVER. PROTECT IT FROM HARM

While the health of your liver may not be something you think about every day, it should be! Your liver is the largest organ in your digestive system. It converts food into energy and removes toxins from your body — key roles in your overall health.

Most people know that alcohol can damage the liver. But so can these lesser-known hazards.

EXTRA POUNDS

Those extra pounds can deposit fat in the liver, causing inflammation, which harms liver tissue. Eventually, this can lead to cirrhosis, just like too much alcohol. Obesity can even contribute to cancer in the liver and other areas of your body. If you're heavy, losing even a small percentage of your body weight can improve your health. Exercise can also help.

HERBAL SUPPLEMENTS

While medications must pass strict safety standards, dietary supplements hit shelves without the same testing. This means they sometimes contain ingredients that are toxic to cells in your liver. Always tell your doctor about all the medicines and supplements you take. Seek immediate medical attention if you feel tired, have a poor appetite, or develop yellowish eyes or

itchy skin soon after taking a supplement. These could be signs of liver damage.

MEDICATIONS

It doesn't matter if it's prescription or over-the-counter, taking too-high doses or mixing medicines can strain or injure your liver. Some drugs pose a greater risk, including acetaminophen. Always follow instructions from your doctor and on drug labels. If you take multiple medications, make sure they don't have the same active ingredient.

SMOKING

Cigarettes damage cells in the liver. This makes conditions like cirrhosis and fatty liver disease worse. Smoking can decrease your liver's ability to remove toxins from your body. It can even change the dose of medication you need. If you don't smoke, don't start. If you do, talk with your doctor about ways to quit.

FIND SUPPORT

Loma Linda University Medical Center Transplant Institute offers a variety of resources for patients dealing with liver disease. Visit llu.org/transplant-institute for information about support groups and other programs.

PREVENTING SPORTS INJURIES

WHAT YOU NEED TO KNOW

Whether you're a routine runner, a weekend warrior or the parent of a basketball athlete, the crisp fall season beckons for sports fun — and with it, the risk for sports injury. Joseph N. Liu, MD, an orthopedic surgeon for Loma Linda University Medical Center, offers five tips to prevent injuries while enjoying your favorite sport.

Body basics. The key to success behind every game or workout is taking care of the body. This means staying hydrated, eating the right foods to fuel your body and avoiding fatigue. "When an individual is fatigued, they do not have the same body control, perception and ability to react to prevent their body from getting injured," says Liu.

Warm up. Before any game or workout, start with a warm-up that's tailored for you. "Good warm-ups are sports-specific, meaning that the exercises and stretches performed should emulate what the athlete will be doing and move the muscle groups that are most used in that sport," says Liu. Proper warm-up should begin a couple of hours before the sporting event, with stretches and dynamic core exercises.

Cool down. Equally important to warm-up in preventing muscle tears and sprains is cool-down. Liu recommends 10 minutes of easy exercises that resemble the activity you performed. For example, if you're a soccer player who has been

running for a whole game, do 10 minutes of walking afterward. Be sure to focus on deep breathing and give yourself extra time to stretch the muscles you were contracting during your game or workout.

Utilize downtime. Some sports require athletes to stay "warm" during downtimes. For example, baseball, basketball and flag football often have players on the bench waiting to jump in

at a moment's notice, making it critical that their bodies remain active. Liu recommends jogging, stretching or tossing a ball during downtimes to keep your body warm and in the mode of the game.

Diversify. In this time of competitive sport leagues and college scholarships, more young athletes are specializing in a single sport year-round. Liu says this can be harmful to younger bodies. "Overspecialization has become an issue because we're seeing younger athletes with repetitive- and cumulative-related injuries, such as to the shoulder or elbow, from playing baseball year-round." Young athletes who play multiple sports distribute the wear of these activities on their bodies more evenly, allowing for proper healing of joints and muscles.



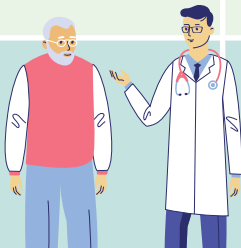
With dedication to these prevention tips, you can participate in your favorite sporting activity and combat your risk for injury this fall.

INJURY EXPERTS

For more information about Loma Linda University Health's Orthopedic Sports Medicine and Orthopedic Services, visit lluh.org/orthopedics or call 909-558-2808.



ARE YOU DUE FOR CANCER SCREENING?

TYPE OF CANCER	WHO NEEDS REGULAR SCREENINGS?	U.S. PREVENTIVE SERVICES TASK FORCE (USPSTF) RECOMMENDATIONS
Breast	Women ages 50 to 74	<p>Mammograms are recommended every one to two years for women ages 50 to 74.</p> <p>Women should talk with their healthcare providers about their personal risk factors to determine if they may benefit from beginning screenings in their 40s. To request a breast cancer screening, call 909-326-2767.</p>
Cervical	Women ages 21 to 65 	<p>Women ages 21 to 29 should get a Pap test once every three years. Women ages 30 to 65 can choose to have a Pap test every three years, an HPV test once every five years, or a Pap test and an HPV test once every five years. Women older than 65 who have had normal screenings and do not have a high risk for cervical cancer do not need to be screened. To request a cervical cancer screening, call 909-303-6964.</p>
Colorectal	Adults ages 50 to 85 	<p>People should get screened starting at age 50 and continue until age 75. The decision to screen for colorectal cancer in adults ages 76 to 85 should be an individual one.</p> <p>Ask your healthcare provider which of these tests may be right for you:</p> <ul style="list-style-type: none"> ■ Guaiac-based fecal occult blood test every year. ■ Fecal immunochemical test every year. ■ Stool DNA test every one or three years. ■ Flexible sigmoidoscopy every five years. ■ Virtual colonoscopy every five years. ■ Colonoscopy every 10 years. <p>To request a colorectal cancer screening, call 866-358-9193.</p>
Lung	Adults ages 55 to 80 with a history of smoking	<p>Only people who are at high risk for lung cancer are candidates for screening. This includes people who meet all of the following criteria:</p> <ul style="list-style-type: none"> ■ 55 to 80 years old. ■ Currently smoke or have quit within the last 15 years. ■ Smoking history of 30 pack years or more (for example, one pack a day for 30 years, two packs a day for 15 years, etc.). <p>To request a lung cancer screening, call 800-237-9563.</p>
Prostate	Men ages 55 to 69 	<p>Men ages 55 to 69 should discuss the potential benefits and risks of prostate-specific antigen screening with their physicians and make an informed decision. Screening is not recommended for men ages 70 and older. To request a prostate cancer screening, call 909-443-1866.</p>

a BETTER TOMORROW

FOR MEN AND WOMEN
AGES 55 AND BETTER

east-campus.lomalindahealth.org/just-seniors

5 HABITS FOR A LONGER LIFE

Americans tend to have a shorter life expectancy compared with adults living in other industrialized countries. So what can you do to live longer?

Loma Linda University School of Public Health has spent decades conducting Adventist Health Studies, exploring links between lifestyle, diet and disease among members of the Seventh-day Adventist Church, which encourages a vegetarian diet and calls for abstinence from alcohol and tobacco. The following are a few recommendations that have been linked with a longer, healthier life.

1 Eat a healthy diet. Maintain a diet rich in fiber, fruits, vegetables, whole grains, low-fat dairy products, nuts and legumes. Limit sodium, saturated fat, trans fat, and beverages and foods with added sugars.

2 Don't smoke. Avoiding cigarettes is a wise choice. Smoking causes about one out of every five deaths in the U.S. every year. Quitting smoking lowers your risk for cancer, heart attack, stroke and lung disease while helping your blood circulation.

3 Exercise regularly. Regular exercise can reduce your risk for heart disease and stroke, lower your blood pressure and blood sugar, and improve cholesterol levels. Being physically active also decreases your risk for colon cancer and breast cancer.

4 Maintain a healthy weight. By keeping your weight in a healthy range, you'll avoid higher risks for heart disease, stroke, Type 2 diabetes, high blood pressure and various forms of cancer.

5 Eat tree nuts. Studies have shown a link between tree nut consumption and lower body mass index. Eating a small serving of nuts every day can help combat obesity.

Of course, adhering to even just one of these healthy lifestyle habits could bring more life to your years. But Adventist Health Studies have found that a combination of all five healthy behaviors is linked with bringing more years to your life.

MAKE A PLAN

Call **909-558-6600** and schedule an appointment with your primary care physician to discuss the best health plan for you.



An ACTIVE SOCIAL LIFE Can Help You STAY HEALTHY

Spending time with friends and family is enjoyable. As it turns out, it may also reduce your risk for dementia, memory loss and poor physical health, research suggests.

MENTAL AND PHYSICAL BENEFITS

A study published in *PLOS One* looked at “superagers” — adults ages 80 and older who have the memory abilities of adults 25 to 30 years younger. Superagers were more likely to have positive, satisfying social relationships than their peers with average memory skills for their age. The findings suggest that high-quality social relationships might be an important part of keeping your brain healthy as you age.

In addition, loneliness has been linked to an increased risk for dementia. However, the National Institutes of Health says researchers still aren't sure whether social engagement can prevent cognitive decline.

Finally, a review of studies on the health effects of social isolation found that adults who felt socially isolated were at an increased risk for heart problems, depression and poor sleep quality. Social isolation was also associated with an overall increased risk for disease and death.

WAYS TO ENGAGE

But what if your family lives far away and your immediate circle of friends is dwindling? Here are some ways to kick-start your social life.

- **Participate in senior sports leagues or exercise programs.** Get your doctor's approval before you sign up.
- **Investigate your library.** Many libraries offer much more than books, including free concerts, craft classes, movie showings and discussion groups.

- **Check out Drayson Center's activities and events for senior adults.** The 15th Annual Senior Health and Fitness Fair on October 25 is just one of many opportunities to build community and create memories. Learn more at drayson.llu.edu/senior-wellness.
- **Give back.** Many older adults find that helping others can help them feel healthier and less isolated. Information about volunteer opportunities with Loma Linda University Health is available at llu.samaritan.com.

Whichever avenue you choose, spending time with others is a win-win situation. It increases your enjoyment of life and prolongs it by improving your mental and physical health.



MENTAL HEALTH RESOURCES

Loma Linda University Behavioral Health programs include services designed for senior adults experiencing dementia, depression and more. Learn more at llubmc.org.

CAULIFLOWER STUFFING

INGREDIENTS

- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 heads cauliflower, chopped
- 4 tbsp. canola oil
- Kosher salt to taste
- Cayenne pepper to taste
- 1 cup walnuts, chopped
- ¼ cup fresh parsley, chopped
- 2 tbsp. fresh rosemary, chopped
- 1 tbsp. fresh sage, chopped (or 1 tsp. ground sage)
- ¼ cup golden raisins
- Breadcrumbs for topping

DIRECTIONS

1. Preheat oven to 425 degrees. In a large bowl, combine onion, carrots, celery and cauliflower with the oil, salt and cayenne. Arrange in a single layer on a sheet tray.
2. Roast in heated oven until just beginning to brown, about 30 minutes. Remove from oven and sprinkle walnuts over the top. Return to the oven and roast for another five to six minutes until nuts begin to brown.
3. Remove from oven and add fresh herbs and raisins. Transfer to a bowl, top with breadcrumbs and keep warm until ready to serve.

NUTRITION FACTS

A serving size is 301 g. Each serving contains about 320 calories, 23 g fat (2 g saturated fat, 0 g trans fat), 0 mg cholesterol, 450 mg sodium, 27 g carbohydrates, 7 g dietary fiber, 12 g total sugars, 8 g protein, 100 mcg calcium, 2 mg iron and 852 mg potassium.

**GET
COOKING!**

Visit LiveItLomaLinda.org
for more
healthy recipes.



WATCH OUR RECIPE VIDEO!



5 Foods You Should Be Eating in the Fall

Are you taking advantage of autumn's fresh fruits and vegetables? Try the following tasty and healthy additions to your diet:

1

Brussels sprouts

Low in calories and high in vitamin C, fiber and folate, brussels sprouts also contain antioxidants that protect your cells and may reduce your risk for cancer.

2

Cauliflower

This white, nonstarchy vegetable is chock-full of vitamins, minerals and plant-based compounds called phytochemicals, which help keep arteries clear.

3

Grapes

Grapes contain heart-healthy antioxidants.

4

Yams

Also known as sweet potatoes, these fiber-rich vegetables offer a heaping helping of potassium and vitamin A. Potassium can help control blood pressure, while vitamin A boosts your immune system and is great for your eyes and skin.

5

Apples

Fiber-rich, apples can help you feel full on fewer calories — which can aid in weight management. Plus, fiber fights cholesterol and lowers your heart disease risk.



WHAT'S HAPPENING AT LOMA LINDA UNIVERSITY HEALTH

October/November 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 support group for parents who have lost a baby from miscarriage, stillbirth or in infancy. 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, 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 3925

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.

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.

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.
- Professional Plaza, Suite 109A
- Provides encouragement, education, coping mechanisms and hands-on activities for the children. Friends and family are welcome.

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.

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.

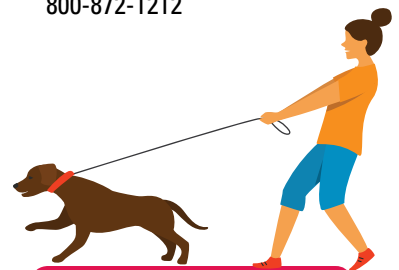
WOMEN'S CANCER SUPPORT GROUP

- 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.

7 TIPS TO SOOTHE ECZEMA SYMPTOMS

A few simple changes to your daily routine can help you avoid irritation, treat dry skin and prevent eczema from getting worse.

- 1.** Moisturize at least twice a day. A thick cream or ointment works best, especially before bed.
- 2.** Shower or bathe in warm (not hot) water and for no longer than 10 to 15 minutes.
- 3.** Wash your body with a mild, gentle cleansing bar or body wash instead of soap.
- 4.** After bathing, pat yourself with a towel and immediately apply moisturizer while your skin is moist to help seal in the moisture.
- 5.** Use fragrance-free laundry detergent, dryer sheets and fabric softeners for sensitive skin.
- 6.** Avoid harsh, irritating fabrics and extreme temperatures.
- 7.** See a dermatologist — treatment can provide relief and keep eczema from worsening.

FIND RELIEF

Learn more about Loma Linda University Health Dermatology Services at lluh.org/services/dermatology.



HOW TO GET A GOOD NIGHT'S SLEEP

If you are among the one in three Americans who doesn't get enough sleep regularly, try the following tips for better slumber.

- Go to bed and wake up at the same time each day.
- Avoid caffeine, alcohol and smoking.
- Ask your doctor if any medications could be disrupting your sleep.
- Exercise regularly but avoid strenuous exercise close to bedtime.
- Don't overeat or undereat in the evening.
- Find ways to manage stress, anxiety and depression.
- Plan ahead for tomorrow and go to bed without distractions.
- Stick to short 20- to 30-minute naps, as longer ones can disrupt sleep-wake rhythms and diminish your sleep appetite.
- Create a good sleep environment — dark, free of noise and with a comfortable temperature.
- Make sure your bed provides adequate comfort and support.

REST EASIER

If you are struggling to get a good night's sleep, ask your primary care physician about the Loma Linda University Health Sleep Disorder Center. Learn more at LomaLindaSleep.org.



Popcorn Balls

INGREDIENTS

- 3 quarts popcorn (stovetop- or air-popped)
- ¼ cup peanut oil (if popping on the stove)
- ¼ cup honey
- ½ cup sugar
- 2 tbsp. water
- 2 tbsp. butter
- 1 tsp. turmeric
- 1 cup freeze-dried fruit (your choice)
- ½ cup nuts (your choice)
- Cool water (for handling)

DIRECTIONS

1. If popping corn on the stovetop, add the oil to a medium pot (one that has a tight-fitting lid) over medium-high heat. Add the popcorn and shake the pan gently, covering all the kernels. When done popping, pour the popcorn into large bowl and set aside.
2. Combine honey, sugar and water in a saucepan and bring to a simmer. Cook to 235 degrees (soft ball). Remove from heat promptly. Add butter and turmeric and mix until well blended and butter is melted. Pour half the sugar syrup over the popped corn and gently mix to coat. Add the fruit and nuts and mix to distribute. Add the remaining syrup and gently stir until the popcorn is evenly coated.
3. Before handling popcorn, put a little water on hands so popcorn won't stick. Form the popcorn mixture into individual balls 2 or 3 inches in diameter. Set them aside and let them cool completely.

NUTRITION FACTS

A serving size is 49 g. Each serving contains 210 calories, 7 g total fat (2 g saturated fat, 0 g trans fat), 5 mg cholesterol, 20 mg sodium, 36 g total carbohydrate, 7 g dietary fiber, 22 g total sugars (includes 14 g added sugars), 3 g protein, 38 mg calcium, 1 mg iron and 262 mg potassium.



 WATCH OUR RECIPE VIDEO!



BEAT THE SWEET

Popcorn balls are a healthier alternative to candy and are fun for kids to make in the fall! Find more at LiveItLomaLinda.org.



8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 200mg	15%
Iron 8mg	45%
Potassium 235mg	6%

SKIP THE SWEET TALK

Parents, time to swipe that candy from your baby, kid or teen. While you're at it, grab the sweet breakfast cereal, soda, fruit-flavored drinks and yogurt, too.

Added sugars — those put in during processing, rather than occurring naturally in foods like milk or fruit — can harm your child's health. They provide calories with no nutrients, prompting weight gain. They've also been linked to health problems, including tooth decay, Type 2 diabetes, obesity and heart disease.

The U.S. Food and Drug Administration now requires nutrition labels to include added sugars. Food manufacturers still have some time to switch over to the new label, so you may see some labels with and some without added sugars. In the meantime, you can take other steps to cut your child's intake. Serve water instead of soda and add fruit instead of sugar to plain oatmeal, yogurt and cereal.

JUST FOR MOMS

The Loma Linda University Children's Health Just for Moms program includes nutritional guidance and more support for new and expecting mothers. Call 909-558-9716 to learn more.

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.
© 2019. All rights reserved. Printed in the U.S.A.



LOMA LINDA
UNIVERSITY
HEALTH

Dr. Richard H. Hart
President, Loma Linda University Health

Rachelle Bussell
Senior Vice President of Advancement

Heather Valentine
Editor in Chief

Samantha Orcasitas
Managing Editor

Amanda Gubbins
Creative Editor/Strategist



Printed on Recyclable Paper. Developed by StayWell. 964M

Loma Linda University Medical Center
11234 Anderson Street
Loma Linda, CA 92354-2804

Postmaster:
Please deliver between
October 7 and 11.

Nonprofit Org.
U.S. Postage
PAID
Loma Linda University
Medical Center

CALLING ALL HEALTHY HEROES!

FAMILY HEALTH FAIR

FREE 5K WALK/RUN

SUNDAY,
OCTOBER
27

Loma Linda University Drayson Center
25040 Stewart Street, Loma Linda, CA 92354

WIN a
DISNEYLAND
family package!

FREE flu shots, screenings, kid zone, food,
prizes, fun and games for the whole family!



LOMA LINDA
UNIVERSITY
HEALTH

877-LLUMC-4U | FHF5K.ORG