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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
AUGUST/SEPTEMBER 2019

**SPECIAL
MEN'S
HEALTH &
MORE
EDITION**

KIDS in the **KITCHEN**

See our blueberry muffin
recipe inside ...



LOMA LINDA
UNIVERSITY
HEALTH

DO YOU HAVE
A HERNIA?

PROSTATE
HEALTH TIPS

HELP FOR
DRUG ADDICTION

ask the EXPERT

How might my doctor diagnose a hernia?

A: It is usually possible to see or feel a bulge in the area where a hernia has occurred when the physician conducts a physical exam. The doctor can usually feel the lump in your groin area or stomach.

As part of an exam for an inguinal (groin) hernia, the physician feels the area around the testicles for men or groin for women while the patient is asked to cough. In some cases, soft tissue imaging such as a CT scan might be the best option to diagnose a hernia.

Aarthy Kannappan, MD, is a general surgeon at Loma Linda University Health.



Hernia repairs are common — more than 1 million hernia repairs are performed in the U.S. each year.

THAT LUMP MIGHT BE A HERNIA

Hernias occur when organs in your abdomen poke through a tear or weak spot in the muscle. A hernia might feel like a lump in your groin or belly. The bulge often hurts when you cough, lift something heavy or strain to go to the bathroom.

Some people are born with hernias. Others may develop them from risk factors such as obesity, age, lifting heavy objects, having chronic coughs or constipation, or playing sports involving fast twists and turns. Your organs also can push through a scar if you've had surgery on your abdomen.

IDENTIFYING A HERNIA

The different types of hernias occur in different areas of the body:

- **Groin hernias** are the most common type and usually occur in men.
- Babies can have **umbilical hernias**. These form when the muscles around the belly button don't join properly.

■ **Hiatal hernias** can cause heartburn or acid reflux disease. They develop when the stomach bulges upward through the diaphragm into the chest.

TREATMENT STOPS THE PAIN

Talk with your doctor if you think you have a hernia. He or she will decide if you need an operation.

Surgery often is needed to relieve symptoms. Your surgeon will move the organs back to the right spot. Then, he or she will repair the weakness in your abdominal wall. Sometimes this requires using a piece of mesh. Most hernia operations are successful.

YOU HAVE OPTIONS

Loma Linda University Health offers multiple minimally invasive options for hernia repair. Make an appointment with your doctor at lluh.org/mychart to discuss your options.

CHECK OUT THESE 5 PROSTATE HEALTH TIPS

Men, let's be frank: Your prostate is easy to take for granted. But if this gland gets inflamed, enlarged or diseased, it can become a big concern. Here's how to show your prostate the healthy respect it deserves.

1 Do Kegel exercises. Your pelvic muscles help control the flow of urine, which is often affected by prostate problems. To keep these muscles strong, practice tightening them, which feels similar to stopping yourself while urinating. Hold for three to five seconds, then release and rest for three to five seconds. Repeat 10 to 20 times, three times daily.

2 Include food sources of selenium. Studies suggest that men who don't consume enough of this mineral may have an increased chance of developing prostate cancer. Nutritious sources include Brazil nuts (two or three per day should do it), eggs, dairy products, oatmeal and other whole grains.

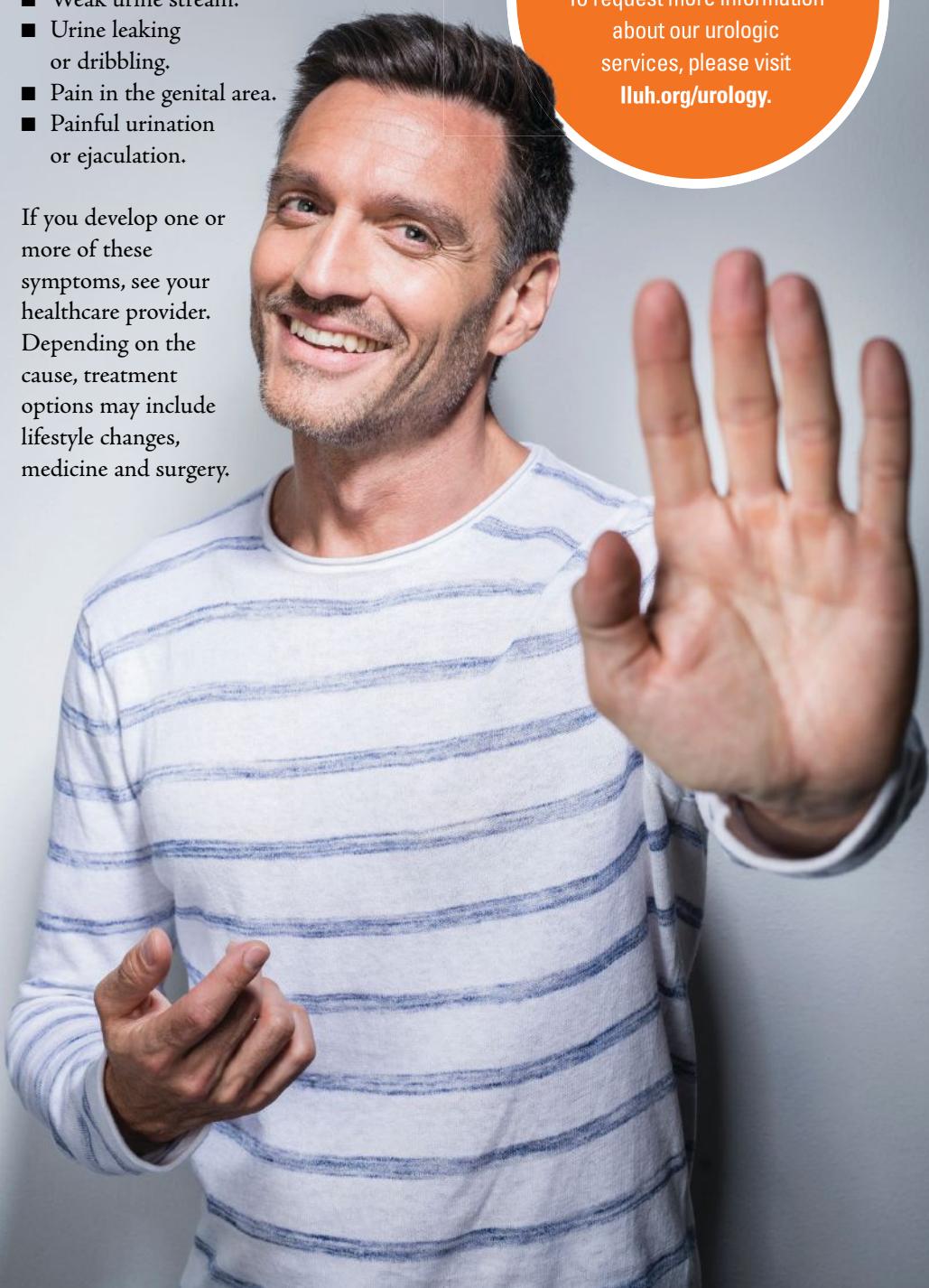
3 Include lycopene in your diet. This pigment is found in tomatoes, watermelon and guava and gives them their red color. Cooking tomatoes can help your body better absorb their lycopene. Besides being good for your prostate, lycopene has benefits for your heart!

4 Limit fluids at bedtime. This may help if you're waking up often to urinate — a common issue for men with prostate problems.

5 Watch for red flags. Symptoms of prostate problems include:

- Frequent urination during the day or night.
- Trouble starting urination.
- Weak urine stream.
- Urine leaking or dribbling.
- Pain in the genital area.
- Painful urination or ejaculation.

If you develop one or more of these symptoms, see your healthcare provider. Depending on the cause, treatment options may include lifestyle changes, medicine and surgery.



PROSTATE PROBLEMS?

To request more information about our urologic services, please visit lluh.org/urology.

LIVE IT

Quick tips to keep you healthy!

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

Breathe and Stretch for Stress Relief



The tension that you experience when you feel stressed or anxious isn't just in your mind — it's also in your body. Stretching helps release everyday stress, and combining it with deep, mindful breathing will enhance the benefits even more.

To relax with deep breathing, place one hand on your belly near your navel. Slowly and deeply breathe in through your nose and out through your

mouth. With each inhalation, try to feel your hand rise a little. With each exhalation, feel your hand fall back down. Repeat up to 10 times, which takes two to three minutes.

Take time to breathe and stretch throughout your workday — research shows that moving your body can help sharpen your attention and focus, which could make you more productive.



5 Safety Slip-ups That Can

If you wear contact lenses, watch out: Hygiene mistakes can put you at risk for serious eye infections. To help save your sight, be on the lookout for these common contact lens safety slip-ups.

1 Skipping hand-washing before touching contact lenses. Germs from your hands can get on the contact lenses and into the case, increasing the risk for infection.

2 Using tap water as contact lens solution. Because tap water isn't sterile, it could contain the amoeba responsible for Acanthamoeba keratitis, a serious eye infection that can lead to blindness.



Increase Your Skin's Appeal With a Peel

Chemical peels can address a variety of skin concerns such as acne, sun spots, skin discoloration, or fine lines and wrinkles. Chemical peels use mild acids to remove the top layer of skin and are typically done on the face, neck, chest, back, arms and hands.

Although there are different types of chemical peels, the procedure typically involves applying chemical solution(s) to the skin, causing the top layer of skin to separate and peel off. Healing may take anywhere from a few days to a few weeks, depending on the type and strength of the peel. Once the peeling process is complete, the new skin from underneath is usually smoother, more even in color and often less wrinkled than before.

If you're considering a chemical peel, talk with a Loma Linda University Health aesthetician or dermatologist who specializes in skin care/skin health.



GET THE FACTS Are chemical peels effective? Are there any risks? Let our skin health experts answer your questions. Call 909-558-2890 to make an appointment with a Loma Linda University Health aesthetician or dermatologist. To learn more about our services, visit lluh.org/services/dermatology.

Harm Your Sight

③ Swimming or showering with contacts. To reduce the risk for Acanthamoeba keratitis and other eye infections, remove contact lenses before any activity involving water.

④ Sleeping in contacts. Snoozing in any type of contact lens, including those marketed as "extended wear" or "overnight wear," increases the risk for serious eye infection.

⑤ Reusing or topping off old contact lens solution. This habit can reduce the solution's germ-killing power.

Gluten-Free Blueberry Muffins

INGREDIENTS

- 2 cups almond flour, blanched
- 2 eggs
- 1/4 cup honey or maple syrup
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 tablespoon pure vanilla extract
- 2 tablespoons olive oil
- 1 cup blueberries, frozen

DIRECTIONS

1. Preheat oven to 350 degrees. Prepare muffin tin with muffin liners or grease.
2. Add all ingredients except the blueberries into a large bowl. Mix together until texture thickens and ingredients are combined. Fold in blueberries.
3. Spoon batter evenly into muffin pan, filling cups almost full. Bake for 20 to 25 minutes.



→ *Watch our recipe video!*

NUTRITION FACTS

A serving size is 49 g. Each serving contains about 170 calories, 12 g fat (1 g saturated fat, 0 g trans fat), 30 mg cholesterol, 120 mg sodium, 11 g total carbohydrates, 2 g dietary fiber, 7 g total sugars (includes 5 g added sugars) and 5 g protein.



MORE SWEET IDEAS

Find more kid-friendly, quick and easy recipes for back-to-school time at LiveItLomaLinda.org.

HOW TO GET HELP FOR DRUG ADDICTION

A personal treatment approach can help overcome addiction.

If you or someone you love has an addiction to pain medication or other drugs, then you know how serious the problem is.

You've probably found that stopping the drug use is far from easy. Over time, drugs cause changes in your brain — changes that can affect your self-control. So even if you want to quit, you may not be able to do it on your own. But help is available through the Substance Use Recovery & Wellness Program at the LLU Behavioral Medicine Center.

WHERE TO BEGIN

You can start by talking with your doctor. Ask your doctor if he or she has experience in screening for drug addiction and treating it. If not, ask your doctor for a referral to another doctor who does.

The next step is starting a treatment program. There are many different types of these programs — from detox to ongoing therapy. The one that may work best for you

depends on several factors, including the types of drugs you use, how much you use and how long you've been using them. Learn more about which LLU Behavioral Medicine Center program is right for you by calling **909-637-3462**.

WHAT DOES TREATMENT INVOLVE?

While specific treatment programs vary, many include similar components, such as:

- **Assessment:** A counselor asks questions in order to get to know you and to learn details about your drug use, medical history, mental health or behavioral issues, family or social issues, and much more. This information will be important for designing your treatment program.
- **Detoxification:** This process helps your body get rid of drugs; you may require medication to help manage your withdrawal symptoms.
- **Counseling:** With daytime and evening therapy options, you'll focus on stopping your drug use and working toward remaining drug-free. Often, family involvement is encouraged through family group therapy.
- **Medication:** Individualized treatment for withdrawal or medication-assisted treatment (MAT) with the use of anti-craving medication can help address addiction issues and support recovery.
- **Screening and treatment for mental health problems:** Many people who use drugs also have emotional problems, such as depression and anxiety. Treating both addiction and mental disorders increases the likelihood that you'll beat the addiction.



Abuse of tobacco, alcohol and illicit drugs costs the U.S. more than **\$740 billion** annually.

FIND SUPPORT

The Substance Use Recovery & Wellness Program at Loma Linda University Behavioral Medicine Center provides detox treatment as well as ongoing therapy programs for individuals suffering from drug and alcohol addiction. Learn more by calling **909-637-3462**.

Going through a drug addiction treatment program is only the beginning. It's important that you continue receiving ongoing follow-up care to make sure that you continue the process of recovery.

The first step on that journey is reaching out for help.

WHAT'S HAPPENING AT LOMA LINDA UNIVERSITY HEALTH

August/September 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 (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.

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.

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.

a **HEALTHY** TOMORROW

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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



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