



LOMA LINDA  
UNIVERSITY  
MEDICAL CENTER

# well-being

APRIL–MAY 2010

*Well-being* is a publication of the Just for Seniors program, for men and women 55 and better

## Just for Seniors 55+ Club: Join Today!

No matter what 55-plus generation you may identify with, Just for Seniors offers something for you. Have fun and get the information you need at seminars, social activities, health fairs, classes, and screenings. Become a Just for Seniors member today! Call **909-558-6618**.



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## Sunscreen 101: How to Choose the Best Sunscreen

**IF YOU'VE SHOPPED** for sunscreen lately, you've seen firsthand the dizzying array of products. The burning question is: Which product is right for you?

Check the sun protection factor (SPF) number displayed on the front label. The American Cancer Society and American Academy of Dermatology (AAD) both recommend using sunscreen with a minimum SPF of 15. The SPF indicates the product's capacity to deflect sun rays that cause skin to burn—known as ultraviolet B (UVB) rays. Scientists believe that UVB rays are responsible for causing most skin cancers because they can damage the DNA of skin cells. The higher the SPF, the greater the sunburn protection, when correctly used.

With the SPF accounted for, take a closer look at the label. Always select a

sunscreen labeled as having “broad-spectrum protection,” which means it shields skin from both UVB and ultraviolet A (UVA) rays. UVA rays are implicated in prematurely aging the skin—causing wrinkling, loss of skin elasticity, and freckled age spots—and are also linked to skin cancer. It is wise to choose a product labeled “water-resistant,” which means it has extra staying power against water and perspiration. Thanks to recent efforts by the AAD, consumers can now look for sunscreens bearing the AAD Seal of Recognition. This designation ensures that a sunscreen product provides broad-spectrum protection.

► **Call 1-877-LLUMC-4U and receive a free Loma Linda University Cancer Center sunscreen.**

## Get Moving

Regular exercise can help prevent back pain. Walking, riding an exercise bike, or swimming will tone stomach and back muscles. Specific stretching and strengthening exercises may be good, too. Check with your doctor about when to begin intensive physical activity following a back injury. Starting exercise too soon can make pain worse.



# Don't Back Down to Back Pain

**MOST OF US** will contend with back pain at some point. Whether a dull ache or a sudden sharp stab, back pain has lots of causes and is one of the most common medical problems.

Back pain usually heals on its own—it's likely you'll feel better within a week. After another four to six weeks, back pain will probably be gone.

### Self-Care

Here are tips to help manage back pain:

- Stop excess physical activity for a day or two. Total bed rest is not advised—you need to keep moving to stay flexible.
- Apply ice for 48 to 72 hours, then heat.
- Take over-the-counter pain relievers or nonsteroidal anti-inflammatory drugs such as ibuprofen or naproxen sodium.
- Sleep on your side with a pillow between your knees or on your back with a pillow beneath your knees.

### When to Get Help

Call your doctor if back pain is severe, follows an injury or a fall, or doesn't improve after three days.



Also get medical help for back pain with:

- Unexplained fever or weight loss
  - Redness or swelling on back or spine
  - Pain that travels down your legs below the knee
  - Trouble urinating
- Seek emergency care for back pain accompanied by loss of bowel or bladder control, progressive weakness, or lower-body numbness.

➤ **To make an appointment to see a specialist at the Loma Linda University Health Care Spine Center, please call 909-558-6720.**

## Did You Know

When back pain lasts longer than three months, it's considered chronic. Doctors usually prescribe exercise and medication, but may advise surgery or other interventions, too.



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Just for Seniors 55+ Club  
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Ruthita J. Fike  
CEO/Administrator  
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Development and Public  
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Tammy Veach  
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Marketing

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Editor  
Jemellee Ambrose  
Assistant Editor

# Playing Once Again

**AT AN AGE** when most people want to slow down, Dr. Virginia-Gene Rittenhouse will hear nothing of it. At 87, the world-renown founder and artistic director of the New England Youth Ensemble keeps a full schedule, including recent engagements at the famed Carnegie Hall in New York.

But just two years ago Rittenhouse, an award winning conductor, pianist, and violinist, almost saw curtains for her illustrious music career.

“I thought this was going to be the end,” says Rittenhouse, about a fall that occurred four years ago that found her flying off to Southern California from her Boston-area home to seek treatment. “I realized I couldn’t play the instruments because the pain was severe ... I couldn’t play the piano, I could only play three notes ... and then the violin, oh my word, that hurt intensely.”

She went to her local doctor, and then to a physical therapist who, after several sessions with her, told her that there probably were not a lot of options left.



Dr. Rittenhouse credits the grace and mercy of God and the treatment she received at Loma Linda University Medical Center for allowing her to be restored physically.

Dr. Wesley Phipatanakul, an orthopedic surgeon at Loma Linda University Medical Center, performed a reverse shoulder replacement on Rittenhouse two years ago.

He said shoulder replacement surgery is not as well known as hip and knee replacement surgeries, as the number of orthopedic surgeons specializing in shoulder replacements are much less compared to lower joint extremity replacement. While current conventional shoulder replacement was pioneered in the 1960s, the reverse shoulder procedure has only been performed in the United States since 2004, he says.

“Her clinical outcome has been wonderful,” Dr. Phipatanakul says. “Now, she’s traveling all over the world performing music. We continue to be amazed at how successful this operation has been for our patients. The Lord has blessed us at Loma Linda University Medical Center as we are approaching our 200th reverse shoulder replacement.”

► For more information on shoulder and reverse-shoulder replacement, please call the Loma Linda University Health Care Department of Orthopaedic Surgery at **909-558-2808**.

## You Don’t Have to Have Shoulder Rotator Cuff Pain

A common cause of shoulder pain is an injured or inflamed rotator cuff tendon. These tendons can get hurt from lifting or playing sports.

Building stronger shoulder muscles can help protect your rotator cuff tendons from injury. Below are some exercises to try, but talk with your doctor first about your shoulder pain.

- **Without weights:** Stand an arm’s length from a wall. Raise your arms to shoulder height and lean your body forward toward the wall, placing your palms flat against it. Bend your elbows as you lower your body toward the wall to the count of four, as if you’re doing a standing push-up. Pause, then slowly push yourself back up to a count of two. Repeat 10 times.
- **With weights:** Sit in an armless chair, holding a 1- to 2-pound weight in each hand. With your arms hanging down at your sides and your palms facing inward, raise both arms up and out from the body to shoulder height. Hold them for one second and then slowly lower. Pause, then repeat up to 15 times.



# Exercise for a Longer, Better Life

Trouble sleeping often plagues heart disease patients—and can worsen their condition. The latest research uncovers a simple solution for some insomnia cases. Those with heart failure or chest pain who regularly did moderate or vigorous exercise slept better than those with low activity levels.

This adds to exercise's previously recognized benefits for everyone, including:

- Lower risk for depression, stroke, diabetes, and some cancers
  - Increased strength in muscles and bones
  - Weight and blood pressure control
  - Improved mobility
  - Longer life
- Spring is the perfect time to reap the benefits of exercise.



## Is Gardening Your Workout?

Gardening counts as daily exercise. But it can lead to heat-related illness and injuries if you don't take precautions.



## Need Encouragement to Work Out?

Experts say less than two-thirds of American adults meet government exercise recommendations. Don't be a statistic! Call the Drayson Center for an orientation.



## Get Fit at the Drayson Center!

Loma Linda University Drayson Center offers:

- Fully wheelchair-accessible leisure pool, lap pool, and Jacuzzi
- Senior aerobics classes (regular, wheelchair, and water)
- Indoor and outdoor running tracks
- And much more

Call 909-558-8220 to learn more about member benefits and to attend an orientation.

# well-being calendar of events

All classes are held at the Loma Linda Senior Center unless otherwise noted. Loma Linda Senior Center is located at 25571 Barton Road, off Loma Linda Drive, behind the Loma Linda Fire Station and City Hall. Hours open: Tuesday, Wednesday, and Thursday from 9 a.m. to 3 p.m. Call 909-799-2820 to register.

## AARP Driver Safety Program

Join a refresher course for drivers ages 50 and older. Auto insurance companies in most states provide a discount to AARP Certificate holders. Check with your auto insurance agent. Course taught in two four-hour sessions. Participants must attend both days to receive a certificate. Fee is \$12 for AARP members and \$14 for nonmembers. No cash accepted. Make check payable to AARP and bring your driver's license.

**Dates: First Monday and Tuesday of each month**

**Time: 1 to 5 p.m.**

## HICAP (Health Insurance Counseling Advisory Program)

Get a free personalized review and assistance with your Medicare insurance coverage with a nonaffiliated counselor. Make an appointment at 1-800-434-0222.

## Medicare Made Simple

Are you new to Medicare or thinking about some changes? Should you supplement your Medicare with an HMO or non-HMO plan? How about Rx plans? The next sessions will be held on May 12, August 11, and November 17. Call Mary Fogleman at 909-379-6755 for more information or to RSVP.

## Senior Blood Pressure Clinic

Get a free blood pressure check by a retired registered nurse at the Loma Linda Senior Center.

**Dates: Wednesdays**

**Time: 11:15 a.m. to noon**

## Hawaiian Senior Luncheon

Entertainment starts at 11 a.m. Lunch is served from 11:30 a.m. to 12:30 p.m. Meals for people 60 and older are \$3; for those 59 and younger, the cost is \$5.

**Date: TBD**

**Time: 11 a.m. to 12:30 p.m.**

## Reverse Mortgages

Are you a homeowner age 62 or older who would like cash? Stay in your home and retain the title. Call Mary Fogleman at 909-793-8658 for more information.

## Memory Loss Screening

Free 15-minute screening for seniors suspecting memory loss, as part of a long-term Alzheimer's study. Study enrollment is not guaranteed. Held at the Neurosurgery Center for Research, Training, and Education.

**Location: Coleman Pavilion,  
Suite 11113**

Call 909-558-7072 for more information.

## Medicare Options with Humana

Life is good. Let's keep it that way. Humana can help. Humana offers a

variety of Medicare health plans and the experience to help find the right plan to meet your needs. For more information, please call Linda Quarry at 909-854-2358.

## Senior Lunches at the Loma Linda Senior Center

Hot, nutritious, and delicious meals are now being served. Senior lunches are available as vegetarian (without meat) and nonvegetarian (with meat). Meals for people 60 and older are \$3; for those 59 or younger, the cost is \$5. A 48-hour advance registration is required; call the Senior Office at 909-799-2820.

Please specify the type of meal you are reserving. Please call Natalie at 909-799-2820 for more information.

**Dates: Tuesdays, Wednesdays, and Thursdays**

**Time: 11:30 a.m. to 12:30 p.m.**



# well-being calendar of events

Free LLUMC  
Community Seminars!  
Please RSVP with the Senior  
Center in which the seminar  
is being hosted in.



## **DR. SWOPE ON MOVEMENT DISORDERS**

Date: Thursday, April 1  
Time: 10:30 to 11:30 a.m.  
Location: City of Chino Hills  
**909-364-2704**

## **DR. HENRY ON SPINE DISORDERS**

Date: Wednesday, April 7  
Time: 10:30 to 11:30 a.m.  
Location: Rancho Cucamonga Senior  
Center  
**909-477-2782 ext. 8004**  
and  
Date: Wednesday, May 12  
Time: 12:15 to 1:15 p.m.  
Location: Lake Elsinore Senior Center  
**951-674-2526**

## **KEITH ANDERSON, N.P., ON ARTHRITIS AND JOINT REPLACEMENT**

Date: Thursday, April 8  
Time: 11 a.m. to noon  
Location: Redlands Jocelyn Senior  
Center  
**909-798-7550**

## **DR. SHERZAI ON MEMORY DISORDERS**

Date: Wednesday, April 14  
Time: 10:30 to 11:30 a.m.  
Location: Yucaipa Senior Center  
**909-477-2782 ext. 8004**  
and  
Date: Friday, May 14  
Time: 10:30 to 11:30 a.m.  
Location: Rancho Cucamonga Senior  
Center  
**909-477-2782 ext. 8004**

## **DR. BRANDSTATER ON STROKE REHABILITATION**

Date: Thursday, April 22  
Time: 10:30 to 11:30 a.m.  
Location: Mary Phillips Senior Center,  
Temecula  
**951-694-6464**

## **OPHTHALMOLOGY: OPTIONS FOR CATARACTS**

Date: Thursday, May 6  
Time: 11 a.m. to noon  
Location: Redlands Jocelyn Senior  
Center  
**909-798-7550**

## **DR. RUCKLE ON PROSTATE HEALTH AND AGING**

Date: Friday, May 7  
Time: 10:30 to 11:30 a.m.  
Location: City of Chino Hills  
**909-364-2704**

## **ANDREW WOODWARD, R.D., ON FOODS TO LOWER CANCER RISK**

Date: Tuesday, May 11  
Time: 10 to 11 a.m.  
Location: Chino Senior Center  
**909-591-9836**

## **DR. ASGARZADIE ON SPINE DISORDERS**

Date: Wednesday, May 26  
Time: 10:30 to 11:30 a.m.  
Location: Mary Phillips Senior Center,  
Temecula  
**951-694-6464**

## **Upcoming Activities at Loma Linda Senior Center**

**25571 Barton Road  
(Behind the Fire Station)**

Call the Loma Linda Senior  
Center for more information  
at **909-799-2820**. Hours open:  
Tuesday, Wednesday, and  
Thursday from 9 a.m. to 3 p.m.

- AARP Driver Safety Program
- Community Band
- Computer Classes (beginner and intermediate levels)
- Crafts
- Drawing & Painting Class
- Focus on Healing
- Holiday lunches
- Ice Cream Social
- Patio Gardening
- Scrabble and board games
- Senior Painting (oil)
- Sit and Fit Exercises (video)
- Tai Chi
- Ukulele Class (beginners)
- Ukulele Club (beginners)
- Walking in Place (video)
- Lunch for seniors 60+ years



# resource guide

This guide provides quick and easy access to resources for you and your family. Call Just for Seniors today: **909-558-6618**.



## Prescriptions

**Catalyst PreScrip Member Assistance Line**

➤ **1-866-565-0100**

PreScrip card offers discounts of 10 to 50 percent off medications.

## Fun and Fitness

**Drayson Center**

➤ **909-558-8220**

[www.llu.edu/llu/drayson](http://www.llu.edu/llu/drayson)

**Loma Linda Senior Center**

➤ **909-799-2820**

25571 Barton Road

**Ticket to Travel—**

**Great Western Tours**

➤ **1-800-344-7090**

## Health and Home Care

**Sensible Senior Homecare Agency**

➤ **1-800-288-5720**

In-home nonmedical services

[www.sensibleseiorhomecare.com](http://www.sensibleseiorhomecare.com)

**Physician Referral Line, LLUMC**

➤ **1-800-872-1212**

## Financial Planning

**Dennis M. Sandoval**

**A Professional Law Corporation**

➤ **951-787-7711**

[www.protect-your-wealth.com](http://www.protect-your-wealth.com)

**Law Office of Scott Grossman**

➤ **1-866-540-0000**

Scott Grossman, APC

**Retirement Planning & Management Group**

➤ **909-920-3138** or **1-800-728-5536**

Robert J. Cullen, CFP

## Health Insurance

**Medicare Health Insurance Counseling—HICAP**

➤ **951-697-6560** or **1-800-434-0222**

(HICAP info) or **1-800-633-4227**

(for all areas)

Compare private Medicare supplemental plans, review HMOs or managed care options, explore long-term care options, clarify your health care consumer rights, get help with insurance claims and appeals, and receive information about government assistance programs.

## Resource Planning and Management

**William A. McCalmon, CLU, CRFC**

➤ **909-792-6765** or **1-800-350-6765**

Counseling on how to select an HMO or Medigap supplemental insurance policy.

**Sawyer Cook Insurance (owned by Arrowhead Credit Union)**

**Mary Fogleman, Life/Health Agent**

➤ **909-379-6755**

Help with Medicare HMOs or non-HMOs and long-term care insurance.

**Esther C. Wang, Attorney at Law  
The Elder & Disability Law Firm**

➤ **909-888-7170**

[www.san-bernardino-elder-law.com](http://www.san-bernardino-elder-law.com)

## Notaries Public

**Gery P. Friesen**

**Mobile notary service**

➤ **909-645-4141**

Certified notary signing agent helps with power of attorney (general POA and POA for health care), wills, and other documents.

**Zucker's Mobile Notary**

**David Hurt and Chana Zucker**

➤ **909-831-4873** or **909-262-7237**

## Placement Referrals

**Accent on Seniors**

➤ **1-888-954-6637**

17915 Ventura Blvd., #200

Encino, CA 91316

[www.accentonseniors.com](http://www.accentonseniors.com)

**AAHRS for Seniors and Adults**

➤ **1-877-867-4437**

Adventist Assistance Housing Information and Referral Services  
1814 Kingsbury Drive  
Redlands, CA 92374

[www.AAHRS4seniors.com](http://www.AAHRS4seniors.com)

## Dental Care

**Hospitality Dental Associates**

➤ **909-888-7817**

Offers a 20 percent discount to Just for Seniors.

**LLU School of Dentistry**

➤ **909-558-4675**

Offers discounted dental services through its teaching clinics.



## Gardening Is Good Exercise

Do you prefer digging in the dirt to sweating on a treadmill? Well, here's some good news. These gardening tasks use the same amount of energy as walking at a moderate pace:

- Raking and bagging leaves
- Digging or hoeing
- Weeding while standing and bending
- Trimming and hauling branches from shrubs or trees
- Mowing the lawn with a power mower

So, why not consider getting out your gardening tools and getting a workout?

Experts recommend exercising moderately for 30 minutes on most days of the week. If you prefer more vigorous exercise, you can meet your exercise quota by performing heavy-duty gardening tasks for 20 minutes or more at least three times a week.

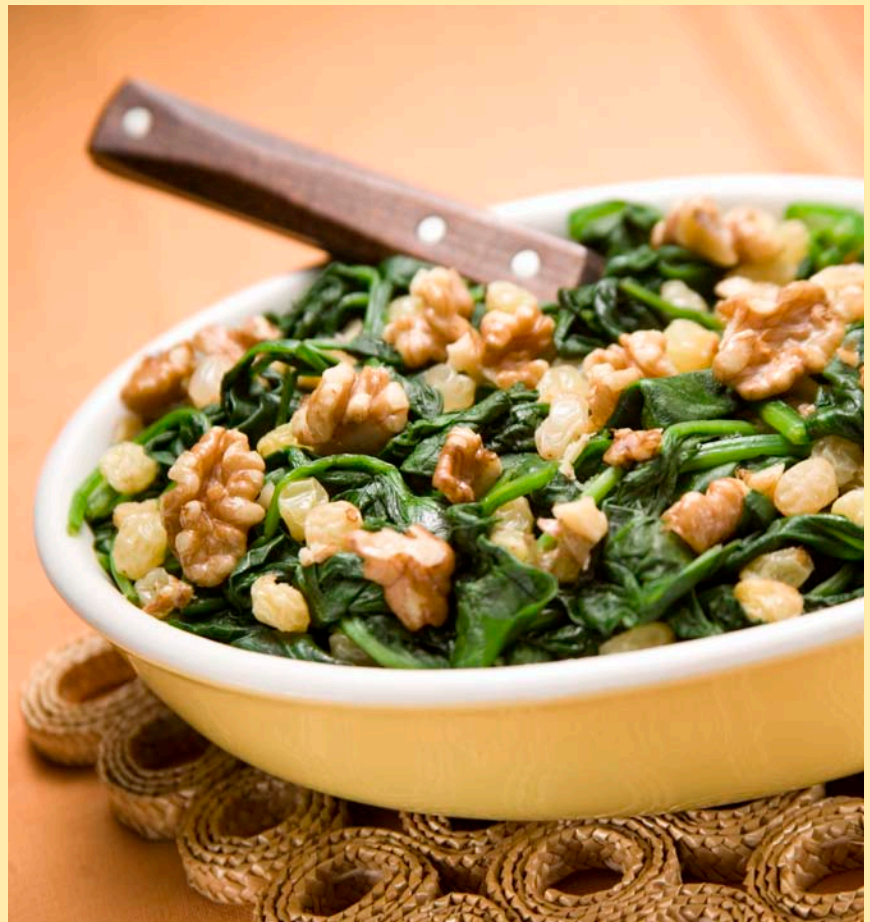
Gardening activities that count as vigorous activities include the following:

- Carrying heavy loads, such as sacks of compost
- Climbing and trimming trees
- Mowing the lawn with a push mower

To avoid aches and pains from gardening, warm up by walking for a few minutes. Then, after gardening, take another short walk to cool down. Finish by stretching the muscles you used.

## recipe

### Fruity, Nutty Spinach



- 2 tbsp. chopped walnuts**
- 1 tsp. olive oil**
- 1 9-oz. bag of fresh spinach (about 4 cups raw)**
- 2 tbsp. golden raisins**

#### Directions

Heat a frying pan and add chopped walnuts. Shake the pan to turn the nuts. When you begin to smell them toasting, turn off the heat. Transfer toasted nuts to a bowl.

Remove stems from spinach. Rinse and drain in a colander and pat with a paper towel. Heat oil in the frying pan and sauté spinach until soft and bright green. Add raisins and nuts, and stir just to heat. Serve immediately as a side dish.

Serves two. Each serving contains about 110 calories, 7 g fat (0 g saturated fat, trans fat, and cholesterol), 49 mg sodium, 10 g carbohydrate, 2 g dietary fiber, 8 g sugars, and 3 g protein.



## Closer Look: Losing Sight of Your Eye Health?

**A RECENT SURVEY** suggests that many Americans may turn a blind eye to the dangers of poor vision care. Commissioned by the American Optometric Association (AOA), the survey shows that 81 percent of Americans use glasses, contact lenses, or both, but more than a quarter have not visited an eye doctor or eye care specialist within the past two years. The survey indicates that many Americans may not be paying enough attention to their eyesight and overall eye health.

Vision problems such as age-related macular degeneration (AMD) can develop with no obvious pain or symptoms, so people are often unaware that a problem exists. In fact, AMD can advance so slowly that people notice little change in their vision. Early diagnosis of such problems is important to maintain good vision.

The AOA recommends that every

adult should have a comprehensive eye exam at least every two years. People older than age 60 should see their eye doctor every year, according to the AOA. Regular visits are particularly important for people who need corrective lenses, because these individuals may put off eye exams thinking that their vision problem is simply an indication that they need a new lens prescription. While a vision problem may in fact indicate the need for a new lens prescription, it can also be a warning sign of more serious issues.

Regular visits to an eye doctor can help detect the signs of diabetes and hypertension, which can affect the eyes. An eye exam will also help detect serious vision conditions such as glaucoma, cataracts, diabetic retinopathy, and AMD. Detecting problems early—and treating them promptly—may help avoid long-term complications and vision loss.

Eating a healthy diet may help protect aging eyes, but many Americans don't know which types of foods may be beneficial. In the AOA survey, 48 percent of respondents incorrectly believed that carrots are best for eye health. In reality, some studies show that dark green leafy vegetables such as spinach, broccoli, and kale—which provide the compounds lutein and zeaxanthin—may help protect the eyes against cataracts and AMD. Lutein and zeaxanthin are also available as nutritional supplements.

Other research suggests that omega-3 fatty acids might help prevent AMD. Nutrition shows promise as a means of protecting the eyes from conditions such as cataracts and AMD.

➤ **To see a specialist at Loma Linda University Health Care Department of Ophthalmology, please call 909-558-2154.**

Be yourself.  
Everyone  
else is taken.  
—Oscar Wilde

## Joint Pain: What Could Be Wrong?

Maybe you notice a sharp pain in your left knee when you walk down the stairs. Or maybe it's your shoulder or elbow that aches after carrying the groceries home. While the occasional twinge is probably not a worry, joint pain that lingers or is severe could be a sign of a serious problem.

### Determining the Cause

Pain is the body's alarm system. It is a signal that something is wrong. But with joint pain, it is often difficult to determine the cause. Sometimes it's obvious—like when you strain your ankle playing basketball. Other times, joint pain develops for no obvious reason.

Common causes include the following:

- Sprains or tears to surrounding ligaments, dislocated joints, and other injuries
- Fluid that accumulates around the joint
- Bursitis, an inflammation of the fluid-filled sacs that ease friction between tendons and bones. Often caused by overuse or injury, bursitis typically affects the shoulders, elbows, or knees.

- Arthritis, a group of more than 100 different diseases. Osteoarthritis and rheumatoid arthritis are two of the most common forms. Rheumatoid arthritis is more common in women, and osteoarthritis is more likely to strike women than men after age 55.
- Osteoarthritis typically occurs in middle age, when the cartilage that protects joints becomes worn or deteriorates because of injury, overuse, or disease. The spine, knees, hips, thumbs, and big toes are commonly affected. Pain usually worsens when sufferers use the affected joint.
- Rheumatoid arthritis usually strikes between ages 30 and 60. It may be caused by a viral infection or an overactive immune system. The wrists and knuckles are most commonly affected. But other joints may also hurt. Sufferers usually feel stiff and achy when they get up in the morning. Joints are inflamed and warm to the touch.

- A variety of other illnesses, including fibromyalgia, lupus, congenital bone disease, hepatitis, Lyme disease, thyroid disorders, and diabetes
- Certain medications, such as steroids

### When to Seek Help

Pain from minor injuries and bursitis may be relieved with the following steps—often referred to by the acronym **RICE**:

- Rest.
- Ice the affected joint.
- Compress the area with elastic dressings.
- Elevate the affected limb above the heart.

If these self-care strategies don't help, call your doctor. Also, always seek medical attention for joint pain that is severe, persistent, or accompanied by swelling, fever, or other serious symptoms.

► If you would like to see a specialist in the Loma Linda University Health Care Department of Orthopaedic Surgery, please call **909-558-2808**.

