



LOMA LINDA  
UNIVERSITY  
MEDICAL CENTER

# well-being

AUGUST-SEPTEMBER 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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## Mind Your Meds



**IF YOU TAKE** more than one type of medication—whether it's a prescription drug, an over-the-counter (OTC) medicine, or a dietary supplement—you may be at risk for a drug interaction. According to a recent study published in the *Journal of the American Medical Association*, about one in 25 older adults is at risk for a major medication interaction.

Overall, the risk for an interaction increased with age, but men of all age groups were at higher risk for drug interactions than women.

Among the most common medications, researchers found 11 potential major drug interactions, meaning the interaction could be life-threatening or require medical intervention. More than half of these interactions involved OTC drugs or dietary supplements, and almost half of

the interactions involved anticoagulant and antiplatelet medications used to prevent blood clots, such as warfarin and aspirin. The researchers found no cases of medications that were absolutely contraindicated for use at the same time.

Here are some tips to help minimize your risk:

- Keep a list of all the medications you take, both prescription and nonprescription. Bring this list with you every time you visit a health care provider.
- If you take prescription drugs, ask your doctor or pharmacist about interactions before you take OTC medications or supplements.
- Have all your prescription medications filled at one pharmacy.
- Store all your medications in their original containers so that you can identify them.

# The Diabetes-Lung Connection

**COULD LUNG PROBLEMS** be linked to diabetes? It's known that having diabetes raises risk for heart disease, stroke, kidney failure, and other health problems. According to research in the journal *Diabetes Care*, diabetes might be linked with lung problems, too. One study found that people with diabetes had worse lung function than those without the disease. Their lung health also deteriorated more quickly than normal over time.

## Who Should Get Tested for Diabetes?

Many people with diabetes don't know they have the disease. That's why the American Diabetes Association recommends diabetes or pre-diabetes testing every three years for people ages 45 or older who are overweight. Others should talk with their doctors about the need for testing. Warning signs of diabetes include urinating a lot, unusual thirst, blurry vision, and frequently feeling tired. If you experience these, be sure to see your doctor.

## How to Prevent Diabetes and Keep Lungs Healthy

Three lifestyle habits help keep blood glucose (sugar) levels and lungs healthy:

- **Eat healthy.** Vegetables, fruits, and whole grains contain antioxidants and fiber. They boost lung function, curb phlegm, and help keep blood glucose on an even keel.
- **Be active.** Engage in regular moderate exercise, such as



walking or riding a bike. Exercise promotes normal blood glucose and can improve COPD symptoms. If you have significant breathlessness with exercise, tell your doctor and ask if pulmonary rehabilitation would help you.

- **Lose weight if you're overweight.** Losing just 10 to 15 pounds lowers diabetes risk. And your

lungs won't have to work as hard.

If you already have diabetes, it's especially important to embrace these lifestyle habits. For people with COPD, taking these same steps will help your lungs be healthier, too.

► **To schedule an appointment with our Diabetes Treatment Center, please call 909-558-3022.**



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# Don't Get Burned by Warm Weather Complications



**SUMMER IS FULL** of warm weather fun—relaxing by the swimming pool, playing golf, or running around with the grandkids. But it also can pose a number of challenges to manage diabetes. To help avoid complications and make the most of the season, follow these tips.

**Drink more water.** It's important to stay hydrated as temperatures rise. Warm weather can lead to dehydration, which affects blood glucose levels. It also can lead to heat illness in people with diabetes, a condition in which the body's cooling system shuts down.

Don't wait until you're thirsty to take a sip—by then you may already be dehydrated. Instead, carry a

water bottle with you and drink often. Also remember to up your intake before, during, and after physical activity.

**Exercise, but with care.** Exercise is a critical part of managing diabetes. But physical activity, especially in the hot summer sun, can lower your blood sugar too much, causing hypoglycemia. To prevent this:

- Check your blood glucose before exercising. If it's below 100, have a small snack first.
- Take a short break and eat a snack if you've been exercising for longer than an hour.
- Continue checking your blood sugar levels following exercise. They could drop for up to 24 hours after working out.

- Be prepared to act. Ask your doctor how you should treat hypoglycemia. Then watch for symptoms such as shakiness, dizziness, weakness, headache, hunger, irritability, or confusion.

**Ban going barefoot.** Hanging out by the pool may be a staple of summer. But remember to keep your feet covered. Whenever possible, wear closed toe shoes to reduce the risk for cuts or scratches. Also, be sure to check your feet carefully each day. Call your doctor at the first sign of redness, swelling, or pain that doesn't go away.

# Aquatic Therapy:

## What Is It and Who Needs It?

**LOOKING FOR A** gentle, but effective, way to improve strength, endurance, heart health, and more? Consider aquatic therapy.

### What Is Aquatic Therapy?

Aquatic therapy is a low-impact form of exercise for indoor or outdoor swimming pools. Activities such as walking, jogging, jumping, swimming, and kicking are done in water at about the waist to shoulder level.

Exercises are usually done while upright and participants don't need to know how to swim. The buoyancy of water supports the joints, but it also provides resistance for building muscle. Exercise intensity can be boosted by moving faster in the water. Water turbulence also can be used to raise the level of difficulty.

The benefits of aquatic therapy are many. It may improve muscle tone and strength, endurance, circulation, flexibility, range of motion, balance, and quality of life.

### Who Should Do It?

People of all ages and abilities can benefit from aquatic therapy. It is considered a good exercise option for improving overall activity, especially in people with low levels of fitness.

Aquatic therapy is ideal for older people and others who may have joint or bone problems and problems with balance, which can make working out on land hard to do. Also, many studies have found water to be an ideal exercise for people with arthritis. When immersed in water, those with arthritis



are able to exercise with less effort, greater range of movement, and less pain than when on land.

Water pressure and temperature also may decrease swelling and aid relaxation, which decreases muscle spasms and tightness. For example, a recent study looked at older adults with knee or hip arthritis who went to twice-weekly aquatic therapy classes for six weeks. It found they had less pain and joint stiffness and better physical function, hip-muscle strength, and quality of life than did their peers who did not attend the classes.

Check with your doctor if you have questions about the benefits of aquatic therapy for you.

► For more information on our water aerobics classes, please call **909-558-4975**.



## 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
- 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 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.

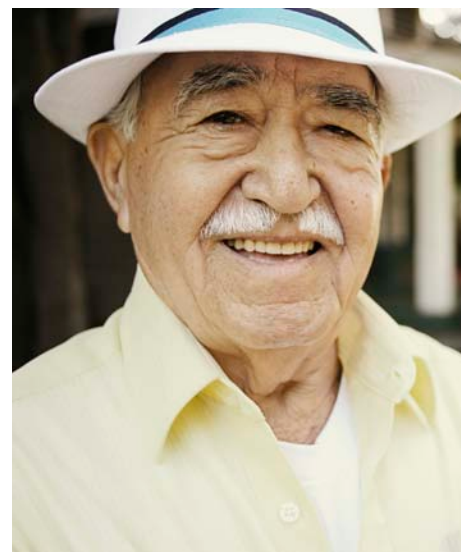
## Senior Lunches at the Loma Linda Senior Center

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. ASGARZADIE ON SPINE DISORDERS**

Date: Wednesday, August 4  
Time: 12:30 to 1:30 p.m.  
Location: Redlands Jocelyn Senior  
Center  
**909-798-7550**

## **DR. SIDDIGHI ON WOMEN AND AGING**

Date: Friday, August 6  
Time: 10:30 to 11:30 a.m.  
Location: City of Chino Hills  
**909-364-2704**  
and  
Date: Wednesday, September 1  
Time: 12:30 to 1:30 p.m.  
Location: Redlands Jocelyn Senior  
Center  
**909-798-7550**

## **PHYSICAL THERAPY VESTIBULAR REHABILITATION**

Date: Tuesday, August 10  
Time: 10:30 to 11:30 a.m.  
Location: Rancho Cucamonga Senior  
Center  
**909-477-2782 ext. 8004**  
and  
Date: Tuesday, August 24  
Time: 1 to 2 p.m.  
Location: Loma Linda Senior Center  
**909-799-2820**  
and  
Date: Thursday, September 23  
Time: 10:30 to 11:30 a.m.  
Location: Mary Phillips Senior Center  
**951-694-6464**

## **OPTIONS OF CATARACT SURGERY OPHTHALMOLOGY**

Date: Thursday, August 19  
Time: 10:30 to 11:30 a.m.  
Location: Yucaipa Senior Center  
**909-797-1177**  
and  
Date: Tuesday, September 28  
Time: 1 to 2 p.m.  
Location: Loma Linda Senior Center  
**909-799-2820**

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

Date: Friday, August 27  
Time: 10:30 to 11:30 a.m.  
Location: Mary Phillips Senior Center  
**951-694-6464**  
and  
Date: Friday, September 10  
Time: 11 a.m. to noon  
Location: Redlands Jocelyn Senior  
Center  
**909-798-7550**

## **LEIGH ANN BALLOU, P.A., ON SPINE DISORDERS**

Date: Friday, September 3  
Time: 10:30 to 11:30 a.m.  
Location: City of Chino Hills  
**909-364-2704**

## **DR. HSU ON MOVEMENT DISORDERS**

Date: Wednesday, September 8  
Time: 10:30 to 11:30 a.m.  
Location: Yucaipa Senior Center  
**909-797-1177**

## **DR. BOTIMER ON ARTHRITIS AND JOINT REPLACEMENT**

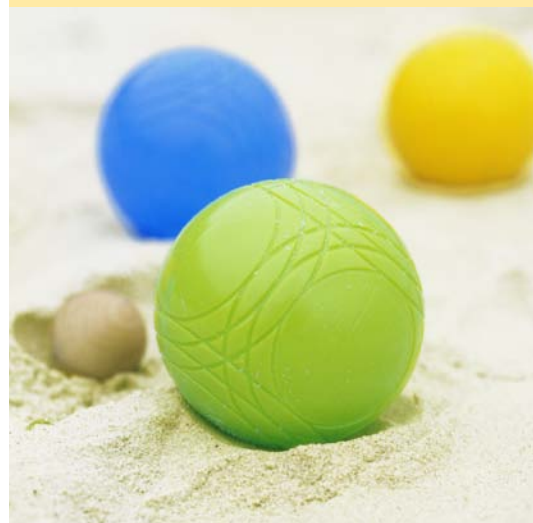
Date: Tuesday, September 14  
Time: 10:30 to 11:30 a.m.  
Location: Rancho Cucamonga Senior  
Center  
**909-477-2782 ext. 8004**

## **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

➤ **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

➤ **909-888-7100**

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

## Notaries Public

### Gery P. Friesen

#### Mobile notary service

➤ **909-264-5900**

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

➤ **909-262-7237**

## 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

## 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.

## Awash in Squash

**Buy it.** It may be called summer squash, but it's available year-round. Three 6- to 7-inch zucchini weigh about a pound total. Early fall is when you'll see lots of fresh winter squash, including pumpkins. Use the big pumpkins for jack-o'-lanterns and the little "pie" pumpkins for cooking.

**Grow it.** Zucchini can grow from tiny to huge seemingly overnight. Edible squash blossoms are a bonus of gardening. They look pretty on a plate. Italian cooks stuff them with cheese and sauté them.

**Season it.** The taste of squash can vary with your own palate and can be sweet or savory. Basil, tarragon, and mint work nicely in summer.

**Hide it.** Shredded zucchini adds nutritional value and moisture to casseroles, pasta sauces, and breakfast breads. Purées of winter squash can add color and texture to soups and stews as well as pies and custards.

**Stuff it.** Summer and winter squash can be filled with other good things. Layer root vegetables in a small pumpkin and bake until tender for a pretty side dish in its own serving "bowl."

**Benefit from it.** Green and yellow summer squash are rich in vitamin C, manganese, and potassium. The orange color in winter squash signals beta-carotene, a key antioxidant. The same weight of winter squash has about twice as many carbohydrates and calories as summer squash, but also seven times as much vitamin A.

## recipe

# Ginger Zucchini Muffins



**These muffins are easy to make and child-friendly in the kitchen, once an adult has chopped the ginger and nuts and grated the zucchini. For an easy measure on the applesauce, use a snack-sized (3.9-ounce) container.**

**1 cup grated zucchini (about one 6- to 7-inch squash)**  
**½ cup unsweetened applesauce**  
**½ cup sugar**  
**1 large egg**  
**½ cup flour**  
**½ cup oatmeal**  
**½ tsp. baking powder**  
**½ tsp. ground ginger**  
**2 tbsp. chopped crystallized ginger**  
**¼ cup chopped walnuts**  
**Cooking spray for muffin pan**

### Directions

Preheat oven to 375 degrees. Put grated zucchini into a medium-size mixing bowl. Use a whisk to stir in applesauce and sugar. Add egg and mix. Add flour, oatmeal, baking powder, and ground ginger. Stir in crystallized ginger and chopped walnuts. Lightly coat the muffin pan with the cooking spray. Divide muffin batter among muffin cups. Bake muffins for 35 minutes at 375 degrees. Edges will be brown. Let cool in pan for 10 minutes and then lift out gently to cool on wire rack.

Makes 12 muffins. Each contains about 100 calories, 2.5 g fat (no saturated fat, no trans fat, 18 mg cholesterol), 22 mg sodium, 18 g carbohydrate, 1 g dietary fiber, 11 g sugars, and 2 g protein.

# Avoid Injury When You Exercise

**WHETHER YOU ARE** ready to launch your new exercise plan or are already under way, keep your routine sailing by avoiding injury.

Two common exercise injuries are sprains and strains. Sprains are stretched or torn ligaments, bands that connect bone to bone. Strains are pulled or torn muscles or tendons, bands that connect muscle to bone.

## What You Can Do

Simple precautions can help prevent many sprains, strains, and other injuries. These include:

- **Warming up and cooling down.** Before exercise, move gently for three to five minutes to warm muscles so that they can lengthen further without tearing. Use motions that you would use during exercise. Then stretch. Hold each stretch for 30 seconds without bouncing. After exercise, walk or jog lightly for five minutes to loosen and cool muscles.
- **Wearing proper equipment.** Get shoes that fit well, absorb shock, and make you stable to prevent falls and sprained ankles and reduce joint impact. When the heel, sole, or support wears out, replace them. Use safety devices made for your sport, like a helmet for cycling.
- **Getting in condition.** Increase your workout intensity, duration, and frequency gradually—no more than 10 percent each week, says the American Academy of Orthopaedic Surgeons. Aim for at least 30 minutes every day.



Don't overexert yourself by packing a week's worth of exercise into one day. Do a mix of activities to make your whole body strong and flexible.

- **Taking lessons.** Using proper technique helps prevent excess strain that can cause problems like tendinitis or stress fractures.
- **Being cautious in hot weather.** Exercising when it's hot can lead to cramps, fainting, heat exhaustion, and heatstroke. Exercise during cooler times of

the day. Drink 24 ounces of water two hours before exercising, 8 ounces right before, and 8 ounces every 20 minutes during exercise.

## Caring for Injuries

If you get injured, stop and take care of yourself. Proper care helps prevent you from getting reinjured. Call your doctor if you're unsure what to do for an injury; you have severe pain, swelling, or numbness; or you can't put weight on the injured area.

Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you.

—Nathaniel Hawthorne

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## Alzheimer's Update: New Research Offers Hope

**THE OUTLOOK FOR** Alzheimer's disease is becoming brighter. Experts are uncovering strategies that can help slow or delay the progression of the disease.

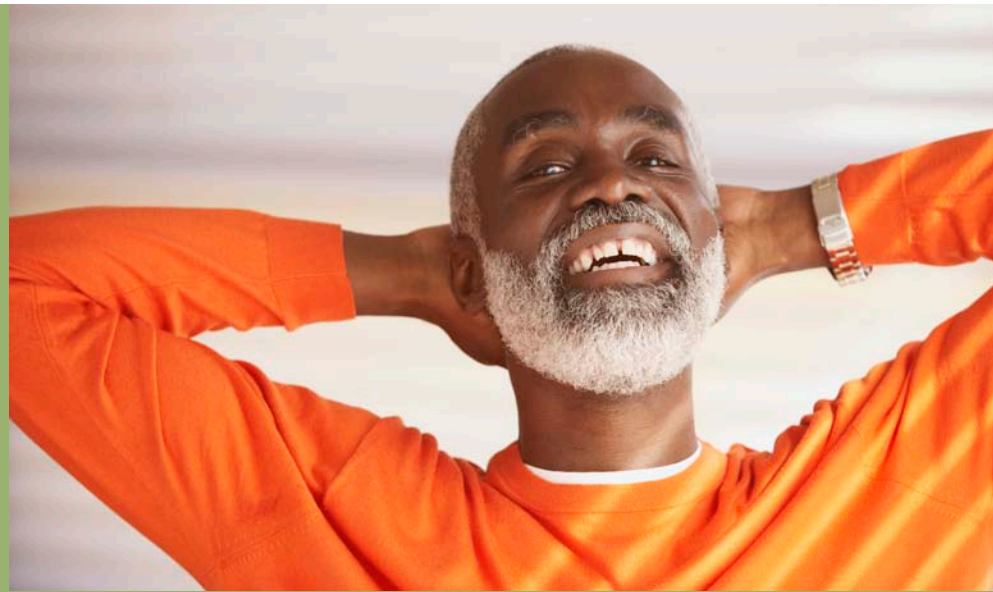
### Exciting Discoveries

Experts are still trying to understand what causes Alzheimer's. Two proven risk factors are genetics and age.

The risk of getting Alzheimer's increases from about 2 percent at age 65 to 30 percent after age 85. A person's risk is greater if she or he has a family history of dementia.

Several drugs have proven effective in improving Alzheimer's. Other possible therapies also hold promise:

- *Vitamin E.* Alzheimer's patients who took high doses of vitamin E were able to perform basic daily activities by themselves for a longer time than those who did not.
- *Nonsteroidal anti-inflammatory drugs*



(*NSAIDs*). Older healthy people who regularly took aspirin were less likely to suffer mental decline than those who did not.

- *Estrogen.* Some studies suggest that women who took estrogen replacement therapy after menopause were less likely to develop Alzheimer's—or developed it later in life—than those who did not.

Although studies have shown an association between certain modifiable lifestyle factors and a reduced risk for Alzheimer's disease, the National Institutes of Health says that researchers still aren't sure whether these factors can actually prevent the disease.

### Not Just Forgetfulness

Experts stress the need to catch Alzheimer's early on. Warning signs include:

- Extreme forgetfulness, such as forgetting where one lives
- Difficulty performing well-known tasks
- Trouble communicating, such as forgetting simple words
- Lack of judgment, such as wearing pajamas to the store
- Loss of orientation, such as becoming lost a few blocks from home.

➤ To schedule an appointment with the Memory Disorder Clinic, please call **909-558-2880**.

