



LOMA LINDA
UNIVERSITY
MEDICAL CENTER

well-being

FEBRUARY–MARCH 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**.



inside this issue

- 2 The Risks of High Blood Pressure
- 3 Volunteer Opportunities
- 4 Ways to Wake Up Your Walk
- 8 Prevent Home Fires



Could Weight-Loss Surgery Save Your Life?

THE BENEFITS OF weight-loss surgery go beyond what the eye can see. If you are obese, surgery to lose weight may be safer than carrying around those extra pounds. If you're dealing with diabetes as well, weight-loss surgery can send the disease into long-term remission.

But is losing weight worth the risks associated with surgery? Take a look at the latest research.

A study by the National Institutes of Health found that 10 to 15 years after having weight-loss surgery, obese patients were less likely to develop—and more likely to recover from—diabetes and other heart disease risk factors. These patients also showed an almost 25 percent reduction in death compared with obese patients who didn't have the procedure.

Weight-loss surgery appears to improve the body's ability to control blood sugar levels. It may even reverse type 2 diabetes. By helping you lose weight, it may also lower your risk for serious conditions such as heart disease and stroke.

Recently, a study on weight-loss surgery was published in the *New England Journal of Medicine*. The researchers found weight-loss surgery to

be an effective and safe treatment for severe obesity. The incidence of death and adverse events within 30 days after surgery was very low. It matched the rates seen with other major surgeries.

All four main kinds of weight-loss surgery limit the amount of food you can eat or decrease the absorption of food, and some do both. Each type of surgery comes with its own risks and benefits, and doctors agree that it should be tailored to the patient.

Weight-loss surgery is typically recommended for adults with a body mass index (BMI) of 40 or greater. If you have a serious health condition, such as diabetes or heart disease, you may want to look into surgery if your BMI is between 35 and 39.9. You can calculate yours at www.lomalindabariatrics.org.

It's also important to consider how ready you are to make a change. Every weight-loss procedure requires you to commit to a lifetime of healthy eating and regular exercise. Ask your doctor for his or her opinion on your weight-loss options.

➤ To sign up for a free weight loss seminar call **1-877-558-5877**.

Are Your Drugs Safe? How to Be a Wise Consumer

It's important to investigate any potential safety issues or prescription changes for your medication. But don't make decisions about drugs—such as reducing your dosage or not taking the medicine—on your own. First, contact your doctor. Explain your concerns and ask for direction.

You can also share with your physician any information you've found about your medication. If you're doing your own research, here are a few resources that may help:

- Index to Drug-Specific Information: www.fda.gov/drugs
- www.recalls.gov
- MedWatch: www.fda.gov/safety/medwatch

The U.S. Food and Drug Administration (FDA) oversees the safety of prescription and over-the-counter drugs in our country. If you can't access the Web sites above, call the FDA's Division of Drug Information at **1-888-463-6332**.

➤ If you are interested in classes on how to manage your blood pressure and develop a heart healthy lifestyle, contact the International Heart Institute, Department of Cardiovascular Health and Wellness at Loma Linda University Medical Center at **909-558-4791**.

Risks of High Blood Pressure

WHENEVER YOU VISIT your doctor, chances are someone wraps a cuff around your upper arm and checks your blood pressure. But while you are familiar with this simple test, you may not understand why your blood pressure is so important to your health.

As blood moves through the arteries, it puts pressure on the artery walls. This pressure goes up and down depending on several things, including physical activity, diet, and medications. A person has high blood pressure when the pressure is elevated most of the time over a period of time. One single high blood pressure reading does not mean you have high blood pressure; this must be determined over a week or more. Also the bottom number (diastolic pressure) is more important than the top number (systolic pressure).

It's important to keep tabs on your blood pressure. If it's high and you don't know it, or if you don't control it, you may be at greater risk for heart attack, heart failure, stroke, kidney disease, and other serious conditions. For example, a study reported in *Neurology* found that people with high blood pressure were 60 percent more likely to have "silent" strokes—strokes that don't cause obvious symptoms but damage the brain—than those with normal blood pressure. Detecting

high blood pressure early and controlling it can help you avoid such life-threatening conditions.

Visit www.lomalindahealth.org/health-library for the most current recommendations for blood pressure.

Blood pressure tends to rise with age. In addition, people who are obese, who have certain medical problems such as diabetes, or who take certain medications are also at risk. There are things you can do to prevent and/or control high blood pressure:

- **Don't smoke.**
- **Maintain a healthy weight.** If you are overweight, lose excess pounds. Talk with your doctor if you need help.
- **Eat a heart-healthy diet.** Choose a variety of foods that are low in fat, and include lots of fruits, vegetables, and whole grains.
- **Be physically active.** Get at least 30 minutes of moderate-intensity activity, such as brisk walking, every day.
- **Watch your salt and sodium intake.** Aim for no more than 2,400 milligrams, or about 1 teaspoon, a day.
- **Take your medication.** If you have high blood pressure, take your medication as prescribed.



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Just for Seniors 55+ Club
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Volunteering and You

LOMA LINDA UNIVERSITY

Medical Center East Campus has a range of volunteer opportunities, particularly for older adults who would like the right opportunity to get involved in their community. If you would like to volunteer at the East Campus, we are more than happy to connect you to an area of interest. We provide meaningful, fun, and interesting opportunities for volunteers.

Gardening with Patients

Volunteers interested in gardening

can help maintain the horticultural therapy garden and help patients garden or visit outdoors. A range of opportunities in the garden exist for volunteers!

Patient Ambassadors/ Resource Center

The East Campus is starting a new Ambassador program to help provide resources to patients and families while they are at the East Campus. Ambassadors take new patients and families to their rooms, welcome them and provide a simple

orientation, and help run the resource center in the lobby. This special program is designed to involve our adult volunteers, and promises much enjoyment and the chance to make a difference in the lives of patients daily!

Recreational Therapy

In addition to gardening, the East Campus runs a recreational therapy program for patients in rehabilitation. You can play games, or do arts and crafts or any recreational activity that the therapy staff approves! Volunteers are essential to making recreational therapy fun and engaging for patients.

Music Connection

Do you play the piano or a musical instrument? Hearing music while in the hospital can momentarily transport patients to another place. If you play an instrument and would enjoy playing for patients, we want to give you the opportunity!

➤ **More opportunities include the Baking program, outpatient Ambassador program, and more! If you are interested, call Bette Deleon at 909-558-6152 and leave a message or send an e-mail to bdeleon@llu.edu.**



Benefits

Volunteering can help you:

- Take on new challenges
- Keep your mind and body active
- Meet new people
- Put free time to good use
- Gain new experience
- Give back to the community
- Gain a new perspective on problems
- Have fun

Four Ways to Wake Up Your Walk

Is walking your favored workout? If you easily log 30 to 40 minutes at a time, try raising the bar:



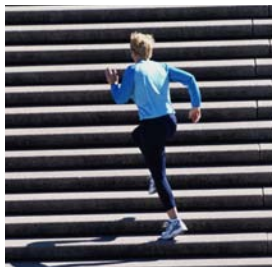
1. Step It Up. Use a pedometer to measure how many steps you usually take in a day, including your regular walk. Add 200 to 300 steps a day each week until you meet a daily goal of 10,000. Walking for longer is best for those who want to lose weight. But once you're fit, you need to also add intensity to your workout.



3. Add Your Arms. Try Nordic walking poles to work more muscles and burn extra calories. The poles are similar to ski poles with rubber tips. They use your arms to keep your body moving forward. Although walking with the poles revs up the heart rate and uses more oxygen, Nordic walkers report they feel as if they're doing less work.



2. Change Gears. Incorporate intervals by walking for a block quickly, then two blocks slowly, and repeat several times. Or walk quickly for two minutes, then more slowly for two. Gradually add more fast intervals interspersed with shorter, slower ones. Important: Base intervals on how you feel to avoid overdoing it. If you're winded and really have to push yourself or you feel heavy and tired, you may need to slow down.



4. Head for the Hills. Walking up hills is a great way to tone legs and do more work in less time. You can also vary how hard you work by walking up hills more slowly or quickly. Not a hill in sight? Try stairs. One study showed that 11 minutes of stair-climbing is equal to more than 30 minutes of walking.



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 February 10 and May 12. Contact Mary Fogleman at 909-379-6755 for more information.

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. Contact 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, contact 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

JOANNA YANG, N.P., ON ACUTE STROKE

Date: Wednesday, February 3

Time: 10:30 to 11:30 a.m.

Location: Loma Linda Senior Center

Date: Thursday, March 18

Time: 10:30 to 11:30 a.m.

Location: Yucaipa Senior Center

PROSTATE HEALTH

Date: Thursday, February 4

Time: 11 a.m. to noon

Location: Redlands Joselyn Senior Center

DR. SHERZAI ON MEMORY DISORDER

Date: Friday, February 5

Time: 10:30 to 11:30 a.m.

Location: City of Chino Hills

UROGYNECOLOGY

Date: Thursday, February 11

Time: 10:30 to 11:30 a.m.

Location: Rancho Cucamonga Senior Center

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

Date: Thursday, February 25

Time: 10:30 to 11:30 a.m.

Location: Mary Phillips Senior Center

DR. UFFINDELL ON ACUTE STROKE

Date: Thursday, March 4

Time: 11 a.m. to noon

Location: Redlands Jocelyn Senior Center



PHYSICAL THERAPY ON BALANCE/ DIZZINESS

Date: Friday, March 5

Time: 10:30 to 11:30 a.m.

Location: City of Chino Hills

DR. BRANDSTATER ON STROKE REHABILITATION

Date: Thursday, March 11

Time: 10:30 to 11:30 a.m.

Location: Rancho Cucamonga Senior Center

DR. SIDDIGHI ON UROLOGY AND AGING

Date: Wednesday, March 17

Time: 12:15 to 1:15 p.m.

Location: Lake Elsinore Senior Center

OPHTHALMOLOGY ON OPTIONS FOR CATARACTS

Date: Thursday, March 25

Time: 10:30 to 11:30 a.m.

Location: Mary Phillips Senior Center

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

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

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

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

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

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

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.



Simple Steps to Prevent Home Fires

To help keep your home fire-free, follow these tips from the Centers for Disease Control and Prevention:

- Don't leave cooking food unattended.
- Keep flammable items away from the cooking area.
- Avoid smoking.
- Install smoke alarms on every floor of your home and test them monthly.

► For more tips on how to protect your home and family, visit the Federal Emergency Management Agency's Web site: www.fema.gov.

recipe

Tiny Fruit Tarts



- 1 large tart apple, such as Cortland or Granny Smith**
- 1 tbsp. Splenda brown sugar blend**
- ¼ tsp. cinnamon**
- 12 wonton wrappers**
- Butter-flavor cooking spray**

Directions

Preheat oven to 350 degrees. Grate the apple, skin included. Sprinkle with Splenda brown sugar blend and cinnamon. Drain excess moisture.

Line a nonstick mini-muffin pan with wonton wrappers. Pinch into little cups. Fill cups with sweetened grated apple. Spray tiny tarts lightly with cooking spray. Bake for approximately eight to 10 minutes—until tips of wontons are brown. Let cool on baking rack.

Makes 12 tarts. Each wonton tart contains about 29 calories, nearly 1 g protein, 0 g fat, 6 g carbohydrate, ½ g fiber, and 46 mg sodium.

Breast Reconstruction: A Woman's Choices When Faced With Mastectomy



THE DECISION TO have breast reconstruction surgery is extremely personal. You'll have to decide if the benefits will achieve your goals and if the risks and potential complications are acceptable. The creation of a new breast can improve your self-image, self-confidence and quality of life.

Although surgery can give you a relatively natural-looking breast, a reconstructed breast will never look or feel exactly the same as the breast that was removed.

Breast reconstruction is a good option for you if:

- You are able to cope well with your diagnosis and treatment
- You do not have additional medical conditions or other illnesses that may impair healing
- You have a positive outlook and realistic goals for restoring your breast and body image

Breast reconstruction typically involves several procedures performed in multiple stages. It

can begin at the same time as mastectomy, or be delayed until you heal from mastectomy and recover from any additional cancer treatments. It's important that you feel ready for the emotional adjustment involved in breast reconstruction.

Several surgical techniques can be used to reconstruct a new breast:

- **Flap technique** forms a natural breast shape using tissue from other parts of the body, which may include the abdomen, back or buttocks.
- **Tissue expansion and implants** can create a new breast mound. Implant techniques are another way of reconstruction after a mastectomy. The remaining tissue can be stretched by expansion.
- **Tissue expansion** aids in the formation of new tissue when healthy tissue is inadequate after mastectomy to cover and support the breast implant. Later the

tissue expander is replaced with a permanent breast implant.

- **Nipple reconstruction** is created by local flaps. Areola reconstruction (pigmented skin surrounding the nipple) is achieved through additional grafting techniques and tattooing to provide areola color.

There may be reasons not to choose reconstruction or delay a decision until all treatments have been completed. You may feel you have too many decisions to make regarding cancer treatment and would prefer to decide later about reconstruction.

There is always the option for women to use an external prosthesis or even nothing at all. You may get information about a prosthesis from your doctor. Reconstruction can take place even years later.

➤ **For more information call 909-558-2100 or e-mail info@lluplasticsurgery.com.**

“When I was born I was so surprised I didn’t talk for a year and a half.”

—Gracie Allen

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Memory Lapse or Something Serious? Some Clues to Go By



WHICH AISLE STOCKS the peanut butter? Where is the project file? What’s the name of that celebrity in the TV movie of the week? These are all questions that can unhinge our memory at times.

A little memory blip is nothing to worry about. We all have them now and then, especially if we are stressed or sad.

However, some occurrences could signal a more serious memory problem.

These include:

- Getting lost in familiar places
- Being confused about time or money
- Repeating questions or phrases in the same conversation
- Misplacing items
- Ignoring personal hygiene
- Forgetting to eat

People are more likely to have memory problems as they get older. Some scientists have suggested that women’s dropping estrogen levels during menopause may affect their memory. It has not been proved, though, that taking estrogen helps prevent memory problems in older women.

There are steps you can take to help protect your memory. Try exercise. A study in the *Journal of the American Medical Association* found that exercising three days a week for six months boosted memory in people ages 50 and older.

Another tip: Avoid drinking.

Alcohol can damage the brain.

Memory problems that come with personality or behavior changes, like getting agitated easily, could be a sign of dementia. Dementia isn’t a specific disease but rather a catchall term for a variety of symptoms, including memory loss, that affect the brain.

Alzheimer’s disease is one type of dementia. It’s a serious problem that can lead to the gradual loss of brain functions that control language, thinking, movement, and memory.

Other types of dementia can be triggered by strokes or movement disorders, such as Parkinson’s disease.

If you’re concerned that memory problems are affecting you, see your doctor. Some types of memory problems can be slowed—or even stopped—with the right treatment.

► **To schedule an appointment with a neurologist specialized in memory disorders, please call 909-558-2880.**

