



LOMA LINDA
UNIVERSITY
MEDICAL CENTER

well-being

JUNE-JULY 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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Just a Passing Cramp? Or Carpal Tunnel Syndrome?

WITH CARPAL TUNNEL syndrome (CTS), your hand and wrist tingle from pressure on the median nerve that runs through a narrow passage from your forearm into your hand. This passage tends to be smaller in women than it is in men. This may be one reason why three times as many women as men develop CTS.

In addition to numbness, CTS may also weaken your hand or send a sharp pain shooting up your arm. These symptoms often first appear at night, but eventually can occur during the day, too.

Pinching or gripping with a bent wrist boosts the risk for CTS. CTS can also result from retaining fluid during pregnancy or menopause. Other possible causes of CTS include wrist sprains or fractures and rheumatoid arthritis.

Seeking treatment for CTS can help prevent permanent nerve damage. So if you suspect CTS, see your doctor. Initial treatment typically involves resting your

wrist in a splint. Keeping the wrist still helps prevent further damage from twisting or bending. Once symptoms have lessened, you may benefit from stretching or strengthening exercises. Whenever possible, avoid bending your wrist and try not to use the affected hand too much.

If these measures don't help, you may benefit from corticosteroids—injected directly into your wrist, taken by mouth, or applied to the skin in the form of a patch. A recent study in the *Journal of Family Practice* found that such a patch provided pain relief comparable to that offered by an injection.

If symptoms often come back or last for six months or more, carpal tunnel release surgery may be your best bet. The surgeon cuts the band of tissue around the wrist to reduce nerve pressure.

► **To schedule an appointment with a neurosurgeon, please call 909-558-6388.**

Grandparents as Babysitters: Finding a Balance

THERE'S NO QUESTION about it: You love your children, adore your grandchildren, and cherish the strong bond among the three generations of your family. But what happens when requests to babysit the grandchildren impose on your daily routine?

According to some estimates, almost half of all grandparents routinely babysit for their grandkids. As a grandparent, it's important to set clear boundaries when it comes to babysitting, and to communicate openly and honestly with your adult children. It's OK to let your children know that, while you love spending time with your grandkids, you also have interests and activities that fall outside of the grandparent role.

Evaluate What You Can — And Cannot — Do

With babysitting, there are many circumstances and arrangements to consider. Can you help a single parent by caring for the grandchildren every weekday from 8 a.m. to 6 p.m.? Can you aid an ill parent by taking the grandchildren overnight? Decide what you can realistically handle. Set up a face-to-face meeting with your adult child to discuss these things. A sit-down meeting enables you to have a frank, open discussion about your child's babysitting expectations and needs as well as your own.

Sometimes it's a good idea to write down what you can and can't handle, so there's no confusion.



Writing out a schedule keeps everyone on the same page. Taking care of little ones can be exhausting—if your babysitting workload is becoming too much, acknowledge it. Avoid bottling up your feelings. Not being up-front with your adult child may result in a flood of emotions later.

Babysitting Alternatives

Plan to offer babysitting alternatives that work for all members of the family. For example, offer to take the grandchildren to the park every Sunday morning, or host a family

dinner every Wednesday night. These types of arrangements are fun for the kids and provide the parents with a much-needed break during the week.

Enjoy Your Grandchildren!

Above all, savor the unique bond between grandparents and grandchildren. Grandparents are an integral part of their grandchildren's lives, and the time you devote to them is priceless. But while honoring that special connection with your grandchildren, be sure to honor your own babysitting comfort zone.



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Just for Seniors 55+ Club
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Remember to Put Cancer Screenings on Your Calendar

CANCER SCREENINGS ENABLE doctors to catch cancer in the early stages—when the disease is most treatable. The following chart offers screening guidelines from the American Cancer Society (ACS). Women and men at high risk for these diseases may need earlier or more frequent screenings.

Type of Cancer	Who Needs Regular Screenings?	ACS Recommendation
Breast	All women	<ul style="list-style-type: none"> • Women should be told about the benefits and limitations of a breast self-exam (BSE). It is acceptable for women to choose not to do BSE or to do it occasionally. • A clinical breast exam every three years for women in their 20s and 30s • Annual mammograms and physician breast exams for women ages 40 and older*
Cervical	Women ages 21 and older	Pap tests every other year, according to the American College of Obstetricians and Gynecologists. After 30, women who have had three normal tests in a row may get screened every three years.
Colorectal	All adults ages 50 and older	Choose one of the following strategies: <ul style="list-style-type: none"> • Fecal occult blood test every year or • Flexible sigmoidoscopy every five years or • Fecal occult blood test every year plus flexible sigmoidoscopy every five years or • Double contrast barium enema every five years or • Colonoscopy every 10 years
Prostate	Men ages 50 and older	The ACS suggests that men talk with their doctors about the value of two tests: <ul style="list-style-type: none"> • Digital rectal exams • Prostate specific antigen (PSA) blood tests
Skin	All adults ages 20 and older	<ul style="list-style-type: none"> • Skin self-exam once a month • Physician skin exam once a year beginning at age 40

* Currently, the American Cancer Society (ACS) recommends yearly mammograms for all women ages 40 and older. The U.S. Preventive Services Task Force (USPSTF) recommends mammograms every two years for women ages 50 to 74.

The ACS recommends annual clinical breast exams (CBEs) for women ages 40 and older. The USPSTF, however, believes there is not enough evidence to assess the value of CBEs for women ages 40 and older.

Women should talk with their doctors about their personal risk factors before making decisions about mammograms and CBEs.

Building a Better Relationship

A close relationship with someone special helps you cope with stress. But it isn't always easy. Just as you need good food and regular exercise for a healthy body, you need good communication and quality time for a healthy bond.

Below are some tips for keeping your relationship strong:

- **Talk about it.** Don't make them guess what you're thinking and feeling. Tell him or her what is on your mind. Then listen attentively to the response.
- **Schedule "we time."** There's no substitute for simply spending time together. Plan everyday dinners, special nights out, and weekend activities.
- **Nurture each other.** Be generous with your support and encouragement. Do little things, such as cooking a favorite meal or going to a movie the other person likes, just to let your partner know how much you care.
- **Manage conflict.** The goal isn't to avoid all disagreements, because that's impossible. Instead, focus on learning to handle conflict in a constructive way. Identify problem areas and look for compromise solutions.
- **Forgive imperfections.** Every relationship has its little hurts and disappointments. When they make a mistake, remember that nobody's perfect.

Six Tips for the Summertime Athlete

SPORTS TRAINING OFTEN heats up in the summer, just as temperatures begin to soar. Beginners and pros alike can stay safe with these tips for getting the most from summertime workouts.

1

Avoid Heat-Related Illness

The body is designed to keep you cool. But when it's hot and humid, your body can't always keep up. The result may be heat-related illness. To avoid it, gradually increase the intensity and duration of your workouts over seven to 10 days. Stay hydrated and exercise during cooler parts of the day—early morning or after sunset.

Your body will tell you when it's in trouble. The signs include weakness, dizziness, nausea, headache, and dry mouth. If any of these occurs, stop exercising and cool down. If that's not enough, get medical help.

2

Drink Up

Drink 16 to 32 ounces of water per hour during activity. If your workout lasts longer than 90 minutes, try a sports drink, which replaces lost salt and minerals. If you're on a low-salt diet, however, ask your doctor before choosing sports drinks.

3

Dress for Success

Wear loose-fitting, lightweight clothing. Choose those that “breathe,” or allow air to circulate between the skin and fabric. Light-colored clothing will reflect the sun's heat away from your body. Look for labels that indicate moisture wicking and sun protection.

4

Be Sun-Smart

Avoid exercising outdoors from 10 a.m. to 4 p.m., when the sun is strongest. Wear sweat-proof sunscreen with an SPF of 15 or more, and reapply at least every two hours. Also, wear sunglasses that offer 99 to 100 percent UV protection.

5

Put Safety First

If you're trying a new activity, learn to do it right and progress slowly. Proper form reduces the risk for overuse injuries, such as tendinitis. Wear all necessary safety gear, such as knee or wrist pads and a helmet. Such equipment makes it harder to cool off, so put it on right before your activity and take frequent breaks with it off.

6

Take Caution

If you have a health condition, such as heart disease or asthma, ask your doctor if you should take any precautions before exercising in the heat. Even illnesses such as a cold or the flu can decrease the body's ability to deal with heat. Take a day off or decrease the intensity if you're not feeling well.



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.

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

Date: Wednesday, June 2

Time: 1 to 2 p.m.

Location: Loma Linda Senior Center

909-799-2820

DR. BRANDSTATER ON STROKE REHABILITATION

Date: Friday, June 4

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

Location: City of Chino Hills

909-364-2704

and

Date: Thursday, July 15

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

Location: Yucaipa Senior Center

909-477-2782 ext. 8004

DR. SIDDIGHI ON PELVIC FLOOR AND BLADDER PROBLEMS

Date: Tuesday, June 15

Time: 10 to 11 a.m.

Location: Chino Senior Center

909-591-9836

PHYSICAL THERAPY VESTIBULAR REHABILITATION

Date: Thursday, June 17

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

Location: Yucaipa Senior Center

909-477-2782 ext. 8004

and

Date: Thursday, July 1

Time: 11 a.m. to noon

Location: Redlands Jocelyn Senior
Center

909-798-7550



DR. DEMATTOS ON MOVEMENT DISORDERS

Date: Tuesday, July 6

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

Location: Rancho Cucamonga Senior
Center

909-477-2782 ext. 8004

DR. HERBERT RUCKLE ON PROSTATE HEALTH AND AGING

Date: Wednesday, July 14

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

Location: Lake Elsinore Senior Center

951-674-2526

DR. HSU ON MOVEMENT DISORDERS

Date: Wednesday, July 21

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

Location: Mary Phillips Senior Center

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

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**

➤ **909-888-7100**

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

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.

What Is an Anti-Inflammatory Diet?

Diets come and go—and perhaps one of the latest to make headlines, the anti-inflammatory diet, will fare the same. While the jury is still out on its effectiveness, its proponents think the concept is worth considering.

Inflammation is the body's response to infection or injury.

If you sprain your ankle, for example, the area becomes swollen. This is how the body repairs the damage. This reaction is called acute inflammation. Once the injury has healed, the inflammation subsides.

Researchers are looking into the causes and effects of chronic inflammation and how it might be prevented or treated, and the results suggest that there may be a link between diet and inflammation. For example, studies have found that consuming too many calories and carrying excess fat—as seen in obesity—play important roles in chronic inflammation.

More research about how foods affect inflammation is needed before any real recommendations can be made. In the meantime, most experts suggest the following:

- Be aware of how many calories you should consume to maintain your weight.
- If you are overweight or obese, talk with your doctor about the best way to lose weight.
- Eat a low-fat diet rich in fruits, vegetables, and whole grains.
- Avoid foods and drinks high in calories and low in nutrients.

recipe

Strawberry Spinach Salad



Dressing:

- 1/3 cup balsamic vinegar**
- 1 tbsp. sugar**
- 1 tbsp. extra virgin olive oil**

In a small saucepan, bring balsamic vinegar to a boil. Add sugar and cook until syrupy, about three minutes. Remove from heat and stir in olive oil. It may appear to separate.

Salad:

- 4 cups baby spinach**
- 2 cups strawberries (whole if they're small; halved or quartered if large)**
- 1/2 cup thinly sliced red onion**

Wash and dry spinach. Put into a large salad bowl with strawberries and onion. Pour warm (not hot) dressing over spinach salad. Toss and serve immediately.

Makes four servings. Each contains about 99 calories, 4 g fat (.5 g saturated fat, 0 g trans fat, 0 g cholesterol), 30 mg sodium, 15 g carbohydrate, 3 g dietary fiber, 11 g sugars, and 2 g protein.



Quiz: Are You Ready to Quit Smoking?

QUITTING SMOKING IS a major commitment. You may be able to improve your chances of success if you are in the right mindset. Take this quick test and find out if you're game for the challenge.

Test Your Readiness

To see if you're prepared to quit smoking, answer "yes" or "no" to the following questions:

1. I often worry about getting sick as a result of smoking.
Yes No
2. I believe that the benefits of stopping smoking are greater than the benefits of continuing to smoke.
Yes No
3. I've thought about quitting, and I could set a "quit date" in the near future.
Yes No

Check Your Answers

If your answer to all of these questions was "yes," congratulations! The time has come to set your plan in motion. Pick a "quit date"—a birthday, holiday, or just a random date. Share the news with friends. Decide if you will use nicotine replacement therapy, and consider taking a smoking cessation class.

If all the statements didn't ring true for you, you may not be motivated to quit smoking yet. But at least commit to thinking about why you should stop smoking down the road. Start by asking yourself why so many other people have decided to quit, and how quitting smoking could help you become healthier.

Love yourself first
and everything else
falls into line. You really
have to love yourself
to get anything done
in this world.
—Lucille Ball

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Hit the Pavement for Diabetes Management

ONE OF THE best things for your health is also one of the simplest: walking. When you have diabetes, regular physical activity helps keep your blood glucose levels under control. It also helps manage your weight, blood pressure, and cholesterol levels. Regular exercise may ward off heart and blood flow problems, decreasing the risk for heart disease and nerve damage. Plus, walking at least a mile a day reduces the risk for premature death in older adults with diabetes.

If you've been inactive for a while, walking is an easy way to get moving again. And it doesn't require fancy equipment or a gym membership.

To reap the full rewards, you need more than a leisurely stroll down the block. Below are some tips to help you get started on the right foot:

- **Start out slowly.** If you're not used to being active, start with about 10 minutes of walking daily. Add about five minutes each week as you gain strength and energy.
- **Work up gradually.** Shoot for a goal of 30 to 45 minutes of brisk walking a day on five or more days a week. Aim for a moderately intense pace—



too winded to sing, but still able to talk.

- **Warm up and cool down.** Before each session, warm up by walking slowly for five minutes and doing some light stretching. Cool down at the end by repeating this process.
- **Monitor your blood glucose levels.** Before you walk, check your blood glucose levels. If levels read below 100 mg/dl, eat a snack to reduce the chance of hypoglycemia (low blood sugar). Then check your blood glucose again after you've finished. If it

has dipped too low (below 70 mg/dl), treat the hypoglycemia with a quick source of sugar, such as glucose tablets, hard candy, or fruit juice.

- **Protect your feet.** Wear shoes designed for walking that fit well and provide good support. To prevent foot sores and blisters, be sure to wear lightly padded socks, preferably with no seams that might rub against your skin.

► For more information, call the Diabetes Treatment Center at 909-558-3022.

