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Loma Linda University Health

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Legislators visit Loma Linda University Health

By James Ponder

Two elected representatives—one each from the state and national capitals—recently visited the campus of Loma Linda University Health.

Mike Morrell, member of the California Assembly for the 63rd District, met with Richard H. Hart, MD, DrPH, president of Loma Linda University Health, and Ruthita J. Fike, MA, CEO and administrator of Loma Linda University Medical Center, on Friday, June 21.

Two weeks later, on Friday, July 5, Mark Takano, member of the United States House of Representatives from California's 41st District, met with Dr. Hart. Both Assemblyman Morrell and Representative Takano discussed health care, education, and other topics. They also toured the James M. Slater, MD, Proton Treatment and Research Center at Loma Linda University Medical Center.

At the conclusion of his visit, Assemblyman Morrell noted that he truly appreciates the Loma Linda University Health mission of continuing the teaching and healing ministry of Jesus Christ.

"I believe they carry out this mission

daily," Assemblyman Morrell said. "It was wonderful touring the proton facility and meeting the staff, who have put their hearts behind the projects and patient care that take place here. I am fortunate to have this facility in my district."

Representative Takano, who was elected to office in November 2012, reflected on his meeting with Dr. Hart.

"Dr. Hart explained to me the importance of federal funding in support of graduate medical education and federally qualified health centers," the congressman noted. "I also gained an understanding of the importance of Loma Linda University School of Medicine to the Inland region."

According to Dr. Hart, recent changes in national legislation necessitate greater cooperation with political leaders.

"It is critical for Loma Linda University Health, as a major employer and provider of health care in California and the nation, to actively participate in our political processes as we face incredible challenges in financing health coverage," he says. "As part of this responsibility, LLUH has hosted a number of our political leaders on campus, discussing everything from cutting-edge research to graduate medical education."



Mark Takano, member of the United States House of Representatives from California's 41st District (right), recently discussed a number of issues related to health care and education with Richard H. Hart, MD, DrPH, president of Loma Linda University Health (left). With them is Corey Jackson, district director of the congressman's Riverside office.

LLU neuroscientist awarded \$1.9 million NIH grant to reduce stroke damage

By James Ponder

A researcher from Loma Linda University School of Medicine (LLUSM) recently learned that the National Institutes of Health (NIH) approved his application for a \$1.9 million grant to develop a promising treatment for a deadly form of stroke.

John H. Zhang, MD, PhD, professor of neuroscience and physiology and director of the Zhang Neuroscience Research Laboratories at LLUSM, says the grant will address subarachnoid hemorrhage, the deadliest form of stroke, by developing a new nasal spray to deliver a synthetic form of Osteopontin, a human gene protein, to the site of the injury.

Dr. Zhang explains that there are two main types of stroke—ischemia and hemorrhage. In lay terms, ischemia refers to blood clots and hemorrhage refers to the bleeding that occurs when a blood vessel ruptures.

"Ischemia accounts for approximately 80 percent of all strokes," he says. "Hemorrhagic accounts for the remaining 20 percent."

Hemorrhagic stroke is further divided into two categories: intracerebral and subarachnoid. Dr. Zhang and his colleagues are investigating the second variety. Subarachnoid hemorrhage refers to bleeding in the protective membranes surrounding the brain.

"Subarachnoid hemorrhage affects relatively younger females," he observes.

"Women get it more often than men at a ratio of about 2 to 1 in many countries, most often in the range of 20 to 50 years of age. It is an extremely deadly type of stroke."

Dr. Zhang points out that approximately 15 percent of people who experience a subarachnoid hemorrhage die before reaching the hospital, and 50 percent die in the first 30 days after the initial incident. He says that in the case of ischemia, fewer than 10 percent die.

"Basically, subarachnoid hemorrhage is caused by a small aneurysm, a defect in a blood vessel in the brain, that ruptures for some reason," he notes. The main symptom is an extreme headache. "People say it's the worst headache of their lives."

Currently, there are two main forms of treatment for subarachnoid stroke. The first, the one Dr. Zhang calls "conservative treatment," involves maintaining the vital signs with no surgical intervention. "That is prescribed for patients in poor health or who are very old," he says.

The second type of treatment is surgery, and once again, there are two options available to physicians: clipping and coiling.

"Clipping involves clipping off the neck of the aneurysm to prevent further bleeding," he says. "But in the last five years, endovascular coiling has become more common. It involves inserting a catheter into the patient's brain through the femoral artery and inserting small coils into the site of the aneurysm."



Mike Morrell, member of the California Assembly for the 63rd District (third from left), recently toured the James M. Slater, MD, Proton Treatment and Research Center at Loma Linda University Medical Center. With Assemblyman Morrell are (from left) Bob Meyrahn and Michael Taber, accelerator operators, and Ed Schultz, who recently retired from the department of radiation medicine.



The National Institutes of Health recently approved a \$1.9 million R01 research grant to develop a promising treatment for a deadly form of stroke at Loma Linda University School of Medicine. John H. Zhang, MD, PhD, professor of neuroscience and physiology and director of the Zhang Neuroscience Research Laboratories, is optimistic the study will lead to a new nasal spray to deliver Osteopontin, a drug that has proven highly effective in treating subarachnoid hemorrhage.

The coils plug the aneurysm to prevent it from re-bleeding. However, neither the clipping nor the coiling procedures are able to reduce brain injury in the aftermath of treatment. As a result, the overall mortality

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Six-year-old philanthropist gathers 33,000 stickers for kids at LLU Children's Hospital

By Briana Pastorino

A former Loma Linda University Children's Hospital patient collected more than 33,000 stickers for current patients at the hospital as part of a class service project. Six-year-old Landon Harper delivered the stickers he received from friends, family, classmates, and even strangers to the hospital on June 18.

Landon brought stickers of every shape, size, color, and character to make kids at the hospital feel better. "Kids are afraid of what doctors are going to do or if they are going to get a shot," Landon says. "Now they can get a sticker after they see the doctor."

"We greatly appreciate this act of kindness and gratitude that Landon has bestowed to the patients here," says Zareh Sarrafian, MBA, administrator of Children's Hospital. "Knowing firsthand what it's like to be a patient here himself, he knows that something as simple as a sticker can make a patient's day just a little bit better. He is a great example to his peers."

As an infant, Landon was diagnosed with plagiocephaly—a skull deformation. He had to wear a custom helmet 23 hours a day that gently reshaped his skull over the course of seven months, and he also underwent physical therapy to strengthen his neck muscles.

"My head was getting huger and huger," Landon recalls from stories his parents told him. "I had to wear a helmet for the rest of my baby life!"

Now, the energetic first grader is giving back to the hospital that helped him. Every year, Inland Leaders Charter School in Yucaipa challenges students to an individual service project. Landon decided he wanted to do a project that gave back to the kids at LLU Children's Hospital and, with the help of his mom, came up with the idea of collecting stickers to brighten the days of patients at the hospital that treated him. He called his service project "Landon's Stickers for Kids."

"In addition to just asking close friends and family, we also put it on Facebook, and it was shared multiple

times by various users," says Landon's mom, Tierra. "We collected stickers for two weeks, and we were getting stickers

from people we didn't even know."

Landon admits he "checked the mail every day and ripped the mail open to get the stickers."

His mom is very proud of her son, and his teacher is too. Landon received a leadership award for service for the project.



Six-year-old Landon Harper delivered more than 33,000 stickers to one of the LLU Children's Hospital playrooms on Tuesday, June 18.

Healthy competition allows employees to step up their wellness

By Kelly Phipps

Step It Up, a two-month pedometer competition that rotates between LLU Health entities, allows employees to form teams of four and contend for

prizes based on number of steps per team. Employees wear pedometers and record their daily steps online.

"This is a fun way for departments to get healthy together," says Olivia Moses, DrPH, administrator of the Living Whole

Employee Wellness Program. "Our goal is for employees to walk an average of 10,000 steps per day."

A competition for university employees ran from February to April and had 750 participants. The average number of daily steps

per person was 8,423, and the total steps of all participants reached 366,973,931. The impact was seen not only in the number of steps, but in number of pounds. University employees who lost weight lost an average of eight pounds. Nine employees lost 20 pounds or more.

"We get so busy we don't make time to take care of ourselves," explains Dr. Moses. "We've seen offices change their very culture—people now go walking during breaks instead of sitting for lunch. The University's participation in the competition and how many steps our employees achieved exemplifies LLU Health's Live It campaign."

Watch for more information on the upcoming August competition for University Health Care employees. For more information on the Step It Up competition or the Living Whole Employee Wellness Program, e-mail <livingwhole@llu.edu>.

Lauren Abadie's unexpected response to Type 1 diabetes

By James Ponder

For Kristin Abadie, learning that her daughter, Lauren, had Type 1 diabetes was a nightmare.

"She was 18 months old when they diagnosed her with Type 1 diabetes," Kristin reveals. "We kept going to the doctor. He kept saying she had the flu. But one day, I took a shower and Lauren just lay down on the bath mat. We knew then it was something more than the flu. When we took her to the pediatrician, she was lying on my shoulder, almost unable to move. He sent her straight over to the emergency room."

At the emergency room, physicians decided Lauren needed to be taken post haste to Loma Linda University Children's Hospital. But since bad weather precluded a helicopter flight, the neonatal intensive care unit transport team from LLUCH brought Lauren by ambulance.

One particular individual made a big impression on Kristin and her husband, Cary.

"The neat part of the story," Kristin recalls, "is that one member of the transport team, Dr. Kelly, got off her shift and stayed with us all night to make sure Lauren was OK."

Once Lauren's condition was stabilized, physicians and staff at LLU Children's Hospital began to educate the Abadies on how to help Lauren adapt to life with the disease and achieve optimal wellness. The staff discussed the specialized needs of children with diabetes and underscored several important lifestyle concerns. They pointed out that for the rest of her life Lauren would be dependent on an insulin pump, and her blood sugar levels would have to be checked many times daily.

"We have to constantly monitor and control her blood sugar," Kristin says. "We check it 10 to 15 times per day. Every time she eats something, we have to figure out the carbs and give her insulin. I can calculate carbs online, but after five years, I mostly just do it in my head."

Fast-forward to the summer of 2013,

and Lauren's a healthy, active 7-year-old. She still has diabetes, her insulin pump has to be changed every two days, and, as Kristin notes, "she gets her tummy poked twice each time they do that."

But daunting circumstances notwithstanding, Lauren refuses to let a little thing like Type 1 diabetes dim her optimism.

In reality, Type 1 diabetes is a big deal.

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LLU neuroscientist awarded \$1.9 million grant to reduce stroke damage ...

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and morbidity remain high even with these advanced procedures.

The new NIH grant funds a continuation of a previous investigation conducted by Dr. Zhang and his associates. That first study identified an effective treatment to reduce the early phase of brain injury that will not be helped with surgical procedures. That study was conducted using a rodent model of subarachnoid hemorrhage. The second study aims to develop it into a pre-clinical procedure that will save human lives.

"Our new grant is a renewal of the five-year study we just completed," he explains.

The treatment identified by the first study was the administration of the drug Osteopontin to the cerebral ventricular space. Dr. Zhang observes that the brain produces small amounts of the protein found in the drug, but in quantities too small to help, and that Osteopontin is proven effective in experimental studies of neonatal and other forms of brain injury.

"When we inject it directly into cerebral ventricles as a treatment," he notes, "Osteopontin is very effective. In experimental models, it was found to reduce cell death, protect the blood-brain barrier, reduce brain edema, or swelling, and improve neurological functions."

However, there is a problem with admin-

istering the synthesized version of the drug to the trouble spot in the brain.

"The difficulty," he explains, "is that in order to deliver the drug to the site of the hemorrhage, we have to open the skull and stick a needle into the brain. There aren't many people willing to submit to that."

Fortunately, Dr. Zhang and his team have already found a solution.

"In the next five years, we'll be exploring a method of delivering Osteopontin as a nasal spray or nose drops," he reveals. "With the nasal application, we can bypass the blood-brain barrier and get straight into the brain. It will be absorbed into the frontal lobe, and from there, into the cerebrospinal fluid to protect the brain. The nasal passage bypasses the blood-brain barrier. That's why nose region infections are so dangerous. They can go right to the brain."

Dr. Zhang is hopeful the study will result in a rapidly adaptable clinical protocol.

"We're trying to be as translational as possible," he concludes, using a term that refers to laboratory findings that translate directly into effective clinical treatments and breakthroughs. "Although the nasal admission of Osteopontin has been used for other conditions, we are the first to propose that it be employed as a treatment for subarachnoid hemorrhage."



Like mother, like daughter. Kristin Abadie (left) says having Type 1 diabetes hasn't diminished Lauren's intellectual capacity in the least. "We have trouble keeping her, well, busy," Kristin observes. "The diabetes hasn't affected her brain."

Care received at La Loma Luz Adventist Hospital leads dental hygiene student to choose LLU

By Nancy Yuen

When she was in her early 20s, Karrie White moved from the United States to Belize to become a teacher. “I taught 10-year-old children, and later 7-year-olds,” she recalls. “Primary schoolteachers in Belize teach every subject, from English to physical education and art.”

Karrie appreciated the diversity of Belize, a country that is located between Guatemala and Mexico, bordering the Caribbean. She lived and taught in the city of Dangriga for 10 years. “I was immersed in the many cultures,” she says. “I related to the people.” During her 10 years in Belize, she observed the challenges experienced by many in a country where more than 40 percent of the population live in poverty.

“In the United States,” she says, “people often take health care for granted. In Belize, they cherish the care they receive. Many need care so badly that when nonprofit groups plan to send teams of health care volunteers, word gets around even before the clinics are publicized. Waiting lists form months before they arrive.”

When Karrie needed medical care of

her own she chose to go to La Loma Luz Adventist Hospital in the town of Santa Elena. “The hospital is known as ‘Loma Luz’ to locals,” she recalls. “It has the reputation throughout the country as being the top place to receive medical care.

“I found Loma Luz to be clean and organized,” she remembers. “The staff was attentive and everyone was very nice. I was treated, and then they sent me on my way.”

Several years passed and Karrie returned to the United States. “I wanted to further my education,” she says. “While I was interested in a career in health care, I knew that nursing wasn’t for me. I shadowed a dentist and the more I learned about dental hygiene, the more I felt that it fit me.”

As she began searching for a school to attend, she found Loma Linda University online. “I saw LLU’s international connections and opportunities for service. When I saw Belize listed I thought, ‘Belize is a small country. Maybe I will recognize a connection.’ When La Loma Luz appeared I thought, ‘That’s where they took care of me when I was sick. LLU is the place God wants me to go.’”

For more than 20 years La Loma Luz has served as a preferred destination for many

LLU students seeking a mission elective. In 2008, La Loma Luz joined the network of hospitals, many located in developing countries, affiliated with Adventist Health International (AHI). Headquartered at Loma Linda, AHI provides coordination, consultation, management, and technical assistance to hospitals and health care services operated by the Seventh-day Adventist Church.

Though Karrie had applied to three programs and was accepted into all three, she chose to attend the LLU School of Dentistry. “I stayed focused throughout the dental hygiene program,” she says, “and I graduated in May with the dental hygiene class of 2013.”

She shared her story during the School of Dentistry baccalaureate program on May 25, 2013. After taking her boards, Karrie would like to work with the medically underserved.

“In Belize,” she says, “families live simply. They save for the day when a member of their family needs medical care. Then they take their loved ones to Loma Luz, even if it means traveling for hours, because they know they will receive the best care. The hospital evaluates each person and teaches



Karrie White

them how to manage their health in order to prevent illness and avoid medical emergencies. The care I received as a patient at La Loma Luz Adventist Hospital was the first experience I’d had being treated as a whole person. I am so glad God led me to Loma Linda University, where whole-person care is taught and practiced every day.”

Housekeeping staff gets top training at Medical Simulation Center

By Heather Reifsnyder

Because a cleaned and disinfected hospital equates to safer patients, the department of environmental services at LLU Medical Center has elevated its annual training of housekeeping staff to a new level in the health care field.



Michelle Huerta takes colleagues through the proper way to dismantle, clean, and re-make a bed for labor and delivery patients on June 17 at the Medical Simulation Center.

Lauren Abadie’s unexpected response to Type 1 diabetes ...

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Formerly known as juvenile diabetes because it typically affects children or young adults, managing the disease requires a life-long commitment to an incessant round of doctor’s appointments and blood testing.

None of that fazes Lauren. Instead, the precocious second grader from Vanguard Preparatory School in Apple Valley is a study in perpetual motion, limitless curiosity, and brilliant intellect.

Lauren doesn’t like staying in one place for very long. One moment, she’s grabbing what her mother calls “her little baby pink guitar” and pounding the strings. The next, she’s opening a notebook to display her lat-

est artwork.

“I like to paint,” she announces. “Want to see?”

Lauren proffers a masterpiece of organic forms in purple and aqua. While many kids her age are content to draw stick figures of Mom, Dad, and the cat, Lauren’s work—rendered in a sophisticated abstract style—evokes a Rorschach test of colors and shapes. She laughs when viewers can’t decipher her imagery

“They don’t even know what it is!” she gloats.

“We have trouble keeping her, well, busy,” Kristin observes. “The diabetes hasn’t affected her brain.”

by training in this manner,” says Kelvin Moore, director of environmental services, LLU Medical Center. “This environment encourages more questions to be asked and allows us to cover issues that may not have arisen on floor training.”

Having a Medical Simulation Center on campus is noteworthy in itself, according to Jesse Mock, MA, vice president for patient engagement at LLU Medical Center. “Only the best institutions have that distinction, and we are fortunate to be one of them,” he says.

“We are committed to innovatively using our Medical Simulation Center to ensure we offer the finest patient care at every level,” Mr. Mock adds.

During June, 162 housekeepers rotated through training stations at the center, each covering procedures for different areas of a hospital including labor and delivery, ICU,

operating rooms, and patient rooms.

Other stations were devoted to topics such as hand hygiene, waste management, and interim life-saving measures that may be necessary during a patient evacuation or disaster.

“Our housekeepers now better understand not only the manual aspects of their jobs but the way they can best contribute to world-class patient care on the floors,” Mr. Moore summarizes. “Not just anyone can do this job.”

Mr. Mock seconds that opinion:

“Our environmental services team has a key role in reducing and eliminating hospital-acquired hazards such as infection, slips and falls, and pressure ulcers. Using the center to annually train our staff provides a true-to-life experience that is structured for adult learners. I believe this resource greatly assists us to achieve our goal of world-class patient and staff safety.”

Each employee also left the training with a new burgundy-colored uniform, which is a more stately update to the previous look.

It hasn’t diminished her creativity or humor, either. Consider, for instance, the three little pigs she keeps as pets.

“Their names are Breakfast, Lunch, and Dinner,” Lauren says with a sparkle in her eye. “They’re blue butt pigs.” The distinctive bluish markings on the hindquarters of the porcine trio result from the hybridized pairing of a black pig with a white one.

Like Breakfast, Lunch, and Dinner, the names of Lauren’s other pets—two dogs, a pony, and pet snake—reflect her advanced vocabulary and vivid imagination. The canines are Sage and Timber; the pony is Crèm Brulay (her spelling); and the rosy boa is Snaky.

“We might have a cow,” she observes in a literal application of the phrase. “We’re gonna get it from Apple Valley Feed Bin.”

As she speaks, Lauren transitions glibly from one subject to another with minimal concern for thematic continuity.

“I like pets,” she says. “I want to be a vet-

erinarian when I grow up. I want to go see the movie ‘42—the Jackie Robinson Story.’ Connor, my brother, is 9. He plays first base, outfield, and pitcher. He’s a left-hander, southpaw. I like baseball a lot. We’re going to go camping. ...”

Like her paintings, Lauren’s words reflect her broad-stroke fascination with the wonder and vitality of life. With each new breath, the discourse morphs in a new direction; each twisting turn of the monologue opening a new window into the thinking of this very gifted little girl.

Right now, she’s restating a question that has just been put to her.

“Is it sort of a pain to wear the insulin pump all the time?” she asks. “It is not sort of a pain.”

Lauren comes back in a proverbial New York minute with an observation uniquely her own.

“I like my pump,” she announces. “Its name is Blue Raspberry.”

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'Loma Linda 360' garners five Emmy Awards

Contributed report

The National Academy of Television Arts and Sciences awarded "Loma Linda 360" five Emmys—the highest award in the television industry.

Featuring stories of hope and courage, Loma Linda University Health's TV show portrays the resilience of humankind and celebrates life. Produced by Advancement Films, the show won Emmys in multiple categories at the 39th Annual Pacific Southwest Emmy Awards on June 15.

The winning shows

"Loma Linda 360: Beating Cancer" won an Emmy Award in the magazine program/special category. The first episode of season four, it gives viewers an inside look at the journey of cancer patients, cutting-edge proton therapy, and the celebration of survival at the annual Believe Walk event.

In the health/science program category, the Academy awarded "Loma Linda 360: Heart to Heart." In this episode, the Escarcega family's worst nightmare becomes

a harrowing reality. Their newborn baby is slowly dying from congenital heart disease. Doctors tell them it's the beginning of the end ... unless a heart becomes available for transplant surgery. Will Baby David receive a heart in time? "Heart to Heart" follows Baby David's journey and reflects on the pioneering efforts of infant heart transplantation with Baby Fae.

"End It Now: A Look Into Preventing Child Abuse" won in the public/current/community affairs category. This episode gives viewers an inside look at child abuse and the dramatic effect it has on people's lives as they mature into adulthood.

In the human interest category, the Academy awarded the story "Who I Am." Words can't describe how traumatic life is after a disabling injury. This film features four PossAbilities members as they show how one's identity isn't about physical capabilities, but about who you are on the inside.

"Can You See My Pain" won the Emmy Award in the informational/instructional category. About one in five teens cuts or self-injures his or her body. This episode tells the story of three young adolescents who strive to live life without hurting themselves



Celebrating Emmy wins are Advancement Films team members: (from left) Cosmin Cosma, Melody George, Patricia Kelikani, Kelly Phipps, and Michael Wolcott.

and raises awareness about this notorious coping mechanism.

Third year in a row

This is the show's third year to win Emmy Awards. The last season saw Emmy wins in four categories, and season two swept its categories by taking home three Emmy Awards.

Season four of "Loma Linda 360" aired last year on the PBS affiliate KVCR and

KVCR-DC as well as the CBS and ABC affiliates in the Palm Springs area. It is currently airing on Hope Channel and Loma Linda Broadcasting Network, and can be viewed online at <llu.edu/360>, <www.youtube.com/user/LLUHealth>, and <vimeo.com/channels/lomalinda360>.

Advancement Films is currently in production on a new TV show called "Life on the Line" that is being planned for release on PBS stations nationally.

Pharmacy student selected for residency at VA

By Stephen Vodhanel

School of Pharmacy third-year student Sarah Faheem is spending her summer at the Veterans Affairs (VA) Loma Linda Healthcare System gaining much valuable clinical pharmacy experience through the Veterans Affairs Learning Opportunities Residency (VALOR) program.

The purpose of VALOR is to provide clinical and classroom experience in various pharmacy clinical settings including inpatient/outpatient, medicine, geriatric, mental health, and primary care.

Rashid Mosavin, PhD, MBA, executive associate dean at the School of Pharmacy, says, "We're excited to have Sarah participate in the VALOR program. She is a strong student leader and will represent the school well. The knowledge Sarah gains this summer will broaden her pharmacy practice and provide valuable experience in the future should she be interested in a post-graduate residency."

According to the VA Loma Linda Healthcare System, the VALOR summer

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Sarah Faheem

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"I'm impressed with how Loma Linda University Health treats patients, especially in the Children's Hospital."
— Violet Molnar



LOMA LINDA UNIVERSITY HEALTH

LLU fosters higher education in the Philippines with collaboration on new school of medicine

By Briana Pastorino

Loma Linda University is continuing to foster higher education around the world, now in the Philippines. A team from LLU has formed to assist Adventist University of the Philippines (AUP) with the development of its new medical school.

AUP was recently granted permission by the Philippines Commission of Higher Education to open a medical school, which will make it the sixth accredited medical school operated by the Seventh-day Adventist Church. LLU was the first.

LLU President Richard Hart, MD, DrPH, and other professionals are looking forward to this international partnership. "Since its founding, Loma Linda University has sent thousands of physicians, dentists, and nurses to provide health care internationally. As the Adventist Church develops international universities, we can expand capacity by assisting with health sciences education for health professionals around the world."

The team from LLU will be working with the inaugural dean of the new medical school, Doris A. Mendoza, MD, who gar-

nered the experience necessary to take on her new position while serving as a faculty member of West Visayas State University College of Medicine, which is also in the Philippines. She has outlined a very modern medical education curriculum that will meet more stringent Filipino accreditation criteria.

The newly organized department of medical education within the LLU School of Medicine has formed a working group to collaborate with Dr. Mendoza and AUP: Tammi Thomas, MD; Lawrence Loo, MD; and Daniel Giang, MD. They will focus their efforts on developing the curriculum, build-

ing a strong faculty, upgrading the facilities, and admitting the first class of students.

AUP intends to accept its first class of 20 students in June 2014 and will use Adventist Medical Center—Manila as its primary clinical teaching site. In addition, the new faculty at AUP will be enrolled in the online master of science degree program in health professions education—an inter-professional graduate program at Loma Linda University designed to prepare clinicians to teach in the classroom.

Dr. Giang is congratulatory to AUP for achieving accreditation of its medical school and anticipates the collaboration.

"Adventist health education provides distinctive added values to students as well as a first-rate education in various health sciences disciplines," he says. "We strive to help students synthesize their commitment to faith and science while viewing each patient as a whole person rather than as cases of a disease. Health care as part of an overall mission of representing God in the world is what we strive for."

The General Conference of Seventh-day Adventists department of education has provided additional resources to LLU to help with this effort. Lenoa Edwards, assistant dean for admissions within LLU School of Medicine, visited AUP to discuss admissions issues this past April.

"We anticipate a busy year for both AUP and LLU," she says.

Loma Linda University has a strong, ongoing history with Adventist University of the Philippines. LLU School of Public Health assisted the Filipino university in developing its own College of Health approximately 30 years ago, and LLU School of Dentistry also collaborated with AUP to develop its College of Dentistry in 2005.

Ronald Dailey, PhD, dean of LLU School of Dentistry, was part of the collaboration eight years ago and believes LLU's partnership with AUP is special.

"This is a unique opportunity," he says, "to build a medical school in a country that is striving to advance the quality of medical education. It took visionary leadership to make LLU what it is today, and I am confident that same vision and skill will translate in this partnership with Adventist University of the Philippines."

AUP is a highly regarded institution that successfully operates schools of education, nursing, business, theology, and health sciences.

Loma Linda University provides numerous resources for developing medical schools through its Global Health Institute, School of Medicine, and master of science degree program in health professions education.

LLU tailors its collaboration to meet the needs of each new medical school and will host the first international conference of Adventist medical educators in May 2014. This focus on health sciences education advances LLU's tradition of sending health professionals to serve overseas.

Pharmacy student selected for residency at VA ...

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internship residency program is a unique summer internship program for pharmacy students who have completed their second professional year with a minimum GPA of 3.0 in an accredited PharmD program. The program includes structured, competency-based clinical experiences, didactic

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Music in the Neighborhood A Special Benefit Concert



The Youth Ensemble of New England in support of and featuring members of La Escualita

The *Youth Ensemble of New England* is composed of approximately 30 talented young musicians ages 9 through 20. Based in South Lancaster, Massachusetts, the orchestra attracts young people from the New England region. Under the direction of Dr. Connie Rittenhouse Drexler, the orchestra has toured Iceland, Canada, England, Scotland, New York, and Maine. Lively, varied, and exciting, the concerts feature gifted young soloists. The repertoire is taken from a variety of great classical and sacred musical literature ranging from the Baroque to the present day.

La Escualita—literally translated "the schoolhouse"—is a special program designed to bring music and the arts into the neighborhoods of San Bernardino, California. The program pairs university students from both Loma Linda University and La Sierra University in a mentoring role with hundreds of neighborhood children in a given year. As part of the program, also known as Community Kids Connection and headquartered at the SAC Health System—Norton Clinic in San Bernardino, a group of local young people have been learning to play stringed and wind instruments, mentored by LLU and LSU students and faculty, and other local volunteers.

This concert will provide a unique opportunity for the differing worlds of these young people to intertwine, resulting in new understanding and appreciation for the wonderful medium of music and the friendships that can develop through sharing it. Join the young people as they embark on this adventure of sharing and friendship.

Saturday, July 20 @ 8:00 p.m.

Campus Hill Seventh-day Adventist Church

11057 Hill Drive, Loma Linda

A free-will offering will be collected by
members of *La Escualita* to benefit the local young musicians

LLU Medical Center's orthotics and prosthetics team gives Brazilian amputee and athlete ability to walk

By Briana Pastorino

Loma Linda University Medical Center's orthotics and prosthetics team gave Brazilian athlete and 2016 Paralympic hopeful Marinalva de Almeida

the ability to walk for the first time in more than 15 years. The team, led by Michael Davidson and Murray Brandstater, MD, had Marinalva, a left leg amputee, walking just three days after she arrived in Loma Linda. "We were definitely in uncharted terri-

tory when Marinalva came to us," says Mr. Davidson, who serves as the clinical manager for orthotics and prosthetics at LLU Medical Center. "The evolution of the prosthetic from the design of the leg, to fitting it, to actually using it is a very thorough, detailed process

that typically takes six to eight weeks. We made two legs, one for running and one for walking, in less than three days."

Dr. Brandstater, who is the chair of physical medicine and rehabilitation at the Medical Center, was the first specialist at the hospital to see Marinalva. He evaluated her and outlined her specific needs.

"I recognized a young, athletic individual who was a good candidate for a prosthesis," he says. "Upon her arrival, no one had anticipated anything more than just fitting her for a prosthetic. Although it was a challenge, Marinalva was able to return home with two new legs."

Dr. Brandstater admits, however, everything came together because "Michael and his staff are talented and experienced; we had the support of his students; and not only was Marinalva young and fit, but her residual limb was stable."

Marinalva, who goes by Mary, admits she did not even expect to return to Brazil with a new leg. "I knew Loma Linda was the best in its class, but they exceeded my expectations," she says. "The amount of commitment and respect I have gotten is incredible. I've been received with open arms, and the whole experience has been fantastic."

Mary openly shared the story of the incident that forced her to walk with crutches for most of her life. When she was 15 years

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colleagues may not know is that she is the owner of a horse named Karnival.

The Doctors Retamozo are parents to a teenage daughter, Bianca.

School of Dentistry appoints new endodontics chair

By Douglas Hackleman

Bonnie Retamozo, DDS, MSD, has been appointed chair, department of endodontics, Loma Linda University School of Dentistry, effective July 1, 2013. Dr. Retamozo replaces Robert Handysides, DDS, who recently was ap-

pointed School of Dentistry associate dean for academic affairs.

"Dr. Retamozo has earned the respect and endorsement of the faculty in the department of endodontics," says Dean Ronald J. Dailey, PhD, "and I am delighted that she has agreed to join the School's administrative team."

Dr. Retamozo earned a bachelor of arts degree in biology from Southwest-

ern Adventist University, Keene, Texas, in 1995, and a bachelor of science degree in medical technology in 1996 at Tarleton State University, Stephenville, Texas.

From 1996 to 2001, she worked as a medical technologist at Texas Tech University Health Sciences Center where her husband, Milton Retamozo, was in medical school, before she studied dentistry and graduated from Loma Linda University School of Dentistry in 2005 with her doctor of dental surgery degree.

Dr. Retamozo remained at LLU School of Dentistry as an instructor in the department of oral diagnosis, radiology, and pathology until 2007 when she selected endodontics as her career choice. Dr. Retamozo completed her postdoctoral endodontic training at Loma Linda in September 2009 and joined the School's department of endodontics as an assistant professor and board-eligible endodontist.

Dr. Retamozo is an associate of the Loma Linda Faculty Endodontics clinic and, since 2010, has been a staff endodontist for the US Department of Veterans Affairs Dental Clinic at Jerry L. Pettis Memorial Veterans Medical Center. Her husband is a vascular surgeon affiliated with Arrowhead Regional Medical Center in Colton, California. And what most of Dr. Retamozo's patients and



Bonnie Retamozo, DDS, MSD

Pharmacy student selected for residency at VA ...

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coursework, and pharmacy-focused patient care under the direction of clinical pharmacists.

Eligibility criteria for the VALOR program are intense. This includes a minimum grade point average, nomination of the student to the program by the dean of the School of Pharmacy, an essay indicating career goals and objectives for seeking the VALOR summer internship, and an anticipated graduation within two years after entry into the VALOR program.

For Sarah, participating in the VALOR program came from wanting to work with veterans. "I have always wanted to work at the VA Medical Center because it serves an honorary population of patients. The work is solely focused on veterans. And I have been surprised that this population ranges from 18 to over 100 years of age," she says.

But the VALOR program came with some surprises, Sarah notes.

"It is honestly a lot more than I expected. I thought the experience was going to entail outpatient and inpatient aspects, but I quickly realized that it is a lot more clinical," she explains. "The VALOR program has provided me experience in situations that I thought I never could handle, but the training is really great and well supervised. I have gained a lot of confidence in what I can do as a pharmacist."

Reflecting upon her first two years in pharmacy school, Sarah realizes how important they have been. "Honestly, everything we learned in the first two years is a vital part of what I do now. Every disease

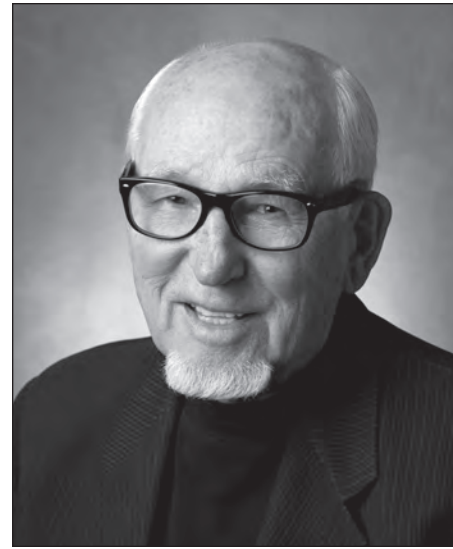
state I handle with patients brings flashbacks of things I learned in the classroom," she reflects.

"Also, as students we were very well trained in seeking information from patients and counseling them. The training we received in and out of class has helped my confidence in interviewing patients, extracting information from them, and most importantly connecting with patients on a personal level to create a two-way trustworthy relationship."

The VALOR program also can develop career paths for students.

"My future hope is to do a post-graduate residency at the Loma Linda VA to start my career as an ambulatory care pharmacist in the Loma Linda VA. Being part of the VALOR program is a great opportunity, and the experience is helping me pursue a great future career," Sarah says.

Innerweave: The Wholeness Story



By Wil Alexander, PhD

Not too many moons ago there was, in our Church, a rather consistent and continuous emphasis on "country living." Not a few saints took the emphasis seriously and moved rurally. Living now in the midst of most everything stressful, there must be some way to make the bad stress into good stress (eustress) so we can survive and even thrive spiritually through it all. My new friend and author, Dr. Richard A. Swenson, offers a wee bit of counsel in his book that, if heeded, might even make living more exciting and fruitful:

"Powerful future trends are propelling us in the direction of increased complexity, of more and more, faster and faster. The reasons people feel like 'getting away from it all' are not dissipating anytime soon. As a consequence, simplicity is a movement whose time has come. Though it has been variously commended and practiced for centuries, simplicity has seldom been more

needed than it is today.

"If overload is sabotaging our equilibrium, simplicity can help. If we find ourselves being detailed to death, simplicity can restore life. If we find ourselves overextended in our emotional, financial, and time commitments, simplicity is one of the best ways to establish margin.

"We frequently hear talk about the rat race and the treadmill, about stopping the world to let people off. Given the complicated, rushed nature of daily life in modern America, it is not surprising that many are looking for the exit door. Many fantasize about walking away from their jobs, throwing away the television, and moving to a cabin in the woods. Indeed, in the last few decades many have acted on the fantasy.

"Although moving to a rural location can often add simplicity, it constitutes no guarantee. A columnist writing about life balance for a men's magazine interviewed me recently. As we discussed moving from busy cities, he said, 'I tried that. We moved from Manhattan to rural Pennsylvania. There are six people in this town, and five of them are in my family. It didn't work.' A fascinating observation. Often we jack up our busyness, put wheels underneath, and then trailer it down to our new location. People today can lead a fully 'wired' life even with no neighbors in sight.

"Simplicity does not guarantee margin, but it is a helpful first step ... the path to simplicity is not so much escaping as it is transcending ... a redirection of heart and mind priorities. Require that all possessions and activities serve your priorities. If they do not, establish control and leave everything that encumbers at the side of the road."

-From the book *A Minute of Margin*



LLU Medical Center's orthotics and prosthetics team gives Brazilian amputee and athlete ability to walk ...

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old, she was hit by a car while riding a motorcycle. Five days after the accident, her left leg was amputated. Now, the 35 year old admits she turned to sports in an effort to find herself. "I didn't even start competing until about three years ago."

Weight lifting, sailing, long-distance running, and long jump are just a few of the sports she has participated in—all on crutches. She even ran a half-marathon in May 2013 on crutches. She confessed she previously had a prosthetic, but it did not fit properly and was hard to maintain. "I felt most comfortable on my crutches."

Now, Mary is looking forward to her new legs. Through a grant provided by Challenged Athlete Foundation (CAF), she has a new prosthetic running foot that is designed specifically to fit her needs. Mary also received a walking leg thanks to private and corporate sponsorships, including a donation from Loma Linda University PossAbilities.

"This was a very unique situation and we wanted to help with the cost of the expedited design and fabrication of Mary's new prosthetic," says Pedro Payne, PossAbilities manager. "We are looking forward to being a continued resource for Mary as she accelerates as a professional athlete."

Mary is beyond appreciative of all that LLU Medical Center has provided to her. "I never thought all of this would ever be possible." But now Mary is making the transition from her crutches to walking full time. "It has been a challenge to walk, but I'm hoping to be running with more ease and comfort very soon."

Brazilian athlete Marinalva de Almeida shows off her walking leg while wearing her running leg inside the prosthetics lab at Loma Linda University East Campus on Friday, June 21.



A Loma Linda University Children's Hospital patient, 6-year-old Sarah Quinn from Yucca Valley, greeted Luke the Lion at his birthday party with a card made especially for him on Wednesday, June 19.

Loma Linda University Children's Hospital and patients celebrate mascot's birthday

By Briana Pastorino

Classic cars, doo-wop singers, a red carpet, and balloons took over the main entry to Loma Linda University Children's Hospital to celebrate Luke the Lion's birthday on Wednesday, June 19. Patients and their families as well as hospital staff and community members were treated to an afternoon of fun for the annual event.

Children's Hospital Administrator Zareh Sarrafian, MBA, was one of the first to wish the honorable mascot a happy birthday. "Luke is a wonderful friend and companion to many of our patients, and we appreciate having him around," he said as he presented Luke with a birthday card and cake. "Kids can miss out on a lot of fun

things if they are sick or need special care, and this birthday party is a chance for Luke the Lion to put some fun and celebration back into these kids' day."

One patient who came down for the fun and excitement was 6-year-old Quinn Schmitz from Yucca Valley. "She was so excited about the party and couldn't stop talking about it," said Quinn's mom, Sarah. Quinn was the first patient to greet Luke as he arrived in a shiny, red Lexus convertible from Lexus of Riverside. She gave him a handmade card and a great, big hug.

Sarah revealed her daughter has been in and out of the hospital since she was a baby because she has a mitochondrial disease that affects her normal body functions, such as digestion. "Her disease has a big impact on her overall health—she

has seizures and is on an IV 20 hours a day. She loves to go outside, so it's cool the hospital does things like this for the kids to take a break from the hospital routine they are used to."

At the party, kids were able to participate in arts and crafts in the hospital lobby; were treated to 1950's-themed music by doo-wop singers The Wonderelles; and were wowed by numerous, shiny, classic cars. Luke sauntered through the party with kids taking photos and accepting cards that had been made just for him.

On a typical day, Luke the Lion will roam the halls, playrooms and patient bedsides, looking for kids who need some cheering up. No matter how bad the day is to a young patient, a 7-foot lion can almost always make them smile.

LLU Team PossAbilities member earns spot on the USA canoe/kayak national team

By Herbert Atienza

Member of Loma Linda University Team PossAbilities has secured a spot on the USA canoe/kayak national team and will represent the country at the ParaSprint World Championships in Duinsburg, Germany, next month.

Greg Crouse, 44, of Fullerton, Calif., a PossAbilities member for the last four years who is on track to compete in the 2016 Paralympics as part of PossAbilities' "Road to Rio" program, won his qualifying event to make it to the team.

The 2013 National Team Trials were held this month in Lake Placid, New York, on the flat waters of Mirror Lake. Mr. Crouse competed alongside fellow paddlers,

both juniors and seniors, and won his 200-meter event with a time of 58.07 seconds, which is 2.01 seconds faster than his qualifying time last year.

The victory marks the third time that Mr. Crouse will represent the United States at the World Championships, out of four attempts at making the team.

"I am just honored and proud to be able to serve the United States in this capacity," says Mr. Crouse, a retired Army veteran who, in 1988, lost his left leg after a drunk driver struck him while he was walking.

He joined PossAbilities after hearing about the organization from a friend, and he credits the organization for helping and motivating him to become an elite athlete.

PossAbilities is a community outreach

program developed by Loma Linda University Medical Center East Campus and supported by founding partner San Manuel Band of Mission Indians. PossAbilities' goal is to offer physically challenged people a sense of community by offering activities and practical help.

The group has sponsored Mr. Crouse in his athletic pursuits and provided him with a V-1 Rudderless canoe, which allowed him to maximize his training and compete in more races. He is also part of the organization's "Road to Rio" program, which supports athletes who have the potential to compete in the 2016 Paralympics in Rio de Janeiro. To learn more about the "Road to Rio," go to <www.teampossabilities.org/paralympic-program>.

"PossAbilities has allowed me to be the best that I can be," Mr. Crouse says.



Loma Linda University Team PossAbilities member Greg Crouse credits PossAbilities for his success, including recently earning a spot on the USA canoe/kayak national team.

Joseph Hacinas overcomes challenges to earn DNP degree ...

Continued from page 8

ents the Dean's Award, graduate program, DNP, to Joseph Hacinas, in recognition of distinction in academic achievement and professional performance."

Dr. Hacinas has received his new assignment; he will once again be stationed in Yokosuka. In August, he and his family will move back to Japan.

"My DNP degree," he says, "will allow me to be a strong voice and advocate for both patients and nurses. I will feel comfortable sharing, 'I'm a doctor too, let's work together as a team to provide the best care for our patients.'"

Every day, Dr. Hacinas tries to inspire each member of the team. "We are in life-or-death situations; whether a nurse finished school two weeks ago or 20 years ago, we work together, helping each other.

We're there to provide the best care to our patients, improving the patient experience to help them feel better."

While in the program, Dr. Hacinas explored ways to enhance the post-operative experience for patients. "I discovered," he says, "that when patients open their eyes and the first thing they see is a loved one, they will wake up less agitated. This positively impacts their recovery."

When asked what separates LLU from the other schools of nursing, Dr. Hacinas is quick to answer. "Not only is LLU top notch scientifically," he says, "but there is a sense of family at Loma Linda. Throughout my program, I would receive a text or call when I needed support. For me, that is what sets Loma Linda apart as the best I've seen. I am convinced that at Loma Linda, academic success and spirituality are like no other."

U.S. News & World Report names LLUMC No. 1 in Inland Empire; ranks gynecology program 'among the best' in U.S.

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percent of hospitals are recognized for their high performance as among their region's best. Just 3 percent of all hospitals earn a national ranking in any specialty."

U.S. News publishes Best Hospitals to help guide patients who need a high level of care because they face particularly difficult surgery, a challenging condition, or added risk because of other health problems or age. Objective measures such as patient survival and safety data, the adequacy of nurse staffing levels, and other

data largely determined the rankings in most specialties.

The specialty rankings and data were produced for U.S. News by RTI International, a leading research organization based in Research Triangle Park, N.C. Using the same data, U.S. News produced the state and metro rankings.

The rankings have been published at <<http://health.usnews.com/best-hospitals>> and will appear in print in the U.S. News Best Hospitals 2014 guidebook, available in bookstores and on newsstands August 27.

Joseph Hacinas overcomes challenges to earn doctor of nursing practice degree

By Nancy Yuen

As his high school graduation neared, Joseph Hacinas didn't check the mailbox every day to see if his college acceptance had arrived. He knew his options after high school were limited.

"Joseph," his mother had told him, "I don't have the money for you to go to college. You can join a gang or work in a fast food restaurant, or you can do something with your life. It's up to you."

Dr. Hacinas is the second youngest of six children. He lived with his family in the Philippines until his father was killed during the political instability of the 1970s. "We were from an impoverished area," he says. "I was 6 years old when my father was shot. When you're scared and don't know if you will eat the next day, it makes you pray."

Determined that no more family members would be harmed due to the unrest, his grandparents filed a petition to allow the family to immigrate to the United States. "I didn't learn English until I was 13 years old," he shares. "I was an average student; I had to translate the assignments in my mind." Determined to pass his classes, he arrived at school early every day, and stayed late.

After high school, "I decided to enlist," he says. "I knew that if I was a good fit they would keep me, and I could make it into a career. I joined the Navy when I was 19."

After four years of service, the Navy funded his college education. He earned his RN degree from Point Loma Nazarene

University in San Diego.

Returning to active duty, he was stationed at Balboa Hospital and then in Okinawa, Japan. For three years he applied his nursing skills, taking care of sick and wounded service men and women and their families. "There were many wounded warriors, amputations, open heart surgeries," he shares. "I was determined to serve people, and to serve them well."

Committed to continuing his education, he began praying that God would lead him to the right school. After learning that Dr. Hacinas was planning to pursue his MS degree in nursing, one of his patients in Okinawa told him he should consider applying to Loma Linda University. "The Navy would have paid for my tuition at any U.S. nursing school," he reveals, "and I'd never heard of LLU."

As he began to research his options, Dr. Hacinas became intrigued by LLU's tradition and core values. In the fall of 2008, he moved with his wife, Ana, and their son, Josiah, to Loma Linda and entered the LLU School of Nursing.

As he was nearing the end of his two-year master's degree program, Dr. Hacinas listened as Susan Lloyd, PhD, associate professor, mentioned in class that LLU was starting a doctor of nursing practice (DNP) program. She had been asked to serve as the program director.

The DNP program is a practice-focused, indirect care MS to DNP program, which prepares graduates to function in indepen-

dent leadership roles either in patient care in administration or within a healthcare system. "Professionally," says Dr. Lloyd, "DNP graduates transition to more advanced practice roles such as directors of clinical practice and services, education, and research utilizing evidence-based protocols (EBPs) to improve access and quality outcomes, as well as to decrease patient care costs."

"I was the first to apply," says Dr. Hacinas, "and was the first person accepted

into the program."

After Dr. Hacinas graduated with his MS degree in nursing in 2010, the Hacinas family moved to San Diego where he was once again stationed at Balboa Hospital. The DNP program's hybrid distance education format allowed him to work full-time during his course of study.

On June 16, 2013, he received his DNP degree during commencement ceremonies for the School of Nursing. His wife, son, and extended family were in attendance as he was called to the stage to receive the Dean's Award. The plaque reads: "Loma Linda University School of Nursing pres-

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Joseph Hacinas, MS, DNP, his wife, Ana, and their son, Josiah celebrate after commencement ceremonies for the School of Nursing. A member of the class of 2013, Dr. Hacinas received the doctor of nursing practice degree.

U.S. News & World Report names LLUMC No. 1 in Inland Empire; ranks gynecology program 'among the best' in U.S.

By Herbert Atienza

A specialty program at Loma Linda University Medical Center has been ranked among the best in the nation by *U.S. News & World Report*.

The gynecology program at Loma Linda University Medical Center was ranked No. 47 in the country by *U.S. News & World Report*, which, for the fourth year in a row, also ranked LLU Medical Center the No. 1 hospital in Southern California's Inland Empire (Riverside-San Bernardino metro area) for 2013-14.

The last time a specialty at Loma Linda University Medical Center was ranked nationally was in 2008, when the department of otolaryngology, head & neck surgery, & facial plastic surgery was recognized among the top programs in the nation.

The annual *U.S. News Best Hospitals* rankings, now in their 24th year, recognize hospitals that excel in treating the most challenging patients.

"We are very proud and honored for our gynecology program to be ranked among the best in the nation and for Loma Linda University Medical Center to once again be named the best hospital in the Inland Empire," says Loma Linda University Medical Center CEO Ruthita J. Fike, MA.

"These honors are very much valued by our organization because they reflect the commitment, hard work, and clinical expertise of thousands of physicians, nurses, and staff, all dedicated to upholding our mission of continuing the teaching and healing ministry of Jesus Christ," she says.

"We are deeply honored to be nation-

ally ranked for the provision of high-quality gynecologic care," says Ron Swensen, MD, chair of the department of gynecology and obstetrics at Loma Linda University Medical Center. "This reflects the expertise of the entire team: doctors, nurses and ancillary personnel, all working toward a superior patient experience. We thank our patients for their trust in us."

He noted that the noteworthy services offered at the department include minimally invasive and robotic surgery, female pelvic medicine and reconstructive surgery options, comprehensive gynecologic oncology and infertility services, as well as a Perinatology Institute for high-risk pregnancies.

U.S. News ranks Loma Linda University Medical Center No. 13 in California, improving from No. 18 in 2012-13. Loma Linda University Medical Center was cited for 11 specialty programs. Aside from giving gynecology national ranking, *U.S. News* cited the following "high performing" specialties of the hospital: cancer; cardiology and heart surgery; diabetes and endocrinology; ear, nose and throat; gastroenterology and GI surgery; geriatrics; nephrology; orthopedics; pulmonology; and urology.

U.S. News evaluates hospitals in 16 adult specialties. In most specialties, it ranks the nation's top 50 hospitals and recognizes other high-performing hospitals that provide care at nearly the level of their nationally ranked peers.

"A hospital that emerges from our analysis as one of the best has much to be proud of," says Avery Comarow, *U.S. News Health Rankings* editor. "Only about 15

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