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HEALTH CARE EXCELLENCE

Loma Linda University Medical Center ranked No. 1 among Inland Empire hospitals

By James Ponder

U.S. News & World Report recently announced that Loma Linda University Medical Center (LLUMC) ranked No. 1 in its list of best hospitals in Riverside and San Bernardino counties.

The ranking was revealed on July 19 when the magazine published its 2011-2012 list of best hospitals in the United States.

The medical center placed first among the region's hospitals by obtaining very high scores in the following medical specialties:

- Cancer
- Cardiology and heart surgery
- Diabetes and endocrinology
- Ear, nose, and throat
- Gastroenterology
- Gynecology
- Nephrology
- Orthopedics
- Pulmonology
- Urology

This year, the medical center saw its total number of high-performing specialties increase from seven to 10 over its performance on the 2010-2011 rankings, where it was also positioned in first place among Inland Empire hospitals.

Although 42 hospitals serve the four million-plus residents of Riverside and San Bernardino counties, only nine of them made the list for 2011-2012. Those identified as "Best Hospitals in Riverside-San Bernardino (Inland Empire) CA," (listed with the number of their high-performing specialties (HSPs), are:

Name	Rank	HSPs
LLU Medical Center	1	10
Kaiser Fdn. Hosp. (Fontana)	2	5
Chino Valley Medical Center	3	2
Arrowhead Regional Med. Center	4	1
Desert Regional Medical Center	4	1
Desert Valley Hospital	4	1
Eisenhower Medical Center	4	1
Riverside Community Hospital	4	1
St. Bernardine Medical Center	4	1

The magazine applied the same criteria it uses to evaluate the best hospitals in the nation when compiling its list of the best regional hospitals. Assessment criteria included a number of key quality indicators such as death rates, patient safety, and volume. Children's hospitals were not included in the rankings.

PROFESSIONAL EXCELLENCE

Twenty-seven LLUMC physicians included among U.S. News & World Report's Top Doctors



Loma Linda University Medical Center (LLUMC) and 27 members of its medical staff were recently honored when U.S. News & World Report included them in two specialty publications designed to underscore the finest health care providers in the United States. The first—Top Doctors—highlights the achievements of physicians selected by their peers as being among the very best in the nation; the second, Best Hospitals, identified LLUMC as top hospital in Riverside and San Bernardino counties. Four of the honored physicians gathered in front of the medical center for a commemorative photo (from left): Stephen Ashwal, MD; Sarah M. Roddy, MD; Takkin Lo, MD; and Leonard L. Bailey, MD.

"It is with great pride that we receive the recognition of being the No. 1 hospital in Riverside-San Bernardino counties in the 2011-2012 U.S. News & World Report Best Hospitals metro area rankings," says Ruthita Fike, MA, CEO of LLUMC.

In an August 4 memorandum, Ms. Fike pointed out that "the new rankings showcase 720 hospitals out of 5,000 hospitals nationwide. Each is ranked among the country's top hospitals in at least one medical specialty and/or ranked among the best hospitals in its metro area."

She also noted that "the regional hospital rankings complement the national rankings by including hospitals with solid performance nearly at the level of nationally ranked institutions. The regional rankings are aimed primarily at consumers whose care may not demand the special expertise found only at a nationally ranked Best Hospital or who may not be willing or able to travel long distances for medical care. The U.S. News & World Report metro rankings give many such patients and their families more options of hospitals within their community and in their health insurance network."

The rankings evaluated 16 medical specialties at

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By James Ponder

A total of 27 Loma Linda University Medical Center (LLUMC) physicians have been named by the editors of U.S. News & World Report as ranking among the top doctors in the nation in their respective specialties, and six of those were identified as being in the top one percent of all American doctors.

The six LLUMC doctors named to the top one percent are:

- Stephen Ashwal, MD, pediatric neurologist
- Leonard L. Bailey, MD, heart surgeon
- Yvonne F. Fanous, MD, pediatric allergist-immunologist
- Sarah M. Roddy, MD, pediatric neurologist
- Carl John Rossi, MD, radiation-oncologist
- Beverly Wood, MD, diagnostic radiologist

The 21 other physicians selected for inclusion in the list—which a note on the magazine's website estimates as being in the top 10 percent of doctors nationally—are:

- Antranik Agop Bedros, MD, pediatric hematologist-oncologist
- Ingrid Kristine Blomquist, infectious disease specialist

- Murray E. Brandstater, MD, physiatrist
- George Chonkich, MD, ENT-otolaryngologist
- Anthony Francis Firek, MD, endocrinologist
- Philip Gold, MD, pulmonologist
- Aijaz Hashmi, MD, pediatric cardiologist
- Kenneth Roy Jutzy, cardiologist
- J. David Killeen, MD, vascular surgeon
- Takkin Lo, MD, pulmonologist
- John Lamont Murdoch, MD, endocrinologist
- William Carleton Patton, MD, reproductive neurologist
- Gordon W. Peterson, MD, neurologist
- Rhodes Rigsby, MD, internist
- Antonio Eduardo Robles, MD, surgeon
- Lori Shutter, MD, neurologist
- Lauren Simon, MD, family medicine
- Jerry D. Slater, MD, therapeutic radiologist
- Siegmund Teichman, MD, nephrologist
- Robert Jacob Wagner Jr., MD, obstetrician-gynecologist
- Raymond Y. Wong, MD, internist

Of the LLUMC physicians on the list, 15 of them—Drs. Bailey, Roddy, Blomquist, Chonkich, Jutzy, Killeen, Lo, Murdoch, Patton, Peterson, Rigsby, Slater, Teichman, Wagner Jr., and Wong—are graduates of the LLU School of Medicine, and one of them—Dr. Simon—is a graduate of the master of public health program at the LLU School of Public Health.

LLUMC administration considers the inclusion of so many LLUMC physicians on the list as good news for health care in this part of the world.

"We are very proud of our physicians," says Ruthita Fike, MA, CEO of LLUMC. "We very much appreciate all our doctors and their selfless service and commitment to our patients and community."

According to a listing on the U.S. News & World Report website, the list of top doctors in the nation was developed in collaboration with Castle Connolly Medical Ltd., publisher of America's Top Doctors® and other guides.

An article on Castle Connolly's website says the goals of the project are twofold.

"First, we want to help consumers find the doctors who can best address their needs," the article explains. "That's why Top Doctors are identified by location and by hospital affiliation, across a wide range of specialties and subspecialties and for over 2,000 diseases, medical issues and procedures."

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FUNDRAISING EXCELLENCE

LLU advancement administrator receives Milton Murray Trailblazer Award

By Kelly J. Phipps

Rachelle Bussell, CFRE, vice president of advancement for Loma Linda University Adventist Health Sciences Center, received the 2011 Milton Murray Trailblazer Award not only for her tremendous philanthropy work, but also for her noted patience, love, and humor.

The Adventist Philanthropy Leadership Awards Banquet was held June 22, 2011. The award was renamed from Trailblazer Award to the Milton Murray Trailblazer Award, and Ms. Bussell was honored to be the first recipient of the newly named award.

Ms. Bussell's leadership skills have helped administration, fundraising, health care communications, higher education, and non-profit organizations.

"I am truly honored and humbled to have been chosen to receive this award," states Ms. Bussell. "It is a privilege to work in such a rewarding field. To be just a tiny part of helping people who have a passion to change lives connect with organizations that can implement their dream is very meaningful."

While working at the University of South Carolina School of Law, Ms. Bussell oversaw a

\$75 million campaign for the law school and was involved in a \$1 billion campaign for the



Rachelle Bussell, CFRE (center), LLUAHSC vice president of advancement, receives the Milton Murray Trailblazer Award during a ceremony held June 22. Also pictured, from left, are: Mary Anne Chern, FAHP, ACFRE, president of White Memorial Medical Center Charitable Foundation; Albin Grohar, PhD, acting chair, department of health policy and management, LLU School of Public Health; Don Wildman, planned giving consultant, Florida Hospital Foundation; LuAnn Davis, CFRE, vice president for advancement, Union College; and Karen Johnson, EdD, CFRE, president/CEO, Rocky Mountain Adventist Healthcare Foundation.

university system. She also worked as an independent consultant with Hamilton, Bussell, & Associates.

In 2002, she became a certified fundraising executive (CFRE) and is active nationally and locally in the Association of Fundraising Profes-

sionals (AFP). Ms. Bussell is also a past president of AFP Central SC Chapter and has served on several national committees.

Currently, her role at Loma Linda University encompasses overseeing the advancement areas for the medical center and the university. This includes philanthropy, public affairs, and marketing.

Every three years, Philanthropic Service for Institutions (PSI) awards one fundraising professional with the Milton Murray Trailblazer Award. This is the most distinguished fundraising award offered by the Adventist Church and is named after the founder of PSI, who passed away in 2009.

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LLU Medical Center physicians among Top Doctors ...

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"Second," the article continues, "we want to enlist doctors across the country in sharing their awareness of who among their peers are the most worthy of referral. Their collective wisdom, available at usnews.com, will contribute to a growing knowledge base that extends and complements doctors' longstanding tradition of seeking recommendations from a convenient sample of their trusted colleagues."

Although all the doctors are peer-nominated, Castle Connolly engages in an intensive research process before deciding which physicians to include in the list. According to their website, the organization surveys literally thousands of physicians and other health care professionals, asking them to identify excellent doctors for the list.

"When we began the research for the first edition of *America's Top Doctors*®, we surveyed over 230,000 of the nation's leading medical specialists, department chairs, residency program directors, vice presidents of medical affairs and presidents of the nation's leading medical centers and specialty hospitals," the website explains.

Making the list once is no guarantee that a physician will be included in subsequent years; the organization maintains an ongoing database on each physician and names can be removed from the list if, in the judgment of the selection committee, the action is warranted.

"The physicians identified through the Castle Connolly research process are clearly among the very best, but there are always other good physicians not identified by Castle Connolly and that is why our guides, websites and other distribution channels for this critical information describe a process whereby consumers can identify excellent physicians using their own efforts," the website adds.

For his part, Roger Hadley, MD, dean of the School of Medicine and executive vice president for medical affairs at Loma Linda University Adventist Health Sciences Center, says he is grateful for the recognition of the medical professionals who serve LLUMC and the Inland Empire.

"I'm always pleased," notes Dr. Hadley, "to find our hospital, doctors, and services to be held in high regard by others. We consider them a very valuable resource on this campus."

A DIVERSE CAMPUS

Loma Linda University named among top 15 institutions for conferring degrees to minority students

By Midori Yoshimura

Loma Linda University scored high on the national list of "Top 100 Degree Producers," which lists institutions by the number of degrees conferred to minority students.

The annual rankings were released in the June 9, 2011, issue of *Diverse: Issues in Higher Education*.

Nationwide, Loma Linda University places among the top 15 institutions in the master's, doctorate, and first professional degree categories. To determine an institution's standing, the magazine uses the most recent data (from 2009-2010) reported by each institution.

For master's degrees conferred, Loma Linda University is third for Asian American graduates in health and medical administrative services. The university also ranks tenth for all minority graduates from health professions and related programs. Minority students made up 40 percent of the 2009-2010 graduating class, a 26 percent increase from 2008-2009's statistics.

Among institutions that grant doctoral degrees, LLU ranks third for Hispanic students, and eleventh for all minority students graduating from health professions and related programs. Minority students made up almost a third of 2009-2010 graduates of health professions and related programs.

For first professional degrees awarded, Loma Linda University ranks ninth among Hispanic graduates. Across all minorities, Loma Linda



Loma Linda University was named among the top 15 educational institutions in the United States for conferring degrees to minority students.

University is 11th for graduates of rehabilitation and therapeutic professions programs. This category composed 39 percent of the 2009-2010 graduating class.

Currently, students from more than 80 countries, and almost every state in the nation, are part of LLU's student body. Programs such as *Sí Se Puede*, which gives Hispanic teenagers a chance to explore health careers at LLU, demonstrate the university's commitment to quality education for all. Organizations such as Black Alumni of Loma Linda and Hispanic Alumni of Loma Linda serve as support systems for current minority students.

Loma Linda University's complete rankings can be found at <http://diverseeducation.com/top100/> (select "Loma Linda University" as the institution).

LLU Medical Center ranked No. 1 among IE hospitals ...

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hospitals in 94 metropolitan areas with a population of at least 500,000.

In the conclusion of her August memorandum, Ms. Fike credited the dedicated staff and faith-based roots of LLU Medical Center for the organization's strong showing in the rankings.

"We are extremely proud and gratified of this recognition," she said, "which we believe is a testament to the teamwork of everyone within the hospital to provide the best possible care for our patients and support our overall mission of continuing the teaching and healing ministry of our Christian heritage."

PHARMACY RESIDENCY

Loma Linda University pharmacy residency program: a course of growth

By Patricia Thio

The Loma Linda University pharmacy residency program began in 1995 with one resident working with the residency program director, Norm Hamada, PharmD.

During the year 2008, the pharmacy residency program became a joint collaboration between the Loma Linda University School of Pharmacy (LLUSP) and Loma Linda University Medical Center (LLUMC).

This enabled an opportunity for growth in a professional organization capable of accepting greater numbers of residents, while also providing a valuable learning experience for current residents.

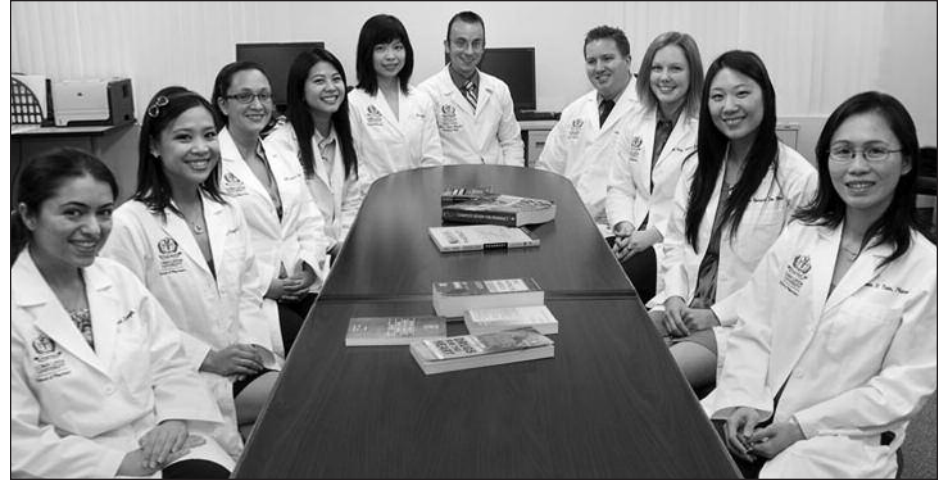
The school and medical center have worked in tandem to create residency programs built on adequate infrastructure and driven by current market requirements for the specialization of pharmacist training.

Students view the pharmacy residency program

as an opportunity for professional growth. The clinical experiences within LLU Medical Center provide pharmacy residents the opportunity to gain knowledge unattainable in most pharmacy settings. "I chose to come back to do a residency because I wanted to expand my clinical knowledge regarding the management of patients with a broad range of acute disease states. I also wanted to learn about pharmacy operations in the inpatient setting," states Ana Connor, PharmD, first-year (PGY1) resident.

For Immanuel Ijo, PharmD, second-year (PGY2) resident, the clinical setting of the medical center provides experiential learning in a multidisciplinary setting, and the opportunity for professional growth by experiencing firsthand the patient-focused delivery of medical excellence across an array of infectious diseases. According to Dr. Ijo, learning comes through engaging with the team of hospital pharmacists and direct patient care at the bedside.

Julie Thiry, PharmD, first-year resident, views the residency program as an opportunity to further develop and refine clinical skills as well as



Current pharmacy residents enrolled in the program number 11. The LLU School of Pharmacy and the LLU Medical Center have worked in tandem to create residency opportunities built on adequate infrastructure and driven by current market requirements for pharmacy specializations.

improve the decision-making processes required to become a competent and autonomous pharmacist. Dr. Thiry is also looking for the opportunity to apply learned pharmacy skills across a wide spectrum of patients.

John Alpago, PharmD, first-year resident, adds "The reason why I chose to do a residency was to enhance my knowledge and confidence to become a proficient clinical pharmacist." Dr. Alpago also states that Loma

Linda University's commitment to develop the whole person coupled with the wide variety of rotations, was important to his choice of pharmacy residency programs.

Currently, 11 pharmacists are working in the residency program. However, "further expansion is always a discussion; our departments are large enough to allow for further growth," states Carl Dominguez, PharmD, pharmacy residency coordinator and assistant professor.

CAMPUS MOURNS LOSS

Don Roth, General Conference representative, passes away

By Kelly J. Phipps

Daniel Andrew "Don" Roth, General Conference of Seventh-day Adventists (GC) representative for Loma Linda University, passed away July 26, 2011.

"He was the consummate communicator with his nose for news and his prolific pen," says Karen Porter, GC representative. "He was always on the lookout for his next human interest story to contribute to local newspapers ... always telling the story of Loma Linda University and the church he loved so dearly."

His career truly reflected his love for the church and writing. Mr. Roth was a church administrator, missionary, recruiter of missionaries, and editor of several publications.

In August 1948 he married Doris Ann Behringer, a longtime friend and fellow student at Columbia Union College (now Washington Adventist University). They had three children.

In 1954 Mr. Roth was called to be the secretary of public relations and radio-TV for the Columbia Union Conference of Seventh-day Adventists. He also served as editor of the

Columbia Union Visitor, the conference's monthly paper. Mr. Roth was ordained as a minister in 1959.

In July 1965 Mr. Roth became the assistant secretary of the Far Eastern Division of the Adventist Church in Singapore, which at that time covered 17 nations of Asia.

He also helped evacuate many national employees of the Saigon Adventist Hospital during the fall of South Vietnam in April 1975.

At the 1975 Adventist international convention held in Vienna, Austria, Mr. Roth was elected as an associate secretary of the GC. He became responsible for recruiting missionaries for the Far Eastern and Southern Asia territories. In 1990, he retired from full-time service and moved to Yucaipa, California.

Mr. Roth worked from 1991 to 2011 as a repre-

sentative of the GC Secretariat on the campus of Loma Linda University. For 21 years he worked with the School of Medicine and School of Dentistry to recruit deferred mission appointees (DMA) and facilitate their assignment to hospitals overseas.

"His connections and attitude made him an invaluable member of the Loma Linda team as our applicants to serve abroad went through an unprecedented growth period. His writing skills also kept the DMA program and people in the forefront of the campus," says Richard Hart, MD, DrPH, president of Loma Linda University Adventist Health Sciences Center.

Mr. Roth authored four books and hundreds of articles that have appeared in various church publications. During his career, honors were given to him by his alma mater Washington Adventist University as *Alumnus of the Year*; the Vietnam Mission for his role in the 1975 evacuations from Saigon; the Southeastern California Confer-

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INNERWEAVE: The Wholeness Story

By Wil Alexander, PhD
Professor of family medicine,
School of Medicine

Jesus taught us to love the Lord our God with all we have and are. Thomas Moore spells this out in an interesting way:

"The modern attempt to understand the world in which we live occupies the mind, not the whole of the person, and keeps us separate from the world we are studying. We come to it as though from the outside, making it an 'it' rather than an 'us.' But religious ways of knowing engages us completely. They draw us in and help us see with a different eye. They lead us to be thankful and appreciative rather than just informed. They inspire wonder and take the ego out of our curiosity. Most of all, they teach that mysteries outside of us are identical with the mystery of who we are."

Think of this the next time you open a heady book on our world!



Don Roth poses for a photo with his wife, Doris, after receiving the Lifetime Achievement Award from the Society of Adventist Communicators in 2009.

FACULTY DISTINCTION

Public health professor elected to nonprofit board of directors

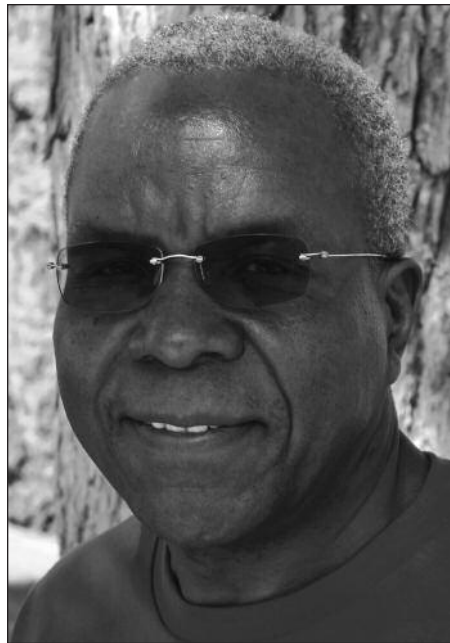
By Midori Yoshimura

Ron Mataya, MD, associate professor of global health at the Loma Linda University School of Public Health, was voted in as a member at large on the Christian Connections for International Health (CCIH) Board of Directors.

The CCIH is a non-profit network of organizations and individuals dedicated to promoting international health from a Christian perspective. Organized in 1987, the CCIH helps create community among the many Christian organizations and individuals working in international health.

The department of global health at Loma Linda University School of Public Health is a CCIH organizational member, joining the CCIH's approximately 300 individuals and 165 organizations. CCIH's current project is to increase U.S. commitment and funding for international health services.

"I am grateful for the opportunity to serve and represent Loma Linda University," says Dr. Mataya, who specializes in international maternal and child health issues. Reflecting his interest in the well-being of worldwide communities, Dr. Mataya has also worked as director of health at the Adventist Development and Relief Agency.



Ron Mataya, MD

Since moving to Loma Linda University, Dr. Mataya has been active in CCIH, and he has presented at CCIH annual conferences.

His topics include "The Adventist Church's Experience in Partnerships for Health and Wholeness" (2007) and "Burnout: The Silent Epidemic" (2006). Dr. Mataya was also featured in the CCIH's monthly prayer calendar and acknowledged for "his life-long dedication to health care for all."

NEW NUTRITIONAL GUIDELINES

Loma Linda University welcomes new USDA food guidelines

By Heather Reifsnnyder

More than 50 years have passed since the founding dean of LLU School of Public Health (SPH), Mervyn Hardinge, DrPH, MD, PhD—along with his Harvard colleague Dr. Frederick Stare—demonstrated to the scientific community that a vegetarian diet adequately meets a person's nutritional needs.

But still to this day, even as more and more people choose a vegetarian lifestyle, the notion that meat is necessary for health often prevails. However, the U.S. Department of Agriculture's (USDA's) newly released nutritional guide, the MyPlate symbol, is open to a vegetarian interpretation, unlike the food pyramid it replaced.

"The changes to this educational instrument make it much more amenable to a vegetarian

audience than the previous MyPyramid and suggest that the Seventh-day Adventist call to a vegetarian lifestyle may be getting through," says Joan Sabaté, MD, DrPH, chair of the department of nutrition at the School of Public Health.

Whereas the former food guide pyramid specifically listed meat as integral to a healthy diet, MyPlate instead encourages consuming adequate amounts of protein. While protein sources are generally thought of as animal products, this change does leave the door open to a vegetarian interpretation: legumes, including soy products, and nuts are excellent sources of protein, says Dr. Sabaté.

The MyPlate guide emphasizes that vegetables and grains should make up the greatest part of the diet, followed by generous amounts

LLU advancement administrator receives Milton Murray Trailblazer Award ...

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Mr. Murray joined the Adventist world headquarters, starting PSI in 1973. This organization provides support for Adventist universities, colleges, academies, hospitals, and ministries of the North American Division.

Prior to starting PSI, Mr. Murray proved to be a trailblazer at the College of Medical Evangelists (now Loma Linda University). He was the first official public relations officer in 1949 at the School of Tropical and Preventive Medi-

cine. He laid the early foundations for what is now LLU's public affairs office.

"Being at Loma Linda is a privilege," says Ms. Bussell. "The mission and vision for the future are inspiring and transformational. I am honored to be where Milton started the foundation for success and to have received such a meaningful award bearing his name." Although Ms. Bussell has only worked at Loma Linda University for eight months, she is eager to enrich the advancement program.

FACULTY EXCELLENCE

Nutrition professor elected executive leader of California Dietetics Association

By Janna M. Vasantachart

Michelle Wien, DrPH, assistant professor in the department of nutrition, School of Public Health, began a three-year term as an executive leader of the California Dietetics Association (CDA) on July 1, 2011. She will serve as president-elect this year, president next year, and immediate past president the year after.

Dr. Wien agreed to run for the position due to her admiration of the work of past presidents and their assurance of providing her with the guidance necessary to succeed during her three-year term.

As an active member of CDA, Dr. Wien has seen the benefits of the association in her professional life. She says, "CDA has allowed me to network with dynamic individuals and quickly identify experts in the field of nutrition to stay on top of the latest nutrition information."

Dr. Wien is busy making her specific goals for her three-year term on the executive board, which she will announce in June 2012 when she assumes the role of president.

For now, as president-elect, her primary role is to chair the CDA annual meeting program planning committee. She is working with 18 committee members to contact prospective speakers for the CDA 2012 annual meeting

that will be held in Ontario, California, in April 2012.

Next year, as president, she will be the chair of the CDA executive board and be responsible for controlling the affairs of the association.

The following year, as immediate past president, she will coordinate the rewriting of the bylaws, be a voting member on the CDA executive board, and participate as an ex-officio member of three committees: nominating committee, awards committee, and annual meeting program planning committee.



Michelle Wien, DrPH

of fruit and protein. Dairy is given the least consideration. "The plate is a more appropriate model for an eating guideline tool," says Dr. Sabaté. "Both versions of the previous pyramid icon were not as simple to translate to individual eating experiences."

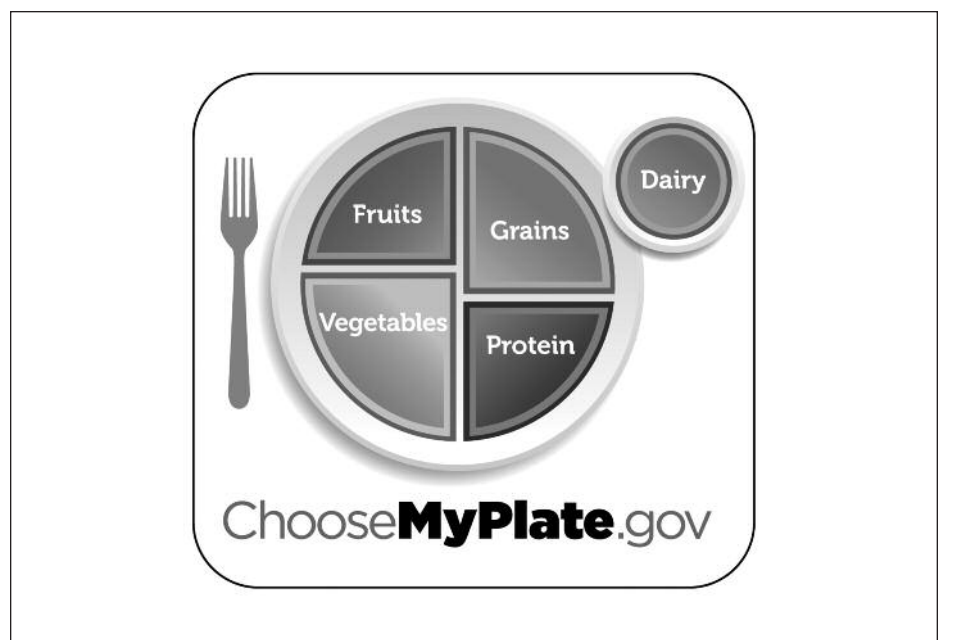
"School-age children, those who are most exposed to the USDA nutrition icon, will easily be able to grasp the importance of fruits and vegetables from the new image," he continues. "When we sit down to eat we can now simply look at our own plate and evaluate if it is half filled with fruits and vegetables, as recommended by the new tool."

Dr. Sabaté was the principal architect of Loma Linda University's Vegetarian Food Pyramid, an eating guideline for vegetarians. It was released at LLU's 3rd International Congress

on Vegetarian Nutrition, held in 1997. He now plans to revise the pyramid into the friendlier format of a plate, which makes visualizing portion sizes much easier.

"While we applaud the USDA's new icon and appreciate that it is more inclusive of a fast-growing vegetarian population, it is not amenable for strict vegans," he says.

Thus those who choose to practice any form of vegetarian lifestyle may want a more comprehensive tool. For now, the Loma Linda University Vegetarian Food Pyramid, available at <www.vegetariannutrition.org/food-pyramid.pdf>, provides all-inclusive information for them. For more information on the pyramid or LLU's International Congress on Vegetarian Nutrition, which meets every five years, visit <www.vegetariannutrition.org>.



DENTAL SCHOOL OUTREACH

Spring MEND: School of Dentistry faculty, students, and others reach out during their spring break

By Doug Hackleman

While many American students were going wild on the beaches of warm latitudes this past spring break, the 81 team members from seven LLU School of Dentistry service-learning groups provided oral health care to underserved people around the globe—in Bangladesh, Brazil, Guatemala, Honduras (two teams), Los Angeles, and New Mexico.

And from what the 59 School of Dentistry student participants had to say, the experience

was more meaningful than a traditional spring break. A brief overview of each team's experience follows.

Bangladesh

Faculty leaders Paul Yoo, DDS, assistant clinical professor, dental education services; Kenneth Lim, DDS, assistant clinical professor, dental education services; and Carlos Moretta, DDS, assistant professor, oral and maxillofacial surgery, led 14 students (four from dental hygiene, one first year, four second

year, and five third year from dentistry)—what Dr. Moretta called a “world-class wrecking crew”—halfway around the world for a week at the 22-acre Adventist Kellogg-Mookerjee Memorial Seminary (school and orphanage) at Gopalgini, in the People's Republic of Bangladesh, bordered on three sides by India and a small border with Myanmar.

The 26-hour trip included a several-hour layover in Dubai, and the contrast between the decadent ostentation of the glittering capital of the United Arab Emirates (where stands the world's tallest building) and Dhaka, the third-world capital of Bangladesh, was jarring.

From the airport with no air conditioning, a six-hour ride in what students termed “a rickety old bus” conveyed the dental team to the Adventist campus where they treated approximately 1,500 patients in four and a half days. (People would assemble at midnight, waiting without food or water, in hopes of receiving care when the day arrived.)

Four hygiene students were limited to 10 minutes per patient, patients who presented immense calculus and beetle nut stains.

They mostly cleaned just the upper and lower anteriors—work that without specialized equipment would hardly have been possible.

The 10 dental students found themselves pulling teeth, doing oral surgery, restorations, and cleanings. Twenty volunteers from the Adventist college served as translators and facilitated communication.

Despite bathrooms that were little more than holes in the ground, and sharing the river with the “bloated and dead floating carcasses of a cow and several goats,” participants raved about the “irreplaceable dental education obtained on this trip,” the gain of “enormous confidence” in performing a variety of clinical procedures, and the encouragement of “awesome” faculty leaders. Several participants said they would go again “in a heartbeat.”

Kyle Ewert (class of 2012) wrote, “I could easily complain about the food or our sleeping conditions or the hot weather, or the flies, but it really puts things in perspective when you live in their culture for a week.”

Brazil

A service learning trip to Brazil led by Greg Mitchell, director, international dentist program; Michael Fitzpatrick, DDS, professor, restorative dentistry; and Michael Potts, DDS, adjunct assistant professor, restorative dentistry, launched seven international dentist program (and one senior dental) students on a trip that included eight days on the Amazon River.

This team of comparatively experienced dental students saw 275 patients and performed at least 770 procedures that included more than 400 extractions. As Dr. Mitchell explained, “The remote villagers have adopted a Western diet, but no Western oral hygiene. We saw 24-year-olds with bombed-out molars. Every hut has a satellite dish,” he reported, “all of them

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Patients line up outside a clinic in Bangladesh.



LOMA LINDA UNIVERSITY

Drayson Center

President Richard H. Hart and
Chief Executive Officer Ruthita J. Fike
Cordially invite you to celebrate a Healthy Lifestyle

Drayson Center

Saturday, September 17, 2011

6:00 - 7:00 pm Fellowship

7:00 pm Celebration Program

25040 Stewart Street, Loma Linda, CA 92354

Kindly RSVP by Friday, September 9, 2011

909-558-8660

Light and healthy refreshments will be provided.
The Center, including the pools, will open after sundown for your enjoyment.
Drayson Center parking lot will be available for your convenience.

Don Roth passes away ...

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ence of Seventh-day Adventists for outstanding public relations leadership; and the local Calimesa Seventh-day Adventist Church for his untiring service.

In 2008, Mr. Roth was given the Alumni President's Award from the alumni association at the School of Medicine for his many years of association with the organization as editor of one of its publications and for his ongoing affiliation with it on alumni projects and the recruitment of physicians for overseas mission service.

In October 2009, he received the Lifetime Achievement Award at the annual meeting of the Society of Adventist Communicators in Newport Beach, California. The Association of Adventist Women also named him a Champion of Justice for his support in 2010.

Mr. Roth was a true family man. He was present—often officiating—whenever there was an important family event such as a baby dedication, a baptism, or a wedding.

He is survived by his wife, Doris Ann, of Loma Linda, California; two sons, David of Orange County, California, and Daniel Jr. and wife, Kathy, of Simi Valley, California; one daughter, Diane Castle and husband, Charles, of McAllen, Texas; seven grandchildren; and two great-grandchildren.

A CELEBRATION OF WELLNESS

Drayson Center celebrates 16 years of service to students, faculty, staff, and the community

By Larry Kidder

Donors and supporters of Loma Linda University Drayson Center will have an opportunity on Saturday, September 17, to see firsthand what their support for the recreational and fitness facility has meant to the Loma Linda University campus and surrounding communities.

The program, titled "Celebration of a Healthy Lifestyle at the Drayson Center," will focus on the impact of wellness on the thousands of individuals of every age and background who benefit from the facility (see invitation on page 5).

"The Drayson Center is largely a result of a shared vision by Drs. Behrens and Pursley,"

shares Donald Sease, MBA, executive director of the center. "I have been pleased to hear from both of them over the years that Drayson Center has become so much more than they originally dreamed."

B. Lyn Behrens, MBBS, recently retired president of Loma Linda University Adventist Health Sciences Center (LLUAHSC), the umbrella organization over all educational and health care entities, and Donald G. Pursley, DBA, former executive vice president for financial affairs for LLUAHSC, shared the dream for a state-of-the-art fitness, recreational, and social center for Loma Linda University students and staff.

With the help of Donald G. Prior, former vice

president of advancement for Loma Linda University and LLU Medical Center, Drs. Behrens and Pursley approached Ronald and Grace Drayson about making a major \$8 million donation for the project.

As the saying goes, "the rest is history."

Students, faculty, staff, and a handful of community members enjoyed the Drayson Center in its early years.

"Some years back, we came to realize that Drayson Center was largely empty during the work and school day," Mr. Sease remembers. "We asked ourselves, 'who has the most time during the middle of the day and might benefit from the facility?'"

The answer came in the form of senior citizens in Loma Linda and surrounding communities.

"We set up a special very affordable senior rate of \$10 a month and limited their use to 7:00 a.m. to 3:00 p.m.," Mr. Sease continues. "We now have close to 1,200 seniors who enjoy Drayson during senior hours on weekdays and all day Sunday."

Mr. Sease and his staff have put special emphasis on keeping the Drayson Center facility clean, well-maintained, and up to date. The 1,200-plus seniors not only provide important income for the center, but have caused very little wear and tear on the facility.

"Our seniors have become a tight-knit community of wellness," Mr. Sease describes. "They have a full variety of fitness, recreational, and social activities, coordinated by our senior wellness coordinator, Romy Niblack."

Continued next page

Spring MEND: School of Dentistry faculty, students, and others reach out during their spring break ...

Continued from page 5

positioned straight up. Gasoline generators run two to three hours, and villagers run to huts to watch television. And as a result of watching TV, the villagers (even with just a few teeth) want bleaching and acne medication."

Team members reported unusual difficulty performing tooth extractions, due to the bone density of the villagers' teeth. One student fainted in the equatorial heat and humidity after trying for more than an hour and a half to remove a recalcitrant tooth.

The sleeping in hammocks, the sight of dolphins jumping in the river, the alligators lurking, and monkeys jumping from tree to tree made the School of Dentistry team feel as if it were in a National Geographic special. Alligator hunting was a highlight of the trip for some students.

The last night in Brazil represented a relief from the crowded boat life, and an opportunity to explore Manaus (capital of the Brazilian state of Amazonas), eat a pizza dinner, and sleep in the comfort of a hotel bed.

The negative for many of the team members was the inability to save so many teeth. The positive was the clinical experience and getting to really know some classmates with whom they were hardly acquainted.

Guatemala

One School of Dentistry faculty member, Kim Nordberg, DDS, adjunct assistant professor, dental education services, joined Mike Roberts, DDS, a Simi Valley private practitioner, three dental students (two second year and one third year) and a group of 12 UCLA students on an eight-day service learning spring break to Guatemala organized by the non-profit agency Help the Children.

Dr. Nordberg oversaw two chairs assigned to three LLU students. Two performed procedures while one assisted. Meanwhile, Dr. Nordberg was floating between students answering questions and giving start checks. The other eight or nine chairs were taken by the dozen UCLA students and supervised by the general dentists, oral surgeon, periodontist, or pediatric dentist who accompanied them.

One Wednesday the group was excused from duty to visit Antigua, the ancient capital of Guatemala. Local dignitaries not only arranged transportation and security for the visiting oral health care teams, but honored the group Saturday morning at the Guatemalan Museum of Antiquities.

Despite the grinding poverty and the ubiquitous smell, "like fertilizer," that pervaded their work-

place in Guatemala, two of the three student team members found the experience of serving the poor patients very rewarding. All three found the trip a valuable learning time that reinforced their professional and service goals.

Honduras (Valle de Angeles)

Residents from two areas of Honduras were provided oral health care services from disparate teams of LLU faculty and students.

Last year, LLU medical students adopted a clinic and invited nursing students and first-year dental students to join them. As a consequence of that experience, the dentistry class of 2013 adopted the Hospital Adventista de Valle de Angeles about 15 miles northwest of Tegucigalpa, the Honduran capital with, as one student described, "its many gift shops and endless supply of stray dogs."

This year, 10 second-year students went to Valle de Angeles with Neal Johnson, DDS, PhD, assistant professor, oral diagnosis, radiology, and pathology, and, with the assistance of two indigenous dentists and interpreters, treated 300 to 400 patients who had severe tooth decay and periodontal disease with extractions, cleanings, and fillings.

They provided fluoride treatments and educa-

tion in oral care by way of a puppet show to hundreds of children at schools in Valle de Angeles and in nearby Tegucigalpa. The opportunity to teach young children to care for their teeth led one student to mention his motto, "It's better to prevent than to lament."

This service trip enabled second-year dental students to do class 1 amalgam and class 1 composites and a variety of anesthetic injections.

The gratefulness and uncomplaining demeanor of the patients struck several members of this team, and the entire group was enthusiastic about the opportunity to be of service in Honduras.

Honduras (Roatan)

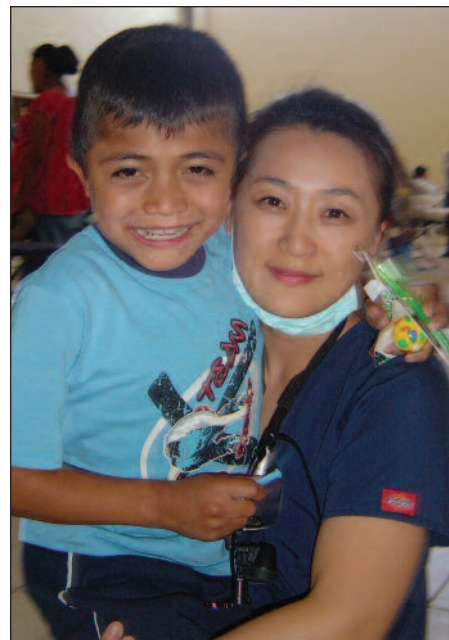
Because Honduras was once a British colony, communication at this service-learning venue was easy.

Four School of Dentistry clinical faculty, Bonnie Nelson, DDS, chair, department of pediatric dentistry; Steven Morrow, DDS, MS, professor, department of endodontics; V. Leroy Leggitt, DDS, PhD, MS, professor, department of orthodontics and dentofacial orthopedics; Richard Parker, DDS, MS, associate clinical professor, dental education services; a dental

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International dentistry program senior student Jose Wu examines a young patient. An Argentine native, fluent in Portuguese, Dr. Wu was invaluable as a translator.



Ally Kim (third-year dental student) holds a charmed patient.



Mark Wierenga, third-year dental student, stands amid highly portable PCV dental chairs on a Roatan beachfront veranda.

Continued from previous page

Mr. Sease and his staff are continually amazed at the progress many of these seniors make once they join the active Drayson Center senior community.

"We have seniors coming in with a walker and portable oxygen," he notes. "As one such senior told me, 'I just keep moving.'"

Some of the seniors have been able to reduce or eliminate their dependence on such assistive devices, as well as their need for lifestyle- and age-related medications and treatments.

One such individual is Del Holbrook, EdD, who came to Loma Linda in a rather interesting manner.

"I was married to my wife, Betty, for 51 years," Dr. Holbrook explains. "She died in 1998 and I was faced with the reality of going on alone."

Dr. Holbrook, who has a degree in educational psychology, had spent much of his career as an

educational administrator and, later beginning in the 1970s, as a remarriage counselor who gave seminars throughout the Seventh-day Adventist denomination on behalf of the General Conference.

"In the 1970s, the Adventist Church leadership became concerned over the rising divorce rates," Dr. Holbrook recalls. "They asked my wife, Betty, and me to travel around the world, talking to Adventist workers about marital issues."

He knew that his advice to someone else in his situation—losing his wife of 51 years—would be to consider looking for someone else to share his life with.

"I created a list of possibilities," he laughs. "It turned out to be two to three pages long!" Not a single one of the 30 or so names worked out.

One lady who didn't make his list was his girlfriend during his senior year of high school, Ann Thomas. Dr. Holbrook had "broken up" with her during their senior year at Sheyenne



Del Holbrook, EdD

River Academy, and he wasn't exactly sure how she would feel about hearing from him. But he couldn't stop thinking about her. He knew her niece, who lived in North Dakota, and called her up. During the conversation, he



broached the topic of her aunt.

"What is Ann up to?" he asked casually. He learned that she was also alone, living in the Los Angeles area.

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hygienist; a dental manager; and three third-year dental students composed the team that provided dental services to the residents of Roatan, Honduras. The mission is organized by the Calimesa Seventh-day Adventist Church to share God's love through health education, dentistry, children's ministries, and facility development in the Roatan communities of Camp Bay and Diamond Rock.

At Roatan, the LLU team worked Monday through Thursday and treated 129 patients, performed 203 restorations, 83 extractions, 65 cleanings, and 13 root canal procedures. Friday was a relaxation day at the seaside retreat, where tourism is the major source of employment. Using chairs made of PVC pipe and canvas (constructed in the LLU area), the team's temporary "office" was assembled on the beach-facing veranda of a delightful seaside structure.

Dr. Morrow reported seeing "so-o-o-o many Coca-Cola signs everywhere. Because the water is hardly potable," he said, "soft drinks are a major thirst quencher that leads to high decay rates." Consequently, extractions outpaced endodontics. But the School of Dentistry team did save a lot of teeth, he noted, including the front teeth of a 20-year-old woman.

Everybody enjoyed evenings on the beach. And

it is no surprise that the dental students who went on this trip said that, given the opportunity, they would go again.

La Vida

James Padgett, DDS, assistant professor, restorative dentistry, and Barry Krall, DDS, assistant professor, dental anesthesiology, led a dozen dental students (one first year, four second year, and seven third year) on a 700-mile drive to La Vida Mission, a boarding school for 75 Navajo children at an elevation of 5,000 feet in the northwest New Mexico desert near Farmington. The spare landscape includes an Adventist church built some years ago by a Maranatha team.

At the end of a 14-hour drive in two vans and two cars, 13 team members and all their dental supplies decamped into one house. With the exception of two legitimate units, lounge chairs elevated on milk crates served as dental chairs along with one modified weight bench. Most of the chairs had lights fashioned from microphone stands and flashlights.

This was not just an extraction trip, said Dr. Padgett: "the team performed amalgams, composites and cleanings for over 100 patients—a little bit of everything." One student celebrated getting to perform "a root

canal that turned out amazing." Dr. Padgett's concluding comment on the needs of the population: "These people need so much work you could work on them all day."

Because the widely scattered Navajo population lacked transportation, team members went into the surrounding area in a van to screen patients and bring them back to La Vida.

Weather contributed to the team's experience, including, on different days, a sand storm and snow. Several students were struck by the fact that such primitive living situations could be found inside the United States. "Because there was no cell phone service or Internet," one student wrote, "I had time to reflect on what is important in life."

MEND (Meeting Each Need with Dignity)

MEND provides a unique venue among the spring service-learning trips. Evan Lemley, DDS, assistant clinical professor, dental education services, and Scott Smith, DDS, assistant professor, restorative dentistry, were the supervising clinicians who oversaw the work of two dental hygiene and eight dentistry students (five second year and three third year).

Located in Pacoima in the San Fernando Valley just north of Los Angeles, MEND is a non-

profit organization with a huge modern building that helps meet the fundamental needs of impoverished Angelenos. MEND provides food, job-finding assistance, and medical and dental services.

The students who participated at this service-learning venue stayed at the Sheraton Hotel in Universal City and worked in a modern, well-stocked dental care facility, with seven chairs, a sterilization area, and an x-ray room. As in a private practice, the budding clinicians were provided assistants.

Second-year dental students were able to begin doing procedures they had only performed on typodonts—preps, injections, and fillings on people. Because many of the patients spoke little or no English, some of the students got to practice or brush up on their Spanish language skills.

Although it was a short, and comparatively comfortable, experience, several team members began to feel like real dentists even as they became acutely aware of the needs of so many people in the greater Los Angeles area.

The School of Dentistry's motto, "service is our calling," was evident throughout the 2011 spring break by what the volunteerism of 59 students and 22 faculty accomplished for disadvantaged people around the globe.



Second-year dental students Rachel Tanbunan and Peter Park use sock puppets to teach children in Valle de Angeles, Honduras, to care for their teeth.



First-year dental student Chioma Nkwocha (left) and third-year dental student David Roquiz work in a makeshift operator at La Vida Mission near Farmington, New Mexico.

STUDENT MILESTONES

Physician assistant students ushered into clinical work with jacketing ceremony



With the assistance of father Dave Walters, Jessica Walters puts on her new white coat, which she will wear during the next year of her clinical rotations as a student physician assistant. The 28 students of the class of 2012 all received their coats during a jacketing ceremony August 17 at Cutler Amphitheater, attended by a packed house of family and friends, as well as the physician assistant faculty of the School of Allied Health Professions. The physician assistant program takes two years to complete; the first is devoted to classroom study, while the second introduces the students to clinical work with patients under the guidance of preceptors. Also during the ceremony, the department presented the Preceptor of the Year Award to William Murdoch, MD.

NUTRITION RESEARCH

Cooked green vegetables, dried fruit, legumes, and brown rice associated with decreased risk of colon polyps

By Jennifer Frehn

Eating legumes at least three times a week and brown rice at least once a week was linked to a reduced risk of colon polyps by 33 percent and 40 percent respectively, according to Loma Linda University research recently published in *Nutrition and Cancer*. High consumption of cooked green vegetables and dried fruit was also associated with greater protection, the study shows.

"Eating these foods is likely to decrease your risk for colon polyps, which would in turn decrease your risk for colorectal cancer," says lead author Yessenia Tantamango, MD, a post-doctoral research fellow with Adventist Health Study-2 at Loma Linda University. "While a majority of past research has focused on broad food groups, such as fruits and vegetables, in relation to colon cancer, our study focused on specific foods, as well as more narrowed food groups, in relation to colon polyps, a precursor to colon cancer.

Our study confirms the results of past studies that have been done in different populations analyzing risks for colon cancer."

Colon cancer is the second leading cause of cancer death in the United States and the third most common cancer in both men and women, according to the American Cancer Society.

Results also show that consuming cooked green vegetables once a day or more, as compared to less than five times a week, was associated with a 24 percent reduction in the risk of rectal/colon polyps. Consuming dried fruit three times a week or more, versus less than once a week, was associated with a 26 percent reduced risk.

The protective effects of these foods could be due in part to their cancer-fighting agents, the study reported.

"Legumes, dried fruits, and brown rice all have a high content of fiber, known to dilute potential



Drayson Center celebrates 16 years of service to students, faculty, staff, and the community ...

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Angeles area, and thoroughly enjoying being a grandmother.

With Ann's phone number in hand, Dr. Holbrook finally gathered the courage to call her, after "chickening out" twice. "This wasn't easy; I'd been married to Betty for more than 50 years, and this felt a little like a betrayal—though I knew better."

The phone rang, and rang ... and rang. Ann's answering machine came on. Now he had to think of something to say. In his fluster, he forgot to give Ann his phone number.

Dr. Holbrook was thinking all was lost when the phone rang. On the other end was Ann. "Hello, dude, what do you want?" she said a bit mischievously. He later found out that she had tracked his phone number through his sister.

"With my research for my marriage seminars, I learned that people make the deepest bonds with their high school and college friends," he mentions. "I also learned that people typically bond at the deepest levels with only two to three people in their lifetime."

Apparently Ann was among those two to three for him, because they picked up right where

they had left off—as if they had been together all along.

Dr. Holbrook, who lived at the time in Washington, D.C., and still maintains a home there, first met up with Ann at Los Angeles International Airport during a 24-hour layover.

"When I first saw her, I was struck with the thought that she was the prettiest little grandmother in Southern California," he recalls. They spent time together in the coming days and have now been married and living in Loma Linda for 13 years.

"I have an overwhelming feeling of gratitude," Dr. Holbrook attests. "I had 50-plus years with an amazing lady, Betty, and then was able to reconnect with Ann, another truly remarkable woman, for the past 13 years."

An important part of Dr. Holbrook's routine has been his workout time at Drayson Center, as well as his involvement in the leadership of the senior wellness program.

He was asked to join the first senior advisory and planning committee and has been an active part of the organization ever since.

"I don't think the generous donors—especially the Draysons—had any idea what they started back in 1995," he suggests. "Drayson Center has become a vibrant center for wholeness on many levels, and we are truly grateful."

Proton patients are another group to greatly benefit from Drayson Center. These patients come to the James M. Slater, MD, Proton Treatment and Research Center for cancer treatment. What they actually receive is the Loma Linda lifestyle—from nutrition counseling to the fitness and recreational activities at Drayson Center—as well as other amenities such as massage and physical training.

Proton patients receive a complimentary membership at Drayson Center while in treatment at Loma Linda. When it comes time to go back home, many of the proton patients especially miss Drayson Center, with its wealth of programs and activities, and caring staff.

"We've had proton patients donate to Drayson Center," Mr. Sease points out. "For instance, some of our fitness equipment has been donated with the understanding that proton patients receive priority in using it."

Mr. Sease is thankful for the generosity of so many individuals who made the initial Drayson Center a reality and continue to support the operation and improvement of the facility.

To the donors, he says, "You will never know the lives of so many different people you've benefitted—people from every culture, all over the world. With your support, we can continue to spread wellness to the world."

risk of colon polyps, since it is possible that interactions between various nutrients with anti-cancerous properties will be better able to explain these findings.

Adventist Health Studies are long-term studies examining the links between diet, lifestyle, and disease among Seventh-day Adventists.

RESEARCH FUNDING

Adventist Health Study-2 awarded \$5.5 million from National Institutes of Health

By Jennifer Frehn

The National Institutes of Health (NIH) has awarded \$5.5 million to Loma Linda University's Adventist Health Study-2 over the next five years, which will allow the study to continue its analysis on cancer and other lifestyle diseases. The award was announced July 27.

"We're delighted by this outcome," says Gary Fraser, MD, principal investigator of the study. "This will not only allow us to conduct our ongoing functions, but to conduct them more efficiently, and to begin analysis on projects we have had to shelf."

Adventist Health Study-2 is a long-term study of more than 96,000 Seventh-day Adventists from the United States and Canada. The study began in 2002 with the purpose of examining the links between lifestyle, diet, and disease.

The study has operated without NIH funds for

the past three years, but it has received other funds and grants, as well as significant support from Loma Linda University. The new funds come from the National Cancer Institute, a division within NIH, and will be used for analysis of cancer. This means that funds the university had previously lined up for cancer can now be diverted to other areas the study is examining, as well as in support of new researchers.

Though the study is in the beginning stages of analysis, it has had several important findings so far, which include: linking a vegetarian diet to a lower risk of heart disease and diabetes; linking a high consumption of cooked green vegetables, dried fruit, legumes, and brown rice to a lower risk of colon polyps, a precursor to colon cancer; and revealing that black and non-black Adventists report a higher mental and physical quality of life than the average American.

For more information, please visit <adventisthealthstudy.org>.

PRACTICAL RESEARCH

Research shows elderly falls are less likely with 30-second sitting pause

By Janna M. Vasantachart

Elderly falling may be reduced by sitting for 30-seconds when standing up from a lying down position in a dimly lit environment, according to Loma Linda University research published by Eric G. Johnson, DSc, professor in the department of physical therapy, and Jonathan D. Meltzer, a physical therapy graduate student.

The article, titled "Effect of Sitting Pause Times on Postural Stability after Supine-to-Standing Transfer in Dimly Lit Environments," was recently published in the *Journal of Geriatric Physical Therapy*.

Dr. Johnson was interested in the topic due to his clinical experience with dizzy and imbalanced patients, many who reported falling at night. He notes that 25 to 35 percent of adults 65 years and older fall, and up to half of the falls occur at night in their own homes.

In reviewing previous literature, Dr. Johnson and his team of graduate students did not find past studies investigating immediate postural stability after an extended period of closed eyes in dimly lit environments.

Observing five women aged 65 to 70 years and five aged 23 to 30 years, Dr. Johnson's team found that standing balance was affected by a brief pause in the sitting position. Balance was improved when the women took a 30-second sitting pause, in comparison to two seconds, before standing up in a dimly lit environment after lying down for 45 minutes with eyes closed. Thirty seconds was chosen for the experiment since urinary urgency is a key consideration for older adults at night and a longer sitting pause time would be unrealistic for many people.

Although the general population shows differences in falling rates between different age groups, the team found no significant difference

in standing balance between the two age groups. In the report, Dr. Johnson rationalizes the higher fall rate in elderly is due to strength and reaction time differences between younger and older study participants.

The team conducted their experiments with caution. Dr. Johnson says, "There were not any falls during the research. All study participants wore a safety belt, and we placed three people in strategic positions to prevent any potential falls."

From their results, Dr. Johnson says, "I recommend that people of all ages sit at bedside for 30 seconds prior to standing after waking from sleep at night. This is especially important for older adults as most falls in the older population occur at night."

The study raises additional questions that could lead to further research. Dr. Johnson plans to follow up with research on various lengths of sitting pause times, orthostatic hypotension, muscle strength, and effects of lighting.



CHILDREN'S HOSPITAL



Visitors to the Spring Read and Car Show held in the lobby and parking lot of Loma Linda University Children's Hospital on April 13 enjoyed making friends with Luke the Lion. Other activities—including a 1950s musical extravaganza featuring the Wonderelles, a collection of cars and trucks from the 1920s to the 1960s, and tables full of art projects and books to read—ensured that there were plenty of fun activities for participants to enjoy. The event was sponsored by the Big Hearts for Little Hearts Loma Linda Guild.

According to Eloise Habekost, president, the guild has raised more than \$1.3 million to benefit the children of the Inland Empire since it was founded in 1999. Individuals interested in learning more about opportunities for service through the guild are invited to contact her at <ehabekost@gmail.com> or by phone at (909) 227-0109.

PUBLIC HEALTH OUTREACH

School of Public Health collaborates with Ghana NGOs to implement public health projects

By Brian Weed

Beatrice Wiafe Addai, MD, PhD, a breast surgeon in Ghana, signed a memorandum of understanding in July with the Loma Linda University School of Public Health.

Peace and Love Hospitals, and Breast Care International, Dr. Wiafe's non-government organizations, "formally agree to work in partnership to develop and implement public health-related projects for the purpose of enhancing services delivery to improve public health, health care services, program development, and workforce development," according to the memorandum.

Dr. Wiafe hopes that the agreement will lead to increased early recognition, detection, and treatment of breast cancer—and more saved lives. "People are dying because of lack of knowledge and ignorance," Dr. Wiafe says. "Somebody has to start something someday. And maybe I'm the one to start it."

Based on her work with breast cancer patients, Dr. Wiafe knows all too well the need for a cure. That is why she chaired the Susan G. Komen Ghana Race for the Cure, the first event of its kind in West Africa. The event gained attention from the government of Ghana—including the vice president of Ghana and the deputy minister of health—as well as United States vice president Joe Biden and his wife.

Dr. Wiafe's brother, Seth Wiafe, MPH, is an assistant professor for the School of Public Health's geoinformatics programs. Mr. Wiafe says that even if he were not Beatrice's brother,

he would still support her work in his home country.

"This is a historical moment as we journey through this process," he said as his sister signed the collaboration agreement documents.

Mr. Wiafe and Jesse Bliss, MPH, assistant dean for public health practice, visited Ghana in February to assist with breast cancer screenings and health education events. It was during that visit that they decided to proceed with developing the formal collaboration agreement.

The agreement broadly outlines the collaboration between the entities, including "the development of community-based public health programs, and health administration through training and resource sharing."

School of Public Health faculty involved with the project include Mr. Wiafe, Mr. Bliss, Larry Beeson, DrPH, associate professor of epidemiology and biostatistics; Jayakaran Job, MD, DrPH, chair of the global health department; John Morgan, DrPH, professor of epidemiology and biostatistics; and Padma Uppala, PhD, associate professor of environmental and occupational health. Staff members involved with potential grant funding, drafting the agreement, and coordinating projects include Wallaska Bliss, MPH; Semran Mann, MPH; and Manjit Randhawa, MD.

The agreement was signed by Richard Hart, MD, DrPH, Loma Linda University president. It is effective for three years and will renew automatically every three years unless terminated by either organization.

NEW NURSING PROGRAM

New nursing anesthesia program to start in September of 2011

By Kelly J. Phipps

The master of science in nurse anesthesia, which enables students to become certified registered nurse anesthetists (CRNAs), is now the third advanced practice nursing degree offered at Loma Linda University School of Nursing.

Currently, 12 students are admitted. The two-and-a-half-year program will begin in September of 2011.

For years, the department of anesthesiology at the Loma Linda University Medical Center was interested in developing a CRNA program.

When Robert Martin, MD, became the chair of anesthesiology, one of his first objectives was to put ideas into action. By hosting students from other programs, Dr. Martin created a culture that would be conducive to a CRNA program. The department then began to collaborate with the LLU School of Nursing.

“Two years ago the School of Nursing created a steering committee to investigate the feasibility of a CRNA concentration,” says CRNA program director Kurt Cao, MSNA, assistant professor in the school. Committee members included CRNAs, anesthesiologists, and School of Nursing faculty.

Mr. Cao said that the program has tremendous

support from both the university and the medical center. After intense preparation, it received accreditation in January 2011. This degree concentration is the fourth of its kind in California and the first in the Inland Empire.

“The demand for nurse anesthesia education in California is high,” says Mr. Cao. “Opening this program will help to fill that need.”

While the CRNA program is just now gaining popularity in California, the work of nurse anesthetists is much older. The practice dates back to the late 1800s.

Traditionally, the job of anesthesia was given to the least-trained person in the operating room. Mortality rates were high due to the lack of training. Especially during wars, it became common practice to train nurses and nuns, greatly increasing the quality and safety of anesthesia.

Today, nurse anesthetists deliver 65 percent of anesthesia services across the United States. The School of Nursing is also hoping to deliver services on a global scale.

“Our goal is to one day incorporate a mission rotation to developing countries,” says Mr. Cao.

This program will take advantage of the LLU Medical Simulation Center on campus. The curriculum is didactically front-loaded; in



The newest program at LLU School of Nursing is the certified registered nurse anesthetist master’s degree. The program begins September 2011.

order to ensure a smooth transition from classroom to operating room, a skills segment will give students tailored hands-on practice.

For more information on the CRNA program contact Shea Rendle at <mrendle@llu.edu> or (909) 558-1000, ext. 45672.

PRACTICAL RESEARCH

LLU researchers discover links between nicotine patch and gum use by pregnant women, and the development of cardiovascular disease in their offspring

By James Ponder

According to a team of researchers at Loma Linda University (LLU), the use of nicotine patches and gums may damage the offspring of pregnant women who utilize them to stop smoking.

Although the products are widely advertised as effective stop-smoking agents, Daliao Xiao, PhD, assistant research professor at the Center for Perinatal Biology at LLU, says their use by women during pregnancy may lead to an increased risk of their offspring developing cardiovascular disease later in life.

“Our recent studies may provide potential links between using nicotine patches or gum and long-term harm for the child,” Dr. Xiao reports.

In the laboratory, the research team—which included Xiaohui Huang, research assistant at LLU; Shumei Yang, PhD, professor of biochemistry at Cal State San Bernardino; and Lubo Zhang, PhD, professor of pharmacology at LLU—applied nicotine subcutaneously to pregnant rats and studied their offspring three to five months after birth. The findings revealed that the offspring of the animal models suffered from hypertension and other heart ailments not found among the control group.

“The hypertensive response is modified by outside stress,” he adds. “The nicotine use by the mother also links to other forms of cardiovascular dysfunction.”

Dr. Xiao and his colleagues found that changes in fetal blood vessel walls, which are caused by chemicals known as reactive oxygen species (ROS), are responsible for the development of hypertension in the offspring.

The ROS cause permanent changes and actually alter the programming that controls the behavior of blood vessels throughout the life of the individual.

“This programming clearly links nicotine exposure to long-term damage in the offspring,” Dr. Xiao adds.

The initial research for the study—titled “Prenatal Nicotine Exposure and Fetal Programming of Cardiovascular Dysfunction in Adult Offspring”—began in Dr. Xiao’s laboratory at LLU approximately five years ago.

Despite the fact that his study was performed on rats, Dr. Xiao points out that other studies using different animal models have obtained similar results.

“If this phenomenon also occurs in humans, nicotine use or smoking during pregnancy may represent a novel risk factor for the unborn that results in accelerated cardiovascular diseases in their adulthood,” he says.

Findings of the study were published in the July 21, 2011, edition of *British Journal of Pharmacology*.

In his review of the article published on the journal’s website, Christopher Sobey, an associate professor of pharmacology at Monash University in Australia, weighs in on the significance of the LLU study.

“If this is ultimately proven in humans,” Dr. Sobey observes, “this important work will have revealed a novel cardiovascular risk factor that can only be modified before birth.”

While Dr. Xiao and his colleagues are grateful for all the attention their study has garnered in the scientific community and media, their

biggest hope is that their findings might influence women who smoke and are considering pregnancy to kick the habit before conception, and thereby eliminate potential risks to the health of their offspring.

When asked how he would feel if a female member of his family were to use nicotine patches or gum during pregnancy, Dr. Xiao counters with a decisive reply.

“I wouldn’t like it,” he states emphatically. “More and more studies support the fact that nicotine patches and gums produce problems when used by pregnant women.”



Daliao Xiao, PhD, an assistant research professor at the Center for Perinatal Biology at LLU, and a team of researchers found links between the use of nicotine patches and gums during pregnancy and the development of cardiovascular disease among the offspring of women who used the stop-smoking products.

BEHAVIORAL MEDICINE



A total of 658 people attended two symposia on dialectical behavior therapy, which were sponsored by Loma Linda University Behavioral Medicine Center and UniHealth Foundation the last week of March. Dialectical behavior therapy represents an effective form of treatment for suicidal or self-injuring patients. The first of the two symposia was held in Wong Kerlee International Conference Center at LLU, and the second (depicted here) convened at the Crowne Plaza Los Angeles International Airport Hotel.

Dialectical behavior therapy symposia promote effective intervention for suicidal or self-injuring patients

By James Ponder

Dialectical behavior therapy (DBT)—an effective form of treatment for suicidal or self-injuring patients—was the focus of two symposia jointly sponsored by the Loma Linda University Behavioral Medicine Center (BMC) and UniHealth Foundation the last week of March. Thanks to the generosity of the UniHealth Foundation, there was no charge to participants who attended either session.

Mental health professionals who work with adolescents say that because of the secretive nature of self-injury, it can be difficult to pin down how widespread the problem is. However, some studies indicate that up to 38 percent of adolescents have self-injured at one time or other. Among those hospitalized with psychiatric diagnoses, the rate jumps to as high as 60 percent.

DBT founder Marsha Linehan, PhD, ABPP, a psychologist at the University of Washington, told symposium participants that DBT has proven effective at reducing rates of self-injury and suicide among patients who have not responded well to other interventions. She also outlined the uses of this highly effective form of cognitive-behavioral treatment for individuals with borderline personality

disorder and other severe and complex mental disorders, and reviewed clinical trials outcomes with participants.

Mental health experts point out that the prevalence of self-injury has been increasing among young people since the 1980s. Adolescents who practice self-harm may also be experiencing depression, anxiety, or exposure to trauma. They typically begin between the ages of 12 and 15. Self-injury manifests as the following behaviors:

- | | |
|--------------|-----------------|
| Cutting | Scratching |
| Carving | Branding |
| Burning | Hair pulling |
| Skin picking | Hitting oneself |
| Head banging | Bone breaking |

Described as a maladaptive way of coping with intense emotions, self-injury is sometimes used to soothe or calm oneself, regain a sense of emotional balance, release tension, or self-punish. Experts say it does not represent a failed suicide attempt and is not practiced to gain attention or manipulate others.

Contrary to the popular belief that self-injury isn't a serious problem so long as the wounds "aren't too bad," experts insist it is a very serious condition that requires professional help. They

also note that people who self-injure are not "crazy" or "insane," and that the condition can be successfully treated.

According to Susan Hagerman, LCSW, who recently retired as grant program manager at the BMC but continues there as a social worker, DBT has been a key component of the Shield program for adolescent self-injury at the BMC for the last three years.

The grant Ms. Hagerman managed is a \$650,000 award issued to the BMC by UniHealth Foundation in 2008. The money was earmarked for the treatment of adolescent patients who suffer from self-injury and exhibit traits of borderline personality disorder, irrespective of insurance or ability to

pay. She notes that most insurance companies are happy to support DBT because it reduces self-injury and decreases the need for costly inpatient hospitalization.

Ms. Hagerman reports that a combined total of 658 people attended the two sessions of the symposia. The first was held in Wong Kerlee International Conference Center at LLU; the second filled a large conference room at the Crowne Plaza Los Angeles International Airport Hotel.

In the Shield program, at-risk teens learn how to cope with extreme emotions without resorting to cutting and other forms of self-harm. The program also helps parents understand the role emotion plays in motivating some teens and adolescents to hurt themselves.

Jill Pollock, RN, MS, administrator at the BMC, assessed the symposia as "A wonderful way to reach out to our county and neighboring counties to inform them not only about DBT, but to highlight the excellent program we have for treating adolescents who self harm."

Looking back, Ms. Hagerman is very grateful for the success of the event.

"We were thrilled to host such a powerful, world-renowned psychologist and researcher," she says. "Dr. Linehan's unique, dialectical approach to working with patients many professionals fear working with was conveyed in a passionate, real-life way. Her work has made such difference in the lives of so many who struggle every day to create 'a life worth living.'"

"The time we spent with Dr. Linehan over the two days made an impact on how we will expand our research opportunities in the future at the Behavioral Medicine Center.

"We are grateful to the UniHealth Foundation," Ms. Hagerman concludes, "for making all of this possible."

Individuals who contemplate suicide are invited to contact the Suicide Prevention Lifeline by calling 1 (800) 273-TALK (8255). People who are deaf or hard of hearing may call the TTY number at 1 (800) 799-4TTY (4889).

Additional suicide prevention resources and information are available online at <<http://suicidehotlines.com/california.html>>. Non-emergency information on BMC programs is available in English and Spanish through the BMC non-emergency assessment line at (909) 558-9275.



Marsha Linehan, PhD, ABPP, makes a point to attendees of the dialectical behavior therapy (DBT) symposium sponsored by Loma Linda University Behavioral Medicine Center and UniHealth Foundation. Dr. Linehan, a psychologist at the University of Washington, is the founder of DBT, a highly effective form of cognitive-behavioral treatment for suicidal or self-injuring patients as well as individuals with borderline personality disorder and other severe and complex mental disorders.

Reportable crimes

The Crime Awareness and Campus Security Act of 1990 requires Loma Linda University to publish interim reports on campus crime activities. Listed below are the crimes reported for the months of March to May 2011:

Type of crime	Number of crimes	Place of crimes
Vehicle burglary	11	Lot N6 (2); East Campus; Lot L; Caroline Street; Nichol Hall; Drayson (2); Lot A
Burglary	5	MC 4200; Drayson; MC Loading Dock; MC 4800; Lot A
Assault	14	BMC (13); MC 5300
Grand Theft	5	Power Plant; MC (3); Mt. View Plaza
Grand Theft Auto	3	Parking Structure; Lot X; Caroline Street
Drunk in public	2	Medical Center ER (2)

You can assist the department of security in maintaining a safe and secure environment by notifying security immediately at extension 911 if you see or know about a crime taking place.

BREAKTHROUGH RESEARCH

LLUMC study uncovers effective new treatment for early-stage breast cancer

By James Ponder

Loma Linda University Medical Center (LLUMC) researchers have discovered what could be a very effective form of therapy for early-stage breast cancer using tiny subatomic particles known as proton beams.

In addition to being less toxic to patients than other forms of radiotherapy, proton beam therapy requires only two weeks of treatment instead of the seven weeks needed for conventional radiation treatment, and it produces almost no side effects.

In their test of 50 subjects, LLUMC researchers found a disease-free survival rate for patients who took part in the five-year study of more than 90 percent, and an overall survival rate after five years of nearly 100 percent.

According to David A. Bush, MD, vice chair of the department of radiation and principal investigator on the trial, proton beam therapy allows physicians to precisely deposit the radiation at the site of the targeted cancer cells. Not only does this allow clinicians to radiate the specific cancer site with exactly the desired dosage, but it also minimizes exposure of surrounding tissues and organs—such as the lungs and heart—to unwanted and potentially harmful complications from radiation spillover.

“Standard forms of radiation therapy such as photons or x-rays tend to penetrate all the way through a patient’s body, in one side and out the other,” Dr. Bush observes. “Protons penetrate to a certain depth and stop, thus depositing the dose of radiation where we want it, instead of traveling all the way through the body.”

To date, the results have been encouraging.

“We did an analysis recently of the initial 50 patients we enrolled,” Dr. Bush says. “What

we’ve seen is that, of those 50 patients at five years of time, there has only been one patient who has had a recurrence of cancer in the breast. In that one patient, the recurrence was not in the original tumor site; it was at a separate area of the breast. So more than likely, it was a new breast cancer, and not a recurrence of the original one.”

From a patient’s perspective, a strong advantage proton beam therapy offers over other modalities is the lack of fatigue or exhaustion patients often report after conventional radiotherapy. Proton therapy patient Vicki Ramirez reports that she was able to return to work after each treatment.

“I didn’t feel tired,” Ms. Ramirez notes. “It was fine. Just being there for 30 minutes, and then going back to work ... this was like the easiest journey I’ve ever had in my life.”

Results of the study were reported at the American Society for Radiation Oncology meeting in the fall of 2010. They were also published as an article in the August 2011 edition of *Clinical Breast Cancer*, a peer-reviewed bi-monthly journal that publishes original articles describing various aspects of clinical and translational research of breast cancer.

In the article, which was titled “Partial Breast Irradiation Delivered with Proton Beam: Results of a Phase II Trial,” the authors—David A. Bush, MD; Jerry D. Slater, MD; Carlos Garberoglio, MD; Sharon Do, MD; Sharon Lum, MD; and James M. Slater, MD—described the function of their study as seeking to determine the safety and efficacy of proton beam irradiation to deliver partial breast radiotherapy after lumpectomy for early-stage breast cancer.

The subjects of the study were women with invasive nonlobular carcinoma (a type of malig-



David A. Bush, MD, vice chair of the department of radiation at Loma Linda University Medical Center, fields questions from reporters during a July 21 press conference in which the findings of a five-year study on the effectiveness of proton beam therapy for treatment of early-stage breast cancer were revealed. The study found that proton beam therapy is very effective, produces almost no side effects, and takes only two weeks of treatment instead of the seven weeks often required by conventional forms of radiation therapy. Dr. Bush is flanked on his left by study participant Vicki Ramirez and by Mark E. Reeves, MD, director of the Loma Linda University Cancer Center.

nant tumor that begins in the milk ducts of the breasts) less than three centimeters in size. After surgery to remove the affected tissues, clinicians applied proton radiotherapy to the site of the surgery and a one-centimeter margin around it in doses of 40 Gray units of radiation delivered in 10 treatments over a two-week course. To monitor their progress, patients were seen in the clinic every six months, as well as having annual mammograms.

Some participants developed mild radiation dermatitis (a minor skin irritation), and three out of the 50 developed grade 1 telangiectasias, or dilated blood vessels near the surface of the skin. None of the patients experienced a recurrence of cancer at the site of the original tumor, and dose-volume histogram analysis showed

near-complete elimination of dose to the contralateral breast, lung, and heart.

In their conclusion, the authors reported that “Proton partial breast radiotherapy appeared to be a feasible method of treatment and provided excellent disease control within the ipsilateral breast. Treatment-related toxicity was minimal and no technical limitations prevented treatment delivery. The incidence of posttreatment complications may be less than that reported when using more invasive techniques; comparative trials should be considered.”

The research team is currently enrolling patients for a larger phase II trial of the procedure designed to expand eligibility of the promising treatment option to more patients.



Denise Dador, health specialist from ABC7 Eyewitness News, asks a question during a July 21 press conference in which results of a five-year study on the effectiveness of proton beam therapy in the treatment of early-stage breast cancer were revealed. According to David A. Bush, MD, vice chair of the department of radiation at Loma Linda University Medical Center, the study found that proton therapy is very effective and produces almost no side effects.



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