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TODAY

Wednesday, March 3, 2010

Volume 23, Number 4

HEALTH CARE OUTREACH

Pediatric residency at SACHS-Norton clinic brings physicians face to face with the health care needs of inner city kids

By James Ponder

A pediatric residency program designed to meet the health care needs of inner city kids in San Bernardino, California, is proving to be a blessing for the families it serves as well as the pediatricians it educates.

According to Marti Baum, MD, assistant professor of pediatrics at the Loma Linda University School of Medicine (LLUSM), the residency started a pediatric continuity clinic at the Social Action Community Health System (SACHS-Norton Clinic for short) in 2006. SACHS-Norton is housed in a 42,300-square-foot site on the campus of the former Norton Air Force Base.

Dr. Baum says there are currently nine residents—graduate physicians taking additional clinical training under the supervision of licensed physicians—in the program. Although they're only at the clinic half a day each week, they gain invaluable experience during the three years' duration of the program.

"One-tenth of their time in the residency is dedicated to continuity care, either at the pediatrics teaching office in Loma Linda, or here at SACHS-Norton," she notes. "They follow their

own patients and develop a mini-practice. The experience helps them acquire important clinical skills under the direction of Dr. Catherine Tan, Dr. Pejman Katirei, and myself.

"Residents follow a family from the time a baby is born," she says. "They start with three patients the first year, pick up one additional patient in year two, and another in year three. By the time they finish, they have a five-patient caseload per half-day clinic.

"The really important thing," Dr. Baum continues, "is that pediatricians learn to survive in the community by being good, solid doctors who consistently make good clinical decisions in the best interests of their patients—even if their patients have very little resources. There is also the need to learn to connect with patients' family members and other county agencies, and to develop good case management skills for coping with difficult situations that their patients find themselves in. That's what we hope to emulate and model at SACHS."

Dr. Baum is happy to report that residents are committed to coming to the SACHS-Norton clinic, even though it requires them to drive across the San Bernardino Valley. "They love coming here," she shares. "We have no trouble



Employees of Loma Linda University's SACHS-Norton Clinic took time last December to bring a bit of Christmas joy to two grateful patients. (From left) Norma Vargas, medical assistant; Marti Baum, MD, assistant professor of pediatrics, LLU School of Medicine; and Rosie Lazaro, medical assistant, prove it truly is more blessed to give than receive. "I love my job!" Dr. Baum reports. "They can bury me at SACHS, out here on the lawn. This is where I feel close to God."

attracting residents who want to take their continuity clinic here."

One of the primary draws of inner city clinics is

that they offer residents wide exposure to conditions not often encountered in a suburban context.

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PHILANTHROPY

Inland Empire boy helps Loma Linda University assist the children of Haiti

By James Ponder

Like many children his age, 6-year-old Zaphire Borghi was disturbed by the images of death and destruction in Haiti he saw on television in the aftermath of the devastating 7.0 earthquake that rocked the island nation on January 12, 2010.

Zaphire wanted to do something to help the survivors, so he started talking to his dad, Deno, about it. Together, the duo came up with a plan.

"I saw on the news that the people in Haiti got really hurt," Zaphire reports. "They didn't have the right equipment and they needed money to help them get that so they can help the hurt people."

The winsome kindergartner from Windrows

Elementary School goes on to note that he also heard about Haiti on the Cartoon Network. "They have a whole bunch of stuff about that."

Zaphire's plan was simple, but effective: he and his dad would put change jars in all the classrooms at his school. Every day, the kids could collect pocket change and donations from their parents, and put the money into the jars. It might not raise millions of dollars, but the coin drive would provide the children a tangible outlet for expressing their love for the children of Haiti.

School principal John Lautenslager liked Zaphire's idea so much he sent a letter to the parents of all the students at Windrows asking for their help in making the coin drive a success.

Mr. Lautenslager's February 1 letter noted that

"this is an excellent opportunity for our children to learn more about the value of giving to those in need throughout the world." It also mentioned the fact that 100 percent of the funds "will go directly to the Loma Linda University Global Health Institute." He went on to say the organization "operates a hospital in Port-au-Prince, so it is positioned to provide immediate care to the children in Haiti most in need."

For his part, Deno Borghi—who is affiliated with the LLU Global Health Institute—reached out to Chaffey College and found a willing ally in that educational institution.

Officials there have agreed to meet with Zaphire to learn how they can most effectively benefit his coin drive for Haiti.

On February 12, 2010, Principal Lautenslager announced that the coin drive Zaphire initiated raised a total of \$1,227. Neither Zaphire nor his dad know when the Chaffey College drive Please turn to page 2



Zaphire Borghi, the 6-year-old Inland Empire boy who has raised more than \$2,700 to help the people of Haiti recover from the earthquake that rocked their nation on January 12, 2010, says he recently lost five baby teeth and loves playing dodge ball with his pals at Windrows Elementary School in Etiwanda.

CORONARY HEALTH

CHIP program coming to Loma Linda

Contributed report

The Coronary Health Improvement Project—better known as CHIP—a four-week lifestyle intervention program, is coming to Loma Linda March 28 to April 29, 2010.

Free introductory sessions and a preview of the program and its materials will be offered on March 14-15, 16-17, and 22-23 at the Loma Linda University Church at 6:30 to 7:30 p.m.

Sessions will be held Sunday, Monday, Wednesday, and Thursday within the March dates, says Mary Chun, coordinator of the program. To reach her for more information e-mail <lomalindachip@yahoo.com>. The program is co-sponsored by the Loma Linda University Church of Seventh-day Adventists

CHIP is an affordable four-week lifestyle

education program pioneered by a Loma Linda resident, Hans Diehl, DrPH, director of the Lifestyle Medicine Institute of Loma Linda.

The primary focus of CHIP is to teach participants how to eat good foods while avoiding those that contribute to many Western killer diseases such as heart disease, diabetes, stroke, and high blood pressure.

In addition to nightly video lectures by Dr. Diehl, food preparation as well as exercise is highlighted. The venue will be the Fellowship Hall of the Loma Linda University Church on Campus Street.

Mary Chun, a registered nurse, is coordinating the program assisted by members of the church's health and wellness team.

"If you have been diagnosed with heart disease,

type 2 diabetes, or have high blood pressure, this program is a must for you," says Ms. Chun.

According Dr. Diehl, the CHIP program was inspired by his research and experience at the Pritikin Longevity Center in Southern California.

Evidence obtained through pioneering efforts in conjunction with Nathan Pritikin and Denis Burkitt, MD, shows that many of today's Western diseases are preventable and some even reversible through simple lifestyle change, a plan that the CHIP program endorses.

The CHIP program was organized in the year 1988 when Dr. Diehl was invited to conduct a four-week lifestyle change program in Creston, British Columbia, a community of about 5,000. More than 400 people accepted the challenge to take responsibility for their health and become charter members of the first CHIP program.

Endorsed by the Physicians' Committee for

Responsible Medicine and the Center for Science in the Public Interest, CHIP aims to reduce coronary risk factors through the adoption of better health habits and lifestyle choices. Health assessments, called HeartScreens, take place before and after the 40-hour educational program and allow participants to track personal lifestyle changes through their blood-lipid profile, heart rate, weight, and other measures.

More than 40,000 participants have completed the program worldwide, and clinical results have been published in the *American Journal of Cardiology* (1998), the *Journal of Occupational and Environmental Medicine* (2002), the *Journal of Preventive Medicine* (2004), the *Journal of the American Dietetic Association* (2005), and the journal *Preventing Chronic Disease* (2006).

CHIP is a volunteer-driven, non-profit entity providing a four-week lifestyle change and intervention program and is coming to Loma Linda and surrounding vicinity. Please call (909) 801-2846 for more information.

Pediatric residency at SACHS-Norton clinic brings physicians face to face with the health care needs of inner city kids ...

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"This is the poverty clinic," she notes. "We have kids here who have lived in tents, been homeless, come across the border. Many of their families have food insecurity issues. We connect them with our own SACHS pantry, and with our on-campus partner, Helping Hands."

Another attraction is the fact that the clinic provides a high level of convenience.

"We have behavioral health, dentistry, a pharmacy, adult primary care and preventive care, and pediatrics all under the same roof," she explains. "It's a one-stop shop for families that are coming on a bus, or walking to get here. We also have the women, infants, and children (WIC) program to provide food for low-income families.

"If we have domestic violence issues, behavioral health can arrange an immediate intervention," she continues. "If patients come in with horrible dental caries, we march them right down the hall to dentistry.

"We frequently treat kids who have no shoes, or haven't had a physical exam for years. We help

them get basic medical insurance. One 14-year-old kid actually came in with leukemia," Dr. Baum recalls. "He had been wandering around the valley for almost two months, going from hospital to hospital without getting a diagnosis since he had no insurance. Because of our gateway insurance program, we were able to help him. We've been able to help a lot of children, who were particularly vulnerable, to obtain the insurance to get the care they need."

Dr. Baum is proud that the clinic received a Good to Grow grant from First 5 California, the agency that makes sure children receive good care during their first five years of life.

"It allows us to screen them for behavioral and developmental issues, safety factors in the home, and family stressors, as well as conduct a nutritional survey," she notes. "We also refer them to our behavioral health center for assistance with jobs, housing, drug and alcohol rehabilitation, a parenting program—in short, whatever resources are available in the county.

"During their third year, residents do a month of pediatric advocacy and community service learning projects," Dr. Baum reports. "Residents

work in a homeless clinic, work with pregnant teens, track nutrition and obesity issues in junior high, and lecture on safety and injury reduction in second and third grades. They also work in juvenile hall clinics."

In addition to working with residents, Dr. Baum serves as director of the Outreach to Kommunity Kids program—informally known as OK Kids—and as executive director of the Healthy Neighborhoods Program, a project that offers mentoring services at 13 high schools, assists pregnant teens, tutors at four community sites, offers English classes, works with at-risk high school boys, and provides music lessons for a youth orchestra.

What does Dr. Baum hope the residents gain from their time at SACHS-Norton?

"A sense of passion for working with the most at-risk populations in pediatrics," she replies. "I tell every one of the residents who works here that I'm going to call them in five years and ask what community charity program they volunteer for. It's essential to personal happiness. I am hoping they will tell me they have chosen the difficult projects that

require a lifetime of commitment to raising the health and education of children; not the easy jobs.

"I love my job!" she exclaims. "Every morning when I wake up, I'm excited to go back to work. I think the best part of being a Christian is being allowed to serve God; it is the best of the best."

She smiles, "They can bury me at SACHS, out here on the lawn. This is where I feel close to God. It's a wonderful place to work. Ken Hart, MD, medical director of SACHS-Norton, opens all our meetings with prayer."

That doesn't mean days flow by at a bucolic pace at the clinic. On a recent afternoon, Dr. Baum and the SACHS-Norton team ...

- Treated a 17-year-old diabetic patient who had been out of insulin for almost a month;
- Counseled the parents of a two-month-old infant with a brain stem tumor, who has been given 18 months to live;
- Helped a 16-year-old mother, who lives with her 22-year-old sister who also has a baby, get insurance and care for the babies; and
- Handled a domestic violence situation.

"That was quite the afternoon!" she admits. "It reminds us why we are here."

Inland Empire boy helps Loma Linda University assist the children of Haiti ...

Continued from page 1

will end, but they're both excited that the idea is catching on so well.

"It's been pretty exciting to see how people have gotten behind him on this project," Deno confides.

According to Jerry Daly, MA, MSLS, associate director of the Global Health Institute at Loma Linda University, "It's amazing to see this kind of response from school children. This is the kind of thing that is purely from the heart. Here you have a little boy who hears about other children who are hurting and

suffering in a faraway land, and he decides to do something to make a difference. It's truly remarkable! There are many stories that are being told about what's happening in Haiti, but this is one of the best."

When pressed for details of how the monies Zaphire raised will be used, Mr. Daly says he isn't exactly sure yet, but vows they will go directly to help children.

"Loma Linda University is committed to taking this money to the children of Haiti," he notes, "and putting it to use in a way that will benefit pediatric services at the hospital we're affiliated

with. We'll find a project that will directly benefit the children of Haiti."

Aside from his philanthropic interests, Zaphire is what you might call a typical Southern California boy. When asked what he likes to do, he says, "I like to play a lot." When pressed for details, he says, "I kind of like dodge ball."

He also enjoys participating in the eternal mysteries of growing up, like growing taller and losing baby teeth. "Wanna know how many teeth I've lost?" he inquires.

Zaphire doesn't wait for an answer. He holds up a hand with all digits extended. "Five," he proudly says. "I've lost five teeth already!"

Despite his tender age, Zaphire is cutting his

teeth on the challenges of helping others in a world where tragedy is an all-too-common fact of life.

Way to go, Zaphire! Way to go!

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LITERARY EXCELLENCE

Longtime LLU professor writes new book on whole person medicine

By Dustin R. Jones

Wil Alexander, PhD, longtime faculty member at Loma Linda University School of Medicine and founding director of the Center for Spiritual Life & Wholeness, has recently written a book on whole-person medicine.

The book, *Innerweave: Creating the Spiritual-Faith Connections in Whole Person Medicine*, provides a workable description and understanding of the ways spirituality and faith in patient care may be included in traditional ways of medical care toward making this unique part of care state of the art.

In the growing tradition of “narrative medicine,” Dr. Alexander draws from 36 years of listening to patient stories, and shares some of these stories to offer a practical philosophy and guide to physicians for further developing their discernment and management skills for offering quality whole-person care.

“I invite you to learn from a master teacher; learn from a practitioner who is legendary for aiding wounded souls; learn from a visionary who daily continues to push the frontier and refine the art of whole-person care,” says B. Lyn Behrens, MBBS, president emerita of Loma Linda University. “I invite you then, having learned, to go and do likewise, thereby bringing health, healing, wholeness, and hope to humanity.”

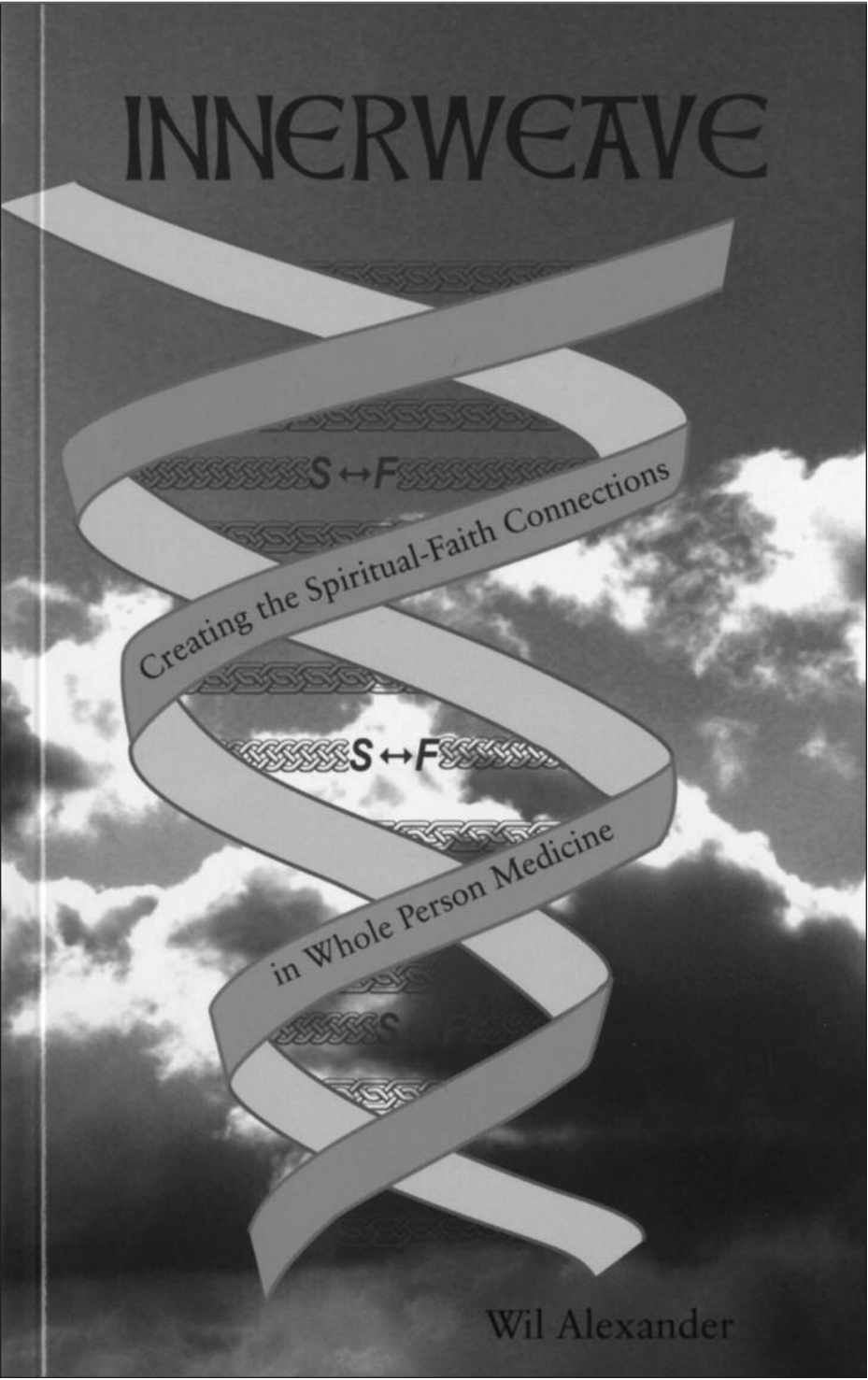
Dr. Alexander founded the Center for Spiritual Life & Wholeness in 1997. He currently is a professor in the Schools of Religion and Medi-



Wil Alexander, PhD

cine and is very much involved in the mission of whole-person care. Dr. Alexander was ordained in 1954, and from 1954 to 1963, he served on the faculty at Loma Linda University as an associate professor of practical theology. He then earned his master’s at Andrews University, Berrien Springs, Michigan; a doctorate in communication from Michigan State University; and a master’s in theology from Edinburgh University, Scotland. Dr. Alexander has given many presentations and written on topics concerning whole-person care, spirituality, and medicine. He is one of the most beloved educators of Loma Linda University and holds the Loma Linda University Distinguished Service Award.

Innerweave can be purchased at the Loma Linda University Campus Store at 11161 Anderson Street #110, Loma Linda, California 92354, or by calling (909) 558-4567.



NOTED PRESENTER

The China Study author to speak at Loma Linda University Church

Contributed report

the public program Sunday afternoon.

A nationally recognized author and nutrition researcher, T. Colin Campbell, PhD, from Cornell University, Ithaca, New York, will speak at 4:00 p.m. on March 7, 2010, at the Loma Linda University Church.

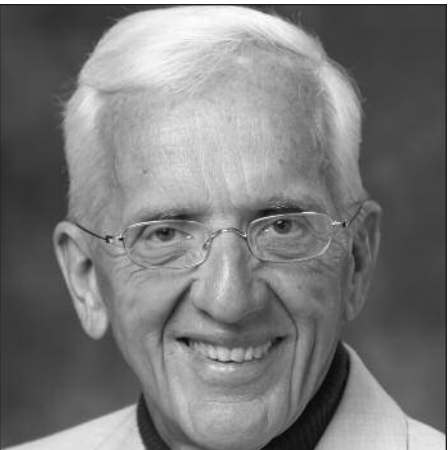
Dr. Campbell is author of *The China Study*, the most comprehensive study of nutrition ever conducted, according to officials planning his personal appearances.

He is here primarily to speak to physicians and other health care professionals attending the Annual Postgraduate Convention sponsored by the Alumni Association of the School of Medicine, according to Dennis E. Park, executive director of the association. Dr. Campbell is scheduled to be the opening keynote lecture speaker at the Centennial Complex Frank Damazo Amphitheater on Sunday, March 7, at 8:00 a.m.

His appearance for the general public will be on Sunday, March 7, at 4:00 p.m., at the Loma Linda University Church at 11125 Campus Street. There will be no admission charged at

Dr. Campbell is professor emeritus in nutritional biochemistry at Cornell University. For more than 40 years he has been at the forefront of nutrition research. His legacy—*The China Study*—is the most comprehensive study of health and nutrition ever conducted.

For more information about this free community lecture, call (909) 796-7067. His book has sold more than 400,000 copies.



T. Colin Campbell, PhD

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PHILANTHROPIC EVENT

Big Hearts for Little Hearts Loma Linda Guild hosts ‘Dressing Up Red’ Luncheon



Members of the Grinnan family, all in red, enjoyed the Dressing up Red luncheon, held from 1:00 to 4:00 p.m. on Sunday, February 14, 2010, at the LLU Wong Kerlee International Conference Center. The annual luncheon is sponsored by the Big Hearts for Little Hearts Loma Linda Guild.



Little girls prepare to have their picture taken after having fun trying on bright red feathers, hats, and gloves.



Catherine Grinnan-O'Brien, president of the guild, speaks to guests attending the luncheon.



During the luncheon, attendees enjoy dipping strawberries, grapes, and kiwi into a chocolate fountain.



Girls successfully battling cardiovascular disease and their family members gather for a group photo following the February 14 Dressing Up Red luncheon.

PHILANTHROPY

Children’s Hospital to benefit from Food 4 Less fundraiser

By Nancy Yuen

From now until May 22, 2010, pennies, nickels, dimes, and quarters placed in collection canisters located at check stands in Food 4 Less supermarkets in the Inland Empire will benefit Loma Linda University Children’s Hospital.

Loma Linda University Children’s Hospital is one of nine children’s hospitals in Southern California, southern Nevada, and Chicago selected to benefit from the fundraising campaign. Last year, Loma Linda University Children’s Hospital received more than \$20,000 from Food 4 Less customers and store team members who placed spare change in collection canisters located at check-out stands at their local Food 4 Less.

Since 2005, Food 4 Less, its team members, and customers have donated more than \$1 million to children’s hospitals. Food 4 Less operates 146 price-impact, warehouse-format supermarkets under the banners Food 4 Less in Southern California and Nevada, and Foods Co. in

Northern California, from its headquarters in Los Angeles. Food 4 Less is a division of The Kroger Co., one of the nation’s largest grocery retailers, headquartered in Cincinnati, Ohio.

To find a store near you, visit <Food4less.com>.



FILM PREMIERE

‘The Adventists’ documentary makes West Coast premiere in Loma Linda

Contributed report

The west coast premiere of a new motion picture film, “The Adventists,” will be shown on Friday evening, March 12, 2010, at the Loma Linda University Church, beginning at 7:30 p.m., according to Darold Retzer, MDiv, executive pastor.

Award-winning filmmaker Martin Doblmeier, film director, will introduce the documentary, as well as field questions following the screening.

“The Adventists” is a new one-hour documentary film on the Seventh-day Adventist denomination prepared for public television. The film explores the history and contemporary story of a faith group whose members are among the healthiest and longest-living people on the planet.

The documentary is scheduled to air on public television stations during the week of April 5, which coincides with both Easter and National Public Health Week.

According to a recent announcement, the film



Martin Doblmeier, film director

will soon be available on DVD. Several public showings, including the one in Loma Linda, are scheduled for this month.

Formed on American soil in the mid-19th century, the Seventh-day Adventist Church is made up of members who, by their own admission, are relatively conservative. A central Please turn to page 7

ACADEMIC GROWTH

SAHP announces 1,007 enrollment during faculty forum

By Georgia Hodgkin, EdD, RD

The School of Allied Health Professions (SAHP) heard the dean’s annual state-of-the-school address at its winter quarter faculty forum meeting. The address by Dean Craig Jackson, JD, MSW, was filled with good news. Student enrollment winter quarter passed the 1,000 mark again, reaching 1,007. Recruitment efforts take Chuck Dart, MBA, the SAHP director of marketing, to close to 100 colleges and academies in Southern California and across the country. Departmental administrative assistants and faculty follow up with the potential students he identifies.

Construction projects have been completed in Nichol Hall. The clinical sciences laboratory, classrooms, and offices have been updated with

cutting-edge technology and equipment. The research kitchen in the department of nutrition and dietetics moved to the future with stainless steel, composite granite, commercial steam jacketed kettles, braziers, and combi-oven. Cameras have been installed for video production of nutrition education programs in the up-to-date site.

Plans for additional renovation include the partially completed molecular lab. The north entry, donor wall, and upper and lower rotundas will be refurbished in the summer of 2010. Plans are pending for a chemistry laboratory in Shryock Hall.

The financial picture of the school remains positive in spite of the overall economy and the difficulty students meet in procuring loans. Although other institutions of higher learning

are finding it necessary to close programs and release faculty, SAHP has no such plans. Its 52 programs remain strong, accreditations stay in place with commendations, and students continue to fill the courses.

Contributing to the strong financial position of the school are the grants supporting research. National pharmaceutical and orthopaedic companies fund numerous projects led by Jerry Petrofsky, PhD, JD, and Lee Berk, DrPH. Faculty from several disciplines participate in the projects. The department of physical therapy chair, Edd Ashley, EdD, noted some 40 publications have resulted from the nearly \$1 million received in grants.

The dean reported alumni meetings are planned yearly with groups in Orlando, Denver, San

Diego, and north Texas. Along with development officer Kisha Norris and alumni affairs officer Jaclyn Pruehs, Dr. Jackson meets alumni at five of the SAHP departments professions’ annual meetings.

Sensing good news would mark the forum, faculty council chair Georgia Hodgkin, EdD, RD, and colleague Maxine Taylor, EdD, RD, created a celebratory menu with a theme of “4th of July in February” for the noon meeting. Led by department chair Bert Connell, PhD, RD, faculty of nutrition and dietetics prepared the fireworks-inspired meal.

Faculty council subcommittee reports were given by faculty council immediate past chair Eric Johnson, DSc, and research development committee chair Grenith Zimmerman, PhD. Arthur Marshak, EdD, MS, university faculty council chair, discussed the talking points from its recent meeting. Larry Chinock, EdD, university general education committee chair, gave the first of three workshops updating changes in the advisement of students voted by the committee.

The meeting concluded with a drawing for two \$500 gift certificates from University Travel, in Loma Linda. Faculty eligible for inclusion in the drawing had met exercise goals for the preceding four quarters.

The health promotion program was initiated by the school’s wholeness committee, chaired by Ardis Wazdatskey, MA, and her assistant, Danelle Herra. Karen Pendleton, MA, of the department of occupational therapy, and Kathy Davis, MS, of the department of clinical laboratory sciences, were the recipients.

Faculty member from the department of radiologic technology Renee Stone, MAM, summarized the meeting: “I appreciated Dean Jackson’s candor and his willingness to discuss financial, parking, and space issues so freely with faculty and staff.”



Allied health faculty and staff member enjoy lunch during the meeting. Many individuals wore red in honor of the American Heart Association’s National Go Red for Women Week to raise awareness of heart disease in females.



SAHP faculty council chair Georgia Hodgkin, EdD, RD, speaks during the meeting.

SCHOOL OF MEDICINE EVENT

More details on APC, to begin March 5

By Richard Weismeyer

The 78th Annual Postgraduate Convention, sponsored by the Alumni Association of Loma Linda University School of Medicine, will be held March 5 to 8, 2010.

Highlighting the four-day event will be guest speaker T. Colin Campbell, PhD, who will deliver the Walter E. Macpherson Memorial Lectureship presentation on Sunday, March 7, at 8:00 a.m., in the Damazo Amphitheater in the Centennial Complex.

Dr. Campbell will speak on "The China Study: Startling Implications for Cancers, Diet, Weight Loss, and Longevity." Dr. Campbell, who was trained at Cornell University, Ithaca, New York, has spent much of his professional career studying the effects of nutritional status on long-term health, particularly on the causa-

tion of cancer. Dr. Campbell holds an honorary professorship at the Chinese Academy of Preventive Medicine and is on the research advisory board of the Chinese Institute of Nutritional Sciences in the Chinese Academy of Science.

Other featured speakers will include Philip Gold, MD, chief of the division of pulmonary and critical care medicine at Loma Linda University School of Medicine. He will speak on Friday, March 5, at 8:15 a.m. in the Damazo Amphitheater on "Asthma: 100 Years of Progress."

Leading out in the Roger W. Barnes Memorial Lectureship will be D. Duane Baldwin, MD, and Gary R. Barker, MD. Both are faculty members and specialists in the School of Medicine department of urology. They will speak on "How Robotic Surgery and New Surgical Para-

digms Are Improving the Outcomes for Treatment of Prostate Cancer, Kidney Cancer, BPH, and Other Urologic Conditions."

Speaking at the Cyril B. Courville Memorial Lectureship on Friday, March 5, at 1:30 p.m. in the Damazo Amphitheater will be Glen H. J. Stevens, DO, PhD; A. Dean Sherazi, MD; and Sarah Uffindell, MD. They will speak on (respectively) "100 Years of Brain Tumor Treatment—How Far Have We Advanced," "What We Know About Cognitive Deficit and Aging" and "The Stroke of God; How Far We've Come."

William C. Patton, MD, chair of the department of gynecology and obstetrics in the School of Medicine, will speak on Sunday, March 7, at 10:00 a.m., in the Damazo Amphitheater for the Harold F. Ziprick Memorial Lectureship. His topic will be "100 Years of Therapy for Menopause, Fancy to Fact to Fancy-Fact."

Speaking at the Harold B. Boyd Memorial Lectureship on Sunday, March 7, at 10:45 a.m. in room 3113 in the Centennial Complex will

be Edward J. McPherson, MD. He will speak on "Total Hip Arthroplasty." Dr. McPherson currently serves at the Los Angeles Orthopaedic Institute.

Neal A. Nedley, MD, president of the Lifestyle Center of America, will speak for the George Kambara Memorial Lectureship in room 3111 of the Centennial Complex on Sunday, March 7, at 10:55 a.m. His topic will be "An Eye on Wellness." Dr. Nedley, a graduate of Loma Linda, is well-known for his practice in acute care internal medicine and lifestyle and preventive medicine.

Concluding the lectureship series will be Eba Hathout, MD, professor of pediatrics in the School of Medicine, who will speak for the Robert F. Chinnock Memorial Lectureship. Dr. Hathout will speak on "Childhood Diabetes" on Sunday, March 7, at 3:30 p.m. in the Damazo Amphitheater in the Centennial Complex.

Worship presentations, featuring student authors from the devotional book *Morning Rounds*, will be given each Friday, Sunday, and Monday mornings from 7:45 to 8:00 a.m. in the Centennial Complex.

LLUMC social workers celebrate Social Work Month ...

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for the first time when their baby is admitted to the unit."

"We're all members of one team or another," Cynthia adds. "There are five NICU teams including an NICU step-down team."

"Each time we get a new patient, we meet with the family for an initial assessment," Marie jumps in.

"That's right," Cynthia concurs. "We attempt to meet with the family within two days of their baby's admission. The first thing we ask is how they're doing; we want to find out how their baby's admission to the hospital has affected the family."

"Then we do a psycho-social assessment," Marina observes.

"We have a particular assessment form we use," Cynthia offers. "We ask them how they're coping."

"We find out if they're in need of a crisis intervention," Marie notes, "or if the mom is having any post-partum depression. Also, spirituality comes into play a lot. If they want, we make a referral to a chaplain or priest or rabbi."

"We also refer parents who live a long distance from the hospital to Ronald McDonald House if they need temporary lodging while their baby is here," Cynthia states.

Much of the sisters' work involves identifying and helping families find solutions to a wide variety of practical and psychological issues associated with having a baby.

"We assess for financial and emotional needs," Marie explains.

"We also conduct an assessment for high-risk factors," Marina reports. "We screen for drug abuse, alcoholism, domestic violence, or other indicators that a baby might be in danger..."

"... and for mental health issues," Merci shares. "If the mother is showing signs of psychiatric concerns, we arrange a psychiatric consult if the mother is an inpatient. If she's not, we refer her to an outside psychiatrist and/or mental health clinic. Some people have misconceptions about social workers. We're not here to take babies away, but to offer support and assess the needs of the family in identifying any risk factors."

"True," Marie asserts. "Our main priority is to keep the baby safe."

As the others enthusiastically nod their assent, Marina switches gears to share a story that illustrates how families appreciate the support shown them.

"I've been here since 1997," she remarks. "I remember this one mom. The doctors said her baby would never be able to walk, or talk, or do

much of anything. I worked to help her find ways to cope with her baby's condition. She keeps in contact with me to this day. It's been years, but she brings the girl to see me every time she brings her to a doctor's appointment."

"Most of these families were going through a crisis when they came here," Cynthia replies.

"That makes it all worthwhile," Merci acknowledges. "You begin to realize how fortunate you are—how really small your problems are"

And with that, the NICU sisters break into spontaneous laughter. Their work is demanding; they frequently handle difficult, heart-wrenching situations.

But as long as they've got each other for friendship and support, they'll find a way to keep helping babies and families in need.

Friday evening vespers will be held at 7:00 p.m. in the University Church of Seventh-day Adventists. Students and alumni will speak on service in Haiti, Afghanistan, Palestine, and other places around the world.

On Sabbath afternoon, March 6, at 4:00 p.m. vespers will feature the topic "Light from the Hill—Illuminating the World." Sponsored by the National Auxiliary, up-to-date mission challenges from Cameroon, Niger, Haiti, and locally the SAC Health System, will be highlighted.

On Saturday night, the New England Youth Ensemble, under the direction of Virginia-Gene Shankel Rittenhouse, PhD, will perform at 7:30 p.m. in the Loma Linda University Church of Seventh-day Adventists.

This will be a ticketed event. Prices are \$10, \$15, \$20, and \$50 (for Golden Circle tickets) and may be purchased at APC registration in the Centennial Complex on March 5, or at the door at the evening of the concert.



Good samaritans one and all, a cross-section of the more than 50 social workers who serve the patients and families of Loma Linda University Medical Center get together for a commemorative photo to mark the fact that March is Social Work Month. Members of the profession are on the front lines of making sure that practical and emotional needs of patients are met.

PERSONAL PERSPECTIVE

Reporter goes undercover at Loma Linda University Medical Center

By James Ponder

Reporters are an odd bunch. We'll do almost anything to get a story, and if it involves hands-on, first-person adventure, so much the better.

So imagine my excitement the other day when Larry Kidder, MA, managing editor of *Today* and *Scope*, popped in to ask how I'd like to write an article about what it's like to be a patient at Loma Linda University Medical Center (LLUMC).

"Great!" I reply. "But wouldn't that mean I'd have to get sick or something?"

"You are sick!" Larry reminds me. "And you're already in the hospital. You've got pneumonia—remember?"

And just like that, it all comes back to me. I am in the hospital, and I do have pneumonia. "You've got a great memory," I mutter.

"Memory's got nothing to do with it," Larry laughs. "You're lying in a hospital bed, wearing one of those infamous gowns. Why are you also wearing jeans?"

"Because," I respond, "I'm not about to run around here in a flimsy gown. As a reporter, I'll go to great lengths to get a story, but there are limits. Aside from the modesty issue, a guy could freeze to death in a garment like that!"

How did I get pneumonia in the first place? The trouble started a few days earlier when I told Nery, my wife, that I wasn't feeling well.

"Go see your doctor," she said. I did, he took my temperature—a paltry 101.6 degrees Fahrenheit—and sent me home with a prescription for

antibiotics. I should have gone straight to bed, but needed to finish a project at the office. By the time I got home three hours later, I was nursing a respectable fever of 103.

"Thank goodness for antibiotics," I tell Nery. "I'll be fine in no time flat."

Three days later, a hacking cough prompts Nery to check my temperature. "My goodness," she exclaims, "it's almost a 102!"

For some reason, she thinks I might want to call my doctor. Since it's President's Day, he isn't available, but the physician on call says I might be in danger of pulmonary failure, and insists I get myself to the hospital.

It's one thing to think about the emergency department in the abstract; it's quite another to walk through the doors as a patient. When we arrive at two minutes past noon, the room is crowded with 75 to 100 people waiting to be seen. Imagine my surprise then, when I hear my name being called just 20 minutes after we arrive.

"These guys are good!" I tell Nery.

"What's wrong with you?" the intake coordinator asks with a smile.

"He's crazy," I hear Nery saying. "Works when he's sick; never takes a break. Certifiably insane!" (OK, she doesn't actually say that, but a savvy husband always knows what his wife is thinking—especially when she tells him later.)

"I'm not feeling so good," I mumble. The coordinator takes my vital signs, asks a few questions, and sends me back to the waiting room.

An hour or so later, Nery and I are escorted into a waiting room inside the patient care area.



Ivonne Aritonang, RN (left), a nurse on unit 4300 at Loma Linda University Medical Center, and Rancy Silaban (right), a patient care assistant, give James Ponder (center) a thorough check-up. Mr. Ponder, a publication editor and writer for Loma Linda University, was admitted to unit 4300 recently following a diagnosis of pneumonia. "They were angels to me," he insists. "I'll never forget their kindness."

The chairs are big and comfortable, and several other patients nod as we enter. I strike up a conversation with three or four of them; we're soon telling why we're here and bragging about the intensity of our symptoms.

The room serves as home base for the next several hours. One by one, each patient is individually called out for a series of examinations by a rotating team of physicians, interns, residents, and medical students. One, a junior in the LLU School of Medicine whom I call Dr. Chen, follows me throughout my entire stay. I like Dr. Chen: she's thorough, professional, compassionate, and kind.

When I'm finally admitted to 4300, the rapid admission unit, for observation, the clock says 10:00 p.m. Julie and Liz, my nurses, are friendly and helpful; they hook me up to an IV full of potent antibiotic. An hour later, I drift off to sleep. Shortly thereafter, John, the respiratory therapist, wakes me for a breathing treatment.

The night goes well until Liz announces I'll be getting a roommate. It's around 2:00 a.m. when he actually arrives. His "rumblings abdominal," as Woodrow Wilson allegedly rhymed, "were simply phenomenal." I try to doze, but the sounds are sensational. Before long, John returns for my 4:00 a.m. breathing treatment.

The grayness of dawn's early light gives way to a clear blue sky. Out my fourth-story window, I watch the sleepy village of Loma Linda spring to life as cars, trucks, and buses deliver doctors, nurses, therapists, office workers, and administrators to work at this noble enterprise.

As the day wears on, a steady stream of friends, colleagues, and members of my family stop by to cheer me up. I'm honored by all the attention,

and proudly display my newfangled IV tubes for all to see. "I'm the bionic man," I tell my mom, dad, and Aunt Helen, who drove all the way from La Quinta to see me.

Hours flow by in the timeless beauty of a day without deadlines, and all too soon, it's time for my family to leave. In a couple more hours, the night shift will be coming on duty. If they're anything like the day crew, I'll soon have a flock of new friends.

Nery, bless her heart, stays by, offering love, support, and companionship until long after dark. It was a great day 20 years ago, when we marched down the aisle as man and wife. A guy could search high and low and never find a mate half as faithful and devoted as she is—or half as cute, for that matter.

When she finally heads home at 11:00 p.m., I lie awake thinking about all the wonderful people who made my stay here such a wonderful experience. I can't remember all the names, but Julie, Liz, John, Emma, Gilbert, Oscar, Mika, Becky, Michelle, Richard, Ivonne, and Rancy come to mind.

In fact, all the patient care staff members I've interacted with over the last two days have gone out of their way to treat me with dignity and respect. I'm amazed at their friendliness, professionalism, and courtesy. I've been made whole by the wonderful men and women of Loma Linda University Medical Center and the gracious God they serve.

In the final analysis, a hospital can have all the latest technology in the world, but without the compassionate Christianity of people who treat patients with kindness and love, health care wouldn't be half as healing as I found it to be.

'The Adventists' documentary makes West Coast premiere in Loma Linda ...

Continued from page 5
teaching of the church asserts the soon return of Jesus Christ—hence the name Adventist (advent is defined as coming).

At the same time, Adventists are pioneers in preventive medical and health care exploration and application. For them, waiting for the second coming is not a time to fear, but a time of preparation and hope.

Filmed on location at hospitals and health care facilities in Florida, Ohio, and California, the film also contains a re-enactment of the 1844 event called "The Great Disappointment," which led to the formation of Adventism, as well as a profile of the charismatic figure John Harvey Kellogg, whose Battle Creek, Michigan, sanitarium set the standard for progressive health care in the early 20th century.

According to Pastor Retzer, many of the scenes in the documentary were filmed at Loma Linda University Medical Center.

"Adventists are a fascinating mix of conservative

religion and state-of-the-art health care and healthy living," says Mr. Doblmeier, who made a personal appearance last year in the Loma Linda University Church when he showed the film "Power of Forgiveness."

Mr. Doblmeier continues, "Where so much of our current health care debate is framed around economics, Adventists start from the belief that the body is the 'temple of God' and needs to be cared for. To them, hospitals and health care are a 'sacred work' and can help to bring a fresh—even revolutionary—approach to public health and discussions today."

"The Adventists" has been produced in high definition by Journey Films, centered in Alexandria, Virginia. The film is written and directed by Mr. Doblmeier, and will be distributed nationally to public television via American Public Television.

The doors at Loma Linda University Church will open at 6:45 p.m. While there is no admission charge, a free-will offering will be taken to help cover costs for the special screening.

PHILANTHROPY

Big Hearts for Little Hearts Riverside Guild hosts inaugural event, a membership luncheon

By Nancy Yuen

The first-ever meeting of the Big Hearts for Little Hearts Riverside Guild was held Wednesday, February 10, at the Victoria Club in Riverside. During the membership luncheon 63 women joined the Guild as its inaugural members.

After guild president Barbara Robinson welcomed attendees, Patti Pettis, MA, executive director of philanthropy, thanked the group for

their interest in supporting Loma Linda University Children's Hospital (LLUCH).

Next, featured speaker Leonard Bailey, MD, surgeon-in-chief, Children's Hospital, traced the history of infant heart transplantation, highlighting advancements he has pioneered at LLUCH.

This year marks 25 years of infant heart transplantation. Thousands of young lives have been saved as a result of Dr. Bailey's pioneering work.

The idea to form the Big Hearts for Little Hearts Riverside Guild was presented to the Children's Hospital Foundation by Children's Hospital Foundation Board member Barbara Robinson. "We are thrilled," says Zareh Sarrafian, MBA, administrator, LLUCH, "that so many individuals enthusiastically joined the guild during the membership luncheon, and share our vision that every child should have access to the best medical care available."

The Big Hearts for Little Hearts Riverside Guild joins the Desert and Loma Linda Big Hearts for Little Hearts Guilds serving the young patients at Loma Linda University Children's Hospital by raising funds to support the critical needs of hospitalized children and their families.



Barbara Robinson (left), president, Big Hearts for Little Hearts Riverside Guild, and Barbara Shackelton, publicist, greet the new members during the guild's first event—a luncheon at the Victoria Club in Riverside.

SOCIAL WORK MONTH

LLUMC social workers celebrate Social Work Month

By James Ponder

Social workers at Loma Linda University Medical Center (LLUMC) invite you to join with them and other members of the National Association of Social Workers (NASW) in celebrating March as Social Work Month.

According to the NASW website, social workers are "on the front lines, developing, advocating and delivering social programs that are responsive to such human needs as homelessness, poverty, family break-up, mental illness, disability, alcohol and substance abuse, domestic violence, and many other issues. Social workers help people live more rewarding lives."

The group also points out that the intervention of social workers has effected a number of societal advances in the United States including legislation guaranteeing unemployment and health insurance, income assistance, child protection, and a variety of other rights and privileges.

What happens when the noble aspirations of the profession meet the everyday social work needs of the clinical health care environment?

To find out, I decided to visit five of the more than 50 social workers who serve the needs of LLUMC patients and families. The five, who call themselves "the NICU Sisters," are social workers assigned to care for families with babies in the neonatal intensive care unit (NICU) at LLU Children's Hospital.

Unfortunately, one of the sisters—Myrysha Rosa—couldn't participate in the interview due to a mandatory meeting that ran longer than expected. The other sisters—Marie Bonovitz, Merci Lardizabal, Cynthia Ludi, and Marina Reile-Rodriguez—were eager to talk about their work and share how it improves the lives of patients and family members on the NICU.

Two things quickly become apparent: First, the NICU sisters love their jobs. Pictures of babies and children adorn the walls of their office, and expressions of how much they love helping babies pepper the discussion. Second, they truly enjoy working together. They finish each other's sentences, tell each other's stories, and laugh at each other's jokes.

Marina starts things off by explaining how their interventions begin. "We meet each new family

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During the membership luncheon for the Big Hearts for Little Hearts Riverside Guild, 63 women joined the guild as inaugural members.



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Four of the energetic "NICU sisters," social workers who work with the families of babies in the neonatal intensive care unit of Loma Linda University Children's Hospital are (from left) Marina Reille-Rodriguez, Merci Lardizabal, Cynthia Ludi, and Marie Bonovitz. Myrysha Rosa, the fifth member of the sisterhood, was not present.