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## TODAY - August 24, 2009

Loma Linda University

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# TODAY

Monday, August 24, 2009

Volume 22, Number 13

## PHILANTHROPIC NEWS

### The J.M. Long Foundation sponsors simulation center pharmacy in Centennial Complex

By James Ponder

The J.M. Long Foundation recently awarded Loma Linda University (LLU) \$100,000 to sponsor the new pharmacy in the simulation center of the soon-to-be-opened Centennial Complex.

According to Billy Hughes, PhD, dean of the School of Pharmacy, the grant was awarded on June 11, 2009.

"We are very grateful for the generosity of The J.M. Long Foundation," Dr. Hughes states. "The simulation center pharmacy will fulfill recommendations of the Institute of Medicine, Western Association of Schools and Colleges, and the Accreditation Council for Pharmacy Education that we provide learning opportunities that promote interdisciplinary education. The simulation center pharmacy will allow School of Pharmacy students to train with students from the Schools of Allied Health, Medicine, and Nursing that will closely parallel what pharmacists face in the real world."

In the new pharmacy, students will gain practical, firsthand experience in dealing with drug overdoses, developing effective strategies to

reduce medication errors, and preventing adverse drug interactions. Dr. Hughes notes that these learning scenarios are "highly relevant" in today's pharmacy practice, and says it is "critical for our students to learn in an environment like this that promotes exploration and instant feedback."

The simulation center pharmacy will also allow members of the School of Pharmacy faculty and the more than 100 staff pharmacists at Loma Linda University Medical Center to enhance their clinical skills during special training programs and seminars that will be offered there from time to time. "This valuable training tool will benefit seasoned professionals as well as students," Dr. Hughes adds.

The J.M. Long Foundation was created in 1966 as a way for Joe Long, co-founder of Longs Drug Stores, to give back to others. One of nine children, Joe was born in 1912 in Covelo, a small agricultural town in Northern California's Mendocino County, where he worked with his father in a general store and absorbed his mother's discourses on the responsibility to help others. After high school, Joe and his brother, Tom, hitched a ride on a milk truck to attend the University of California at Berkeley. In

1932, he graduated in political science and went on to serve as assistant city manager for Berkeley. He later became founding chair of California State Parks Foundation. Over his lifetime, Mr. Long embarked on many different business ventures in hospitality, natural resource, and drugstore retail management.

As chair of the board of Longs Drug Stores, J.M. Long recalled the importance of his mother's admonitions about caring for one's fellow man. "We go through this life but once," he said. "If there is anything we can do, or help that we can give, let us do it now, because we may not pass this way again."

According to Jackie Gilstrap, campaigns major gifts officer for the Loma Linda University office of philanthropy, "We are grateful for all the support we receive from around the world, however we are especially grateful to those organizations, such as the J.M. Long Foundation, who exemplify the spirit of philanthropy for the next generations. It is thrilling that the medical simulation pharmacy has been made possible by The J.M. Long Foundation."

Dr. Hughes couldn't agree more. "We can't thank The J.M. Long Foundation enough for partnering with us to enhance the future of pharmaceutical education in the Inland Empire," he concludes. TODAY



Loma Linda University School of Pharmacy officials Billy Hughes, PhD (second from left), dean of the School of Pharmacy; Reza Taheri, PharmD (third from left), chair of the department of pharmacotherapy and outcomes science; and Jim Pinder, JD, MBA (right), director of development and alumni affairs, and assistant professor of pharmacy law, join LLU Health Services construction superintendent Robert Cole (in the orange vest) for a visit to the new simulation center pharmacy at the Centennial Complex.



Loma Linda University's beautiful new Centennial Complex, seen here as it nears the final stages of construction in August 2009, will be home to the new simulation center pharmacy. The J.M. Long Foundation recently awarded the School of Pharmacy a grant in the amount of \$100,000. "We can't thank The J.M. Long Foundation enough," says Billy Hughes, PhD, dean of the LLU School of Pharmacy, "for partnering with us to enhance the future of pharmaceutical education in the Inland Empire."

## EXCELLENCE

### Medical Center receives 5-star rating

Contributed report

Loma Linda University Medical Center (LLUMC) was recently recognized as a top-ranked Community Value Provider. Cleverley & Associates, a leading health care financial consulting firm, found that LLUMC operates with a high degree of community value at a low cost, low charge, and uses a strong financial position to reinvest back into the provision of care at the facility.

"It is an honor for Loma Linda University Medical Center to receive this 5-star recognition," says Steven Mohr, CPA, senior vice president for finance at the Medical Center. "It is reassuring to know that during these challenging economic times, that the half a million patients treated at our hospital every year receive some of the highest quality health care in the nation at a reasonable cost."

The findings are part of the new publication, *State of the Hospital Industry — 2009 Edition*. The publication uses selected measures of hospital financial performance and discusses the critical factors that lie behind them. It focuses on United States acute-care hospital industry over a three-year time period (2005 to 2007) and uses an exclusive measure called the Community Value Index® (CVI).

"The topic of hospital value is increasingly being discussed. Issues of pricing and community benefit have been well-publicized but little has been offered to measure the broad scope of value," adds James Cleverley, co-author. "In response, the Community Value Index® was created to provide an assessment of a hospital's performance in four areas: financial strength and reinvestment, cost of care, pricing, and quality." TODAY

PATIENT SERVICES

## LLUMC ophthalmology center opens at Riverwalk in the Riverside/Corona area

Contributed report

Advanced specialty eye care that people have come to expect from doctors affiliated with Loma Linda University Medical Center is now closer to patients living in the Riverside, Corona, and surrounding areas.

Barely six months after its opening, the new Loma Linda University Health Care Ophthalmology at Riverwalk is winning raves from area patients. The new ophthalmology clinic is phasing in many of the specialty services found at the main clinic in Loma Linda.

"I love it, it's wonderful," says Mary Ann Cole, 74, of Riverside, who said she enjoys the convenience of getting world-class eye care in her own neighborhood. "It takes me 10 minutes to get here, and after my appointment, I have the time to go to a restaurant and eat."

Loma Linda University Health Care's new ophthalmology satellite office is located at 4244 Riverwalk Parkway in Riverside, adjacent to La Sierra University in the Riverwalk medical office complex.

The state-of-the-art office, just off the Pierce Street Exit on the 91 freeway, provides easy access to patients in the Riverside and Corona areas. The 5,600-square-foot office contains 10 exam rooms and a minor procedure room.

The office duplicates the "same day" diagnostic testing capabilities of the main Loma Linda clinic, including IOL Master, Orbscan, Visual Field, fundus photography, fluorescein angiography, and high resolution OCT testing.

"We're very glad to be here," says Michael Rauser, MD, vice chair for ophthalmology at Loma Linda University Health Care and



Michael Rauser, MD, an attending physician at the new Loma Linda University Health Care Ophthalmology at Riverwalk consults with Riverside resident Mary Ann Cole. The new ophthalmology clinic brings much-needed specialized eye care services to the Riverside, Corona, and surrounding areas.

one of the attending specialists at the Riverwalk office. "We take enormous pleasure in the overwhelming positive feedback we have received from our Riverside and Corona subspecialty patients for this new

convenient site for them," he adds.

Appointments for the new ophthalmology clinic may be made by calling the optometry referral line at 909-558-EYES.

PHILANTHROPY

## SCE gives grant to 'Si Se Puede' program

By Richard Weismeyer

Southern California Edison, the region's provider of electrical power long known for its assistance with saving energy and money for its consumers, has made a \$5,000 grant to Loma Linda University in support of the "Si Se Puede," the summer program that encourages Hispanic high schoolers to pursue a college education in the sciences and health professions.

This award is representative of Southern California Edison's long-standing philanthropic commitment to outstanding programs that benefit promising students," noted Griselda Perez, the account manager for Southern California Edison who came to Loma Linda to present the check.

Accompanying Ms. Perez in making the award was Dan Tunnicliff, government and institutions manager for Southern California Edison.

"It's important to nurture young people in any way we can. Southern California Edison is committed to making educational opportunities, especially those focusing on the sciences, available to talented young people. We are proud to support 'Si Se Puede' at Loma Linda, which inspires students' professional aspirations," states Mr. Tunnicliff.

"Si Se Puede" (Spanish for "yes, you can," or "it can be done") is a summer program that brings Hispanic high school juniors and seniors to the Loma Linda campus for an intensive, instructive week that provides information on the broad spectrum of the health professions.

In addition, the program guides youth on what high school courses to take to render them ready for a college curriculum in the sciences.

The week-long program, which took place during the last week of June 2009 also brings the youth's parents to campus to review the various financial aid programs that are available to facilitate a college education for their children. A total of 50 youth participated in this summer's program.

"It is impressive how these students are positively impacted by being on a university campus such as Loma Linda," says Leslie N. Pollard, PhD, DMin, vice president for diversity.

"Yes, at first when they come, the youth seem intimidated by the immensity of the campus, and all that they're stimulated by that is so unknown to them," he continues. "But then, after a few days, those concerns turn to inspiration."

He adds, "By the time the week ends, the youth leave with a 'can do' attitude which is what the program aims to achieve. Their parents too are inspired."

"We're so pleased that Southern California Edison has come on board philanthropically to assist us in enabling this important program," notes Dr. Pollard. TODAY



Griselda Perez, account manager for Southern California Edison (second from left) presents Leslie N. Pollard, PhD, DMin (third from left), Loma Linda University vice president for diversity, with a grant to help support Loma Linda's "Si Se Puede" summer program for Hispanic youth. At the presentation were Dan Tunnicliff, government and institutions manager for Southern California Edison (left) and Albin Grohar, PhD, executive director for philanthropy at Loma Linda University.

RESEARCH

## SD and SPH study dental caries in Redlands children

By Heather Reifsnyder

Two School of Dentistry professors and a School of Public Health student teamed up to study and prevent the prevalence of dental caries in students at Lugonia Elementary School in Redlands.

In the photo, Brian Novy, DDS (right), assistant professor of restorative dentistry, measures the amount of saliva taken in samples from children's mouths. Public health student Laurita Siu records the results for each child.

The team, which also includes assistant professor Holli Riter, DDS, later analyzed the saliva samples for bacterial counts. The project also included instructing the students on proper oral hygiene.

Additionally, the students received toothbrushes, toothpaste, floss, a brief dental exam, and caries risk assessment. This dental research and education project is made possible by funds



from the American Dental Association Foundation's (ADAF) Samuel Harris Fund, California Dental Association, and Loma Linda University's

Hulda Crooks Research and Public Health Practice Grants to help improve the oral health of children in the local community. TODAY

## CHAPLAIN SERVICES

## Chaplain services offers divorce recovery group

By James Ponder

Individuals going through a break-up of an important relationship in their lives may wish to take advantage of a 10-week divorce recovery program offered by the Loma Linda University Medical Center chaplain's services department.

The first meeting, which includes a free orientation, will be held on Wednesday, September 9, 2009, in the chaplain conference room (MC 1125) in the Medical Center. For those who wish to continue the course, there is an \$85 fee to cover all other sessions and materials.

According to Christie Shine, the chaplain who will be leading the program, the divorce recovery group will lead participants on a step-by-step recovery process following the text of *Rebuilding When Your Relationship Ends*, by the late Bruce Fisher, EdD.

Dr. Fisher described the process of rebuilding after a divorce as "a supportive, step-by-step program for putting your life back together. There is an adjustment process after a divorce

with a beginning, and end, and specific steps of learning along the way. The steps of the adjustment process are arranged into a pyramid of 'Rebuilding Blocks' to symbolize a mountain. Rebuilding means climbing that mountain, and for most of us it's a difficult journey."

Chaplain Shine says she has witnessed the effectiveness of the rebuilding process firsthand. "I can personally attest to the tremendous growth and healing I have observed as group participants do the hard work of reflection and discussion. Having a support group of fellow 'rebuilders' is the best tool of all!" she notes.

"Although each of us is an individual, with unique experiences, there are similar patterns that all of us go through while ending a love relationship," Dr. Fischer noted. "One of the most important personal skills we can develop is how to adjust to a crisis."

"Most of the people joining the group have been the recipients of rejection," Chaplain Shine observes. "We look at that—along with anger, grief, loneliness, fear, adaptation, friendships,

transition, and self-worth. At the end of the 10-week time spent learning rebuilding tools, a member of the group should feel confident that they have new tools to build a new life."

Dr. Fisher, who passed away in 1998, developed the rebuilding model of divorce recovery nearly 25 years ago. As founder and director of the Family Relations Learning Center, of Boulder, Colorado, he personally trained thousands of individuals and therapists in the rebuilding approach, and in the process, enriched the lives of countless others worldwide.

He was a highly popular divorce therapist, author, and teacher, and a clinical member of the American Association for Marriage and Family Therapy. His Fisher Divorce Adjustment Scale is an internationally recognized measure of adjustment to the ending of a love relationship.

"The divorce recovery group is committed to our mission of serving our fellow human beings," she continues, "regardless of race, creed, or social status. This is consistent with our delivery of health care that seeks to make humans whole by attending to their physical, mental, emotional, relational, and spiritual needs."

Individuals desiring additional information, or



Chaplain Christie Shine invites people who are going through the pain of a break-up of an important relationship in their lives to a 10-week divorce recovery program offered by the Loma Linda University Medical Center chaplain's services department. The course begins September 9, 2009.

wanting to register in advance, are encouraged to call (909) 558-4367, or contact Chaplain Shine by e-mail at <csshine@llu.edu>. TODAY

## HISTORICAL TOUR

## Take a historical and futuristic tour of Loma Linda University

Contributed report

Take a walk through history during the celebration weekend for the School of

Medicine. You'll have a chance to visit the establishments that have been here since the beginning as well as get a glimpse of the newest facilities the campus has to offer.

On Thursday, October 29, starting at 11:00 a.m., centennial event attendees will be treated to a historical luncheon on the hill hosted by the National Auxiliary (for details and registration go

to the National Auxiliary's website at <http://llumedaux.org>). Following the lunch at 2:00 p.m. will be the official campus tour during the afternoon.

One of the highlights of the tour will be the walkthrough of the highly anticipated Centennial Complex, Loma Linda University's newest building. The complex houses state-of-the-art facilities, including a skills and assessment laboratory and modern anatomy teaching laboratory.

Another new building that will be featured during the tour is the Heart & Surgical Hospital, a beautiful facility that uses the latest technology to offer the highest level of care in seven unique specialties—heart and vascular, women's health, head and neck, urology, minimally invasive surgery, plastic surgery, and the new bariatric surgery and metabolic management center.

One stop of the tour that holds much historical significance is the Campus Hill Church. The church stands near the site of the original Mound City Hotel, which became Loma Linda Sanitarium in 1905. In fact, the building itself once served as the hospital facility.

Additionally, many guests and alumni will be pleased to visit the popular Loma Linda Market, which offers vegetarian and vegan foods as well as a complete selection of fresh produce, whole grain baked goods, and the ever popular chocolate prune cake.

Other places that will be visited along the tour route are the Drayson Center, East Campus, Faculty Medical Offices (FMO), Loma Linda University Medical Center, Rehabilitation, Orthopaedic, & Neuroscience Institute (RONI), and West Hall.

Don't miss out on this exciting journey. To reserve your place on a tour coach, please visit the School of Medicine website at <[www.llu.edu/medicine](http://www.llu.edu/medicine)> to sign up today to experience the past and future. TODAY

## HONORED ALUMNI

## School of Public Health names Alumnus of the Year

Contributed report

The School of Public Health gave its Alumnus of the Year Award to Kok Lim, MPH, who now serves as medical group administrator at Kaiser Permanente in Riverside.

From the School of Public Health, Eric Anderson, PhD, MBA; Renate Krause, PhD; and David Dyjack, DrPH, presented the award to Mr. Lim at his office during a reception with his colleagues August 3.

Mr. Lim, originally from Singapore and the son of a famous race care driver, received his bachelor's degree in theology from La Sierra University and then went on to Loma Linda University.

After graduating from Loma Linda University, Mr. Lim became a department manager at Kaiser Fontana in 1973. He soon became bored managing a single department and gradually took on more responsibility. He then went on to assume leadership positions in the preventive medicine, home care, and social services departments, among others.

In 1985, Mr. Lim became medical group administrator, the position he still holds. Under his leadership, Kaiser Riverside is consistently one of the top performers in the Southern California region. Even when times were good he

pushed for lower costs, knowing that the good times would not last forever.

"Under Kok Lim's leadership Kaiser Riverside has consistently been one of the top performers in the Southern California region," says Dr. Anderson, who nominated Mr. Lim for the award.

"Mr. Lim has been most supportive of the School of Public Health," Dr. Anderson adds.

He was instrumental in getting the CEOs from

the Kaiser Permanente and Kaiser Foundation regional offices to speak at the School of Public Health's American Health Care Congress, says Dr. Anderson. Close to 100 attendees from Kaiser attended last year's Congress.

And through Mr. Lim's leadership, Kaiser Permanente has supported the Loma Linda University School of Public Health's annual Healthy People conference and provided many placement opportunities for the School's alumni, evident by the number currently working for Kaiser Permanente. TODAY



David Dyjack, DrPH (right), presents the School of Public Health Alumnus of the Year Award to Kok Lim, MPH.

## STUDENT NETWORKING

## Save the date for the LLU Family Medicine Residency Fair

By James Ponder

Medical students and physicians interested in exploring family medicine are welcome to attend the Loma Linda University Family Medicine Residency Fair in Wong Kerlee International Conference Center, on the campus of Loma Linda University (LLU).

The fair, which is hosted by the Family Medicine Interest Group (FMIG), will begin at 6:00 p.m. and conclude at 8:00 p.m. on Monday, September 14, 2009.

Veronica Hartounian, MD, faculty advisor for the FMIG, notes that the fair "provides students with an opportunity to meet family medicine residency directors and residents to obtain information specific to each program."

Organizations that sponsor family medicine residencies, and will be on-hand to discuss residency opportunities, include Arrowhead Regional Medical Center, Colorado Family Medicine Residencies, Florida Hospital, Glendale Adventist Medical Center, Hanford Family Medicine Residency, Hinsdale Hospital, John Peter Smith Health Network, Kaiser Permanente—Fontana and Riverside, Loma Linda University, Presbyterian Intercommunity Hospital/UC Irvine, and Riverside County Regional Medical Center.

Dr. Hartounian notes that dinner will be provided, and prizes will be raffled. She invites interested parties to call (909) 558-6508, or to contact her by e-mail at <vhartounian@llu.edu>. TODAY



Never underestimate the power of Loma Linda University School of Medicine students to turn any event into an opportunity for having a good time. (From left) Sara Halverson, (class of 2009) joins James Applebury (class of 2009), Christopher Schreur (class of 2008), Justin McLarty (class of 2008), and Wendalee Rivera (class of 2008) at the LLU Family Medicine Residency Fair that was held in Wong Kerlee International Conference Center on Thursday, February 12, 2009. The next installment of the residency fair will be held on Monday, September 14, 2009, in the same location.

## STORY OF COURAGE

## How Nathan Andrade lost a limb, but gained a whole new life

By James Ponder

Things were looking good for Nathan Andrade on the afternoon of May 24, 2003. At 21 years of age, he was in love with Amber Williams, the woman of his dreams, and full of aspirations to become a professional baseball player. Nathan and his buddies were celebrating Memorial Day at Lake Havasu. Little did he realize his life was about to take a drastic turn for the worst.

"I was hanging out behind the boat in waist-high water" Nathan remembers, "when another boat came and whacked into me."

That might be something of an understatement. "Plowed into me," or "chewed into me" is closer to the full impact of what actually happened.

"The boat hit me in the back," he goes on. "My leg caught in the propeller. They had to reverse the propeller to get me out. I was underwater, and they had to hold me above water. I was bleeding profusely; it hurt a lot. I was pretty scared."

Despite his pain and fear, Nathan stayed awake from the time the ambulance was summoned until it arrived. He remained conscious until doctors administered the anesthetic that put him out so they could amputate his left leg from the thigh down.

The doctor on-duty at Lake Havasu Hospital on May 24, 2003, was not an experienced surgeon. In fact, he was an attending physician, and as he told Nathan later, the operation was one of his very first. Nevertheless, Nathan believes God was watching over him, and the surgery was a success.

Amber was vacationing with her family in Laguna Beach the day of Nathan's accident. "His surgery lasted the whole time it took me to get to Lake Havasu City," she recalls.

Don't ever call Nathan a quitter. He may have lost a leg and a full-ride baseball scholarship to

William Penn College in Oskaloosa, Iowa, on May 24, 2003, but he refused to give up his dreams of marrying Amber, raising a family together, and making a difference for his community through his natural affinity for the game of baseball.

"I played second base in college," he shares. "I was a first team all-conference player at San Bernardino Valley College."

"That was probably his biggest adjustment," Amber interjects, "learning that he couldn't play ball again. He was thinking of a career in baseball. He had the talent, the drive, and the ability. I really believe he could have made it."

Amber looks at the man she loves, before sharing what he told her when she walked into his hospital room after the surgery.

"When I first saw him," she remembers, "when I first walked into the room, the first thing he did was smile and say, 'Everything's going to be OK!'"

Not everyone would have seen things that way. Many people go through a very difficult adjustment period after life-altering tragedies, but Nathan dug deep into his innermost resources and found the strength to go forward.

"My family, my friends, and my faith got me through this," he insists.

"About a week later," Amber reminisces, "he was getting pretty mobile, and he said, 'I can either be depressed, or I can accept it and move on.' He's one in a million! He's very humble."

Patience is a concomitant of humility, and patience was just what the doctor ordered for Nathan.

"It took about a year to heal," Amber shares. "His leg wasn't healing properly, so they had to put a Wound VAC in his leg to keep it clean. Had they amputated any higher, he would have been wheelchair-bound for the rest of his life."



From left, Amber, Avery, and Nathan Andrade enjoy a moment of family camaraderie. Avery may be too little to recognize her father's heroic response to tragedy, but Amber sees it clearly. "He's one in a million!" she insists.

Meanwhile, Nathan was eager to get on with his life and work on those dreams. His persistence paid off. "I got a prosthetic leg," he remembers. "I learned how to walk. Within a few months, I started coaching baseball out at Carter High School in Rialto."

The way he saw it, the accident may have taken his leg and destroyed his hopes of becoming a professional athlete, but Nathan was determined not to let it deprive him of his most important aspiration. On December 23, 2005, he asked Amber to marry him and she said "Yes!" They were married on September 23, 2006, at Etiwanda Gardens in Rancho Cucamonga.

Amber credits Providence, not coincidence, for the timing of another important event in their life. "A really weird thing was that we found out we were pregnant with Avery on May 24, 2007," she reports.

For her part, 18-month old Avery reaches out and pats her daddy playfully on the cheek, then picks up a toy and sticks it in her mouth.

In a perfect world, there would be no accidents and every story would have a Hollywood ending, but even though his life didn't turn out exactly as Nathan Andrade planned it, he's anything but unhappy. Watching him hug his wife and bounce his baby daughter on his knee, it's easy to see that Nathan considers himself a very blessed, fulfilled man.

Currently, Nathan works as a call center repre-

sentative in the Loma Linda University Health Care Faculty Medical Offices. "I like my job," he smiles.

And even though he won't be playing baseball anytime soon, Nathan is working towards another important goal.

"I found out about the occupational therapy program at Loma Linda University when we were pregnant with Avery," he remembers. "It took awhile to figure out what I wanted to do with my life, but now my goal is to become an occupational therapist and work with kids and adults who have been through tragedies like mine."

"I just want to help people," he continues. "I remember when I was going through therapy, I always had high expectations for myself, and when I fell short, it was always like, well, if I can help others get through their goals, then I can achieve my own as well."

That winner's attitude, that gift for digging deep in the muck and finding a way to turn a daunting challenge into an opportunity for heroism, is something Nathan shares with baseball legend Jackie Robinson.

"A life is not important," Mr. Robinson observed, "except for the impact it has on other lives."

Judging by that standard, Nathan Andrade stands poised to win an MVP award in the game of life. TODAY

## INSTITUTIONAL SERVICE

## House staff executive director retires after who knows how long

By James Ponder

At her retirement party on Wednesday, July 29, 2009, nobody seemed to know exactly how long Nancy Wheeler, executive director of the house staff office at Loma Linda University Medical Center, had actually worked here. What they did know is that even though it's been more than four decades, it hardly seems long enough.

The confusion stems from a disparity over how long she worked in the house staff office versus the total length of her employment at the Medical Center.

"Nancy worked in the house staff office for 39 years," says Daniel Giang, MD, vice president for medical administration, and her immediate supervisor.

"I got a plaque a few years ago saying I'd worked here 40 years," Nancy counters, "but I think it was even longer than that at the time."

"She started with me 13 years ago," Dr. Giang recalls. "She first started working with the house

staff in 1969 under Dr. Gordon Thompson, who was director of graduate medical education at the time."

The problem is, neither Ms. Wheeler nor anyone else remembers how long she worked at the original Loma Linda Sanitarium as a teenager. Ms. Wheeler says she started in 1956, but doesn't recall when she left, or how long she was gone.

"I was 14-years old," she remembers. "I made 85 cents an hour working as a dispatch worker in those days."

Ms. Wheeler adds, "I came back to work full time in 1963 working in medical records. I helped move people from the old 'San' up on the hill to the new Medical Center in 1967."

Two years after the move, she joined the house staff office in 1969.

"There were 73 residents at the time," Dr. Giang reports. "Dr. Leonard Bailey was a first-year resident here when she began. Today there are 670 residents."

"I saw Dr. Bailey in the hall the other day," Ms. Wheeler joins in, "and he gave me a funny look. I guess maybe he was surprised I was still here."

Ms. Wheeler has already begun to plan her time following retirement. "I want to spend time with my grandkids," Nancy replies. "My granddaughter and I are going to make a quilt, and I plan on visiting my kids in Florida and Ohio. I also have a son in Ridgecrest."

For his part, Dr. Giang says Ms. Wheeler was like a fraternity house mother to the more than 7,000 residents she mentored over the years.

"I remember Nancy when I was a resident here," he recalls. "Many physicians who were residents during the 1970s or 1980s make it a point to seek her out and give her a hug when visiting Loma Linda." He quickly adds, "They don't do that for their faculty!"

Dr. Giang comments, "The people she has helped train remember her. She is very respected among her colleagues, as well. We will miss her a lot, but wish her the very best in her new endeavors." TODAY



Madalyn DeFord, the two-and-a-half year-old granddaughter of Nancy Wheeler, rushes forward to join the celebration as Ms. Wheeler, executive director of the house staff office at Loma Linda University Medical Center, gets a hug from her boss, Daniel Giang, MD, vice president for medical administration. Miss DeFord traveled all the way from Florida to attend her grandma's retirement party on July 29, 2009.

## PARENTAL AWARENESS

## LLUCH event warns parents about dangers of leaving children unattended in cars

Contributed report

The Safe Kids Coalition cautioned parents to never leave a child unattended in a car as part of a Purple Ribbon event they hosted on Wednesday, August 5.

A grandparent who had experienced the tragedy first hand spoke at the event, held at Loma Linda University Children's Hospital (LLUCH) at 11234 Anderson Street in Loma Linda.

Nine years ago, Laura Peterson lost her granddaughter Kaitlyn when a babysitter left her unattended in a car on a hot summer day.

Since then, Ms. Peterson has been campaigning trying to make sure other children don't become statistics. "All of our efforts are in memory of Kaitlyn and all the children that have died because of preventable injuries in and around cars," says

Ms. Peterson. "We must continue to educate others that it is never safe to leave a child alone in a car."

"Unfortunately, 21 children have died so far this year in the United States—all because they were left alone in a hot vehicle," says Kim Patrick, Safe Kids coordinator for LLUCH. "Our children are our most precious cargo and drivers must know that these deaths and injuries are entirely preventable."

Ms. Patrick says it's important to never leave a child unattended in a vehicle, even with the window slightly open because the temperature inside a car can raise 19 degrees above the outside temperature in just ten minutes.

Place something that you'll need at your next stop—such as your phone or a briefcase—on the floor of the backseat where the child is sitting to help prevent you from accidentally forgetting a child. TODAY



The temperature inside a car can rise dramatically in just minutes, endangering a child's life. Safe Kids Coalition suggests some important tips for parents.

## NUTRITION RESEARCH



The photo above, taken during August, shows progress on the new nutrition and dietetics research kitchen, due to be unveiled for the new fall quarter. The new facilities will not only provide educational and research areas for students, but will be the "studio" for nutrition programs to be taped for LLBN.

## SAHP nutrition research kitchen to be completed by beginning of fall quarter

Contributed report

Demolition of the old nutrition and dietetics kitchen in Nichol Hall began in March of 2009 and will make way for a new state-of-the-art replacement.

The new nutrition and dietetic kitchen will debut for the fall quarter.

Improvements and upgrades include a seamless floor and ceiling surfaces, revised traffic flow, and much more.

The new facilities will provide a prime teaching area for a variety of purposes. In addition to serving students as a classroom and research area, the remodeled kitchen will allow for food

demonstrations in community-wide education classes, as well as serve as a studio for taping nutrition programs for broadcast on Loma Linda Broadcasting Network (LLBN), a global television network based in Loma Linda.

Individuals who would like to follow the step-by-step progress being made on the remodeling project will want to log on to <<http://alliedhealthkitchen.blogspot.com>> where photos follow the process of transforming the kitchen.

Some of the equipment being removed from the research kitchen—but still in good working order—was donated to help refurbish the kitchen facilities at Holbrook Indian School, located in Holbrook, Arizona. The equipment made its way east this past spring. TODAY

RESEARCH

# Nursing researcher uncovers link between nutrition and recovery for pediatric patients with traumatic brain injury

By James Ponder

Asma Taha, PhD, MSN, a pediatric nurse practitioner in the department of pediatric neurosurgery at Loma Linda University Children's Hospital, wanted to know what role nutrition plays in helping juvenile patients recover from traumatic brain injury, so she began to ask her colleagues and friends.

Unfortunately, while they all agreed that nutrition is vitally important, no one could put their hands on any research specifically addressing its relationship to the recovery process for pediatric victims of traumatic brain injury.

Dr. Taha, who was working on her PhD from Azusa Pacific University (APU) at the time, decided to investigate the situation first-hand. After gaining approval from the Institutional Review Boards of both APU and LLU, she launched into a study designed to investigate the role of nutrition and how it may impact patient outcomes in children with severe traumatic brain injury.

"I wanted to see if starting nutrition early and achieving full caloric intake would make a difference in the length of their stay in the intensive care unit, and in their health status at discharge," Dr. Taha notes.

To find out, she conducted a retrospective chart review on all patients, aged 8 to 18, from 2003 to the present, who met the criteria of having severe traumatic brain injury, but no other trauma. Altogether, she identified 109 patients

who fit the parameters of her study.

To determine whether sound nutrition made a difference in the rates of recovery or not, she evaluated patients by using the pediatric cerebral performance category scale (PCPCS), published in 1992 by Debra H. Fiser, MD, from the College of Medicine, University of Arkansas for Medical Sciences, Little Rock. The PCPCS ranks patients according to six levels of cerebral performance from normal to mild to moderate to severe to coma/vegetative state to death.

Eight months later, Dr. Taha closed the charts and analyzed the data.

"I found that nutrition definitely plays a role in recovery," she says. "Most of the kids who received nutrition early in their hospitalization and attained full caloric intake early on were either discharged home at a normal status, or with a milder disability than patients who did not receive such good nutrition."

The clinical implications of her research are far reaching.

"I think it is very important to ensure, in clinical practice, that serious attention is paid to the nutritional intake of the child with severe traumatic brain injury," Dr. Taha states. "As practitioners, we must assist in the evaluation of the nutritional status of the child upon admission. Because the children are critically ill, we focus on normalizing the hemodynamic status of the child, and the elevated intracranial pressure, and

may pay less attention to basic things such as nutrition."

According to Patti Radovich, RN, MSN, CNS FCCM, manager of nursing research, and chair of the nursing research council at Loma Linda University Medical Center, grass-roots nursing research is an integral part of the process of continuous improvement in patient care.

"The research that Asma has done is important as we look at how we provide care to children who have suffered a traumatic brain injury," Ms. Radovich observes. "Studies like this are essential in increasing our understanding of the health trajectory of specific conditions. With traumatic brain injury being one of the primary reasons children are hospitalized, this study can provide information, which will provide the health care providers with more understanding of the impact of traumatic brain injury on the patient, family, and health care systems."

Dr. Taha, who is currently looking for the right journal to publish her findings, adds that, "the other thing that's important about this study is that it's basically focused on children only. Most of the studies on the effects of nutrition on patients with traumatic brain injury are focused on adults. As nurses, we consider nutrition as a nursing-sensitive intervention with a definite outcome on children."

Ms. Radovich concludes by stating that, "nursing research adds to the body of science by evaluating patient and family responses to health and disease. This enables health care



Asma Taha, PhD, MSN, pediatric nurse practitioner at Loma Linda University Children's Hospital, recently completed an eight-month investigation into whether nutrition plays a role in recovery for pediatric patients with traumatic brain injury. She found that nutrition plays a crucial role in not only the speed of recovery, but also in reducing the incidence of long-term disability. According to Patti Radovich, RN, MSN, CNS FCCM, manager of nursing research at Loma Linda University Medical Center, "The research that Asma has done is important as we look at how we provide care to children who have suffered a traumatic brain injury. Studies like this are essential in increasing our understanding of the health trajectory of specific conditions."

providers enhanced opportunities to provide patient-centered care, which benefits both the patients we serve, and the facilities which provide the care." TODAY

## SPH helps spearhead health care summit . . .

Continued from page 8  
take part in the decision making and affect policy or have that policy made for us."

Spearheading the effort to make Southern California the healthiest region in America are the Loma Linda University School of Public Health and Healthcare Executives of Southern California along with the California Hospital Association, Hospital Association of Southern California, Hospital Association of San Diego and Imperial Counties, Alliance to Make US Healthiest, National Health Foundation, Riverside County Medical Association, Orange County Healthcare Agency, San Bernardino County Department of Public Health, San Diego Organization of Healthcare Leaders, Institute for Healthcare Advancement, San Antonio Community Hospital, Jobing.com, Partners for Better Health, Healthy Ontario, Healthy Fontana, St. Mary's Medical Center, Reach Out, and a number of key government leaders.

"Given the scale and diversity of the region, the Southern California Health Care Summit looks to identify the challenges and address the solutions to providing quality health care that will be a model for the country. As with the national dialogue on health care, it will take a wide range of stakeholders to overcome these challenges requiring everyone with an interest in health care to be at the table," says John Bardis, Summit speaker and chairman, president, and CEO of MedAssets Inc., a medical management firm.

This year's summit, which is produced and coordinated by the Riverside-based strategic communications firm TMG Communications Inc., will focus on the future of health care, the business of health care, health IT, disruptive partnerships and innovation, fighting the pandemic of chronic disease, a doable change in public health, and other crucial topics in the health and health care industry.

A diverse and distinguished set of speakers have committed to the summit, including health information technology authority Marion J. Ball, fellow at the Center for Healthcare Management, in the division of IBM Research; Herb Schultz, senior health advisor to Governor Arnold Schwarzenegger; John Bardis, chairman of MedAssets Inc.; Helga Rippen, former chief health information officer, Hospital Corporation of America; Duane Dauner, president and chief executive officer of the California Hospital Association; Mia Arias, senior project coordinator for the National Health Foundation; John Clymer, chief development officer of Alliance to Make US Healthiest; and John Casillas, founder of the Medical Banking Project.

"Leveraging the Internet and other new media is important but nothing replaces person-to-person dialogue that the summit offers for increasing participation and developing new partnerships for developing a healthy country and healthier world," says Mr. Clymer. "The

Southern California Health Summit will be a critical component in our efforts to change the way business and government think about a healthier society."

General admission is \$175 if purchased before

September 15. Student admission is \$85 with a valid student ID.

For more information or to register please visit the event website at <[www.socalhealthsummit.com/](http://www.socalhealthsummit.com/)> . TODAY

## Reportable crimes

The Crime Awareness and Campus Security Act of 1990 requires Loma Linda University to public interim reports of campus crime activities. Listed below are the crimes reported for the month of July 2009:

Type of crime	Number of crimes	Place of crime
Vehicle burglary	4	Ronald McDonald House (3) Lot G
Grand theft	1	LLUMC unit 3300
Grand theft auto	4	Lot G Lot A Linda Hall Loma Linda Academy
Drunk in public	2	LLUMC emergency room Behavioral Medicine Center

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

## HEALTH EDUCATION

## LLUCH educator conducts seminar on diabetes and pregnancy at Fort Irwin

By James Ponder

Medical management of gestational diabetes" was the topic of a one-day seminar Loma Linda University Children's Hospital (LLUCH) diabetes educator Suzanne Sparks, RN, presented to a group of 10 health professionals on the campus of Fort Irwin, near Barstow, California, on Monday, July 27, 2009.

According to Ms. Sparks, who serves as coordinator and nurse educator for the regional office of the California Diabetes and Pregnancy Program (CDAPP) at LLUCH, the aim of the program is to train health providers to assist pregnant women who have been diagnosed with gestational diabetes mellitus (GDM). CDAPP is the parent organization for the Sweet Success diabetes and pregnancy education programs.

"The purpose of the seminar at Fort Irwin was to provide training for the nurses, dietitian, and obstetrician who work with military members and dependents who have gestational diabetes," Ms. Sparks notes. "Since Fort Irwin is relatively isolated from medical personnel who specialize in high-risk pregnancies, it is important for them to have the tools to provide appropriate diabetes and pregnancy education and treatment to their women with gestational diabetes."

In introducing the topic of the seminar, Ms. Sparks informed participants that, "Through diabetes education, you have the potential to impact whole families for generations through better nutrition and exercise."

Ms. Sparks kept the format conversational, interactive and educational as she led seminar participants through a series of presentations on:

- Medical management of gestational diabetes
- Nutrition guidelines for gestational diabetes and the postpartum period
- Exercise in diabetes and pregnancy
- Hiding in plain view: perinatal depression using the Edinburgh Postnatal Depression Scale
- Preconception, interconception, and diabetes

- Shifting paradigms
- Diabetes, pregnancy, and breastfeeding
- Talking to clients with diabetes in pregnancy

At the beginning of each presentation, she acknowledged the contributions of a number of her colleagues in allowing her to share their materials and insights with seminar participants.

With the help of PowerPoint, she led the group through a review of "Quick Diabetes Facts" from the World Health Organization (WHO), and other relevant statistics gathered by the Centers for Disease Control and Prevention:

- Diabetes is a global epidemic.
- Diabetes causes 5 percent of deaths worldwide.
- In 2000, 171 million people in the world had diabetes.
- By 2030, it is estimated that 386 million people will have diabetes.
- 80 percent of people with diabetes live in low- and middle-income countries.
- Diabetes deaths are likely to increase by more than 50 percent in the next 10 years without urgent action.
- 23.6 million Americans—7.8 percent of the U.S. population—have diabetes.

Ms. Sparks informed the group that GDM currently constitutes approximately 90 percent of all cases of diabetes during pregnancy, and said that the disease appears to be on the increase, especially among minorities.

She presented the findings of Assiamira Ferrara, MD, PhD, a Kaiser Permanente researcher from Oakland, California, who discovered that during the past 20 years, GDM has increased from 10 to 100 percent among certain ethnic groups.

"Factors contributing to the increased incidence of gestational diabetes among Latinas, African-Americans, Native Americans, Asian-Ameri-



Captain Kyle W. Pepper, CPT MIL USA MEDCOM WACH, a dietitian at Fort Irwin, makes a point during the one-day seminar on diabetes and pregnancy recently offered to military health personnel by LLUCH diabetes educator Suzanne Sparks, RN.

cans, and Pacific Islanders are many," Ms. Sparks points out. "Diet and heredity play significant roles."

Diet also contributes to the successful management of GDM, and Ms. Sparks outlined her objectives in helping pregnant patients learn about the crucial role of diet in achieving optimal health for themselves and their babies.

"First," she explains, "we discuss the importance of nutrition intervention through medical nutrition therapy with a registered dietitian. Then we review dietary requirements for pregnant women with gestational diabetes and impaired glucose tolerance. Finally, we review dietary guidelines for postpartum women."

In presenting the goals of medical nutrition therapy, Ms. Sparks stressed the need for patients to achieve and maintain normal blood glucose levels to insure that both mother and fetus receive adequate nutrition without causing harm to either of them. She also said she urges patients to have their nutritional needs assessed and an individualized treatment plan designed by a registered dietitian.

"Pregnant ladies need to eat small meals and snacks throughout the day," she suggests, "and at the same times every day. If they eat breakfast at 8:00 a.m., followed by a snack at 10:00 a.m., then lunch should be at noon with an afternoon snack around 3:00 p.m. They should eat dinner at 6:00 or 6:30 p.m. and have a final snack before going to bed."

One of the first things she recommends, in working with a new client, is to obtain a nutritional assessment based on clinical data, psychosocial history, and dietary history. At several times in her presentation, she reiterated the importance of learning as much about the patient as possible in order to treat the whole person.

"You can learn a lot by talking to your patients," she observes. "For instance, if you've got a patient whose diabetes has progressed to the point where dietary controls are not enough, you may tell them you're planning to contact their physician for evaluation as to whether they should be on insulin."

"It's not uncommon," Ms. Sparks continues, "for a member of the patient's family—perhaps a mother, aunt, or grandmother—to have had a negative experience with insulin in the past. I have heard patients say that their grandmothers took insulin and went blind. But when asked how long grandma had diabetes before she started taking insulin, they often tell me it was 20 years or more. It is reassuring for them to learn that their grandmother's blindness likely resulted from living with untreated diabetes for 20 years, rather than taking insulin. That often allays patient's fears, and they are better able to cooperate with the treatment plan."

At the end of the day, several participants expressed appreciation for the seminar. "I just wanted to thank you for the great lectures you gave," said Maria M. Molina, MD, chief of obstetrics/gynecology, and chief of surgical and specialty services at Weed Army Community Hospital, on the precincts of Fort Irwin. "GDM and obesity are a big problem here, and our nurses definitely appreciate the education."

Others appreciate Ms. Sparks' presentations in the community as well. Gretchen Page, MPH, manager of community grants for LLUMC/Children's Hospital, notes that "Suzanne Sparks has made—and continues to make—a remarkable contribution to the well-being of child-bearing women with diabetes and their newborns in this region through the expert support she provides our Sweet Success affiliates and her countless community outreach activities."

Ms. Page concludes by noting that Ms. Sparks "takes every opportunity to increase community awareness and knowledge of this serious health issue that continues to affect more and more women and their newborns." TODAY



Loma Linda University Children's Hospital (LLUCH) diabetes educator Suzanne Sparks, RN (far right), takes a question from a participant in the one-day seminar on diabetes and pregnancy she recently conducted on the campus of Fort Irwin, the U.S. Army major training area in the Mojave Desert near Barstow, California. Ms. Sparks is coordinator and nurse educator for the regional office of the California Diabetes and Pregnancy Program at LLUCH.



EMPLOYEE APPRECIATION

## All-Star Appreciation Night: The home team lost, but we still won!

By James Ponder

The home team lost the other night, but we still won! That's the opinion expressed by Joe Sports Fan, an employee of Loma Linda University Adventist Health Sciences Center (LLUAHSC), as he left Arrowhead Stadium the evening of August 4, 2009, after watching the Inland Empire 66ers take a 5-to-3 beating at the hands of the Rancho Cucamonga Quakes.

Mr. Sports Fan, who declined to give his real name, said his enigmatic comment reflects the ironic duality he feels about the sport of California League baseball as it's played in San Bernardino these days.

"Too bad about the Inland Empire 66ers," the reporter offered, thrusting the microphone in Mr. Sports Fan's face.

"You could say that," Mr. Sports Fan opined, "They're having a terrible year. With a record of 31 losses and only 21 wins, they've got the rock bottom worst record in the entire Cal South division. On the other hand ..."

Before completing his thought, Mr. Sports Fan looked nervously around the stadium to make sure none of the rowdy 66er fans could hear what he was about to disclose. "On the other hand what?" the reporter wanted to know. "On the other hand, I had a great time tonight," Joe blurted out, "because the way I see it, we won!"

"Mr. Sports Fan," the reporter interjected, "how can you say that? The score was 5 to 3 in favor of the other guys."

"Call me Joe," he insisted. "But yes, we still won."

"How so, Joe?" the reporter demanded, stepping out of the way as hordes of distraught fans left the stadium. "And who's the 'we' you're talkin' about?"

"We are the staff of Loma Linda University and all its associated entities," Joe whispered. "Our employer, the aforementioned LLUAHSC, paid for us to come here tonight! They call it, 'All-Star Appreciation Night,' but I call it a whole lotta fun! All you gotta do is work for Loma Linda, and you can come out here every August and watch the game. Free of charge, no less!"

"Free of charge?" the reporter asked. "That's great! Why do they do that?"

"To show how much they love us," Joe replied. "The way I see it, they couldn't run the place without us. So they do all sorts of great things to make sure we never forget it. They offer free employee forums to keep us up-to-date on what's happening around campus, and employee benefits fairs to help us take advantage of all the great perks associated with working for the greatest organization in the world. They even give away free trips."

"Free trips? Like where, to Redlands or Yucaipa?" the reporter sneered.

"Way better," Joe responded. "Think Hawaii!"

The curmudgeonly reporter nearly dropped his notepad at the mention of Hawaii. "Come on," he blurted out in a skeptical tone of voice, "you can't be serious!"

"Oh, but I can," Joe insisted. "Take tonight, for instance. While the 66ers were getting their socks knocked off, a fellow named Bob Wical won a hotel package from La Loma Credit Union, and a lady named Ana Sobampo won a \$100 gift certificate to spend at the Loma Linda Market. Tracy Channer won a pair of Dodger tickets, Smyrna Tuburan won a JVC camcorder, Rebecca Gryka took home a MacBook computer, and Daniel Singer walked away with a Sony TV."

"That's impressive," the reporter admitted, "but I thought we were talking about Hawaii."

"We were," Joe agreed. "But I knew if I didn't mention the other ones first you wouldn't let me get a word in edgewise."

"Point well taken," the reporter agreed. "So who won the trip to Hawaii?"

"That would be one Jeremy Hughes," Mr. Sports Fan answered. "Just think, if he hadn't come out to the game tonight, he'd have missed his chance. As it is, he'll soon be flying to the Hawaiian Islands to hula 'til the cows come home!"

At this point, the reporter hastily shook Joe's



Steve Mohr, CPA, MBA, senior vice president for finance at Loma Linda University Medical Center, and his daughter Kennedy enjoying themselves at Arrowhead Stadium in San Bernardino. The occasion was the annual All-Star Appreciation Night, sponsored by Loma Linda University Adventist Health Sciences Center (LLUAHSC) on August 4, 2009.

hand, stuffed his notebook in his pocket, and thrust the pen into his hatband. Then he took off running like a scared rabbit.

"Hey, where you goin' like that?" Joe called after him.

"To apply for a job at Loma Linda," the reporter yelled over his shoulder. TODAY



Danny Fontoura, MBA, senior vice president of LLUMC, and administrator of University Hospital, and his bright-eyed son, Carsten, enjoy taking in the spectacle of California League baseball at Arrowhead Stadium in San Bernardino. The two were on-hand for LLUAHSC's annual All-Star Appreciation Night on August 4, 2009.

NEWS & EVENTS

## SPH helps spearhead health care summit

Contributed report

While industry experts and political leaders debate how to cut costs and expand coverage, one thing is certain: the way we improve health and deliver health care will be vastly different in the years to come.

Changing the system requires health care stakeholders to reexamine long-held beliefs, traditional business models, and established political policy. On October 29, 2009, more than 1,000 business, academic, health care, and political leaders will gather at the Ontario Convention Center to identify the specific challenges of

providing health care to a state as diverse as California and a place as unique as Southern California.

"The Southern California Health Care Summit builds upon the successes of the American Health Care Congress and the Health Care Executives Forum held last year and will bring innovative ideas and a dynamic approach to the way health care services are provided and funded," says Stan Grube, president, Healthcare Executives of Southern California. "We are going to see substantial changes to the way we distribute health care. It is crucial that all of us

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