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TODAY

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Loma Linda University Health announces enhanced health care services to Banning, Beaumont

Highland Springs Medical Plaza renamed Loma Linda University Health – Beaumont-Banning

By Larry Becker

A significant increase in the health care services provided locally to residents of Banning, Beaumont, and surrounding communities is underway.

Highland Springs Medical Plaza was renamed Loma Linda University Health – Beaumont-Banning on October 1. Loma Linda University Health has been offering primary and specialty care at the Highland Springs facility since 2009.

“While Loma Linda University Health – Beaumont-Banning may be a new name, our commitment to those living and working in this area is the same — to offer world-class, whole person care right in their community,” said Kerry Heinrich, JD, Loma Linda University Medical Center’s chief executive officer.

Area residents will see a significant expansion of primary care services. Construction of a new primary care suite is nearing completion and is scheduled to open in mid-November. Initially, three primary care physicians will provide services, with plans underway to have as many as eight full-time physicians on site in the future.

The expanded primary care suite will enhance the current services Loma Linda University Health provides in the medical plaza, including advanced imaging, an outpatient surgery center, and an infusion center. Primary care physicians will also help patients gain access to the entire



Residents of Beaumont, Banning and the surrounding communities will enjoy local access to expanded primary care services and a wide range of specialty care at Loma Linda University Health – Beaumont-Banning. Loma Linda is renaming the Highland Springs Medical Plaza.

Loma Linda University Health system, including the Level 1 Trauma Center and the Children’s Hospital’s advanced Neonatal Intensive Care Unit.

An urgent care center, offering walk-in care to community residents 365 days per year, will remain at the location. Beaver Medical Clinic, the current provider

of the service, will continue to operate the center while an orderly transition of the service to Loma Linda University Health takes place.

Loma Linda University Health has launched a web-site sharing details on the many services available, at <https://beaumont-banning.lluh.org>.

Business incubator at Loma Linda University Health lands first research grant

\$150,000 grant will target a protein that protects cells infected with human papillomavirus

By James Ponder

The new start-up business incubator at Loma Linda University Health recently landed its first research grant to explore a promising new treatment for the human papillomavirus, or HPV, which causes certain types of cancer.

The grant is a \$150,000 Phase 1 SBIR award to the start-up research firm of iSpin, Inc. SBIR stands for small business innovation research, a federal program designed to support small businesses in conducting research and development projects that have commercial potential. iSpin, Inc. is a woman-owned business.

Penelope Duerksen-Hughes, PhD, associate dean for basic sciences and translational research at Loma Linda University School of Medicine and CEO of the company, points out that high-risk types of human papillomavirus are responsible for nearly all forms of cervical cancer as well as many cancers and tumors of the head and neck, anus and vulva. “It is difficult to effectively treat late-stage HPV-positive cancers,” she said.

Duerksen-Hughes and her team have identified a small molecule that prevents a protein called E6 from protecting the HPV-infected cells. Researchers hope the molecule, called spinacine, can be combined with conventional therapies to reduce or eliminate tumors caused by HPV. The grant will support tests to see if the spinacine molecule succeeds in helping conventional therapies to defeat HPV-induced tumors in mice. If it does, the group will then seek funding for human clinical trials.

“I’m thrilled because we have the opportunity to move forward with a treatment that may change the lives of cervical cancer patients,” Duerksen-Hughes said.

Michael Samardzija, PhD, JD, associate vice president for research affairs, said he is encouraged by the award. “The fact that we were able to do this so soon after opening is a strong indicator of good things to come,” he said. The center, named n³eight, LLC, and pronounced “incubate,” celebrated its grand opening in April.



Researchers will use a \$150,000 grant to target a protein that protects cells infected with the human papillomavirus.

Zoran Zivanovic, director of the center, said he hopes iSpin, Inc., and other start-up companies at the center will find success in the laboratory and in the marketplace.

He cited comments by John Husing, PhD, former chief economist for the Inland Empire, in support of the idea. Speaking during the 2016 Research Affairs Symposium at Loma Linda University last October, Husing said he anticipates the new center will make a positive contribution to the region’s economy.

“This first grant is a big step in that direction,” Zivanovic said.

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Eating nuts can reduce weight gain, study says

By James Ponder

A study recently published in an online edition and scheduled soon for publication in the print edition of the *European Journal of Nutrition* has found that people who include nuts in their diet are more likely to reduce weight gain and lower the risk of overweight and obesity.

The findings came to light after researchers at Loma Linda University School of Public Health and the International Agency for Research on Cancer evaluated diet and lifestyle data from more than 373,000 Europeans between the ages of 25 and 70.

Senior investigator Joan Sabaté, MD, DrPH, director of the Center for Nutrition, Lifestyle and Disease Prevention at the School of Public Health, said that many people have historically assumed that nuts — an energy-dense, high-fat food — are not a good choice for individuals who want to lose weight. The findings, however, contradict that assumption.

In their five-year study, Sabaté and junior investigator Heinz Freisling, PhD, a nutritional epidemiologist with the Nutritional Methodology and Biostatistics group at IARC headquarters in Lyons, France, found that participants gained a mean average of 2.1 kilograms during the five-year period of the study. However, participants who ate the most nuts not only had less weight gain than their nut-abstaining peers, but also enjoyed a 5 percent lower risk of becoming overweight or obese.

“To me, this confirms that nuts are not an obesogenic food,” Sabaté said.

The pair of researchers has evaluated nuts in the past and found that they are positively associated with a variety of health benefits, including healthy aging and memory function in seniors. This study, however, represents the first time they have investigated the relationship between nuts and weight on a large scale. Peanuts, which are technically a ground nut, were included in the study along with almonds, hazelnuts, pistachios and walnuts, which are classified as tree nuts.

The team analyzed information on the dietary practices and body mass indexes of 373,293 participants, working with data gathered by the European Prospective Investigation into Cancer and Nutrition. Although Sabaté and Freisling extracted and analyzed the data and reported the findings, they were joined by 35 other research scientists from 12 European countries and Malaysia who reviewed the paper ahead of publication.



A five-year study examined the diet and weight of 373,000 Europeans across 10 countries. The large-scale investigation finds that nuts can help reduce weight gain.

Sabaté said he appreciated the fact that the 10 participating countries represent a wide variety of dietary practices. “Spaniards, Italians and Greeks eat very different foods from Scandinavians and Germans,” he said. In the past, a majority of epidemiological studies have focused solely on American cohorts, and Sabaté said he wonders if factors unique to the American lifestyle may have influenced the outcome of some studies.

Sabaté said he believes nuts are worthy of greater appreciation than they typically receive.

“Nuts are fast food created by nature,” he said. “You can store them at room temperature and carry them in your pocket. They won’t stain your clothes like candy or a burger. Those are characteristics of an ideal food to eat anytime, anywhere.”

Sabaté recommends that people eat them more often, pointing out that nuts offer energy, good fats, protein, vitamins, minerals and phytochemicals.

“Eat nuts during your meal,” he suggested. “Put them at the center of your plate to replace animal products. They’re very satiating.”

Clinical laboratory science students step up; challenge others to join national bone marrow registry

By Nancy Yuen

Approximately one-third of the students in Loma Linda University’s clinical laboratory science program class of 2018 have signed up with Be The Match to become bone marrow donors and another third are seriously considering becoming donors, according to Leeza Esguerra, historian for the class.

The students’ interest was piqued during an Immunohematology II lecture, according to Teri Ross, MS, MT(ASCP), SBB, instructor at the Loma Linda University School of Allied Health Professions.

Bone marrow transplants replace unhealthy bone marrow with healthy bone marrow, she said. Patients with life-threatening diseases such as severe aplastic anemia, leukemia, immune deficiency disorders and multiple myeloma may benefit from bone marrow transplants, Ross said.

Linda Buckert, BS, CLS, manager, HLA/histocompatibility lab and Beverly Lovejoy, BSN, RN, nurse coordinator, pediatric blood and marrow transplant/apheresis at Loma Linda University Children’s Hospital, were guest lecturers for the class.

During the lecture, Lovejoy told the students that there are patients on the waiting list who are hoping to find a match. A bone marrow transplant could mean a cure for their disease, she said.

Leeza Esguerra said she had thought about becoming a donor after hearing a presentation from the Red Cross at St. Joseph Catholic Church in Placentia, California. However, she was uncertain about the process. “It seemed a bit scary,” she said.

After attending the class session that covered bone marrow donation and matching, Esguerra signed up. “Learning about the details of bone marrow donation — what happens and how it happens — made me more confident,” she said.

Before the lecture, Linda Buckert checked to see how many donors are compatible with her own HLA typing and discovered that she matched with just three donors on the global registry list. “This illustrates how rare it is to find a donor,” she said.

The point was not lost on Esguerra. “If someone of the donor registry matches, it is a rare occasion,” she said. “It is an honor to help someone in need. Imagine if one of your own family members became sick and needed bone marrow? What would you do?”

Teri Ross was pleased the students realized the great need for bone marrow donors. “Often people say they will become a donor someday. These very busy students stepped forward and were willing to join the registry. They jumped on it,” she said.

“The class of 2018 now challenges students in other programs in the School of Allied Health Professions to join the registry,” Ross said.



The clinical laboratory science program class of 2018 assembled recently for a class portrait in front of the Loma Linda University School of Allied Health Professions. They are challenging others to sign up with Be The Match to become bone marrow donors.

Expecting couple pays baby shower forward

By Heather Reifsnyder

Baby girl Ember Gail Chancellor is a born philanthropist. Her parents, who welcomed her into the world July 19, donated their baby shower to Loma Linda University Children's Hospital patients and families in need.

Instead of gifts for themselves, Jenni and Bert Chancellor asked friends and family to buy baby items from the hospital's neonatal intensive care unit's Amazon Wish List or donate funds to the hospital via a shower giving webpage.

The impact of the gifts will be far-reaching, said Child Life Specialist Cathy Regan. Some will remain on the unit, and others will be sent home with new parents who lack resources.

"People rarely forget the positives that are associated with donations like these," Regan said.

She added that besides philanthropists who donate to Children's Hospital, there is a community of individuals who pray for the hospital and its patients. "We can tell our families 'There are people who are surrounding you, whom you will never meet, who care deeply,'" Regan said.

Ember, or Emi for short, is the Chancellors' first child together. In planning for her arrival, the couple discussed feeling guilty about having a baby shower when they are fortunate to be financially stable.

"There are a whole lot of people who come into the hospital to have a baby and are wondering where the car seat is going to come from, or how they are going to get formula," said Bert Chancellor, executive director of Information System Business Services for Loma Linda University Medical Center.

The couple delivered all the shower gifts to Children's Hospital June 12, with many of the clothing and other items reflecting their love of fantasy superheroes.

In real life, though, it's up to ordinary people to take care of each other, Bert said. "I think it is a calling for people to invest back into their community."

To learn about giving back to LLU Children's Hospital like the Chancellors, visit GiveVision2020.org. Employees can also make donations through the Grow Together Employee Giving Program at llugrow.org.



Bert and Jenni Chancellor became a family of three when daughter Ember was born July 19. The couple donated their baby shower gifts to LLU Children's Hospital and are shown delivering them in June.



Researchers at Loma Linda University Health have determined eating walnuts encourages other healthy dietary behaviors in seniors.

School of Public Health study reports eating walnuts improves seniors' nutrition in unexpected ways

By James Ponder

A Loma Linda University School of Public Health study published August 23 in an online edition of the *British Journal of Nutrition* found that seniors who added walnuts to their diet were more likely to make other favorable modifications to their nutrient profile than seniors who did not add walnuts to their diet.

Edward Bitok, DrPH, RDN, now an assistant professor of nutrition at the LLU School of Allied Health Professions, was a graduate student at the School of Public Health at the time the two-year study was conducted. The study's findings were incorporated into his doctoral thesis.

Bitok says the goal of the study was to assess what happens to the overall nutrient profile when independent adults on self-selected diets incorporate a noticeable amount of walnuts into their diet.

Joan Sabaté, MD, DrPH, director of the Center for Nutrition, Lifestyle and Disease Prevention at the School of Public Health, has been researching walnuts for decades. Among his findings: that daily walnut consumption reduces serum cholesterol in seniors, that walnuts are high in an omega-3 fatty acid that improves neuron function, and that they contain anti-oxidants and phytochemicals with anti-aging effects. "We hypothesize that walnuts may have a favorable effect in delaying the well-known age-related cognitive decline among elderly people," Sabaté said.

Bitok notes that the act of incorporating walnuts into the daily diet is a simple strategy for addressing declining nutrient intake in older adults. He also says walnuts promote cardiovascular health without any adverse effects on body weight.

Study method

In the study, 317 participants were randomly assigned to one of two groups: the walnut group and the no-walnut group. Participants in the walnut group were provided with one to two ounces of packaged walnuts per day and asked to incorporate them into their diet. "They were not given any other dietary advice, nor provided recipes," Bitok said.

Participants in the second group were instructed to refrain from eating walnuts for the entire study period. The diet of participants in both groups was assessed periodically during the study.

The findings

When results were analyzed, Bitok and his colleagues learned that participants who ate walnuts reported significantly higher dietary intake of total protein, vegetable protein, polyunsaturated fatty acids and omega-3 fatty acids. Participants in the group that did not eat walnuts were found to have consumed significantly more carbohydrates, saturated fats, sodium, and animal protein. The two groups did not differ significantly in the intake of dietary calcium, zinc, potassium, folate or vitamins B6, B12, E, and D.

Bitok also noted that because of the large amount of data generated by the study, it is estimated that it will take a few months before researchers are able to say whether they found a link between walnut consumption and improved cognitive and retinal health.

"We believe these benefits are made possible by the versatility of walnuts, since they can be enjoyed alone or with a variety of foods such as salads, smoothies, dairy, and desserts," he said.

Sunday, October 22, 2017

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Loma Linda University researchers awarded \$1.4 million NIH grant to study tobacco control in Asia

By James Ponder

Researchers at Loma Linda University School of Public Health recently received a \$1.4 million grant from the National Institutes of Health to develop new research methods enhancing the effectiveness of tobacco-control programs in Cambodia, Laos and Mongolia.

Pramil Singh, DrPH, director of the Center for Health Research at the Loma Linda University School of Public Health, is principal investigator for the grant, which will allow him and a team of four U.S. co-investigators to build survey research capacity for tobacco control in the three East Asian nations. He notes that almost half the males in those countries are smokers, and calls the rate very high.



Singh and his colleagues will develop mobile applications for surveys in Asia allowing 33 tobacco-control scientists and their staff to compile a database of where smokers are buying cigarettes. Street researchers will ask smokers for permission to photograph the tax stamps on their cigarette packets and geo-code the location of where the cigarettes were purchased. They will also record information about cigarettes that were sold without tax stamps, indicating that they were purchased illegally.

The database will help Singh and his team provide information to the governments of the three countries — each of which has ratified the World Health Organization's Framework Convention on Tobacco Control Treaty — about patterns of tobacco sales and use. "Local tobacco-control scientists on the award can show that information to their government and tell them, 'You may have ratified the treaty, but here are all the places where it is being violated.' We're also going to be photographing and geo-coding cigarette advertisements that remain non-compliant with articles of the ratified treaty," Singh said.

In signing the convention, the three countries agreed to tax cigarettes so heavily as to put them beyond the reach of teenagers and average consumers. They also agreed to ban cigarette advertising on billboards and TV as well as cigarette advertising aimed at women and children.

Singh maintains that a tobacco price increase is the most effective way to slow the spread of tobacco use. He says that in California the high rate of state taxation on cigarettes means they currently sell for approximately \$7 a pack. In Cambodia, by comparison, the average price in 2011 was just 20 cents a pack. "At \$7 a pack, young people will have to decide between smoking a pack a day or making their car payment," he says.

Singh explains that when smoking decreases in affluent Western countries due to heavy taxation, tobacco companies make up for lost revenue by selling products at vastly reduced prices in the developing countries, which encourages children and teens to take up smoking.

He says smoking remains a deadly proposition of epidemic proportions. The Centers for Disease Control estimates that cigarette smoking is responsible for more than 480,000 deaths per year in the United States alone. Singh hopes his team's work in Cambodia, Laos and Mongolia will not only allow the governments of those nations to crack down on unlawful marketing and advertising, but will also help convince smokers and potential tobacco consumers that any pleasure derived from tobacco addiction is not worth the risks.

He acknowledges, however, that there is a danger associated with raising tobacco prices too much. "It's called price elasticity," he says. "If you price tobacco too high, it turns into a black market. People buy cigarettes, repackage them and sell them without charging taxes. Or they buy loose tobacco for hand-rolled cigarettes or pipes made of bamboo or PVC piping."

The five-year R01 grant is funded by Fogarty International Center, an institute within the NIH that funds capacity building in other countries to stop viruses and other public health epidemics from making their way to the United States.

"It is the Fogarty International Center's goal to advance the National Institutes of Health's research objectives internationally in order to address global health needs," says Michael Samardzija, PhD, JD, associate vice president for research affairs at Loma Linda University Health. He says the center has previously funded AIDS research programs, advances in infectious disease modeling and research into the measles, mumps and rubella vaccine scare.

Singh's co-investigators on the study are Jayakaran S. Job, MD, DrPH, a professor at the LLU schools of Public Health and Medicine; Jim E. Banta, PhD, MPH, associate professor at the School of Public Health; Michael Jerrett, PhD, professor and chair of environmental health at UCLA; and Sudipto Banerjee, PhD, professor and chair of biostatistics at UCLA.

Technology partners include Esri, the organization that pioneered the ArcGIS software, and Fulcrum, Inc., developers of the mobile health application. The Adventist Development and Relief Agency country offices in Laos and Mongolia are also partners on the award.

Singh is optimistic his research will help the governments of the three Asian countries clamp down on illegal sales and advertising of tobacco products. He says taxation works better than health education in convincing consumers to stop smoking.

"Trying to convince the poorest people of the world that smoking is bad for them has limited effect on getting them to quit smoking," he says. "They're just trying to get through the day."

An NIH grant will allow Pramil Singh, DrPH (above), to develop new research methods for enhancing tobacco-control programs in Cambodia, Laos and Mongolia.



Calcium or other components of dairy may protect against colorectal cancers, study says

By James Ponder

A Loma Linda University School of Public Health study not only found that dairy foods may protect against colorectal cancers, but also that the individual components that protect against rectal cancer may differ from those that protect against colon cancer.

The study, which was published in an online edition of the journal *Public Health Nutrition*, found that dairy foods, independent of their calcium components, were found to protect against rectal cancers, while calcium itself — whether from dairy or non-dairy sources or calcium supplements — appeared to protect against colon cancer.

Principal investigator Gary Fraser, MBChB, PhD, said that while several recent studies have shown that calcium is associated with a lower risk of colorectal cancers, most of them could not separate calcium from other components of dairy.

"We thought significant new insights into how calcium fights cancer might be gained by analyzing it separately from other components of dairy," Fraser said.

The unique population of the Loma Linda study included many vegetarians who gain calcium mainly from plants rather than dairy, which is the major source for most Americans. This allowed researchers to break the usual entanglement between calcium and dairy components.

The study reported that an estimated 92 percent of Americans consume dairy products. But as online newsletter *Vegan Bits* points out, approximately 1.62 million Americans are vegans. However, Fraser says that since colorectal cancers are the third most common type of cancers in the United States, retaining some dairy in the diet is a reasonable choice for most people.

"From a health perspective, even a vegan could consider adding some dairy back into their diet, especially if there is a strong risk of colorectal cancer in the family," Fraser said. However, he also noted that the absence of red meat in the vegan diet may offer some protection from colorectal cancer, as does physical activity.

While dairy foods are the most common sources of dietary calcium, Fraser says green leafy vegetables, figs, oranges, beans, soybeans and tofu are also rich in the vital nutrient, as, of course, are oral calcium supplements. Regardless of its source, Fraser says ensuring adequate calcium intake may be important in protecting against colon cancer, which he identifies as the most common of the two colorectal cancers.

In the study, Fraser and his team analyzed data collected between 2002 and 2007 from more than 77,000 participants in the Adventist Health Studies. Meat-eaters, vegetarians and vegans were all represented in the cohort. Vegetarians were defined as people who do not eat meat, poultry or fish, but do consume eggs, milk, yogurt and cheese. Vegans, on the other hand, do not eat animal products or dairy.

Fraser said the protective advantage dairy offers likely comes not only from its calcium content, which appears to protect against colon cancer, but also from other components in dairy foods. He suspects that in addition to dairy fats like conjugated linoleic acid, vitamin D and the milk protein lactoferrin may also play a role in dairy's protection against rectal cancer. He cautions, however, that further study is needed.

To see an abstract of the study, visit the *Public Health Nutrition* website at <http://bit.ly/2iLPyyU>. To learn more about the Loma Linda University School of Public Health, visit <https://publichealth.llu.edu/>.

Guild to host 18th annual Dishes for Wishes culinary fundraiser

By James Ponder

The Big Hearts for Little Hearts Loma Linda Guild announces the 18th annual Dishes for Wishes event, a culinary benefit for the patients of Loma Linda University Children's Hospital. It will be held Wednesday, October 11, at the National Orange Show Events Center in San Bernardino.

Guild President Lynn Sleeth says the theme this year is "Oldies but Goodies, Dishes for Wishes," and that the event will feature boutique shopping, a colorful cooking demonstration emceed by Inland Empire celebrity chef Martha Green, and a commemorative recipe book to take home.

Courtney B. Martin, DO, medical director of the Total Care Birth Center at Children's Hospital, will be the guest speaker. Martin is also an attending physician in the department of obstetrics/gynecology. Funds raised this year will purchase two GE wireless neonatal heart monitors and other equipment for the center.

The cooking demonstration will feature chefs from Najwa's Mediterranean Cuisine, Tess' Place, and Martha Green's Eating Room. However, the chef from Clarkie's diner will not be able to attend, so Donald C. Moores,

MD, a pediatric surgeon at the hospital, will demonstrate the Clarkie's recipe. His wife, Penny Moores, is a member of the guild's board of directors.

Sleeth reports that local law enforcement officials, firefighters and young men from Teen Challenge will serve as waiters at the event and gladly accept tips. In addition, a group of administrators and department heads will help prepare the food served to guests. "What's exciting is that the total community gets involved in this," Sleeth said, adding that last year, tips alone accounted for approximately \$2,000 of the more than \$68,000 raised at the fundraiser.

The cost to attend the event is \$65, and Sleeth said tables of 10 are available for \$650. She also said several community organizations and individuals have come forward to sponsor the event. Registration and additional information are available online at lluch.org/dishes, and additional sponsorships are still available.

Doors open for shopping and socializing at 5:30 p.m. Sleeth recommends that attendees arrive early to find the best bargains.

"Every year, we look forward to Dishes for Wishes with great anticipation," she said. "It is a privilege to host this uplifting event for the children of the Inland Empire."



A young LLUCH patient enjoyed the painting activity at Fall Into Reading on Sept. 18 in the hospital lobby.



The 18th annual Dishes for Wishes fundraiser to benefit the patients of Loma Linda University Children's Hospital will be held on Wednesday, Oct. 11, at the National Orange Show Events Center in San Bernardino. Martha Green, right, shown during last year's event with Julie Strauja, will return to present another of her popular cooking demonstrations.

Loma Linda Guild hosts annual Fall into Reading

By James Ponder

The Big Hearts for Little Hearts Loma Linda Guild hosted its annual Fall into Reading event on September 18, for the patients of Loma Linda University Children's Hospital and members of their families.

Guild members joined hospital employees and volunteers in helping young patients and their siblings create colorful paintings on rocks. Some images featured inspirational reminders to stay strong, others displayed superheroes or colorful animals.

Lynn Sleeth, president of the guild, said the purpose of Fall into Reading and similar events the organization hosts throughout the year is to give patients a timeout from illness and hospitalization. "For me, one of the great takeaways of the event was the looks on the children's faces as they painted the stones. They were so focused on what they were doing. I loved it."

Inland Empire 66ers raise over \$4,100 for Children's Hospital

By Briana Pastorino

Members of the Inland Empire 66ers took a time out from the baseball diamond to deliver more than \$4,100 to Loma Linda University Children's Hospital (LLUCH) on August 29.

Ryan English, assistant general manager for the 66ers, said the funds were raised during the team's 15th annual golf tournament, held on August 21. All but one of the previous tournaments have benefitted LLUCH.

Scott Perryman, senior vice president/administrator for LLUCH, said the IE 66ers have raised nearly \$100,000 for Hospital.

"You have no idea how much of a hero you are to the kids we treat," Perryman said. "To lighten their day and mood is a huge gift. Thank you for all that you do and for the dollars you've raised."

Following the check presentation, members of the team along with their faithful mascot, Bernie, toured the hospital and visited with patients. They also handed out autographed baseballs and hats to patients on multiple units.

IE 66ers team mascot, Bernie, shows off the check he and members of the team presented to LLUCH in August.



Tory Silvestrin: *running life's marathon at a sprint*

By Douglas Hackleman

Even though Tory Silvestrin, DDS, MSD'15 (Endo), MSHPE (2014) associate professor, Department of Endodontics, has been running life's marathon at a sprint, it has been his habit to make very considered life choices. Those decisions, and what he has done with them, have brought him, five years out of dental school, to be named interim chair for LLU School of Dentistry's Department of Endodontics.

As a University of Washington School of Dentistry senior in 2012, Silvestrin applied to the endodontics advanced training programs of 16 American dental schools. (Sixteen happened to be the number of his father's football jersey and his own soccer jersey, he recalls with amusement.) After considerable due diligence and a two-hour phone conversation with Mahmoud Torabinejad, DMD, MSD, PhD, professor, Department of Endodontics, he chose Loma Linda University School of Dentistry.

Silvestrin grew up in Fife, a suburb of Tacoma, Washington, in a healthcare-oriented family — his dad is a public health specialist (sex-education) and his mother a nurse practitioner (OB/GYN). One of the family's neighbors was a dentist who wasn't called out on weekends to deliver babies. Dentistry, Silvestrin noticed, was a health profession that offered the opportunity to benefit others on a more controlled schedule.

An academic and athletic overachiever, Silvestrin was captain of his high school tennis and golf teams and played for three years on Pacific Lutheran University's varsity tennis team. He worked through high school and college at Lakewood Racket and Sports Club teaching tennis, stringing rackets, scheduling members' appointments, and maintaining the clubhouse.

In college, Silvestrin did what was necessary to qualify for most any healthcare-related degree program, graduating summa cum laude from Pacific Lutheran University (PLU) in 2008 with a BA in biology. His academic excellence was not impeded by the work he did at the university's writing center where for three years he tutored undergraduate, graduate, and ESL students. And among the awards he received at PLU was the Regents Scholarship—a four-year full-tuition scholarship awarded for leadership, community service, and academic achievement.

Silvestrin studied dentistry at the University of Washington School of Dentistry in Seattle, 30 miles north of home, where he graduated in 2012 first in a class of 63 and with more than a dozen awards for academic, clinical and research excellence.

But then he chose endodontics for specialty education, despite the need for endodontists to be available weekends (at least by phone) to alleviate pain. Silvestrin actually began to consider endodontics when he and his classmates were introduced to the rather intricate procedures involved in rescuing damaged or endangered teeth. He also noticed that most of his classmates were not particularly drawn to that dental specialty and figured there would always be a need for its services.

Major life decision

Silvestrin took considerable care with perhaps his most important life decision, whom to marry, and then plotted the moment of asking to maximize its memorialization. He'd shared a health sciences dental immersion day booth with a dental school classmate named Alexandria Brent during their summer prior to beginning dental school; they enjoyed the occasion's fraternity enough to become study partners. In 2014, they ran together in her first marathon, the Seattle Marathon, on the Sunday after Thanksgiving. Just before the finish line, Silvestrin stopped the University of Washington student council president, took a knee, and asked her if she would marry him. He wanted it on the record, and he knew that so many cameras (still and video) were focused continually on the finish line.

"I knew that she was distracted by the finish line looming ahead, so she'd say yes to anything at that moment, as long as I let her finish and get her hard-earned medal. She may well have said yes regardless, but I wanted to stack the odds in my favor . . . after all she is the woman I want to spend the rest of my life with." On September 12, 2015, the young dentists married and honeymooned on the Hawaiian island of Maui.

Silvestrin had begun long-distance running during the summer between his junior and senior years of dental school as a way of relieving stress after taking the National Boards Part II. Despite his enjoyment of tennis, with the tighter schedule and greater demands of dental school, he found running an outlet he could exercise at will. He participated in the Portland Marathon, his first, on October 9, 2011.

Now Doctor Silvestrin, he continued distance running during his three-year journey through LLUSD's Advanced Specialty Education Program in Endodontics, not to mention the Master of Science in Health Professions Education that he received from Loma Linda University School of Allied Health Professions in 2014.

"I hold the responsibility that rests on an educator's shoulders in high regard and, as such, wanted to ensure that I came to the classroom with every tool available in my teaching toolbox. The MSHPE program helped ensure that I could stand behind the podium and work with students in the clinic with full assurance of my abilities to be an effective health professions educator." He began teaching at LLUSD in June 2015, almost immediately after graduation from LLUSD's graduate program in endodontics.

Support for Boston's victims

When terrorists marred with horror the conclusion of the 2013 Boston Marathon (three killed, 264 injured), running acquired for Silvestrin a role beyond stress relief

and physical conditioning. He determined to run the 2014 Boston Marathon in solidarity with the victims who were affected by the tragic events and to stand as a member of the running community to show a united desire to seek a lifestyle of fitness undeterred.

He qualified for Boston in August 2013 by running the Surf City Marathon (Huntington Beach, California) in three hours and five minutes, approximately seven minutes

per mile. As "a member of the running community I felt the need to run in solidarity with those that were profoundly affected by the events of the 2013 Boston Marathon. Running the Boston Marathon was a unique experience, one that I will hold dear forever. Crossing the finish line was enthralling (knowing how many hours I'd dedicated to qualify for and run this iconic event) and saddening (remembering the scenes and tragedy that occurred at that very place one year prior). I found myself nearly in tears with the concomitant pride in my achievement and knowing what this race means to the running community."

Silvestrin's three hours and one minute completion time at the 2014 Boston Marathon placed him in the top 7 percent of finishers and qualified him to run again in 2015. He has not missed running in a Boston Marathon since—finishing 2015 in 2:54; 2016 in 2:58; and 2017 in 3:04.

Meanwhile he has competed in several ironman triathlons, including the November 2015 Arizona Ironman in Tempe that he competed with first time Ironman racer Brandon Soelberg, DDS '16. Silvestrin finished 101st out of 2,681 racers.



(Above) Running the Boston Marathon, reaching Mile 21, at the base of Heartbreak Hill, Silvestrin recalled: "legs feeling like they were encased in concrete."

(Left) Dr. Alexandria Brent-Silvestrin and Dr. Tory Silvestrin married in Maui in 2015.



While Silvestrin was juggling advanced degree programs, undergraduate instruction, and his running, Alexandria Brent-Silvestrin, DDS, joined a team of five other private practitioners at Canyon Crest Dental in Riverside, to which she brings her expertise as an oral conscious sedation provider, DOCS member, and Invisalign provider.

Finding a faith community

One meaningful activity the Silvestrins did together away from dentistry was study the beliefs of their adopted community with a Seventh-day Adventist Church and its pastor, Michael Kelly, as they assessed the biblical support for Adventist doctrines. After engaging a number of local Seventh-day Adventist congregations, the couple found at the Mt. Rubidoux Adventist Church a welcoming community of faith. Following a lot of considered Bible study and a growing conviction that they wanted to become seventh-day Sabbath-keeping Adventists, Tory and Alexandria made the decision to be baptized by Pastor Kelly as Seventh-day Adventist Christians on September 2, 2017, in the company of several dental family members as well as their Mt. Rubidoux friends.

Silvestrin completed the end of the 2017 academic year with four substantial professional advancements. He was awarded Diplomate status by the American Board of Endodontics; at the recommendation of the LLUSD promotions committee, he was awarded the status of associate professor; and he accepted the position of interim chair, Department of Endodontics. He subsequently was appointed (August 1) associate graduate director of the Advanced Specialty Education Program in Endodontics.

"I'm honored to undertake the responsibilities entrusted to me in guiding pre-doctoral and graduate students through their endodontic curriculum journeys. I've had great mentors to guide me and provide sage advice through this transition and feel fully capable to succeed and excel in this new capacity."

His sober engagement with the major issues of life illustrates Silvestrin's profound belief in the interdependence of faith, community, and service that was the foundation of his choice after three years of studying and working at LLUSD. He has committed himself to the school and its programs as a faculty member and now as an administrative participant. Without question, he brings to his academic and professional accomplishments the kind of energy and focus his marathon (and regular daily) running habits imply.

That running remains an important counterpoint to his professional life. With running comes endorphins and with endorphins comes cheer, and in the case of Silvestrin the rule is borne out. It's a wonderfully vicious cycle.

New Double Helix sculpture is gift from former patient

Gift inspired by patient who was successfully treated for prostate cancer at Loma Linda University Health

By Nancy Yuen

A new sculpture in front of Centennial Complex at Loma Linda University Health captures the spiral elegance of the double helix, strands of nucleic acids also known as DNA.

The Double Helix holds special meaning for faculty, students and staff at Loma Linda University Health — a health sciences institution — as DNA controls all the workings of the body and allows the individuality among people.

A unique collaboration between a donor, artist and builder resulted in the 20-foot-tall art installation. The trio — all residents of Europe — shared their stories during a dedication event and ribbon cutting at Centennial Complex on Sept. 7.

Terry Swenson, DMin, campus chaplain at Loma Linda University, captured the significance of the sculpture in a prayer of dedication, “Lord, thank You for reminding us that science is art, and art is science.”

Jürgen Friedrich was inspired to fund the sculpture after receiving proton therapy at Loma Linda University Health, he said. Friedrich founded Esprit’s European operations in 1976 and was appointed a non-executive director for the company a year later. He is now retired and lives in Switzerland.

“Loma Linda changed my life, and I wanted to find a way to show my gratitude,” Friedrich told a gathering of administrators, deans of the university’s schools and physicians and staff from the James M. Slater, MD, Proton Treatment and Research Center.

During his treatment, Friedrich learned that Seventh-day Adventists live remarkably long, healthy lives. He was inspired to give up drinking a year-and-a-half ago after discovering that Adventists advise abstaining from drinking alcohol, he said.

His experience at Loma Linda University Health also changed him spiritually. “I now pray in the morning, at lunch and in the evening,” he said.

Paffard Keatinge-Clay created The Double Helix sculpture at Friedrich’s urging. Friedrich calls Keatinge-Clay, a renowned architect and artist who trained with Frank Lloyd-Wright, “my hero.”



A double helix sculpture has been placed adjacent to the Centennial Complex. The 20-foot-tall artwork is a gift inspired by a patient who received treatment for prostate cancer at Loma Linda University Health.

Jürgen Polenz of Polenz Metall Design Manufaktur in Germany oversaw the fabrication and installation of the five-ton sculpture. Its 130 pieces are held together by 1,020 screws, none of them visible.

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A Seventh-day Adventist Organization

Rebel with a Cause

Originator of corporate wellness identifies strategies for maximum-impact giving

By Lynn McDowell, JD, Planned Giving Officer

As a 12-year old muscular dystrophy patient defying his doctor's orders to eat meat, Don Hall, Doctor of Public Health in Preventive Medicine, showed early signs of seeing beyond common practice. With an eye for important but overlooked connections, Hall would soon make a positive impact on the health of millions through WellSource, his ground-breaking computerized health analysis program. By 1982, he was in *Time* magazine.



Attracting early corporate clients like Nike and Aramco, WellSource had its best year ever in 2016, and Hall turned his discerning eye to philanthropy. He wanted to make sure that the positive impact of his career and life-long passion, sharing the "secrets" of wellness, would continue for generations to come.

"I suppose it's the rebel in me that wants to teach people how to take care of themselves rather than focusing on illness," Hall says. Keeping up with the latest health research, writing, and presenting seminars and workshops on wellness fill his semi-retirement while WellSource, with 35 full-time employees, "runs itself." With the goal of "giving back," Hall began to investigate planned giving, a little-understood specialization of tax and charitable gift planning.

Planned giving philanthropy is the kind of niche that Hall has always felt good in, emerging but built on solid research, and potentially powerful. The combination of expertise in Loma Linda University Health's Office of Planned Giving and the Adventist Health Study at the School of Public Health from which he graduated was, in Hall's estimation, the perfect pairing. The study was already making waves: "Blue Zones" research pin-pointed Loma Linda as one of 13 areas around the world where people were living exceptionally long and healthy lives, the only community in North America to meet Blue Zone criteria.

Once Hall and his wife, Trish, decided on the legacy of an endowed chair —the Don and Trish Hall Research Professorship, which oversees the Adventist Health Study — they looked at the best way to fund it. In consultation with Loma Linda University Health's Office of Planned Giving, the Halls settled on a couple of strategies: an annual IRA rollover gift, and gifts of stock.

Why an IRA Rollover?

An annual gift from his IRAs really appeals to the "supersaver" side of Hall's personality. Hall finds this the most efficient way to finance his Vision 2020 cash pledge. "It's much more economical to roll IRAs over to the school than to pay the tax," he says. "It's a big tax advantage to be able to work through the organization," he says, because he's contributing before tax dollars. His alma mater gets 100 percent of the draw paid by the IRA's custodian at Hall's direction, and no tax is triggered.

Why Use Shares?

Gifts of shares provide several benefits. These include completely avoiding capital gains tax on appreciation when the stock itself is gifted ("in kind") to a charity. A tax receipt is issued for the full present value of the stock. This can be used to offset other income and further reduce taxes. The key is to transfer the shares. Typically, the charity will immediately sell the stock and receive more than if the donor had sold the stock and given what was left after tax.

"Education is the best thing you can give a person," Hall says. He's never stopped learning, and his decision to investigate and use planned giving is already making the outstanding outcomes he envisioned a reality.

For more information on these gift types and planned giving, visit llulegacy.org



Don and his son, David Hall, MD, MPH, also a Loma Linda University alumnus, pose in their Bloomsday Race shirts. Father and son have been running the Spokane, Washington, marathon together since its inception.

Reportable Crimes

The Crime Awareness and Campus Security Act of 1990 requires colleges and universities across the United States to publish interim reports on campus crime activities. Listed below are the crimes reported for Loma Linda University Health for the month of August 2017:

Type of Crime	Number of Crimes	Place of Crime
Motor Vehicle Theft	1	Caroline Clinics
Burglary	1	North Lawn
Narcotics	8	R&L Thrift (5); Cape Cod Bldg; Meridian Complex, Mt. View Plaza
Trespass	1	Children's Hospital
Disturbance	3	ER; Sinus/Allergy Ctr., LLUMC Unit 6300
Assault	5	Off Campus; Children's Hosp.; MC; Lot C; BMC
Alcohol	1	Lot C
Suicide	1	LLUMC

You can assist the Loma Linda University Health department of security in maintaining a safe and secure environment by notifying security immediately at extension 9-1-1 if you see or know about a crime taking place.



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