

SCOPE

WINTER 2014
Vol. 49, No. 1

The Magazine of Loma Linda University Health

*Happy 20th Anniversary
LLU Children's Hospital*

In this issue ...

**Focus on
Community
Engagement**

MANY STRENGTHS. ONE MISSION.

A Seventh-day Adventist Organization



LOMA LINDA
UNIVERSITY
HEALTH

The Meaning of Community

In one sense, community is defined by geography or border—a neighborhood, county, or country. In another, a community is a group of people with a shared history, circumstance, or interest, such as the academic community or a religious community.

Loma Linda University Health celebrates a broad definition of community in which anyone can be considered a neigh-

bor. After all, everyone is made in the image of God.

Engaging with different communities takes many forms at Loma Linda University Health, as the stories in this issue of *Scope* demonstrate. It takes place through one-on-one relationships, partnerships with regional leaders and organizations, and international mission service.

It means making sure every student understands the importance of service and that every person we serve hears a message of wholeness and wellness. It means living out our mission to continue the teaching and healing ministry of Jesus Christ.

Thank you for reading this issue of *Scope*, and for your support of Loma Linda University Health. ✚



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On the front cover: Luke, the Lion, mascot for Loma Linda University Children's Hospital, enjoys a ride in a hot air balloon, one of the activities available for those attending the 20th anniversary community party.

On the back cover: LLUH engaged the community through several family health fairs during fall 2013.

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New initiative makes health careers more possible for LLUH neighbors in San Bernardino

By Heather Reifsnnyder

Five miles is a small distance but can be a great gulf in income and opportunity. With Loma Linda University Health at one end—offering top education for students and advanced care for patients—and the heart of impoverished San Bernardino at the other, the chance for a good life wildly differs in between.

“Where you are from—your zip code—can greatly limit your opportunities in life due to housing, social activities, schools, recreation, and relationships,” says Richard Hart, MD, DrPH, president of Loma Linda University Health (LLUH).

But birthplace shouldn't dictate destiny. The Gateway Initiative at Loma Linda University Health is a new strategic partnership with the San Bernardino City Unified School District and other community partners to make opportunity more available in the area. And to do so, intervention

should begin before adulthood, leading to better education, more stable and fulfilling careers, and better living environments.

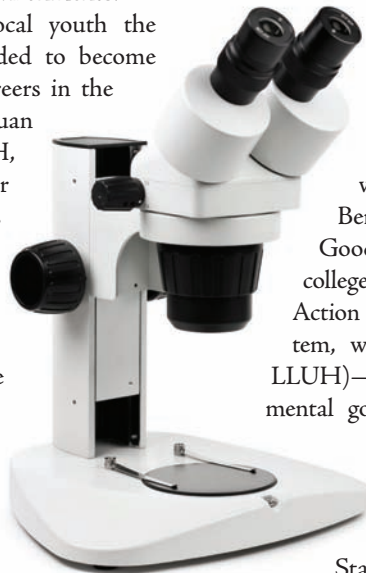
“We will help give local youth the knowledge and skills needed to become self-sustaining through careers in the health professions,” says Juan Carlos Belliard, PhD, MPH, assistant vice president for community partnerships and diversity.

Not only are the health professions LLUH's specialty, centered on the mission to continue the teaching and healing ministry of Jesus Christ, but they are known to be rewarding. *U.S. News & World Report* recently ranked the top 25 careers in 2013 by opportunity, security, compensation, and work-life balance.

Health-related careers held more than half the spots on the list.

But where to begin in sharing these opportunities? The Gateway Initiative task force—comprising leaders from Loma Linda University Health, the San Bernardino school district, Goodwill, local community colleges, and SACHS (Social Action Community Health System, which has strong ties to LLUH)—is tackling this monumental goal through a long-term approach.

Bettering STEM education is a big part of the current phase. Standing for science, technology, engineering, and math, STEM education is considered an important part



Six student leaders from Indian Springs High School attended the LLU Convocation chapel on October 2, 2013, and ate in the Faculty Dining Room afterward. Pictured here with Ronald Carter, PhD, provost of Loma Linda University, the students spoke excitedly all the way home about sharing the experience with their peers, Indian Springs staff, and parents, according to Alan Kay, their principal.

of maintaining a viable and internationally competitive U.S. workforce, and key to a future health career.

So LLUH is supporting the San Bernardino school district as it enhances its STEM curriculum for grades K-8. Loma Linda is also working closely with Indian Springs High School, which has the district's first health academy with a beginning cohort of 200 students who are focused on health careers.

It's not just LLUH faculty and administrators who are making this happen. It is also the students. Loma Linda University students have proven through the years their commitment to helping local youth through volunteer tutoring, mentoring, and even teaching music classes.

The Gateway Initiative task force is also looking beyond high school programs to create better opportunities for adults. The San Bernardino school district is planning to expand its adult school certificate training in entry-level medical positions such as pharmacy technician, with support from LLUH and SACHS.

"These jobs can also serve as part of a health career ladder, where they can continue to study and obtain higher-level health career jobs," Belliard says.

Next up the medical ladder are jobs requiring an associate's degree, such as emergency medical technician or respiratory therapist, which is where the involvement of local community colleges comes in. It is hoped for students from the local school districts and the adult school programs to have preferred enrollment in such programs.

Longer-term plans include the construction of Loma Linda University Health's San Bernardino campus, which will prepare students for a variety of bachelor's programs that can advance medical careers one more step up the ladder. LLUH has recently purchased a 7-¼ acre parcel of land in downtown San Bernardino, where construction on the campus will begin in the next few months.

The idea is to let a person's genetic code have more influence than zip code.

"Our goal must be to help these students realize the full potential of their Genetic Code," Hart says. "We have all watched individuals flourish when they get a chance to break free from their past and fully develop the intellectual gifts and energy God has given them." ☩

LLUH helps children EXSEED by training math and science teachers

Loma Linda University's Excellence in Science Experiential Education program—known as EXSEED—is a week-long summer training for K-12 educators from Seventh-day Adventist schools across North America. The program offers teachers advanced training in the art of STEM instruction—science, technology, engineering, and math.

Summer 2013 was the third time EXSEED was offered. But this time, the guest list was expanded to include teachers from the San Bernardino City Unified School District. Brian Willemse, lead teacher of the Health Academy at Indian Springs High School in

San Bernardino, had this to say:

"Thank you so much for giving us the opportunity to be a part of your conference. The teachers from our district were amazed at all of the tools and strategies that they got from their experiences. I found it invaluable myself, and will be taking some great strategies back to my students."

The Health Academy at Indian Springs offers students skills and training necessary to prepare them for health careers. Loma Linda University Health is highly supportive of this endeavor.

"I cannot underscore enough how excited I am to be partnering with your institution," Willemse said. ☩



Teachers participating in the EXSEED program in summer 2013 learn about DNA analysis. EXSEED brings K-12 educators to the Loma Linda University campus each summer to gain additional skills in teaching STEM courses—science, technology, engineering, and math. Teachers from San Bernardino public schools attended the 2013 session.

Covered California grant of \$990,000 enables LLUH to educate community about new health care law

By Nancy Yuen

While all 50 states must comply with the Patient Protection and Affordable Care Act, California chose to opt out of the federally run HealthCare.gov site and instead create its own online insurance marketplace, Covered California.

With the new law's passing, an estimated 5.3 million Californians who had been uninsured or who were purchasing health insurance on their own became eligible for Covered California.

Determined that as many people as possible receive crucial information about the new health care law, the federal government set aside funds to be used for outreach and education. LLUH was one of 48 lead organizations chosen to receive \$37 million in federal dollars that were distributed at the state level.

LLUH was awarded \$990,000 by Covered California to educate residents of San Bernardino and Riverside counties about their health care options, according to Dora Barilla, DrPH, associate director for the LLUH Institute for Health Policy and Leadership.



The LLUH Institute for Health Policy and Leadership team is, from left to right, Gerald Winslow, PhD, founding director; Andrejs Galenieks, MPH, health policy analyst; Wonha Kim, MD, MPH, senior research scholar; and Dora Barilla, DrPH, MPH, associate director.

"We were thrilled," says Barilla, "when we learned that the LLUH grant has been called a shining example for being comprehensive, innovative, and collaborative." LLUH is working in partnership with Community Clinic Association (CCA) of San Bernardino County.

According to Andrejs Galenieks, MPH, health policy analyst with the institute, a group of six messengers employed by CCA is working in the field.

"Southern California," says Galenieks, "is the state's largest market with 750,000 consumers eligible. Of these, more than 160,000 who reside in San Bernardino County and 180,000 in Riverside County will qualify." It is also estimated that an additional 1.4 mil-

lion Californians will be newly eligible for Medi-Cal. Open enrollment ends March 31, 2014.

"The messengers," he says, "are staging meetings, attending community events, coordinating community clinics, and educating health care providers about the new California Health Benefit Exchange."

According to Barilla, "In addition to providing information at events such as community events and 5Ks, health care providers in San Bernardino and Riverside are also being trained. Nurses, physical therapists, and others who work with patients are providing information to help them learn about and access Covered California." ☩

San Bernardino County

Riverside County

About the LLUH Institute for Health Policy and Leadership

The \$990,000 Covered California grant is being administered by the LLUH Institute for Health Policy and Leadership. The youngest institute at LLUH, it was approved by the Board of Trustees in 2012 and opened July 1, 2013.

The institute serves as a hub for health policy scholarship at LLUH, creating a welcoming environment for staff and faculty who desire to make a contribution in this area.

"Over the past century," says Gerald Winslow, PhD, the institute's founding director, "health policy has advanced health as much

as advances in health care have." Seeking to improve the wellness of the population, institute staff are working to devise strategies that support health promotion, disease prevention, and improved delivery of health care. The institute is building on Loma Linda's history of wellness and health promotion.

"We are well prepared," says Winslow, "to serve as a leading force for the study and promotion of innovative health policies that will help achieve better health outcomes for those in our region and beyond." ☩



Delighting in service: tradition of student mission trips through the years

By Nancy Yuen

“As we arrived at the hospital each morning, 40 to 50 patients who had undergone cataract surgery the day prior sat in the courtyard just outside the operating room. We would slowly make our way down the line, removing the patches covering their eyes. As the realization that their sight had returned crept in, patients smiled. They pointed at their grandchildren, seeing their faces again, and a few belted out worship songs and shouted prayers of thankfulness to God.”

It happens over and over again that students write similar experiences upon returning from mission trips, as seen in this reflection by Cameron Lee, School of Medicine class of 2016, who traveled to Ethiopia in 2013. Even years later, alumni speak of their experiences on such trips.

Loma Linda University students traveled to 31 countries in 2013.

This comes after a long tradition of these trips. Students for International Mission Service (SIMS), the campus organization that designs mission trips, is nearing 40 years of formal existence—but the story is even older. The first student missionary, from the School of Nursing, served in 1907. In addition, students from LLU’s first graduating class became missionaries.

In describing mission trips being

planned now, more than a century later, Emelly Rosspencer, MPH, uses the term “intentional.” SIMS is committed to implementing national standards for best practices for short-term missions, including the development of well-established, mutually beneficial partnerships with specific sites around the world.

“There is synergy at these locations,” says Jan Zumwalt, MBA, MS, associate director, Global Health Institute and executive director for international affairs, LLU Medical Center. “Alumni often return to the sites where they have served on deferred mission appointments, providing leadership roles in places like Malamulo Adventist Hospital in Malawi. They work with current students and management interns, among others, to positively impact the health care in the region.”

To enhance the interdisciplinary experience for students, SIMS is moving toward a “whole-person care” mobile clinic experience for patients, focusing on their physical needs and on their mental, social, and spiritual needs as well. Community outreach in the form of health fairs has contributed to a more rich experience for all students.

According to Zumwalt, interest in supporting SIMS mission trips and projects is so strong that a major strategic campaign has been created to bring the SIMS endowment, which has reached \$600,000, to

Upcoming short-term 2014 mission trips

Spring break: Sri Lanka

June: El Venado, Honduras

August: Mumbai, India

To learn more: www.lluglobal.com

\$1 million in 2014. “This endowment would provide approximately \$50,000 per year to help make mission trips affordable for LLU students for years to come,” says Rosspencer.

Short-term mission service impacts each person differently. During the summer of 2013, a record number of School of Pharmacy students completed short-term mission service.

“The mission trip to Romania was a life-changing experience,” says Leon Kung, class of 2014. “I did not realize how much impact a pharmacy student like myself could have. We saw numerous patients and provided them with physical examinations, medications, wound care, and consultations. Interacting with these patients and seeing their gratitude brought joy to my heart and helped me realize that this is what I wanted to do as a pharmacist.” ✦



Latasha Johnson, who is studying to be a physician’s assistant, assists in a malnutrition rehabilitation clinic for children ages 0 to 5. The clinic is held at Pan American Health Service in Peña Blanca, Honduras.

Women's Conference: Be You – Fit | Smart | Healthy

By Briana Pastorino

“We all have the power to change our lives.” These were a few of the simple yet motivational words award-winning journalist and bestselling author Joan Lunden provided to a sold-out crowd of 1,000 women at the 6th annual Loma Linda University Health Women’s Conference, “Be You! Fit | Smart | Healthy,” on January 17.

“We can empower our lives,” Lunden said during her keynote address that kicked off the day-long event. “We are the author of our lives, and we hold the pen to write our next chapter.” The motivational speaker, entrepreneur, and mother of seven received a standing ovation as she walked off the stage.

The day also provided morning and afternoon breakout sessions with experts, and attendees had access to various health screenings and assessments.

One of the day’s honorees was Kim Carter (at the dais), founder of the Time for Change Foundation, which has helped more than 600 families make the transition from homelessness to self-sufficiency since 2002. To her right is Rachelle Bussell, CFRE, senior vice president for advancement at Loma Linda University Health. →

A panoramic photo of the event captures the flavor and immensity of the Women’s Conference, which sold out entirely. ↓

“There were so many breakout session options it was hard to choose,” said first-time conference attendee Rolinda Luevano, who finally settled on “De-clutter 101: From Chaos to Clarity,” and “Slaying the Sugar Toothed Tiger: Strategies to Tame Sugar (and other food cravings) and Successfully Navigate the Slippery Slope.”

The Women’s Conference is designed to help Southern California women from all walks of life become better informed and more proactive about their health and wellness—while having fun doing it.

“This event is all about being smart, healthy, and confident women,” says Beverly Riggsby, service line director for GYN women’s services at Loma Linda University Medical Center. “We want every woman to have the power to live a healthy and successful life.”

The day also included recognition cer-



Joan Lunden, keynote speaker

emonies honoring the local organization Inland Women Fighting Cancer along with Kim Carter, founder of the Time for Change Foundation, which has helped over 600 families make the transition from homelessness to self-sufficiency since 2002. ✦



Live well, age well: making it possible for local seniors

By Heather Reifsnnyder

“The biggest dilemma our society is about to face is that of aging,” says Dean Sherzai, MD, director of the Memory and Aging Center at Loma Linda University Medical Center. “Yet there is minimal conversation around the topic.”

To stimulate the conversation, Loma Linda University Health teamed up with the County of San Bernardino to offer the Live Well, Age Well summit in November. While Loma Linda’s Memory and Aging Center supports thousands of seniors with the best health care they can get, the medical profession alone cannot offer the elderly community all the support it will need, according to Sherzai.

“The only way our aging adults will be able to live healthfully and fully is if the community joins together to create a supportive environment,” he says.

The conference brought together leaders from the business, education, public safety, health and human services, transportation, government, and faith and community organization sectors, all of whom play a role in creating the kind of environment where a healthy lifestyle is possible.

The summit moved toward a framework in which health is community-driven

rather than solely attended to in the doctor’s office.

The keynote speakers were John Husling, PhD, research economist, and June Simmons, health care delivery expert. Other speakers included Sherzai and Trudy Raymundo, director of the county public health department. Dora Barilla, DrPH, assistant vice president for strategy and innovation, Loma Linda University Health, was one of several panelists.

The discussions focused on practices for healthy living and aging, models for achieving health goals, and strategies that turn good health into good business.

Findings from the county’s Community Vital Signs Initiative project were also discussed. This initiative held 23 community engagement meetings in summer 2013 to gather feedback and priorities about creating sustainable health in the county.

Communities identified seven priority areas for the County of San Bernardino:

- Education
- Economy
- Access to health care
- Mental health
- Nutrition/access to healthy food
- Community safety, and
- Safety at school



Dean Sherzai, MD, speaks at the conference. The entire community has to work together to make healthy aging possible, he says. Sherzai is director of the Memory and Aging Center at LLU Medical Center.



“The only way our aging adults will be able to live healthfully and fully is if the community joins together to create a supportive environment.”

Community service and formal learning come together

By Heather Reifsnnyder

The Book of Proverbs says to write love and faithfulness on the tablet of one's heart. In the same spirit, Loma Linda University is penning down its commitment to service in the tradition of Christianity. Service-learning, a practice so many students are already doing, will become a formal part of the curriculum for all students this fall.

The university views service-learning as structured educational experience that combines community service with academic preparation and reflection. It aims to prepare graduates who will be invested and active in their communities.

Many courses on campus already closely align with the concept of service-learning, according to Juan Carlos Belliard, PhD, MPH, assistant vice president for community partnerships and diversity.

Lisa Gonzales and Stephanie Denton took one of those courses this fall. The class is taken by all master of occupational therapy students during their final year at LLU. In it, they are given the opportunity to conduct a needs assessment of a community site such as an alternative school, housing project, or domestic violence shelter, for which they then design and implement an interventional program.

"This experience showed us the need for occupational therapists in all kinds of com-



These occupational therapy graduate students did their service-learning project at Altus Academy, an alternative school, in nearby Rialto, California. They are, from left to right, Andrea Romero, Marie Zhong, Shikha Kumar, and Stephanie Denton.

munity settings and taught us how we can make a difference," says Gonzales.

Denton adds, "Without this experience, we wouldn't know how to implement community programs and understand the finances of doing so."

"Having students participate in service-learning courses is so beneficial," says their course instructor, Liane Hewitt, DrPH, chair of occupational therapy, School of Allied Health Professions. "They learn that there is so much more to people than may seem, and they see through real-life

situations the need to engage with our communities. It also provides great interdisciplinary opportunities."

An important part of the service-learning experience is that students engage with communities in a relationship of reciprocity and respect, notes Belliard. "It requires kinship, and that is what we are seeking," he says.

Belliard also emphasizes that service-learning will not replace volunteerism. "We will continue to have volunteer opportunities for our students." ☯



One of the projects the occupational therapy students designed at Altus Academy involved elementary school children making masks to develop their fine motor skills, decision making, capacity for attention, and social participation.

Taking the lead on the future of public health

By Marcus Chapman and Heather Reifsnnyder

For the first time in 100 years, nationwide public health leaders are re-examining the curriculum used to train students in this field. Loma Linda University is taking hold of this moment to re-envision public health.

“We have chosen to lead the change in public health education,” says Tricia Pennicook, MD, MPH, dean, LLU School of Public Health. “We are transforming our school, redesigning our curriculum, and reimagining our future.”

As of January 1, the school has changed from six single-discipline departments to three multidisciplinary academic centers: 1) nutrition, lifestyles, and disease prevention; 2) community resilience; and 3) leadership in health systems.

These centers will foster environments,

enriched by faculty of diverse expertise, for problem solving as a part of a multidisciplinary team. The environment will allow students to learn in a similar setting they must navigate in the workplace.

A three-point paradigm will undergird the work of all three centers:

- ✿ Serving a global world
- ✿ Fighting for health equity for all
- ✿ Being guided by one’s faith and understanding others’ faiths

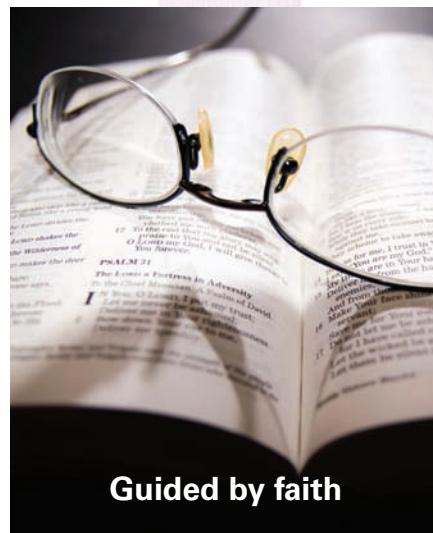
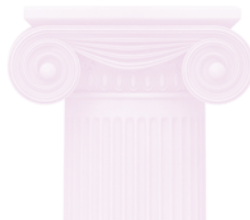
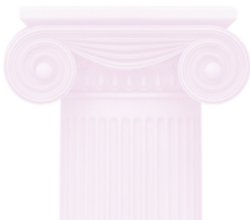
The three academic centers will advance these themes, allow faculty to further develop their expertise, and provide students a diverse group of peers.

“We challenge every student to view the world through the paradigms of global health, health equity, and faith-based learning,” says Pennicook. “Our students need to leave this school as advocates for popula-

tions that are in need of readily available, high quality health care. A society can be judged on the basis of how it treats its weakest members.”

The school’s academic offerings will remain the same but are now organized by degree level (certificates, master’s degrees—MPH, MBA, MS—and doctoral programs—DrPH and PhD) as opposed to department. This provides program directors the opportunity to select faculty from the entire school, thus allowing students to take courses outside of their primary discipline to enhance their professional development.

“In the midst of all these changes, there is one constant: this is God’s school,” Pennicook says. “It exists for one purpose: to bring hope, health, and healing to communities around the world based on the Christian values of the Seventh-day Adventist Church.” ✦



Academic updates: the latest advances in education at Loma Linda University

New program: Certificate in cardiac and vascular imaging, School of Allied Health Professions

This one-year program, scheduled to start in September 2015, was created in response to a growing demand for skilled interventional radiographers in the field of cardiology and vascular radiology. It will provide radiation science practitioners with an opportunity to advance to specialized positions.

New degree: Master of science in respiratory care, School of Allied Health Professions

Through this one-year program, which began its first cohort in September 2013, respiratory care practitioners can become qualified to assume leadership roles in the profession at the level of management, education, and research. The program is one of only a few in the nation.

New degree: Master of science in health informatics, School of Allied Health Professions

This two-year program opened in fall 2013. Health care trends suggest the demand for data-driven patient care will increase. This degree prepares a variety of professionals with critical skills and knowledge that marries information systems, informatics, and information technology. Starting in fall 2014, this program will be available as a dual degree for students in the School of Pharmacy earning a PharmD.

New executive associate dean School of Pharmacy



Rashid Mosavin, RPh, PhD, MBA

School of Pharmacy Associate Dean for Academic Affairs Rashid Mosavin, RPh, PhD, MBA, advanced to the position of executive associate dean in the fall.

Mosavin's tenure at the school began in 2004 as associate professor in the department of pharmacotherapy and outcomes science. In 2007, he became chair of the department of pharmaceutical sciences. In 2012, he was promoted to associate dean for academic affairs, fulfilling a vital role in the school's self-study effort and reaccreditation.

By Stephen Vodhanel

New program: Certificate in play therapy, School of Behavioral Health

The first students of this three-quarter program began their studies in fall 2013. The program helps address a shortfall of trained professionals who can provide specialized treatment for children with behavioral health conditions. In play therapy, a therapist uses a variety of play and creative art techniques to help children overcome their emotional and behavioral problems so that they can achieve their full potential.

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NICU celebrates 40 years of saving babies like Abbey

By Larry Kidder and Briana Pastorino

The neonatal intensive care unit (NICU) at Loma Linda University Children’s Hospital has lots to celebrate.

For one, it is now among the largest and most advanced neonatal centers in the world with its 85 beds and state-of-the-art

equipment. For another, the NICU has reached the 40-year milestone.

But the biggest reasons to celebrate are the many little lives that have been saved over the years.

Abigail Rose Orozco—or Baby Abbey—is one of those reasons. She was born February 25, 2013, with a congenital diaphragmatic

hernia, which prevented her lungs from fully developing. After surgeons repaired the diaphragm, neonatal specialists connected her to an extracorporeal membrane oxygenation machine—or ECMO—which served as her lungs, allowing her own to mature in the meantime.

“ECMO,” explains Douglas Deming, MD, chief of neonatology and NICU director, “is one of the many specialized services at the Children’s Hospital that babies can’t get anywhere else in the Inland Empire.”

Without these interventions, Abbey would not have survived. After three months in the NICU, Baby Abbey went home with her parents, Maria and Kyle Orozco.

“Our neonatal intensive care unit is dedicated to providing state-of-the-art, Christ-centered health care every day,” says Ruthita Fike, MA, CEO of LLU Medical Center. “It is because of our talented and dedicated staff that we are able to celebrate this remarkable milestone. This is an extraordinary achievement that we are all very honored to recognize.”

Over the years, the NICU has played a pivotal role in the history of Loma Linda University Health. In addition to caring for hundreds of premature infants, the unit has been home to babies recovering from heart transplantations and other major lifesaving procedures. ✦



Abigail Rose plays happily with her mom and dad, Maria and Kyle Orozco, at the Loma Linda Ronald McDonald House in August 2013. Her life was spared with the help of an extracorporeal membrane oxygenation (ECMO) machine and a great deal of loving care she received while in the Loma Linda University Children’s Hospital neonatal intensive care unit.

Region’s first TAVR performed by LLU Medical Center

By Larry Kidder and Briana Pastorino

As the only level I trauma center serving a vast four-county region, Loma Linda University Medical Center is once again leading the way in the Inland Empire.

Cardiac and vascular surgeons, cardiologists, and cardiac anesthesiologists teamed up to perform the Inland Empire’s first trans-catheter aortic valve replacement (TAVR) procedure.

The new therapy is used to treat certain patients who suffer from severe aortic

stenosis—where the aortic valve does not fully open. Symptoms of this condition include shortness of breath, chest pain, lightheadedness, fainting, and heart failure.

The most common way to treat failure of the aortic valve involves opening the chest, stopping the heart, and placing the patient on a cardiopulmonary bypass machine. However, about 30 percent of patients are at too high a risk for surgeons to choose the open-heart option.

The nonsurgical TAVR procedure is much less invasive and offers heart pa-

tients a shorter recovery time.

“This procedure requires the collaboration of cardiologists and cardiac surgeons to evaluate and select patients in order to provide the best outcomes,” says Anees Razzouk, MD, chief of cardiothoracic surgery at LLUMC. “Loma Linda University Medical Center was selected as the site to do this procedure, partially because our traditional approach to patient care has been a team approach, especially when it comes to cardiac patients.” ✦





Families from the community helped Children's Hospital celebrate during a special all-day event on Sunday, November 10, 2013. Children of all ages enjoyed a variety of events that even included a ride in a hot-air balloon. Petting zoos and jump houses were also on the day's menu.

LLU Children's Hospital celebrates 20 years with big anniversary bash for the community

By Larry Kidder, Briana Pastorino,
and Herbert Atienza

Loma Linda University Children's Hospital turned 20 on Sunday, November 10, 2013. Nearly 1,000 members of the community—both young and not so young—were on hand to celebrate.

"It was wonderful to see the community come together," says Ruthita Fike, MA, CEO of LLU Medical Center, "to help us celebrate this important milestone."

She continues, "The response we have received from our friends and supporters has been heartwarming and is a true testament

to the impact we have had in our region, as well as to the children and families that rely on Children's Hospital for hope and healing."

Medical miracles

A highlight of the festivities featured pediatric patients who had beaten incredible odds being reunited with their physicians and other caregivers.

In introductory remarks during a special press conference on November 7, Fike commented, "I wish I could highlight the story of every patient who has walked through our doors because every one is unique and inspiring."

An emotional and touching scene ensued as former patients greeted their doctors and nurses, recalling the circumstances that led to their treatment at LLU Children's Hospital.

Patients included sisters Crystal and Cristina Molina, now age 9, who were conjoined at the head at birth. Former cancer patient Andrea Gurrola, now 27, was treated for non-Hodgkin's lymphoma when she was just 14. She is now a nurse herself in the neonatal intensive care unit at Children's Hospital and credits the professionals at the hospital for helping inspire her to pursue a career in health care.

Milestones for Loma Linda University Children's Hospital

- October 26, 1984: Baby Fae receives heart of a baboon.
- November 20, 1985: Baby Moses receives new human heart—world's first successful infant heart transplant.
- June 3, 1992: Groundbreaking for Ronald McDonald House
- November 10, 1993: Children's Hospital grand opening
- May 30, 1996: Roderick conjoined twins separated.
- November 29, 1996: Baby Juan receives skin transplant, first at Children's Hospital.
- September 14, 1999: Big Hearts for Little Hearts Guild organized
- May 3, 2001: Medical Center and Children's Hospital surgeons implant world's smallest pacemaker into infant.
- July 10, 2002: Opening of pediatric emergency department
- June 26, 2011: *U.S. News & World Report* recognizes several Children's Hospital specialists among "Top Doctors."
- November 7-10, 2013: Children's Hospital celebrates 20 years of service to Southern California.



Hannah Grinnan, second from right, now 15 and a cheerleader at Redlands High School, received a new heart when she was just 11 days old (inset left). Pioneer heart transplant surgeon Leonard Bailey, MD, right, was reunited with her during an emotional press conference on Thursday, November 7. Looking on, from left to right, are Hannah's parents, Bill and Cathy Grinnan.



Crystal and Cristina Molina, former conjoined twins, hold a cast of their heads made before they were surgically separated at LLU Children's Hospital. The twins and their parents, from left to right, Blanca and Bernardo, and their baby sister, Mariela, met with the twins' former surgeons, Alexander Zouros, MD, second from right, and Andrea Ray, MD, right. In the inset, above right, the Molina twins are still conjoined.

Hannah Grinnan, 15, received a heart transplant at just 11 days old. She is now a cheerleader at Redlands High School.

Community celebration

As part of a giant birthday party bash, nearly 1,000 members of the community, including current and past patients and their families, filled the campus lawn north of the Medical Center and Children's Hospital on November 10. Partygoers were

treated to free entertainment for all ages.

Mercy Air landed its pediatric transport helicopter—which is solely dedicated to Children's Hospital—on the lawn.

The most popular attraction by far was the hot air balloon ride, where up to eight riders at a time were lifted 20 feet in the air. The line remained constant throughout the event.

Other activities included petting zoos of farm animals and reptiles, a game ac-

tivity center, jump houses, a family photo booth, and face painting. Food and drinks were available from local eateries.

Children's Hospital mascot Luke the Lion made an appearance. The evening ended with a screening on the lawn of the movie "Homeward Bound," which was released in 1993, the same year Children's Hospital first opened its doors. ✦

LLUMC CEO Ruthita Fike named one of '130 Women Hospital and Health System Leaders to Know'

By Larry Kidder and Herbert Atienza

A recent issue of a leading publication that highlights business, legal news, and analysis for the hospital industry recognized the top female leaders of hospitals and health systems across the country.

Among the "130 Women Hospital and Health System Leaders to Know" listed in *Becker's Hospital Review* was Ruthita Fike, MA, CEO of Loma Linda University Medical Center.

"The women featured in this list have demonstrated a proven ability to lead their respective organizations in the midst of health care's challenging environment," the publication states. "They have demonstrated considerable skill and promise despite times of uncertainty and unprecedented change in the industry. As a result, the *Becker's Hospital Review* editorial team finds these CEOs, CFOs, COOs, and other executives as women to watch now and in years to come."

Fike has served as CEO and administrator of Loma Linda University Medical

Center, and executive vice president for hospital affairs at Loma Linda University Health, since 2004.

She previously served as executive vice president of operations and support services for Centura Health, Colorado's largest health care system. She was named by the *Denver Business Journal* as the 2003 Outstanding Woman in Business, recognizing women's excellence in business and commerce in the category of health care in the Denver metro area. In 2012, she was listed by *Becker's Hospital Review* as one of "100 Non-profit Hospital, Health System CEOs to Know."

"Having the leader of LLUMC be recognized as one of the '130 Women Hospital and Health System Leaders to Know' is a point of pride for our institution," attests Richard Hart, MD, DrPH, president of Loma Linda University Health. "Ruthita truly exemplifies leadership, compassion, and professionalism in everything she does." He adds, "In these times of challenges and uncertainty in the health care environment, we are blessed to have



Ruthita Fike, MA

her lead the medical center to new heights."

Fike responds, "I am deeply honored by this recognition, because I believe this is a testament to the commitment and team work of everyone at LLU Medical Center to provide world-class care for our patients." ✦

LLUHC renews contract to care for U.S. veterans

Loma Linda University Health Care (LLUHC) and the U.S. Department of Veterans Affairs (VA) signed a contract effective September 30 to continue the long-standing relationship with the Jerry L. Pettis

Memorial Veterans Medical Center to provide primary care to more than 27,000 U.S. military veterans for another five years.

LLUHC provides care for the former members of the armed services at five com-

munity based outpatient clinics in Corona, Murrieta, Palm Desert, Rancho Cucamonga, and Victorville.

LLUHC first treated veterans at an outpatient clinic in Victorville in 1997 with one doctor and one nurse.

The current five clinics employ 24 physicians in the general internal medicine department of Loma Linda University Faculty Medical Group under the medical direction of Bevin Geslani, MD, and 95 nurses and support staff who provide primary care for the veterans.

The new contract involves a major change in the way care is delivered to former military personnel. A patient-aligned care team (PACT), consisting of a physician, registered nurse case manager, and licensed vocational nurse or medical assistant, will now focus on the whole care of each veteran. ✦



New position created to lead wellness initiative

By Larry Kidder

Joining the three major Loma Linda University Health organization-wide priorities of research, education, and clinical practice is a fourth that resonates with the very history of the organization.

Daniel Fontoura, MBA, former senior vice president of Loma Linda University Medical Center, has been asked to take on a new role as vice president for wellness/ chief wellness officer, leading the health and wellness initiative, which has become a strategic priority for LLUH.

“There is great legacy and widespread passion surrounding health and wellness on our campus,” says Fontoura. “My role will be to help develop strategic clarity around the unique and multi-dimensional wellness expertise across LLUH, facilitate packaging of the know-how, and making it accessible to a world desperately in need of whole-person health and wellness.”

To prepare for his new role, Fontoura is meeting with LLUH thought leaders in the health, wellness, and disease prevention domains. “I’m finding an incredible wealth of ideas, energy, and support for system-wide coordination of resources to expand the reach and impact of LLUH,” he says.

“I’ve found that many faculty and administrators chose to work at LLUH because of its distinctive emphasis on wholeness and wellness,” he notes. “In many cases that’s also what keeps them here,” he adds.

“From our beginnings as an institution, we’ve studied and promoted wellness and prevention,” Fontoura explains. “Today, with changes in health care reimbursement, health policy, and legislation—coupled with the increasing prevalence of obesity and chronic disease—there is a renewed focus on improving the health status of Americans.”

In the old paradigm, hospitals were considered centers for disease treatment. An evolving paradigm places them at the fore-



Daniel Fontoura, MBA, will be taking on a new role as the leader of a major wellness initiative on the combined Loma Linda University Health campuses.

front of promoting health, providing educational resources, and helping people manage personal health.

“When it comes to disease prevention, health research, and wellness programming,” he suggests, “we should be a meaningful resource for people around the world who want a more abundant life—whether in Tanzania or Tennessee, or living locally in Temecula or on Tippecanoe Avenue.” Fontoura continues, “When people around the world think about wellness, we should be at the top of their list.”

When first approached to lead in health and wellness, Fontoura was somewhat surprised. “Why aren’t they looking for expertise or training in public health?” he wondered.

“What we need now is someone to help create a business model, organizing the many unique and important dimensions of whole-person health,” Richard Hart, MD, DrPH, president and CEO of LLUH, told him.

The intent is to create a more focused, coordinated portfolio of health and wellness

products and services that can benefit so many who long for whole-person health—mind, body, and spirit. “My hope is to help LLUH unify and communicate our health message and improve access to LLUH resources for a variety of customers,” says Fontoura.

Danny—as he’s better known to many—also puts the principles of wellness to work in his personal and family life. He frequents Loma Linda University Drayson Center and enjoys running, basketball, and biking. He encourages his three kids to work off their energy—and stay fit—by finding physical activities that they enjoy, from soccer to swimming.

“We’ve got to get people eating better and moving more,” he insists. “But that goes for us too—doing a better job of putting our wellness message into practice. In a phrase—and to reference our new LLUH Live It campaign theme—there’s never been a better time for us to LIVE IT!” ✦

“There is great legacy and widespread passion surrounding health and wellness on our campus.”

Live It: the art of mentoring

By Larry Kidder

Mentoring has been a passion of Kent Denmark, MD, for many years. As director of the Loma Linda University Medical Simulation Center, Denmark has many opportunities to mentor scores of medical staff, residents, and students every day.

However, he finds the greatest satisfaction in mentoring one on one—whether in his office or over lunch.

“I mentored my first medical student while I was still a pediatric resident,” Denmark remembers.

Loma Linda University School of Medicine operates a formal mentorship program for medical students, headed by Henry

Lamberton, PhD, associate dean of the school. This program matches first-year medical students with faculty and resident physicians who can offer advice and assurances during the rigors of medical school.

Denmark has mentored a number of medical students. One in particular stands out in his memory. This student had come to Southern California from the East Coast, and felt lonely and isolated.

“He even began questioning his choice of a medical career,” Denmark recalls. “I worked with him to come out of his shell and communicate more. I also watched him reaffirm his commitment to ministry through medicine.”

Denmark was proud to watch this

student go on to graduate from medical school. “It was wonderful seeing him make it through school. I was able to attend his graduation and meet his family.”

Denmark became a mentor for Brandon Henry, MD, a current pediatric resident at LLU Children’s Hospital, as a result of a more informal process.

After working with Denmark in the pediatric emergency department, Henry asked him to become his mentor. “I’d really like to learn from you,” Henry told him.

Denmark had been impressed by Henry as well. “I see a lot of potential in you,” he responded. Denmark contacted the pediatric residency program director and asked if he could become Henry’s mentor.

“The funny thing is,” laughs Denmark, “that was two months ago. We haven’t had a chance to meet yet—both of us have been so busy we haven’t found a mutual time to sit down and talk.”

When they are finally able to determine a somewhat regular time to meet, Denmark will have much to offer professionally.

A pediatric resident at one time himself, Denmark went on to complete a fellowship in pediatric emergency medicine.

He believes, however, that mentoring is much more than teaching procedures and increasing medical knowledge.

“Mentoring is really about the rest of life,” he explains, “how to conduct oneself professionally and personally, how to interact with patients, families, and fellow staff, and how to lead when asked.”

Mentors, Denmark points out, must also be ready to share their own lives and experi-

Mentoring, according to Kent Denmark, MD, left, does include teaching procedures and increasing medical knowledge. Here Denmark and a current mentee, Brandon Henry, MD, a pediatric resident, practice the art of intubating a pediatric mannequin in the Loma Linda University Medical Simulation Center. However, says Denmark, much of mentoring is simply talking about life—job, family, personal time, relationships, spirituality—and how to keep everything going smoothly while remaining as balanced as possible.



ences with their mentees.

“A good mentor needs to be transparent,” he details. “I need to be ready to share what’s going on in my life.”

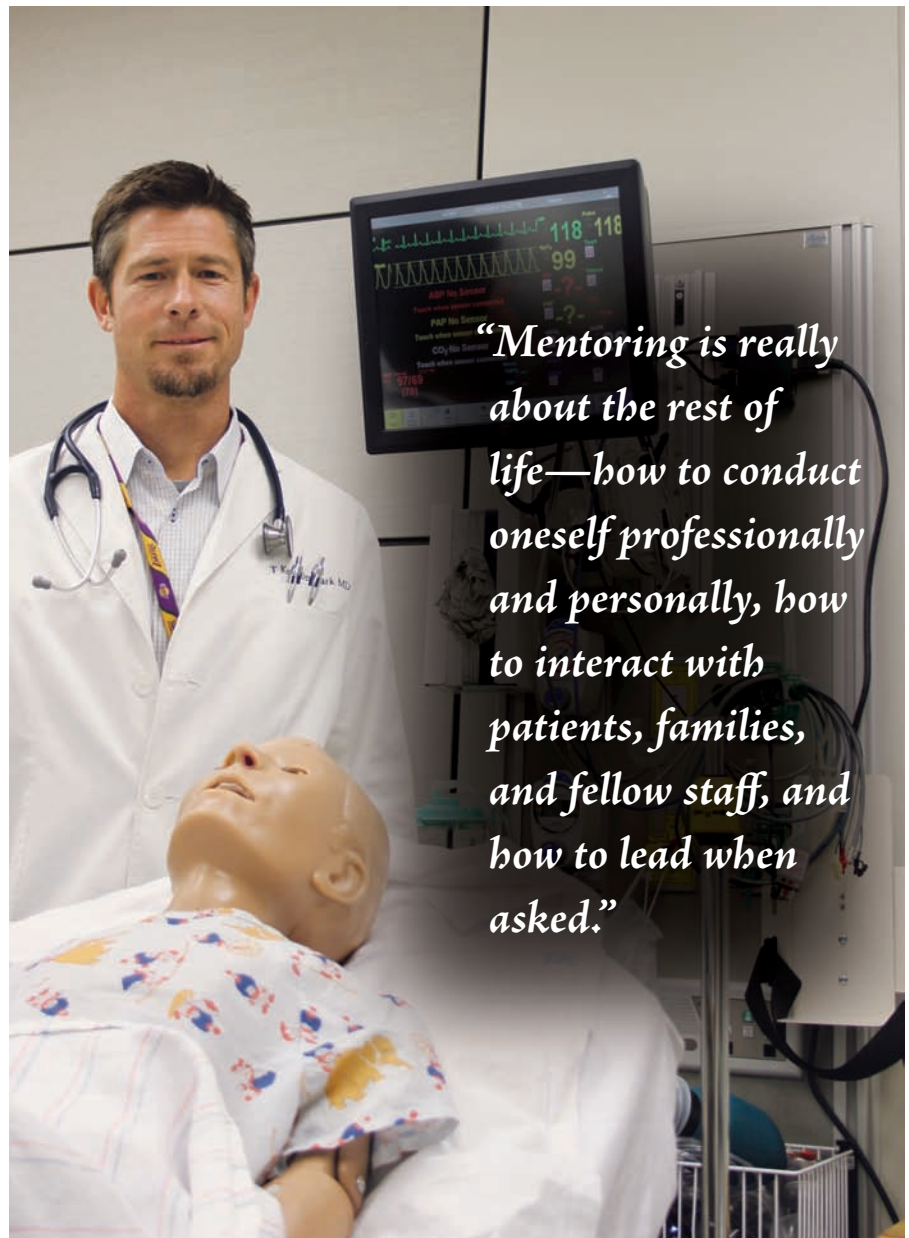
One thing he might share with a mentee would be his belief that spirituality is the first and foremost foundation for everything.

“I enjoy spending time in the Bible and in prayer,” he submits, “as well as in spiritual settings with my co-workers.” He goes on, “The people I work with, regardless of their titles, are phenomenal. This means everyone. We are all passionate, including our students.”

Denmark also treasures his family life. He has been married to his wife, Laura, for 21 years. They have four children—three daughters and a son. Jordan is 19; Kaleb, 17; Kyra, 13; and Alexia, 10. The favorite family sport is volleyball.

Mentoring is also about modeling a balanced life. Denmark lives it through regular exercise five to seven days a week. While running, he enjoys listening to sermons or praise music. He and his family are careful about their nutrition. He involves himself in church activities, such as leading a small Bible study and men’s prayer group.

Above all, Denmark seeks to treat everyone he meets with dignity. “It doesn’t matter what their beliefs, background, or social status,” he insists, “everyone is important.” He adds, “And I’m always happy to pray with them if they would like me to.” ☩



“Mentoring is really about the rest of life—how to conduct oneself professionally and personally, how to interact with patients, families, and fellow staff, and how to lead when asked.”



NIH grant of \$6.08 million establishes NIH Center for Brain Hemorrhage Research at LLUH

By James Ponder

John Zhang, MD, PhD, professor of neurosurgery and physiology at Loma Linda University School of Medicine, recently received a \$6.08 million program project grant (PPG) from the National Institutes of Health (NIH). The original application requested \$7.7 million, but the amount was trimmed as a consequence of the reduced NIH budget under the congressional sequester.

“This is only the second PPG in the history of Loma Linda University,” Zhang says. The first was awarded 19 years ago to Lawrence D. Longo, MD, professor of physiology at the LLU School of Medicine, to start the Center for Perinatal Biology.

“A PPG is a major grant to support a group of scientists at one university studying a singular theme,” he observes. “They are normally awarded to establish an NIH Center at a respected research institute. We are starting the Center for Brain Hemorrhage Research at LLU.”

The center is good news for millions of people suffering from hemorrhagic stroke

and traumatic brain injury worldwide. Zhang hopes researchers at the center will discover new lifesaving treatments and prevention strategies.

“There are only 10 or 15 NIH PPG centers on stroke,” he says. “We are the first and only one in the United States to study brain hemorrhage.”

Zhang says PPGs are difficult to obtain. To qualify, an organization needs a nationally or internationally recognized principal investigator (PI) and three projects led by other investigators with a history of federal funding. Zhang is internationally known for brain hemorrhage research. The three individual projects will study subarachnoid hemorrhage, intracerebral hemorrhage, and traumatic brain injury.

The first project is similar to a \$1.9 million NIH grant Zhang received in 2013 to investigate a potential treatment for subarachnoid hemorrhage. He will serve as PI for the subarachnoid project of this new grant as well.

Jiping Tang, MD, professor of basic sciences in the LLU School of Medicine, is the PI for the second project. Jerome Badaut,



John Zhang, MD, PhD

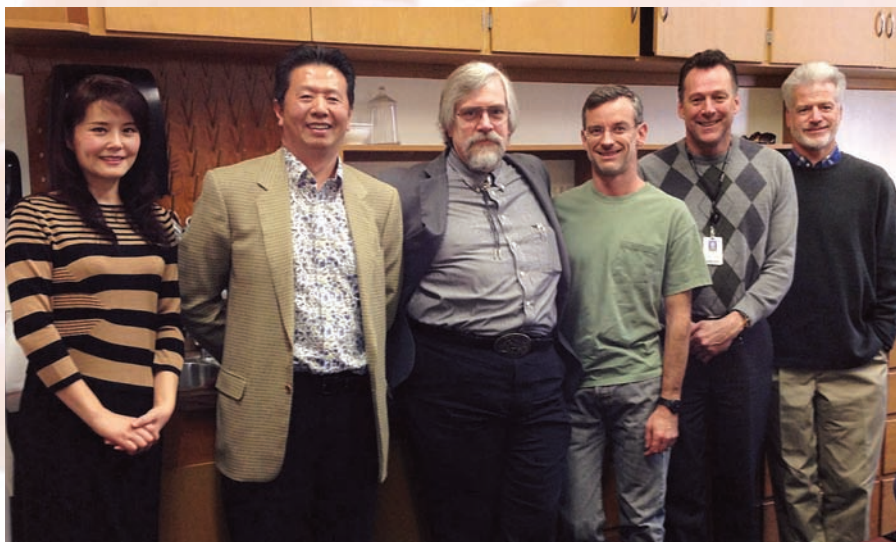
PhD, assistant professor of pediatrics, and Andre Obenaus, PhD, associate professor of biochemistry and pediatrics, are co-PIs for the third.

“These brain hemorrhagic injuries, which result either from strokes or traumatic brain damage, have a common feature of cerebral blood vessel rupture and release of blood into the surrounding brain tissue,” Zhang explains. The initial mechanical attack and subsequent blood chemistry reactions cause a cascade of changes that injure other parts of the brain.

The two types of hemorrhage studied under the grant—subarachnoid and intracerebral—form a small but deadly minority of all stroke events.

“Although they only represent between 15 and 20 percent of total strokes in the United States, they are responsible for more than 30 percent of stroke deaths,” he says. “Approximately 50 percent of patients who have one of these two forms of hemorrhage events die within a month.

“One goal of this study,” he concludes, “is to look for common features of these hemorrhagic brain injuries in hopes of discovering potential common therapies targeting on these shared features.” ❖



John Zhang, MD, PhD, second from left, will lead the development of the new Loma Linda University Center for Brain Hemorrhage Research, which will be funded through a new \$6.08 million grant from the National Institutes of Health. Also in the picture are his collaborators in the Loma Linda University translational neuroscience group, from left to right: Drs. Jiping Tang, Bill Pearce, Richard Hartman, John Buchholz, and Andre Obenaus.

Vegetarians have the advantage on slimness

By James Ponder and Herbert Atienza

New Loma Linda University Health findings add further weight to a practice the organization has long advocated—being vegetarian.

The findings come from the long-running Adventist Health Studies. After evaluating data collected from more than 70,000 Seventh-day Adventists in the United States and Canada, researchers announced that vegetarians are slimmer, on average, than meat eaters.

The study found that, despite similar caloric intake, vegetarians enjoy a lower body mass index (BMI) than meat eaters, while vegans—people who eat no animal products—are slenderest of all. The study

compared five groups: non-vegetarians (meat eaters); semi-vegetarians (occasional meat eaters); pesco-vegetarians (people who eat fish but not meat); lacto-ovo vegetarians (people who consume dairy products and eggs); and vegans (strict vegetarians).

Results reveal that the average BMI was highest among non-vegetarians and lowest among strict vegetarians. Obesity rates were also highest among meat eaters, with 33.3 percent of non-vegetarians classified as obese. Rates of obesity were significantly lower for semi-vegetarians (24.2 percent), pesco-vegetarians (17.9 percent), lacto-ovo vegetarians (16.7 percent), and strict vegetarians (9.4 percent). The findings were published in the December 2013 edition of the *Journal*

of the *Academy of Nutrition and Dietetics*.

“There was a clear association between higher proportions of obesity, higher BMI averages, and dietary patterns characterized by progressively higher intakes of meat and dairy products,” notes Nico Rizzo, PhD, first author of the study and assistant professor at LLU School of Public Health.

The findings also showed that nutrient intakes varied significantly between dietary patterns. Non-vegetarians have the lowest intake of plant proteins, fiber, beta carotene, and magnesium—compared with those following vegetarian dietary patterns—and the highest intakes of fatty acids associated with coronary heart disease.

In strict vegetarians, low dietary intakes of vitamin B-12 and D, calcium, and n-3 fatty acids, in addition to iron and zinc, have often been of concern. However, in the present study, mean intakes of these nutrients were above minimum requirements in strict vegetarians. ✦



Nico Rizzo, PhD

Promising news for sufferers of chronic pain associated with spinal cord injury

By James Ponder

As reported in the December 26, 2013, edition of *Neuroscience*, a team of researchers from the Center for Health Disparities and Molecular Medicine at Loma Linda University School of Medicine recently found that a diet high in omega-3 polyunsaturated fatty acids accelerates recovery and improves a patient’s ability to walk following traumatic spinal cord injury.

“One of the main complaints of patients after a spinal cord injury is pain,” observes Johnny D. Figueroa, PhD, postdoctoral research specialist at the center and first author of the NIH-funded study. “We are looking at strategies to reduce the pain and finding that diet can play an important role in pain

management. Because our bodies can’t produce the omega-3 fatty acid DHA, it must be acquired through the diet.”

Marino De Leon, PhD, director of the center and senior author and principal investigator of the study, concurs. “A key finding of this research is the identification of new promising targets for the development of new therapies,” De Leon says. “A balanced diet, rich in omega-3 fatty acids, can be part of a comprehensive approach to enhance the prospect of recovery following damage to the nervous system. What you eat can be part of the solution.”

The study recommends integrating flaxseed oil and walnuts into the diet or, for non-vegetarians, eating two servings per week of cold-water fatty fish or taking fish oil supplements, in order to acquire omega-3 fatty acids.

“Even minor impacts to the

brain and spinal cord can be disabling as they can accumulate over time,” De Leon informs. “Unfortunately, trauma to those areas is common in contact sports, car accidents, and during military conflict.”

After noting that “chronic neuropathic pain is a serious condition affecting millions of people with type 2 diabetes and spinal cord injury,” Figueroa points out that the study found that rats with spinal cord injury experienced a higher pain threshold when fed omega-3 fatty acids.

The story has attracted considerable attention thanks to coverage by more than 140 media outlets around the world. In addition to appearing inside *Neuroscience*, the study received further exposure from an art illustration summarizing its findings, published on the cover of the same issue. ✦



Alumna makes life better for patients in rural Honduran community

By Heather Reifsnnyder

Sheree Lynch, MD, became involved in medical missions a full seven years before she graduated from LLU School of Medicine in 2000. With Honduras on her heart, she visited Clinica El Buen Pastor (Good Shepherd Clinic) in the country's southeast every summer to volunteer.

She started by helping with patient registration. As her medical education progressed, she began shadowing physicians, sorting triage, and finally seeing patients. Graduating in 2000, the California native then completed a three-year residency in family medicine and officially moved to Honduras in 2003 to begin her medical missionary career at the rural clinic, which serves patients from a wide area who travel as long as two days to get there.

But before she could officially work there, Lynch completed the country's required two years of social service at a government medical facility, while volunteering at the clinic part time. In 2005, she was able to devote her full attention to Clinica El Buen Pastor.

She saw some heartbreaking cases—literally. Lynch found herself amazed at the number of children with undetected heart murmurs. But the only place for those needing an echocardiogram was four hours distant. So she sought additional training to learn echocardiogram and treadmill testing.

Unfortunately, the clinic still couldn't meet all heart-related needs—indeed, neither can the country. So Lynch coordinates a cardiac program for the area with the help of nonprofit organizations. Sometimes this



Sheree Lynch, MD, has a very willing patient in this little girl, Maria, who had multiple surgeries in the U.S. to repair a congenital problem with her colon. Here, she recovers from a colonoscopy.

means bringing in doctors from bigger Honduran cities. Sometimes it means flying international doctors into the country. And in some cases, Honduran children are flown to surgeons in other countries such as the U.S.

Lynch also upgraded her training to include upper endoscopy, colonoscopy, and colposcopy to help more patients at Clinica El Buen Pastor and led a continuing education program for physicians in the area.

Lynch met her husband of four years in Honduras, an anesthesiologist named Juan Carlos Romero Palma. He practices in the nearby town of Catacamas. Their daughter, Abigail Elizabeth Romero, was born in August 2011. Their son, Tom, was born in December 2013.

In 2012, Lynch moved her practice to the same clinic where her husband works,

Centro Medico Samaritana. She continues to coordinate the life-saving pediatric heart program for the area.

The Lynch-Romero family plans to remain in rural Honduras long term to serve the area's people. Their mission is to achieve more than just physical healing.

"We desire to be ambassadors of Christ first and foremost," Lynch says.

The story on the next page, in Lynch's own words, describes the impact of the pediatric heart program. ✦

Lynch performs an upper endoscopy. Through this procedure over the years, she has detected alarmingly frequent cases of esophageal and gastric cancer. ➔

Scenes from Honduras ◀



Hearts healed in more ways than one

On any given day I have some 30 children on a list. They are on this list waiting and hoping to find lifesaving help not available here in Honduras. All of these children have one thing in common—they were born with a congenital heart defect.

Many cases come to us too late, and there is nothing more to do but support the patients and their family. But, for many we are able to share in the joy of seeing the Lord bring physical healing to their hearts—as well healing for their spiritual hearts. We have seen so many lives changed through the generosity of hospitals and surgeons in the U.S. as well as teams giving their time to come to Honduras.

A rare blessing came to us last year, when we were actually able to join in the joy of seeing our patients receive this help. Usually, my job is to diagnose, keep them stable, find an accepting hospital and surgeon, arrange for travel, and then pray. But in one special case, my husband and I were invited to travel to a city some nine hours west of us where Friends of Barnabas Foundation works each year, accepting and treating ten or more of our patients.

When we arrived we were immediately impressed with the servant's attitude of the entire team that came. We were especially impressed by the cardiothoracic surgeons as they asked the entire operating room staff to bow their heads and pray for the child prior to beginning surgery.

That year we had two children for open heart surgery and six others receiving treatment by cardiac catheterization. As amazed as I was by the cardiothoracic team, I was more humbled by what I saw as I walked out of the operating room. I was reminded that though my goal as a physician is to heal physical ailments, my greater goal as an ambassador of Christ is to share His Love.

I stepped out of the OR to find Raul's mom and assure her that his surgery had gone well and that he was in recovery. She and I had prayed for many years for Raul's surgery, even during a scare of possible leukemia that had postponed his surgery another year. And now I was finally giving her the good news—he was healed.

Instead of finding her anxiously waiting, I found her on her knees beside Daniel's mom, the child scheduled for open-heart surgery after Raul. She was on her knees praying with her for peace and for healing for Daniel. I was humbled and blessed to see how the Lord had worked in her heart over the years, not only granting her the desire of her heart in healing her son, but also in causing the seed of faith to grow and be spread.

Our list of children in need continues to grow and at times I am overwhelmed by the need. But, then I remember Raul's mother, on her knees, not yet knowing her son was OK, but sharing her faith and love with another in need. It makes every day worth it!



Gerald Miller's love for medical missions honored through legacy gift to empower future missionaries

By James Ponder

The family of Gerald Wayne Miller, MD, a 1957 graduate of the Loma Linda University School of Medicine, recently donated property in Dana Point, California, to the school's deferred mission appointee program to honor his legacy of serving others.

Born June 24, 1926, in Nebraska, young Jerry moved to Colorado before settling in Hastings, Nebraska. At 16, he met Betty Betts, the love of his life, and learned to fly. In 1953, two years after graduating with a bachelor's degree in biology from Union College, he proposed to Betty. They married on August 20 of that year and moved to California.

While Jerry studied, Betty brought their four children into the world. In 1957, Miller graduated from the College of Medical Evangelists, as Loma Linda University was then known. In 1958, he formed a professional partnership and personal friendship with fellow alumnus James Jetton, MD. As their practice boomed, Miller increasingly turned his attention to mission work.

Daughter Cynthia Miller-Dobalian, MD, says her father's Loma Linda Univer-

sity education inspired his altruism.

"He was a medical director at Red Cross for many years," she recalls. "He flew into Mexico for 20 years to do charitable work with Liga International and as head of World Health Volunteers. One of his big mission trips was to aid victims of the 1976 Guatemala earthquake."

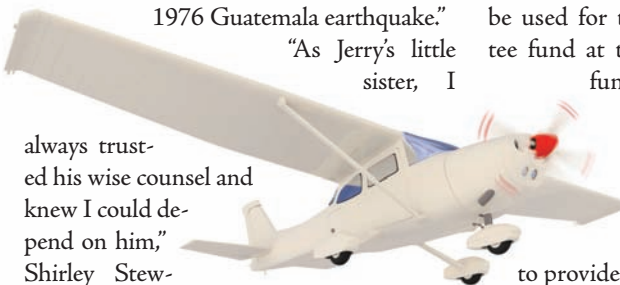
"As Jerry's little sister, I

always trusted his wise counsel and knew I could depend on him," Shirley Stewart remembers. "From a young age, he was the one family members went to for advice, support, and encouragement. He was the epitome of the 'go to' guy—a caring, effective mentor, a real patriarch."

Todd Mekelburg, director of planned giving at Loma Linda University Health, says the gift of real estate will help young people of limited means obtain a quality education.

"Because of Dr. Miller's strong belief in medical missionary work," Mekelburg observes, "the family requested the proceeds be used for the deferred mission appointee fund at the School of Medicine. The fund continues to grow because of gifts like these. Loma Linda University Health is equipped to receive gifts of real estate, and we're thankful the Miller family chose to provide so generously."

Readers interested in learning how gifts of real property benefit Loma Linda University Health are invited to contact Todd Mekelburg in the office of planned giving by phone at (909) 558-4553 or online at www.llulegacy.org.



Clockwise, from top left photo:

Gerald Wayne Miller, MD, at the time of his graduation from Loma Linda University School of Medicine in 1957

Although the colors have faded, this image of Jerry and Betty Miller with their four children reveals the warmth and affection the family has enjoyed since the 1960s, when it was taken. The children are, from left to right, Cathy, Curt, Patty, and Cynthia.

Gerald Wayne Miller, MD, in 1986

With a grin appropriate to the occasion, Gerald Wayne Miller, MD, celebrates his good fortune in grabbing a garter thrown at the wedding of grandson Ryan McLennan, MD, in 2012. He was 86 years old at the time. This is his last known photograph.



Proton patient Ken Coley includes Loma Linda University Medical Center in his estate plans

By James Ponder

When Ken Coley learned he had prostate cancer in October 2011, he invited his pal Rudy Yost, a 16-year survivor of the disease, to breakfast.

Yost referred Coley to the James M. Slater, MD, Proton Treatment and Research Center at Loma Linda University Medical Center, but Coley wondered if he could afford treatment and still leave a comfortable nest egg for Penny, his wife. He also questioned if he was medically qualified.

After learning his insurance would cover most of the expenses and that he was an excellent candidate for treatment, Coley committed to the idea and set a date.

"I've always had a low humiliation threshold," he shares. "If there was a fear, it was how I was going to be treated. Would I be treated with dignity?"

His worries evaporated once he was at Loma Linda. "I was treated with the utmost dignity, respect, and consideration at all times," he reports.

Coley was delighted when the 45-minute daily procedures turned out to be free of pain and discomfort. That left plenty of time for recreation and socializing.

"The activities for patients and their loved ones give you something to look forward to," he says. "You really enjoy seeing the friends you make at the men's group, the Wednesday evening support group, and the lunches. Rudy told me, 'You're gonna enjoy



Ken Coley, a retired bridge construction superintendent from Palo Cedro, California, enjoys the brisk air of the fjords during a celebratory Alaskan cruise to commemorate his successful treatment for prostate cancer at the James M. Slater, MD, Proton Treatment and Research Center at Loma Linda University Medical Center.

it down there; it's gonna be like a vacation for you.' He was right! It was very enjoyable for Penny and me."

On a tour of the Centennial Complex, Coley spotted a wall displaying the names of donors whose generosity helps

educate tomorrow's health professionals.

"Seeing that motivated me," he recalls. "I am a person of limited means, but I wanted to do this. So we went ahead and included Loma Linda in our estate planning."

Coley commends planned giving officer Rich Bennett.

"Some people are always wanting more from you," he notes, "but I didn't get any sense of that from Rich. My gift, a bequest in my will, isn't that large, but Rich said, 'It takes many bricks to build a wall. Just like everyone else at Loma Linda, he consistently treated me with courtesy and respect.'"

A year after Coley's treatment ended, Ari Katerelos, MD, a radiation oncologist, said his condition was in the safety zone.

Coley says coming to Loma Linda was the right thing to do. He proffers a tip for folks who wonder if their gift, large or small, will make a difference.

"Loma Linda is a worthwhile place to put your money to benefit mankind," he concludes. "Anyone—especially those who have benefited from the graceful way they were treated—should consider Loma Linda in their charitable gifts, whether now or later. Even if we're strapped now, we all have something we can ultimately contribute to help perpetuate the university's work."

For information on charitable gifts to any of the entities of Loma Linda University Health, please contact the office of planned giving at (909) 558-4553 or go online at www.llulegacy.org.

LLUH advancement is now online ...

The office of advancement recently launched a new website that details the history of Loma Linda University Health (LLUH) and vision for the future * Highlights include links to Emmy-award-winning films by the advancement films team and inspiring stories of students, patients, and employees * Friends of LLUH will also find opportunities to connect their passions with ways to give back * In 2014, the most exciting feature for LLU alumni will be the ability to search the secure online alumni directory for classmates. * Please visit www.lluhealth.org/giving to connect with LLUH advancement online.

www.lluhealth.org/giving



LLUH welcomes new administrators

Four individuals have been named to new or existing leadership posts at Loma Linda University Health (LLUH).

Peter Baker, JD, MBA, began his service to Loma Linda University Health System as vice president for business development in December 2013. Carolyn Hamilton, CFRE, was named vice president for philanthropy at LLUH and began her new role on January 1, 2014.

Ravi Mandapati, MD, took on a new role as director of the Loma Linda University International Heart Institute, also on January 1. Richard Rajaratnam, MD, began his duties in December, heading the LLUH office of clinical transformation.

As new vice president for business development for Loma Linda University Health System, Baker is working to create a health care network of physicians and hospitals in Riverside and San Bernardino to assist LLUH in implementing population health management. He previously served in the same capacity for Glendale Adventist Medical Center and worked with a team that helped launch Loma Linda University Medical Center—Murrieta.

Hamilton recently joined the LLUH



Peter Baker



Carolyn Hamilton



Ravi Mandapati



Richard Rajaratnam

department of advancement as vice president for philanthropy. In this new role, she will be responsible for providing leadership to the capital campaign team and managing principal gift relationships. She is founding partner of The Hamilton Company, a consulting firm that, for the past 25 years, has served a variety of non-profit organizations.

For more than a decade, Mandapati served as director of pediatric cardiac electrophysiology at Loma Linda University Medical Center. He is professor of pediatrics (cardiology) for LLU School of Medicine.

Mandapati is a fellow of the Heart Rhythm Society, as well as a professor of

medicine and co-director of the University of California, Los Angeles Cardiac Arrhythmia Center.

Rajaratnam now leads the clinical transformation efforts for LLUH, where he will help to integrate health care delivery across all LLUH entities in terms of quality, service, access, and affordability.

He was most recently medical director of Kaiser Permanente, Riverside, as well as the Southern California Permanente Medical Group (SCPMG), where he managed the entire service area of Riverside County. Prior to that, he chaired the departments of otolaryngology and head and neck surgery for Kaiser Permanente, Riverside, and SCPMG. ✦

Upcoming events at LLUH

March 3–5

Healthy People in Healthy Communities Annual Conference
Focus: *Healthy Kids*
www.healthypeopleconference.org

March 5

Adult Cardiology Symposium
Focus: *“The Impact of Technology”*
For more information: (909) 558-4963 or 558-3500

March 7–10

School of Medicine Annual Postgraduate Convention
www.llusmaa.org

March 13

LLU Children’s Hospital Foundation Gala
Featuring singing sensation Jackie Evancho and the San Bernardino Symphony and Orchestra
www.lomalindagala.org

March 16, 19–20

Power of Inclusion Conference
March 16: 5K with PossAbilities
March 19–20: Main conference
Focus: *“Talent Has No Boundaries”*
www.powerofinclusion.org

April 11–12

School of Nursing Alumni Weekend
For more information:
sballinger@llu.edu

May 1–4

School of Allied Health Professions Homecoming and CE Convention
For more information:
AHalumni@llu.edu

What's Your Plan?



MANY STRENGTHS.
ONE MISSION.

The Heritage Society honors those who have provided for the work of Loma Linda University, Medical Center and/or Children's Hospital through a planned gift such as a will, trust, gift annuity, charitable remainder trust, life insurance policy or retirement plan.

To join, visit hs.llulegacy.org or call the Office of Planned Giving to request a membership form.

For further information, please contact the
Office of Planned Giving:
Call 909-558-4553
Visit llulegacy.org
Email legacy@llu.edu

"Our unitrust will provide income in our retirement years and eventually benefit Loma Linda University Health."

— Dr. Lyn Behrens Basaraba and Mr. Dave Basaraba,
Heritage Society members



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