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Behavioral Medicine Center celebrates 25 years

By Susan Onuma

On Wednesday, August 31, the Loma Linda University Behavioral Medicine Center (BMC) celebrated 25 years of serving the community's mental health needs.

The celebration included speakers, a memory wall, refreshments, and a photo booth packed with fun, and took place in the gymnasium of the facility on Barton Road.

An entire wall of the gymnasium was set aside for a display of a timeline that depicted the history and evolution of the BMC, which started out in 1989 when David Hinshaw, MD, and Richard Griffen supported the purchase of Charter Hospital, an 89-bed psychiatric hospital that was for sale at the time.

One year later, as the timeline attested, B. Lyn Behrens, MBBS, called a group together to create a mental health council. Then, in 1991, the Loma



B. Lyn Behrens (at podium) shares some thoughts on the beginnings of LLU Behavioral Medicine Center. As president of Loma Linda University Adventist Health Sciences Center—predecessor to Loma Linda University Health—she played a pivotal role in helping to make the facility a reality. Her successor, Richard Hart (to her left), listens.

Loma Linda University Behavioral Medicine Center opened its doors.

Groundbreaking for the Behavioral Health Institute was a highlight during 2008, and more than \$600,000 in grants from the Riverside Community Health Foundation and Unihealth were received for the Shield Program for Adolescent Self-Injury at the BMC.

When the LLU Behavioral Health Institute opened in 2010, youth beds expanded to 41, and several programs began, including the MEND program (Mastering Each New Direction for medically complex youth), a multidisciplinary treatment approach for children suffering from significant medical illnesses. The adolescent program was so successful that, in 2014, an adult partial MEND track was started.

In 2012, the entire program expanded to Murrieta. The Murrieta BMC Partial

Hospitalization Program/Intensive Outpatient Program opened its doors in 2012, beginning only with its Insight track. It later expanded to include serenity, focus, and discovery tracks.

In 2015, BMC completed 4,628 inpatient discharges and 37,473 outpatient visits. More than 700 patients are being treated each year for chronic pain and medication dependency. BMC is one of only five facilities in the United States to offer chronic pain treatment.

Speakers at the event reflected on the history of Loma Linda University Behavioral Medicine Center and the importance of addressing behavioral health as part of Loma Linda University Health's goal to continue Christ's teaching and healing ministry to the whole person. They included Edward Field, MBA, vice president and administrator, BMC; Richard Hart, MD, DrPH, president and CEO of Loma Linda University Health; Lyndon Edwards, MBA MHS, senior vice president for adult hospital services; Roger Hadley, MD, executive vice president for medical affairs, Loma Linda University Health; Kerry Heinrich, JD, chief executive officer for Loma Linda University Medical Center; and William Murdoch, MD, medical director for Loma Linda University Behavioral Medicine Center and chair of the department of psychiatry.

Behrens was the event's surprise visitor and speaker. She was invited to reflect on her many years of dedicated support and leadership. Behrens served as president of the system from 1999 to 2008. She is most credited with the success of the Loma Linda University Behavioral Medicine Center.



Loma Linda University Medical Center—Murrieta celebrates five years of service

By Susan Onuma

It was a day commemorated with prayers of gratitude, proclamations, celebrations, and special visitors.

Loma Linda University Medical Center—Murrieta (LLUMC—Murrieta) celebrated a very special milestone in the history of the Southwest Riverside County institution, as the hospital marked its five-year anniversary.

The September 25, 2016, celebration included an open house, organized in partnership with Big Hearts For Little Hearts—Temecula Valley guild.

The celebration also included a 5th birthday bash for the first babies born on the day the hospital opened its doors, Roxy and Bentley.

Members of the Murrieta community attended the festivities, which included multi-colored cupcakes, white chocolate strawberries, and fresh fruit spears.

The children who attended received a fairy tale visit from an Ice Princess and a Snow Queen, who sang songs and read stories with them.

Randon Lane, city of Murrieta mayor; Chuck Washington, supervisor, Third District, Riverside County Board of Supervisors; and Maryanne Edwards, assistant to Senator Jeff Stone and Mayor Pro Tem from the city of Temecula, were all on hand to present Trevor Wright, chief operating officer and administrator of Loma Linda University Medical Center—Murrieta, with proclamations and certificates of appreciation for the hospital's service to the community.

Opened in 2011, the 256,000-square-foot, 106-bed, state-of-the-art acute care facility delivers advanced care to residents in Southwest Riverside County.

The facility owes its origins to the vision and dedication of a group of community physicians and investors who

formed Physicians Hospital of Murrieta (PHM). Together the group purchased the land, hired an architect, and obtained regulatory approvals to build



Roxy (front left) and Bentley (front right) were the first two babies born at LLUMC—Murrieta. With them are (back, from left) Lyndon Edwards, Trevor Wright, and Peter Baker.

the hospital. Later, the project became a joint venture between PHM and Loma Linda University Medical Center.

Bridget Brown, junior guild member, from the Big Hearts for Little Hearts Temecula Valley junior guild, presented a check for \$3,000 that she raised to purchase a Bili blanket for the hospital.

Many Strengths. One Mission.

LOMA LINDA UNIVERSITY HEALTH : LOMA LINDA UNIVERSITY | SCHOOL OF ALLIED HEALTH PROFESSIONS | SCHOOL OF BEHAVIORAL HEALTH | SCHOOL OF DENTISTRY | SCHOOL OF MEDICINE | SCHOOL OF NURSING | SCHOOL OF PHARMACY | SCHOOL OF PUBLIC HEALTH | SCHOOL OF RELIGION | LOMA LINDA UNIVERSITY MEDICAL CENTER | UNIVERSITY HOSPITAL/ADULT SERVICES | LOMA LINDA UNIVERSITY CHILDREN'S HOSPITAL | LOMA LINDA UNIVERSITY MEDICAL CENTER EAST CAMPUS | LOMA LINDA UNIVERSITY BEHAVIORAL MEDICINE CENTER | LOMA LINDA UNIVERSITY SURGICAL HOSPITAL | LOMA LINDA UNIVERSITY MEDICAL CENTER MURRIETA | HIGHLAND SPRINGS MEDICAL PLAZA

Navigating Nichol Hall's labyrinth: there's an app for that

By Nancy Yuen

For decades, students, faculty and guests have found it challenging to navigate one of Loma Linda University Health's most intriguing buildings—Nichol Hall.

"When I was a student," says a recent School of Public Health graduate, "some of my classes were at night. In Nichol Hall it wasn't easy finding the way to class for those who weren't very familiar with the building."

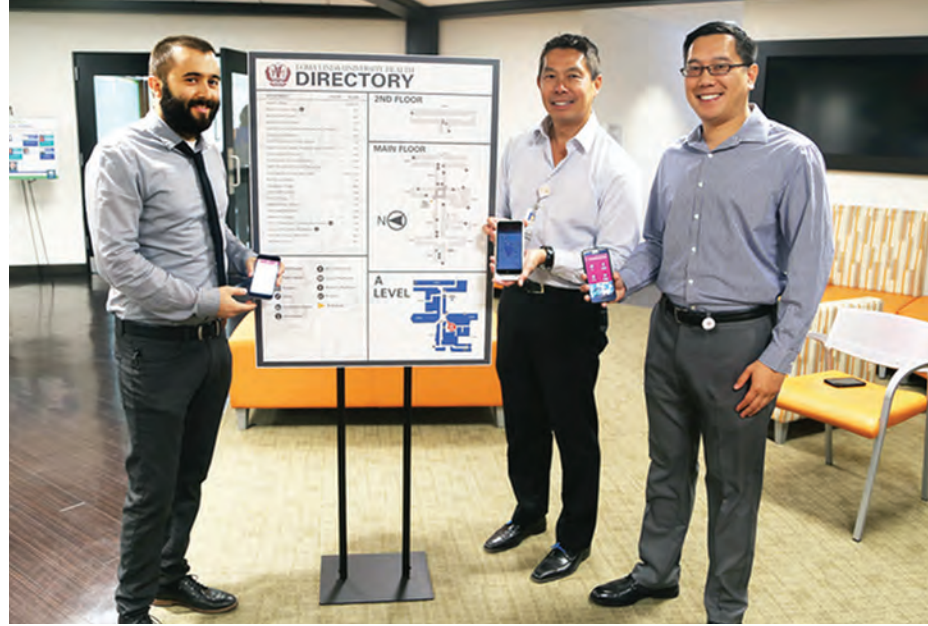
The maze of hallways and peculiarities that make up the historic building are a result of two additions to the original structure that once housed the first Loma Linda University hospital according to historian Richard Schaefer, who has studied the origins of many of the buildings on campus.

In fact, locating a classroom in the 1953 section requires going through a room built in 1924. And that's after entering Nichol Hall, going down a floor and attempting to follow room numbers that rise before suddenly, without explanation, going the opposite direction.

The history is fascinating—Loma Linda University Health was just a teen in 1920. That year the 19th amendment, providing for women's suffrage, was adopted into the U.S. Constitution, and in November, mass media was born when the first commercially licensed radio station began broadcasting live results of the presidential election.

The same year, medical students at Loma Linda University, determined to escape the unrelenting summer heat, were given permission to build a swimming pool on the hill that is the highest point on campus. The hill is now home to Nichol Hall.

According to Schaefer, they both funded and built Loma Linda University Health's first swimming pool, on the south side of the building that is now Nichol Hall. The pool was an upgrade



Standing by a traditional directory and map of Nichol Hall from left to right, Marcus Chapman, Kent Chow and Nicholas Yu display the new mobile wayfinding app that is now being used by faculty, students and staff to help navigate the historic building.

from a local irrigation reservoir that had served as the students' previous swimming place.

Helping to complicate today's arrangement of classrooms and labs that students in the Schools of Public Health and Allied Health Professions now use was the construction in 1953 of a clinical lab building where the swimming pool had been. Separate from Nichol Hall, the old lab building now houses the School of Allied Health Professions' department of nutrition and dietetics and the Center for Leadership in Health Systems for the School of Public Health.

Then, in 1928, construction began on the 200-foot-tall middle section of the building. It was completed in 1929 and when it opened, the building was renamed Loma Linda Sanitarium and Hospital.

In 1948, construction on the east wing of Loma Linda Sanitarium and Hospital was completed. In 1949, patient care in the facility began. That same year the

antibiotics oxytetracycline and neomycin were developed and the first Emmy Awards were handed out.

"According to Loma Linda University board minutes of Nov. 7, 1968," says Schaefer, "the old Loma Linda Sanitarium and Hospital was renamed the Francis D. Nichol Building—present day Nichol Hall."

An era ended in 1970 when patients were moved out of Nichol Hall (some in moving trucks), into the new facility which was then named Loma Linda University Hospital. Groundbreaking for the familiar cloverleaf building where Loma Linda University Children's Hospital and University Hospital/Adult Services are now located had taken place in 1964 with grand opening tours held during commencement weekend, 1967.

According to Nicholas Yu, mobile wayfinding pilot project manager, Loma Linda University Health, new technology, with the increasing use of smart

phones is making it possible to provide a new way to help visitors navigate the building. The process has been overseen by a wayfinding task force.

"Nichol Hall," says Yu, "was selected for its size, dense population of students and faculty, and complexity to navigate."

After reviewing the top providers, Phunware, who provides services to health care, retail and sports and entertainment companies, was chosen. After a process that included collecting information about Nichol Hall including photos and installing a series of Bluetooth low energy (BLE) beacons placed in the hallways of Nichol Hall to triangulate users' indoor location, the app was ready for its debut on the first day of class for the Schools of Allied Health Professions and Public Health.

Marcus Chapman, director of communications, School of Public Health, assisted with the project and took dozens of photos that are now being used to help users find the classroom, lab or office they are looking for.

According to Yu, the app is being tested through Nov. 17. If it is successful, it may be implemented in additional areas on campus, including Loma Linda University Medical Center.

Helen Hopp Marshak, PhD, dean, School of Public Health, is pleased. "We are excited to have this wayfinding technology in Nichol Hall for our students, faculty, staff and visitors," she says. "Our building houses two schools at the University and has gone through many changes over the years, making it challenging to figure out where to go, even for longtime employees. This mobile app was ready to use this fall term with our incoming students, helping them to more easily find their classes, service and instructor offices during their first week of school. We were glad to be part of a pilot site for this project, and look forward to seeing this technology expanded for the entire campus."

Kent Chow, Marcus Chapman and Nicholas Yu are excited about the possibilities made possible by the new technology. "Wayfinding is the art of orienting and directing people to where they need to go using a variety of tools such as maps, signs, cues and mobile apps. Our goal is to have a seamless enterprise solution that combines scheduling and directions in a single application for patients, employees and students alike." Chow is a member of the wayfinding committee, and is financial officer for School of Allied Health Professions.

"The purpose of our pilot is to demonstrate the technology, learn from our experience, and start crafting a mobile wayfinding strategy for the entire campus.

"Our dream is to have a robust app that will help guide our customers all the way from their homes, through campus, parking, entrances, stairs and end directly where they need to be. All in real-time. The next phase is to add a campus map to help minimize the stress of finding the appropriate parking lot and finding the right building."

Note: The Wayfinding Committee at Loma Linda University Health formed in 2012 with an estimated eight-year commitment. The organization's plan for wayfinding included an internal/mobile piece that could be implemented as a pilot. While the School of Allied Health Professions initially agreed to fund the pilot, chief information officers for Loma Linda University and Loma Linda University Medical Center joined the pilot.

Henry the hamster teaches elementary children in San Bernardino how to be healthy

By Briana Pastorino

A team of Loma Linda physicians is encouraging kids to join "Team Henry." Who's Henry, you ask? He's an overweight hamster who realized he needed to make some changes in his life.

As part of a service grant project to address pediatric obesity in the community, four Loma Linda physicians headed over to H. Frank Dominguez Elementary School in early October to inspire children to live a more active lifestyle.

Lauren Simon, MD, director of primary care sports medicine; pediatric residents Jonathan Smits, MD, and Rachel Davidge, DO; and family medicine resident Cory Mitchell, MD, read the story "Henry Gets Moving," a children's book by Pierre Rouzier, MD, and Chaz Nielsen about an overweight hamster that makes healthy diet and exercise lifestyle changes, to more than 60 third graders and their teachers.

The kids actively participated in story time, reading along about Henry the hamster and how he learned how to eat better.

"What are we going to do to get healthy?" Simon asked the third graders. To which many replied, "Eat vegetables!"

"Let's all get moving and eat healthy!" the doctors read from the book.



Pediatric resident Rachel Davidge reads to kids at the SAC Health System clinic in San Bernardino as part of a service project she completed with a team of four other physicians to address pediatric obesity in the community.

One student asked how long they should exercise, and the docs informed them that at least 60 minutes a day was best for them and at least 30 minutes per day for their parents and all adults.

Smits said that pediatric obesity is something he sees every day and needs to be addressed. "This book is a way to learn about and adapt changes that will keep these children and their families from comorbidities," he said.

After the read along, each child was

given a copy of the book to take home as well as a Team Henry backpack filled with items that encourage healthy living. The book was read in English, but it also had text in Spanish.

The doctors, along with Brandon Henry, MD, who recently graduated from the Loma Linda University pediatric residency program, worked together to acquire the items in the backpack, which included: a wearable Henry pin/button,

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Believe Walk 9th annual event celebrates fight against cancer

By Courtney Haas

If you were walking through Redlands, California, at 8 a.m. October 2, you might have stumbled upon a horde of men, women, children and dogs all dressed in pink crowded together on State Street. Why? Because this group of people believes.

The Believe Walk, an annual fundraising event presented by Stater Bros. Charities and Inland Women Fighting Cancer, celebrated its 9th anniversary last week.

Raising money to fight all cancers, the Believe Walk focuses on creating a community of support for those impacted by this disease while providing walk participants the opportunity to show their support by taking part in a

5K around Redlands.

Attendance was stupendous with thousands of walkers donning their favorite pink tutus, dying their hair shades of red, pink and purple, and waving signs with words of encouragement, honor and bravery for those they love.

As the walk kicked off, excitement and enthusiasm filled the air.

Keturah Reed, project coordinator for Loma Linda University Health Advancement Films, said, "The energy was amazing! I love to see how the neighborhoods, various organizations and groups come together to support and display their various talents or even hand out water. It's really a community

affair and I love it!"

The streets were lined with volunteers, onlookers and entertainers. From homeowners decorating their yards with words of encouragement and buckets of water for the four-legged participants, to local cheerleading squads, Girl Scouts, jugglers, dancers, acrobats and others, all showed their support by creating a fun environment for the walkers.

Believe Walk sponsors Loma Linda University Health and Loma Linda University Cancer Center, were there in full support, hosting a booth at the beginning of the race at the survivor lounge and then a booth at the finish line. The

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BOOM! KAPOW! These two superheroes are ready to fight cancer at the 9th annual Believe Walk in Redlands.

Henry, the hamster teaches elementary children how to be healthy ...

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a "Move like Henry" silicon wristband, a small kick ball, Team Henry collapsible water bottle, sidewalk chalk, WIC cookbook for children and parents, healthy snacks, and a packet of family games to get kids moving. Information on the SAC Health System clinic was also included

in the backpack as a resource for parents who may benefit from it.

After leaving the elementary school, the docs headed a few blocks west to the new SAC Health System clinic at the Loma Linda University Health-San Bernardino Campus.

There they read to children and their families in the lobby of the pediatric clinic. The youngsters were also given backpacks to take home.

Simon stated that she and her team were "very excited to be engaged in the school system and the broader SAC Health System community. We really hope we can impact the families," she said, "not just the children."

The obesity reduction event was made possible by the American Medical Society for Sports Medicine (AMSSM) Foundation Humanitarian Service Grant. The team of Loma Linda University Health physicians was one of five recipients from across the country to receive a \$2000 grant from the AMSSM to perform a humanitarian service project.

"This project is a great example of how the American Medical Society for Sports Medicine Foundation supports the humanitarian work of our members; doing what we can at the grass roots level in reaching out to educate and promote health and safety for our patients in our communities," said AMSSM Foundation president, Margot Putukian, MD.

"Providing young children with great educational information about the role of exercise and nutrition in decreasing obesity and improving their health is inspirational," Putukian added, "and the AMSSM Foundation is incredibly fortunate that our members are able to 'pay it forward' in their communities. Congratulations to Dr. Simon and her colleagues, as well as Dr. Rouzier with his wonderful book, in representing AMSSM and making a difference in the lives of our patients and communities."

"It is humbling for our team to have received this grant," said Simon. "It's great to be able to partner with the school to be able to teach these children how to be healthy in a fun, interactive way."

Simon stated that the residents working with her on this project are all interested in going into sports medicine.

Overall, 200 backpacks were put together. More than 70 backpacks were given to the children and staff at the elementary school; many more were handed to children at the SAC Health System clinic. The remaining backpacks will be handed out to those who come through the pediatric and family medicine clinics at Loma Linda University Health-San Bernardino Campus.

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Through our Vision 2020 campaign, we are embarking on a journey to give hope, provide cures and save the lives of our youngest patients by building a new children's hospital tower.

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LOMA LINDA
UNIVERSITY
CHILDREN'S
HOSPITAL

Festivities mark the return of LLU students to the campus

By Heather Reifsnnyder

Free food, prize giveaways, and catching up with friends old and new are not bad ways to begin a new academic year. The welcome back bash on the first day of fall quarter, September 26, gave students the chance to do just that.

The campus mall hummed with the buzz of chatting, game playing and giveaway winners being announced over loudspeakers.

Campus organizations, area businesses and local churches hosted

prominently featured booths sharing ways students can enhance their lives and give back.

"The atmosphere was electric," says Keturah Reed, who volunteered at the booth for her church, Azure Hills Seventh-day Adventist Church in nearby Grand Terrace. "I was blown away by the number of students and staff who attended, and there were so many wonderful booths for students to learn about the opportunities and resources available to them."

She adds, "I loved getting to know the students who came to our booth."



Loma Linda University students returning for the 2016-2017 school year were treated to a "welcome back bash" on the first day of fall quarter.

United and dedicated: Convocation service encourages student success with God's help

By Heather Reifsnnyder

To convoke is to call together, to summon a group of people for a common purpose. It is in this spirit that Loma Linda University holds a Convocation service each autumn.

Its design is to begin the academic year as a united campus dedicated to student growth and achievement—intellectual, spiritual and moral.

The formal event began with a processional of faculty members in full regalia, following which Provost Ron Carter, PhD, said, "Scholars, welcome to this very special meeting. ... We are dedicating our entire organization to your academic success."

He noted that the Convocation service takes place in a church, indicative of the desire for students to find in their future professions not only a career, but also a calling.

Living according to calling was a theme of the Convocation address by President Richard Hart, MD, DrPH, who spoke on "Building Bridges." He noted that cultural chaos, societal disharmonies and the hopelessness experienced by many are factors Loma Linda University Health must face and fight.

"It is in this context that Loma Linda University Health, with its great diversity of people and backgrounds, is called to pursue its mission," Hart said. "Values that seem so outdated to many are still taught on this campus — justice, compassion, humility, integrity, excellence, freedom and self-control."

Loma Linda University Health needs to call forth "boldness of spirit and conviction" and "spend time building bridges of hope and empowerment for those with neither," Hart also said, explaining that this requires confronting personal and collective limitations. One

way Loma Linda is doing this, Hart said, is through the work of its new Diversity Council to understand and bridge these issues. He paused to introduce members of the council who were present at Convocation.

"These representatives are available to listen to concerns and have committed to a nonjudgmental response that can bring healing to our wounds," he explained.

Healing wounds and creating a better future are the focus of the new Loma Linda University Health—San Bernardino campus. Hart noted the opportunity this affords for mutual exchange of learning and benefits, rather than only being a way to help the needy.

He said, "My hope is that this new campus will also be A place where we confront human need and find resources, where we can see the challenges and potential of those we care for, where a person's genetic code influences

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LLUMC—Murrieta receives Advanced Comprehensive Stroke Center designation

By Susan Onuma

Loma Linda University Medical Center—Murrieta (LLUMC—Murrieta) announced that it has earned The Joint Commission's Gold Seal of Approval® and the American Heart Association/American Stroke Association's Heart-Check mark for Advanced Certification for Primary Stroke Centers.

The Gold Seal of Approval® and the Heart-Check mark represent symbols of quality from their respective organizations.

LLUMC—Murrieta underwent rigorous onsite review earlier this year. Joint Commission experts evaluated compliance with stroke-related standards and requirements, including program management, the delivery of clinical care and performance improvement. The hospital's official "go-live" date was September 26.

"LLUMC—Murrieta has thoroughly demonstrated the greatest level of commitment to the care of stroke patients through its Advanced Certification for Primary Stroke Centers," said Wendi J. Roberts, RN, executive director, Certification Programs, The Joint Commission. "We commend LLUMC—Murrieta for becoming a leader in stroke care, potentially providing a higher standard of service for stroke

patients in its community."

"We congratulate LLUMC—Murrieta for achieving this designation," said Nancy Brown, chief executive officer, the American Heart Association/American Stroke Association. "By adhering to this very specific set of treatment guidelines LLUMC—Murrieta has clearly made it a priority to deliver high quality care to all patients affected by stroke."

"LLUMC—Murrieta is pleased to receive advanced certification from The Joint Commission and the American Heart Association/American Stroke Association," said Trevor Wright, administrator of LLUMC—Murrieta. "The certification provides us with the opportunity to highlight the exceptional stroke care we provide as well as to continually strive to advance our care even further."

Established in 2003, Advanced Certification for Primary Stroke Centers is awarded for a two-year period to Joint Commission-accredited acute care hospitals. The certification was derived from the Brain Attack Coalition's "Recommendations for the Establishment of Primary Stroke Centers" (JAMA, 2000) and the "Revised and Updated Recommendations for the Establishment of Primary Stroke Centers" (Stroke, 2011).

Stroke is the number four cause of death and a leading cause of adult

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A capacity crowd of students attended Convocation, learning about Loma Linda University Health's calling and commitment to heal a hurting world. For more photos, see gallery below the story.

Believe Walk 9th annual event celebrates fight against cancer ...

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first booth was for cancer survivors to relax, enjoy a cool towel and have their photo taken. At the second booth, open to all, volunteers passed out breast screening flyers and Nektér juice.

In August, Stater Bros. Charities and Inland Women Fighting Cancer made a special delivery to LLU Cancer Center.

With funds raised from the 8th annual Believe Walk, they were able to donate \$175,000 to the center.

Judy Chatigny, MSN, RN, executive director of the Cancer Center, expressed her gratitude to those present at the donation. "These gifts are what afford us the ability to provide services to the patients who are otherwise unfunded," she said.

The \$175,000 will be dedicated toward supportive care services for cancer patients, which are typically not covered by insurance companies.

Andrew Haglund, director of enrollment and alumni affairs for Loma Linda University School of Pharmacy, shared that after experiencing the Believe Walk last year while his wife, Laurel was fighting cancer, he truly values the awareness

that this event brings to cancer.

"The Believe Walk has become a very important event for our family," Haglund expressed. "Laurel was in the middle of chemo treatment last year during the walk and was completely overwhelmed with emotion when more than 150 family members, friends and church members turned out to walk in support of her fight."

In addition, Haglund shared that Laurel's team raised almost \$20,000 last year, which was part of the \$175,000 gift made to LLU Cancer Center. Today Laurel is cancer free, and the family walked for another friend who was recently diagnosed.

"We believe that events such as this raise awareness and the necessary funds that will develop the cure to this awful disease," said Haglund.

So far, fundraising for the Believe Walk has achieved \$269,166 of the \$375,000 goal set for 2016.

To donate, please visit www.believeinlandempire.com. Your donation can make a difference. Just remember the Believe Walk motto: "All things are possible for one who believes."

Quadruplets and their parents return to Loma Linda University Children's Hospital

By Larry Kidder

Ryan and Brittany Stuit, residents of Murrieta, California, returned to LLU Children's Hospital for an emotional reunion with the

physicians, nurses, and staff who shared the experience with them before, during, and after March 26, 2014—the arrival of Regan, Haley, Jacob, and Lucas.

Meeting them at the Total Care Birth Center on September 29 were

maternal fetal medicine specialist Shareece Davis-Nelson, MD, and obstetrician/gynecologist Courtney Martin, MD, who helped Brittany with the task of carrying her quartet in utero as long as possible.

Amazingly, she was able to make it to 32 weeks before delivery.

Phyllis Zehmas, night nurse on unit 3100, also spent a great deal of time with the Stuit family. She became especially

attached to the foursome, nicknaming them Jokester Jacob, Rollin' Regan, Lazy Lucas, and Heavenly Haley.

Three of the quadruplets spent up to six weeks in the NICU, with Regan staying on for another three weeks. The family took time to visit the NICU staff, many of whom remembered the infants and now enjoyed interacting with them as toddlers.

When asked whether the Stuits would add to their number, Ryan said he believed that four would be enough. Brittany, however, commented how much she had enjoyed being pregnant.



From left, Phyllis Zehmas, Jacob, Courtney Martin, Brittany Stuit, Regan, Ryan Stuit, Haley, Lucas, and Shareece Davis-Nelson manage to take a group photo during the visit.

How one small business is giving back in a BIG way

By Briana Pastorino

Have you been to Nekter Juice Bar in Redlands lately? If not, it has some of the best fresh vegetable and fruit juice concoctions, refreshing smoothies and snacks. And now it's offering guests a way give back to the community in a big way.

Nekter is the first small business in the community to take part in Loma Linda University Children's Hospital's (LLUCH) Give Now Build Hope public giving campaign with a coin canister near their checkout area. Any coins or bills deposited in the canister will go toward the construction of the new Children's Hospital tower.

"This is just one way we can encourage others to support the hospital without

any hassle," said Gagan Batta, co-owner of Nekter. "I think everyone should support Loma Linda because it's a great way to give back to the community."

Batta and his wife, Naiya, own the Redlands store, but it is a family operated business.

"My brother handles operations, my wife does marketing, and my dad also helps out with the business," Batta boasted of his family, one that he says is forever indebted to Loma Linda University Children's Hospital where a young family member was treated for cancer.

"Loma Linda saved his life," Batta stated, "and we cannot thank the doctors enough for saving him."

So when Batta opened Nekter in January this year, he and his family made a commitment to give back to the

community and Loma Linda University Children's Hospital.

"We started working with the hospital soon after we opened," Batta recalled.

A fundraiser for LLUCH was held at the Redlands location on March 21 and 25 percent of sales for the day was donated to LLUCH—nearly \$2,000.

"The Children's Hospital team put together a fundraiser in such a way that we had never seen," Batta said, who has worked with other nonprofits and fundraisers. This one brought in record-breaking sales and a line out the door.

"Nekter is a great example of how local businesses can support the children of our communities by reaching out to their customers," said Joanna DeLeon, director, LLUCH Foundation. "Together, we are able to successfully direct locally raised funds to help patients at Loma Linda University Children's Hospital."

After the successful fundraiser, Batta worked with the Children's Hospital Foundation to be the first business in the community to utilize the coin canister. "I wish we could put one on every table," he said.

DeLeon also stated that Nekter is a wonderful partner and "we appreciate their all-in commitment to helping our kids."

Batta and his family also own Nekter Juice Bars in Rancho Cucamonga and San Dimas, and he also plans to host fundraisers at those locations.

"We want to do anything we can to support the hospital," Batta added, "and we can't wait to see the new tower—it's going to be beautiful!"

For more information on how you can support LLUCH through the Give Now Build Hope campaign, visit [Give Vision2020.org](http://GiveVision2020.org).



Nekter Juice Bar owner Gagan Batta (right) and his brother, Aman, show off the interior of their thriving Redlands business. The family-owned and operated shop is committed to giving back to its Children's Hospital.

Capacity crowd hears Joel Fuhrman talk about nutrition

By James Ponder

Best-selling author Joel Fuhrman, MD, brought his no-nonsense approach to disease prevention and reversal to a capacity crowd at Loma Linda University Church when he addressed the topic of "Nutritional excellence: the most powerful medicine." The event was held at 5:00 p.m. on Wednesday, September 28.

According to his website—which may be found online at [https://www.](https://www.drfuhrman.com)

[drfuhrman.com](https://www.drfuhrman.com)—"Joel Fuhrman, MD, is a board-certified family physician, six-time New York Times best-selling author and nutritional researcher who specializes in preventing and reversing disease through nutritional and natural methods."

"You are in charge of your health destiny," Fuhrman told the enthusiastic crowd. "You can make the decision now not to die of a heart attack, stroke, or degenerative disease. Right now, you

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LLUMC—Murrieta receives advanced stroke center designation ...

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disability in the United States, according to the American Heart Association/American Stroke Association.

On average, someone suffers a stroke every 40 seconds or dies from a stroke every four minutes; and 795,000 people suffer a new or recurrent stroke each year.

United and dedicated: Convocation service encourages students ...

Continued from previous page
their lives more than their ZIP code.

"To accomplish this we are going to need to develop bridges. Not just bridges of intellect and clinical skills, but bridges of understanding and friendship."

The new students—in fact, the first-ever cohort—of San Manuel Gateway College (part of Loma Linda University Health—San Bernardino) are Loma Linda's newest colleagues in such endeavors, Hart noted. They were present at

Convocation, and Hart introduced each one by name.

"Thank you," he told them, "for becoming our partners in these challenging times. Your understanding and relationships are crucial to our collective commitment to improve the health and well-being of our communities."

Following Hart's address came statements of commitment for the 2016–2017 school year. Randy Roberts, DMin, vice president for spiritual life

and mission, prayed for faculty, staff and students to have the courage, conviction and compassion for effective service.

On behalf of faculty and staff, Eun-Hwi Cho, DDS, assistant professor, School of Dentistry, read a statement to students, pledging to nurture their intellectual curiosity, development into independent learners, desire for service, knowledge and personal Christian faith.

Representing students, Jonathan Portney, president of the Student Association, read: "We, the students, have come to prepare for our future. We bring inquisitive minds to grow in knowledge and wisdom. We bring our hearts to beat with compassion, integrity, justice, purity, self-control and the humility of Jesus Christ. We have come to learn how

to make people whole. We are here to become whole ourselves."

Garrett Caldwell, DMin, executive director of public affairs, then read a blessing, including the words: "Today, we have made honorable commitments to ourselves, to one another and to God. Now receive the blessing of God as you live out your commitment to this place. May you be blessed with vigor and life abundant. May you be whole in body and have peace with God as you are made whole by His Spirit."

Following singing of the Loma Linda University school song, "Healing Love," the service ended with a prayer of dedication from Terry Swenson, DMin, MDiv, campus chaplain, and the faculty recessional.

Perinatal/neonatal conference focuses on moms and babies before and after birth

By Larry Kidder

Baby Cora weighed less than 400 grams—or 14 ounces—when she was born prematurely. That’s a little more than a regular can of soda.

Her will to live, along with the love she received from those around her and extraordinary care given at the Loma Linda University Children’s Hospital neonatal intensive care unit (NICU), helped Cora not only survive but thrive.

Now 12 years old, she brings joy to her family and suffers relatively few of the severe health issues that typically affect children born with extreme prematurity.

“Cora has been lucky,” says Elmar Sakala, MD, MPH, professor of gynecology and obstetrics, LLU School of Medicine. “She is the smallest surviving baby I have ever delivered, and she is doing remarkably well.”

However, Cora’s case is the exception, not the rule, Sakala is quick to point out. Sakala, a maternal fetal medicine (MFM) specialist, was one of a number of speakers who addressed a group of

health care professionals during the first annual Perinatal/Neonatal Conference on Wednesday, September 28.

Many babies born prematurely endure lifelong conditions related to their early departure from the safety

of the womb.

The daylong conference, held at Wong Kerlee International Conference Center, was attended by close to 100 individuals—many of them nurses—who listened to a wide range of topics



Babies born pre-term and their parents experience a multitude of feelings unique to their situation—far different than a normal delivery.

presented by Loma Linda University Health experts.

Shareece Davis-Nelson, MD, began the day by sharing information and case studies about diagnoses she sees as an MFM specialist. She focused on several issues that impact the developing fetus: gastroschisis (where the intestines of a fetus form outside the abdominal cavity), omphalocele (where digestive organs protrude into the umbilical cord), and hydrops (where one or more fetal cavities are filled with excessive fluid).

Davis-Nelson noted that, in 2006, the Inland Empire (San Bernardino and Riverside counties) reported the highest rates of gastroschisis in California. She also addressed ways to remedy these and other conditions.

Sakala spoke about pre-term labor and delivery. He emphasized that, for every two weeks a fetus remains in utero, the morbidity (ill health) and mortality (death) risks are reduced by about 50 percent. He also discussed some of the steps that can be taken to reduce the risk of pre-term delivery.

“Smoking is a major predictor for pre-term delivery,” Sakala emphasized. “A previous pre-term delivery is also an

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Capacity crowd hears Joel Fuhrman talk about nutrition ...

Continued from page 5

have a unique opportunity in human history to take advantage of modern nutritional science.

“Americans are the most overweight population in human history,” he continued, pointing out that the average American woman weighs 168 pounds and the average American man weighs considerably more. “That means half the women in America weigh between 170 and 250 pounds.”

The problem, Fuhrman noted, is that Americans do not eat enough micronutrients, which he says are found abundantly in vegetables and fruits. He said the solution is a simple dietary equation: H=N/C.

“H=N/C is the first principle of the nutritarian diet,” he continued, sharing that the H stands for health expectancy, the N represents nutrients, and the C equates to calories. The nutritarian diet is Fuhrman’s term for a diet high in micronutrients from plants.

Citing archaeological evidence, Fuhrman said a study of 400 Egyptian mummies revealed no incidence of heart attack, stroke, or cancer. He identified the culprit behind the current epidemic of degenerative diseases as the standard American diet, which he calls SAD. Nutritionally, the SAD features a deadly abundance of processed foods and animal products, and a paucity of fresh produce and whole grains.

“Your body is a self-healing machine when it gets micronutrients,” he said, adding that the SAD does not provide them in adequate quantities. He provoked a spontaneous outburst of laughter when he added that, “Americans eat the worst diet in human history. I think it’s been sent here by Al Qaeda.”

To counter the micronutrient deficiency, Fuhrman recommends eating G-BOMBS, which he described as “immune system special forces.” The acronym stands for greens, beans, onions, mushrooms, berries, and seeds.

“They fight cancer,” he said. “Women who eat G-BOMBS on a regular basis have a 71 percent reduced likelihood of developing breast cancer.” He added that

women who eat mushrooms regularly enjoy a 64 percent reduction in the risk of breast cancer.

“My mission tonight,” Fuhrman asserted, “is to impress you that the diseases that kill Americans don’t have to happen. Green vegetables dramatically lower the risk of cancer. So do onions. Blend them or chop them up thoroughly, then cook them into a soup or chili.”

He went on to point out that eating just one quarter of an onion per day reduces the risk of stomach cancer by 54 percent, prostate cancer by 71 percent, esophageal cancer by 88 percent, ovarian cancer by 73 percent, and colon cancer by 58 percent. While those numbers seem incredibly good, Fuhrman said his statements are supported by numerous research studies affirming their veracity. He said the most valuable studies take decades to complete citing the Adventist Health Studies at Loma Linda University as prime examples.

Fuhrman peppered his remarks with a variety of colorful sayings and suggestions:

- ✓ Most Americans need to eat smaller quantities of food
- ✓ Eat some vegetables raw at the same time as you eat them cooked



Best-selling author and nutrition guru Joel Fuhrman, MD, addresses a capacity crowd at Loma Linda University Church.

- ✓ Mushrooms are better eaten lightly cooked than raw
- ✓ Eating sweets, cookies, crackers, and breads promotes cancer
- ✓ Food is addictive, just like narcotics
- ✓ High-glycemic foods are bad for you
- ✓ Eat nuts and seeds every day
- ✓ Beans are great cancer fighters—eat them at least once a day
- ✓ Sweets should only come from fruit or dried fruit, and
- ✓ The whiter the bread, the sooner you’re dead!

Fuhrman saved his strongest criticism

for animal products. “If you want to achieve protection from cancer, you can’t do it on a diet high in animal products,” he announced.

“A high-protein diet from animal products causes a four-fold increase in cancer deaths and a 75 percent increase in overall deaths from other causes. What you need instead is a diet rich in a good variety of plants.”

Near the end of his presentation, Fuhrman drew enthusiastic laughter when he noted, “You’d have to be crazy to eat the standard American diet.”

Continued on next page

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 months of August and September 2016.

Type of Crime	Number of Crimes	Place of Crime
Narcotics	4	Medical Center; Emergency Department; LLUAHSC Support Services; Behavioral Medicine Center
Assault/domestic violence	2	Medical Center; off campus
Assault/battery	2	LLUMC-East Campus; Medical Center
Threats	3	Medical Center (2); LLUMC-East Campus
Disturbance	1	Emergency Department (2); Behavioral Medicine Center; Medical Center; Children’s Hospital; East Campus Rehabilitation
Alcohol	1	Mountain View Plaza
Burglary/motor vehicle	3	Mountain View Plaza; Security Department; Drayson Center
Burglary	2	Drayson Center; ReLive Thrift
Warrant	1	ReLive Thrift
Vehicle theft	2	Lot P; Campus Engineering
Larceny/theft	1	ReLive Thrift
Fire	1	ReLive Thrift

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.

Temecula radio station raises \$9,135 for Children's Hospital

By James Ponder

Temecula pop powerhouse 101.3 FM The Mix raised \$9,135 to benefit the patients of Loma Linda University Children's Hospital (LLUCH) during the 7th annual 101.3 The Mix Cares Radiothon and Auction, which was held on Friday, September 23.

According to Tiffany Hoekstra, senior development officer for Corporate Champions at LLUCH Foundation, participation in the radiothon was not limited to people in the Temecula/Murrieta area.

"People could also listen online," Hoekstra observes. "In addition to the

station's local service area, we got donations from Loma Linda, Las Vegas, and other areas. People were just calling in from everywhere."

Hoekstra explains that besides the radiothon, the station—which is also known as KATY FM—played recorded patient testimonials and held an auction in which sports memorabilia, hotel stays, and amusement park tickets were sold to the highest bidder.

She adds that the station also indulged in a bit of monkey business.

"For every \$25 donated, a cuddly monkey doll—The Mix Monkey—was sent to a patient at Children's Hospital,"

she says. The donor's name was inscribed on the monkey's wristband.

"Last year, the radiothon raised \$5,200 and in 2014, it raised \$7,380," she recalls. "The best year was 2012 when it brought in \$9,700. This year's \$9,135 is outstanding. People are starting to recognize the importance of this annual event and looking forward to supporting it each year."

Mike Hood, director of sales and operations manager for 101.3 The Mix, outlines the reason the station has hosted the event for the last seven years.

"There is no greater cause to everyone at All Pro Broadcasting," Hood reports. "I know I speak for all of us when I say THANK YOU for blessing our children and for wearing a smile when smiles are hard to come by."



Radio show hosts Bob and Mia of 101.3 FM The Mix ham it up with their stuffed simian colleagues, The Mix Monkeys. Bob and Mia and the station's other DJs helped raise \$9,135 to benefit LLU Children's Hospital.

Conference focuses on moms and babies before and after birth . . .

Continued from previous page
important risk factor."

Sakala also pointed out that, while pre-term deliveries in the U.S. are on the decline, the country overall has received a "C" rating by the March of Dimes.

The northwest states of Washington, Oregon, and Idaho were given an "A" grade, while the southeast states of Alabama, Mississippi, and Louisiana earned an "F" grade. California received a "B" from the March of Dimes.

Ricardo Peverini, MD, a neonatologist at LLU Children's Hospital, spoke about the age of viability—when a premature baby has a chance to survive outside the womb.

Peverini, who is also vice dean for

clinical affairs, LLU School of Medicine, as well as an associate professor of pediatrics for the school, stated that recommendations as to what gestational age is sufficient to warrant intervention—such as mechanical ventilation—vary from country to country, and even from state to state. However, 23 and 24 weeks gestational age is the most widely accepted recommendation.

"For a variety of reasons, the assessment of gestational age is not precise to more than an estimate within 7 to 10 days," Peverini pointed out, "so the decision to attempt to keep an infant alive is based on a number of factors."

An important factor, Peverini emphasized, is that sufficient development of

the lungs must have taken place in order for an infant to survive, frequently aided by mechanical ventilation. That typically happens somewhere between 22 and 26 weeks.

Following the morning presentations, Davis-Nelson, Sakala, and Peverini took part in a round-table discussion, answering questions from the audience.

Raylene Phillips, MD, co-director of the Neuro-NICU at LLU Children's Hospital, and assistant professor of pediatrics, LLU School of Medicine, addressed some of the issues faced by newborns and their parents.

Phillips also emphasized that much of the early brain development that normally would take place in utero still needs to happen in as quiet and supportive an environment as possible.

"There are many factors that challenge the healthy development of newborns," Phillips explained. "We have to balance the medical needs of the infants with their needs for healthy parental attachment while creating an NICU environment as close to the womb as possible—a significant challenge!"

Newborns in the NICU should be protected from bright lights and loud sounds. Frequent touching can often be painful. Intravenous line placements, blood draws, intubation and suctioning, tube feedings and insertions, x-rays, ultrasounds, eye and daily physical exams, taking of vital signs, bathing, and weighing are all part of routines in the NICU that are developmentally unexpected for pre-term infants.

"We may not know what a newborn is thinking, but surely it is along the lines of 'Where is my mother?'" Phillips suggested. "And parents often experience a keen sense of 'Where is my baby?' when entering the NICU for the first time."

Phillips talked about a "critical period—a window of opportunity in early life when a child's brain is exquisitely primed to receive sensory input in order to develop more advanced neural systems." When the intensity of sensory information is altered, brain development is also altered.

The goals of family-centered care, according to Phillips, are to reunite the family, resume interrupted parent-infant bonding, and support parents in their roles as the most important caregivers for their infant.

Kathy McMillan, MA, director of employee spiritual care for Loma Linda University Health, and Cathy Regan, MD, NICU child life specialist at LLU Children's Hospital, addressed the topic, "The Empty Cradle: Family-centered Bereavement Care."

Grief is the natural outcome for parents and siblings of infants that didn't survive, said McMillan, who addressed

common grief responses of parents and discussed the tasks of mourning.

"What is being grieved?" McMillan asked. "Loss of normal pregnancy, of anticipated and delivery experience, of a healthy baby, and of a future with the child."

As families traverse the grief process, McMillan shared, those looking to support them must remember that each person grieves uniquely.

"Each parent will have his or her own path through grief, but parents will do better if they keep the communication open between them and allow the other freedom to express herself or himself in the way that seems best," she said.

Regan talked about the potential feelings of siblings when a baby is in the NICU or has died. "They are feeling separation from their parents," she explains. "Life as they have known it has been disrupted."

She continues, "They may also feel a sense of isolation—especially if the truth is withheld, or a fear that they, too, will become sick."

A special feature of the afternoon brought together some parents of NICU patients to talk about life before, during, and after the NICU. Parents shared their experiences and answered questions from the audience.

The final speaker of the day, Anamika Mukherjee, MD, assistant professor of pediatrics, LLU School of Medicine, talked about the benefits for children's hospitals in creating a small baby unit.

Extremely low birthrate babies historically suffer from a number of conditions as they grow up.

In one study reported in the *New England Journal of Medicine* (January 2005), for 6-year-olds born more than three months early, 12 percent had disabling cerebral palsy, 22 percent had severe physical disabilities, 41 percent had learning disabilities, and 20 percent repeated at least one grade in school.

Another study in *Pediatrics* (April 2008) found that among 22-month-olds who were extremely low birth weight, 26 percent tested positive in a screening for risk of developing autism.

"Small baby units have been able to dramatically increase survival rates for premature babies," Mukherjee pointed out, "as well as decrease the number and severity of health issues faced by these children as they grow."

Mukherjee emphasized the importance of multi-disciplinary teamwork in caring for these high-risk infants and children.

The afternoon session also ended with a roundtable discussion. To find out more about the conference and speakers, visit <http://childrens-hospital.lomalindahealth.org/nicuconference>.

Capacity crowd hears Joel Fuhrman talk about nutrition . . .

Continued from previous page

Not everyone, however, agreed with all of Fuhrman's advice. Georgia Hodgkin, EdD, associate chair of nutrition and dietetics at Loma Linda University School of Allied Health Professions and a published authority on vegetarian nutrition herself, noted that every student in her upper-level nutrition counseling class attended the event and came away with serious questions about the accuracy of several of his key points.

"Joel Fuhrman prompted a robust discussion in our morning-after class," Hodgkin shared. "Students wondered, 'Where is the protein in his diet with a plate greater than 50 percent covered with green leafy vegetables? With only seven grams of protein per one-quarter cup of cooked beans, how many cups would you have to eat to reach the 50-plus grams needed per day?' They also asked, 'Where is the calcium?' If those greens are raw kale, one cup would have only 90 milligrams of calcium compared to 300 per one cup of milk. The recommended calcium intake is 1,000 to 1,500 milligrams per day, depending on age and gender."

Hodgkin's students also took exception to Fuhrman's rapid-fire style, asking how much information listeners could hear and integrate into their lives.

"Nutrition is abused in the grand old USA," she agreed. "No question of that! His photos of 100-plus pounds of weight loss in two individuals support that. The question is asked, 'How are they doing one year later or five years later? Did they make long-term eating behavior changes?'"

Kathleen Zelman, MPH, RD, director of nutrition for WebMD, expressed similar concerns in response to the question of whether Fuhrman's popular Eat to Live diet actually works.

"You will absolutely lose weight on this plan, but you may not be able to do it long term," Zelman wrote. "Eat to Live is very low in calories, protein, fat, and sodium, and high in fiber. The U.S. government's guidelines recommend shifting toward a more plant-based diet, but this extremely restrictive diet takes it a step further. It eliminates some food groups, and it doesn't allow for snacks, sugar, or oils, which could make it very difficult to stay on."

Nevertheless, Hodgkin praised Fuhrman for stirring up popular support for the importance of nutrition in human health and tempered her critique with praise.

"The Loma Linda public met a man who was over-the-top excited about nutrition," she observed. "As a registered dietitian, what a joy to see! Hopefully the public, whose plates are void of fruits and vegetables, left planning to add both to the diets. If those plates still have meat, fish, or poultry on them, they caught that leaving those items off would benefit their health and longevity."

Hodgkin concluded with a plug for a nutritional resource developed on the campus of Loma Linda University.

"Stop by the nutrition table at Drayson Center," she suggested, "for the MyPlate Vegetarian Food Guide; a description of the diet taught at Loma Linda University and its predecessor, the College of Medical Evangelists, since 1908."

School of Medicine receives \$1.8 million grant from the National Institutes of Health

By Susan Onuma

The National Institutes of Health (NIH) has awarded a grant in the amount of \$1.8 million to support Loma Linda University's research on "targeting CRLF2 and Ikaros alterations to reduce health disparities in childhood leukemia."

CRLF2 is a gene on chromosome Xp22.3 and Yp11.3 that encodes a protein receptor for thymic stromal

lymphopoietin (TSLP), which forms a functional complex with TSLP and IL7R and stimulates cell proliferation by activating STAT3 and STAT5, as well as JAK2. It is implicated in the development of the haematopoietic system.

The principal investigators are Kimberly Payne, PhD, associate professor of pathology and human anatomy, medicine, and pediatrics, and director of translational research in the Department of Basic Sciences, Loma Linda

University School of Medicine, and Sinisa Dovrat, MD, PhD, adjunct associate professor in the Department of Basic Sciences at Loma Linda University School of Medicine, and associate professor at Pennsylvania State University College of Medicine, Hershey, Pennsylvania.

The grant awards \$375,000 this year, followed by similar amounts each of the following years through the year 2020, for a total of more than \$1.8 million.



Kimberly Payne

Merlin's Magic Wand shares the magic with LLU Children's Hospital

By Courtney Haas

Seriously ill, disabled and disadvantaged. To the team members of Merlin's Magic Wand, these terms mean nothing more than the opportunity to share a little magic.

Merlin's Magic Wand is a worldwide charity for children that arranges fun-filled days for children in need, and last week they collaborated with LEGOLAND® California Resort to bring the magic to Loma Linda University Children's Hospital.

On September 15, a team of four arrived at the hospital with LEGO® models in hand to brighten the day for more than a dozen patients along with their siblings and parents. Children of all ages were in attendance to meet Master Model Builder Bill Gowdy and the rest of the team.

Gowdy started by telling the kids that you really can make a living out of building LEGO models. After receiving his first set at 6 years old, he was hooked. He expressed that like all young boys, he liked girls and worried it was uncool to continue playing with LEGO, but the difference was that he never stopped. Gowdy later went on to work in the

Navy for 30 years where he also pursued his creativity by making movies. Once he retired from the Navy he discovered that he could have a career building things, just like he did as a child, from his imagination. That is when he started working at LEGOLAND California.

Following introductions and Gowdy's brief presentation, the team went on to work with each of the children around

the room to help them construct a variety of creations ranging from monkeys and dragons to whatever they could dream up from a large pile of LEGO bricks supplied on a table in the back of the room.

"I enjoy doing this type of event because of the kids," Gowdy shared. "So many of them are going through things that you wouldn't wish on anyone, and this type of setting gives them something



A young patient engages in an epic battle between his recently created Lego dragon and a massive Lego scorpion that was constructed by Master Model Builder Bill Gowdy.

to focus on other than what they are going through daily."

He added that the greatest result for him is to see the excitement when a kid has that ah-ha moment and says, "I finished my monkey!"

"I remember the first time I built something that wasn't a set," Gowdy said. "I had the same ah-ha expression and now I'm able to do that at work every day and later see my creations in LEGOLAND Park making people happy."

Seeing the smiles of children who are excited to create something and treasure it in the days to come brightens not only the children's lives but also the lives of those working with them. Bianca Prandini, a child life specialist, has worked at LLU Children's Hospital for 17 years and shared that she thought the event was wonderful.

"I brought several younger kids as well as a few older ones and everyone is smiling," Prandini said. "It is relatable for all ages and it helps to break up the monotony of their daily routine here in the hospital."

While this is the first event that Merlin's Magic Wand and LEGOLAND California have held at the hospital, they have collaborated in the past to provide park tickets to patients and their families who meet a certain criteria.

Kelly Jackson, director strategic alliances, helped to coordinate this event and shared her insight behind the value of collaboration, saying, "Merlin's Magic Wand and LEGOLAND California are passionate about providing special and unique experiences for children and their families. Loma Linda University Health is incredibly grateful to have partnered with these new community partners to bring smiles to our patients through meeting and playing with a LEGOLAND Master Builder."

To learn more about Merlin's Magic Wand, see their website at <https://www.merlinsmagicwand.org/usa>.

'A pond in every community'

By Heather Reifsnyder

A common proverb states that it's better to teach someone to fish (a long-term solution) rather than give him or her fish (short-term solution).

Barbara Petee, speaking at the



Barbara Petee, executive director of The Root Cause Coalition, argues that we cannot turn away from the issue of hunger in the United States.

Diagnosis: Hunger summit September 14 at Loma Linda University Health, argued that we need to make sure there is a pond in every community in order for this proverb to have any worth. She is executive director of The Root Cause Coalition.

The coalition co-sponsored the Diagnosis: Hunger summit with The Alliance to End Hunger. Loma Linda University Health hosted the summit at Centennial Complex.

Hunger, Petee said, is strongly tied to negative physical and mental health outcomes. "We simply cannot turn away, and in fact we need to look more closely," she argued.

"[Hunger] affects anyone at any age."

The theme of the summit was "Addressing Hunger as a Health Issue." This placed emphasis on the role of health care providers in ensuring patients have enough nourishing food to eat.

Randy Oostra, DM, spoke about how ProMedica, the nonprofit health care organization of which he is president and CEO, is taking on this challenge. He is also chair of The Root Cause Coalition.

More than 14 percent of American households are food insecure, Oostra informed the audience of approximately 120. The negative impacts of hunger cost the nation about \$167.5 billion annually.

ProMedica's steps taken have included

building questions about food security into all patient interviews, connecting patients in food need with resources, starting a food pharmacy, and launching a grocery store in an inner city area that lacks other sources of healthy foods.

Oostra argued that health care organizations need to tackle social determinants of health, such as hunger, with the same passion as they do for acute physical needs.

Other speakers of the day included Lisa Marsh Ryerson, president of the AARP Foundation; Rebecca Middleton, executive director of The Alliance to End Hunger; and Audrey Rowe, an administrator for the Food and Nutrition Service for the United States Department of Agriculture.

Wonha Kim, MD, MPH, associate director of Loma Linda University Institute for Health Policy and Leadership, addressed the effects of hunger on physical, mental and social health for children, from in utero through adulthood.

Aldo Ramirez and Ginger Ontiveros of San Bernardino City Unified School District highlighted the importance of strategic programs and partnerships with entities such as Loma Linda University Health and its new San Manuel Gateway College in battling hunger. Over 90 percent of students in the district live in poverty.

The day ended with a discussion led by Petee about how to share best

practices and move forward in making sure the call to address hunger as a health issue is answered.

Participants were also invited to continue the discussion online on Facebook and Twitter via hashtag #DiagnosisHunger.

The Institute for Health Policy and Leadership at Loma Linda University Health hosted the summit.

"The conference was a remarkable opportunity to bring nationally prominent leaders to our campus for a strategic discussion of hunger as a critical issue for health systems. The historic, faith-inspired mission of Loma Linda University Health makes this a subject of great significance," says Gerald Winslow, PhD, director of the Institute for Health Policy and Leadership.

Fall into Reading kicks off busy season for Big Hearts for Little Hearts Loma Linda Guild

By James Ponder

With the annual Fall into Reading event, which was held Monday, September 19, in the lobby of Loma Linda University Children's Hospital (LLUCH), the Big Hearts for Little Hearts Loma Linda Guild kicked off its busiest season of the year.

According to Dixie Watkins, co-president of the guild, a total of approximately 35 to 40 children participated in the program, assisted by more than a dozen guild members and volunteers.

The annual event has a three-fold purpose. First, it gives hospitalized children an opportunity to socialize with other kids while playing games that focus on the importance of words and reading. Second, it provides a respite from the world of doctors and nurses, medications and treatments. Third, it encourages a lifelong love of reading by allowing each child to select a book to keep from a large and colorful assortment of seasonal titles.

In addition, thanks to a gift of instant photography equipment from board member Don Finch, each participant gets their own color portrait taken at the scene.



A patient at Loma Linda University Children's Hospital enjoys time for play during the annual Fall into Reading event.

Dinah Evans, child life services director for LLUCH, supported the event by having employees of her department identify patients that are able to come down to lobby and bring them to it, some in wheelchairs, others pulling portable IV platforms behind them.

"Events like the annual Fall into Reading let hospitalized children and teens forget, for a little while, that they are in a hospital environment," Evans

observes. "They get to go downstairs to the lobby where they can hang out with other patients and just have fun."

Coming every year on the cusp of autumn, the event signals the beginning of the guild's busiest season of the year. With board meetings in October, November, and December, the annual board retreat and Dishes for Wishes cooking school/fundraiser in November, and gingerbread village, carols in the

lobby, and Christmas party activities in December, members of the board will be very busy through the end of 2016.

The organization was founded in 1999 by Dixie Watkins, Eloise Habekost, and Nancy Varner to raise funds, fun, and awareness for the patients of Loma Linda University Children's Hospital.

Since then, Watkins estimates it has raised more than \$1.6 million to benefit the children of the Inland Empire.

Watkins says an encounter that happened near the end of this year's event touched her heart and reminded her why the guild hosts Fall into Reading every year.

"One of the moms said to me, 'I've been sitting here watching, and I had reached the point where I didn't think anyone in this world cared anymore,'" she reports. "But now I know I was wrong. I've never been in this hospital before, but I can feel it's different."

After telling the woman that members of the guild care deeply about the children, Watkins suggested that perhaps the difference the woman feels at Children's Hospital is because "it's Christ-centered."

To which the woman replied, "That's obvious!"

Individuals desiring more information about the guild are invited to visit <http://childrens-hospital.lomalindahealth.org/foundation/guilds/loma-linda> online or call 1-800-825-KIDS.

Researchers identify growth hormone/insulin-like growth factors critically important for regulation of bone formation

By Susan Onuma

Loma Linda University researchers have identified growth hormone/insulin-like growth factors (GH/IGF) critically important for the regulation of bone formation.

The discovery was made through ongoing research being conducted to determine the potential of growth hormone/insulin-like growth factor-based (GH/IGF-based) therapies to treat and prevent osteoporosis and other diseases of low bone mass.

The GH/IGF factor axis plays an important role in the regulation of bone remodeling which involves the complex

and coordinated interaction of osteoblast lineage cells (which form bone), and osteoclast lineage cells (which resorb bone). It significantly controls both longitudinal bone growth, which is important during childhood, and appositional bone growth, which is important for bone maintenance in adulthood. Deficiencies in this system have been shown to contribute to the development of osteoporosis and other diseases of low bone mass.

Richard C. Lindsey and Subburaman Mohan, co-investigators in the study, have found that GH and IGF-I therapies are particularly beneficial for adults with and without osteoporosis.

For children with severely impaired longitudinal bone growth who fail to attain normal height in adulthood, treatment with GH or IGF-I is a logical therapy; long-term administration of GH in children with GH-deficient conditions including isolated GH deficiency and multiple pituitary hormone deficiency significantly improved age-adjusted height in a manner consistent with growth approaching the children's genetic height potential.

This research was funded by the National Institutes of Health (NIH) (AR048139 and 2 R25 GM060507) and the U.S. Department of Veterans Affairs (BLR&D 1-101-BX-001396).

Mohan states, "Age-related loss of bone mass occurs, in part, due to a decrease in components of the GH/IGF system. Therefore, supplemental anabolic GH and IGF-I therapies for the treatment of age-related bone loss and osteoporosis show great promise, especially as they demonstrate a relatively safe adverse effect profile."

"Ultimately, a better understanding of the GH/IGF axis will allow greater pharmacological manipulation of the pathophysiological changes which lead to diseases of low bone mass, helping to treat and, finally, to prevent incapacitating conditions which plague so many worldwide," said Lindsey.

The full study, to be published by Molecular and Cellular Endocrinology, Volume 432, September 5, 2016, Pages 44-55, can be found at <http://www.sciencedirect.com/science/article/pii/S0303720715300836>.

'He is the first doctor we've ever trusted'

By Heather Reifsnyder

The Olympics may be behind us, but thanks to loyal patients, gold was just presented to radiation medicine physician Ivan Namihas, MD—specifically, a gold pin from the Healing Hands grateful patient program at Loma Linda University Health.

The Healing Hands program allows patients to express their gratitude for extraordinary care by making a donation of any amount in honor of a physician or staff member.

First-time recognitions are commemorated with a silver lapel pin for the honoree to wear proudly. Once 10 donations are made in a person's honor, he or she receives a gold Healing Hands pin.

Gifts made in Namihas' honor reached 10 when he was recently recognized by patient George Anderson, along with his wife, Joyce, and patient Steve Kayne.

"He is the first doctor we've ever trusted," the Andersons wrote in praise of Namihas when making their gift.

George Anderson is cancer free

thanks to treatment by Namihas for both prostate cancer and basal cell carcinoma.

"Dr. Namihas' ability to listen and talk 'with you' at your level instead of 'at you,' along with his deep patient caring, and his expert yet flexible medical and

creative protocol skills, set him apart," the Andersons also said.

Namihas received his gold pin in a ceremony Sept. 13, during which other radiation medicine staff members were also honored.

Patient Mark Vanderslice recognized



Ivan Namihas, MD (in green shirt), shows his gold Healing Hands pin, signifying 10 grateful patient donations made in his honor. He is pictured with fellow radiation medicine staff members and Judy Chatigny, MSN (far right).

six staff members. Vanderslice says:

"I had a relapse after five years with cancer [and had to] undergo radiation treatment." He adds, "Of course, I wasn't pleased to hear this. However, I felt confident in the care of Loma Linda University Medical Center."

Vanderslice continues, "When I came to the radiation department, I expected good service; however the service I received was extraordinary. I came across some very kind and caring people."

Specifically, Vanderslice made donations honoring Ruben Jimenez, Kristin Bock, Kitty Holloway, Yenziwe Dube and Catrina Wheeler.

He also gave special mention to Devon Elston-Hurdle, Michelle Johnson, Joe Angeles and Jesse Richards.

To learn more about the Healing Hands grateful patient program, visit medical-center.lomalindahealth.org/patients-visitors/grateful-patient-program.

Loma Linda University Health outstanding nurses recognized with 2016 DAISY Awards

By Larry Kidder

When nurses exceed the expectations of their leaders, co-workers, patients, and families, it's important to recognize their efforts in specific and tangible ways, according to Helen Staples Evans, DNP, chief nursing officer for Loma Linda University Children's Hospital.

"What did they actually do?" Staples Evans asks. "Providing specific details reinforces their exceptional care and encourages their co-workers to do the same."

The DAISY Award recognizes exceptional nurses who are nominated by leaders, co-workers, patients, and families. Those submitting nominations are asked to describe in specific ways why they've selected an individual to receive the award.

"These are examples of meaningful recognition," explains Staples Evans. "The DAISY Awards help us to celebrate what is going right."

The acronym, DAISY, stands for Diseases Attacking the Immune System. The DAISY Foundation was founded in memory of J. Patrick Barnes, who died in 1999 at age 33 of a rare autoimmune disease, after surviving two bouts with



Dawn "Ru" Kirk (right of banner), member of the unit 5700 nursing team, holds her DAISY Award and certificate. Joining her are Helen Staples Evans, DNP (left of banner), CNO for LLU Children's Hospital, and her nursing colleagues.

Hodgkin's disease. Two months before he became sick, he and his wife, Tena, had welcomed their first baby.

The Barnes family felt blessed by the nurses who had cared for Patrick during his last weeks of life in the hospital. To recognize them for their kindness and compassion—as well as their clinical

excellence—the family established the DAISY Awards.

Twelve nurses were recently honored with DAISY Awards: Lucinda Esparza, unit 5700; Joanna Yang, DNP, advanced practice registered nurse honoree; Rozann Causey, LLUMC—East Campus; Heather Blaine, LLU

Surgical Hospital; Luchia Hansen, unit 8100; Sarah Gregory, LLU Behavioral Medicine Center; Dawn "Ru" Kirk, unit 5700; Tad Worku, emergency department; Carl Santos, LLUMC—East Campus; Janelle Warren, LLU Surgical Hospital; Bryan Billedo, LLU Behavioral Medicine Center; and Patricia Radovich, PhD, advanced practice registered nurse honoree.

A patient's mother wrote: "Lucinda [Esparza] greeted us with such compassion and tenderness; it was as if we were distant family that had never met. With my son, it felt like she was taking care of the one and only patient she will ever take care of."

A nursing colleague in unit 8100 wrote: "Luchia [Hansen] would not be back the following day, but she couldn't get the patient or the baby off of her mind. So with a welcome gift in hand, Luchia headed back [to the unit] to visit. Luchia was able to assist the [staff] and bring the patient to the NICU to see her baby boy for the very first time."

To nominate a nurse who has provided extraordinary care to you personally or to a family member, or to recognize a colleague who has gone above and beyond the call of duty, visit vip.mc.llumc.edu/vip/General/Organizational-Initiatives/Index.page and select the option "Nominate a Nurse" under the heading "Organizational Initiatives," or email nurserecognition@llu.edu.

Transplantation Institute director named 'Healthcare Visionary' by American Liver Foundation

By Susan Onuma

Michael E. de Vera, MD, professor of surgery and director of the Loma Linda University Medical Center (LLUMC) Transplantation Institute, was honored as a "Healthcare Visionary" in the field of liver transplantation by the Los Angeles chapter of the American Liver Foundation (ALF), on September 18, at the Flavors of Orange County event held

at the Fairmont Newport Beach Hotel, Newport Beach, California.

Farrah Douglas, executive director of the Greater Los Angeles Division of the American Liver Foundation, said, "We wanted to honor Dr. de Vera with our 'Healthcare Visionary' award for his work in the field of liver transplantation and for tirelessly promoting awareness and education about liver disease."

"de Vera has long been a supporter of the American Liver Foundation and

is an active member of numerous transplant and surgical societies; he serves on a number of local and national committees, the American Society of Transplant Surgeons, and a number of organ procurement organizations such as One Legacy and the United Network of Organ Sharing," Douglas added.

de Vera serves on ALF's Medical Advisory Committee (MAC). The mission of the MAC is to provide programs, seminars and forums to educate

physicians and public about liver disease and the latest improvement in treatment and prevention.

de Vera completed his undergraduate studies at the University of California, Riverside, and received his medical degree from the Los Angeles David Geffen School of Medicine in 1991. He has been a practicing transplant surgeon for over 18 years.

The LLUMC Transplantation
Continued on next page

Loma Linda University receives patent for treating cardiovascular conditions with nitrite

By Susan Onuma

Loma Linda University researcher Gordon G. Power, together with a team of researchers from several other universities, has received a patent

from the U.S. Patent and Trademark Office for the use of nitrite salts to treat specific cardiovascular conditions.

The discovery was made through ongoing research and with government support under grants HL58091 and

HL70146, awarded by the National Institutes of Health.

The patent was awarded for methods that include the treatment of patients with pulmonary hypertension by inhaling a therapeutically effective amount of sodium nitrite in order to decrease pulmonary artery blood pressure due to the vasodilatory effects of nitrite on the blood vessels in the lung. Its unique feature is that the sodium nitrite is inhaled as an aerosol thereby confining its effects to the lungs and avoiding side effects from systemic actions.

Currently Phase II clinical trials have been undertaken as a step toward evaluating its safety before FDA approval can be sought for its clinical use.

The last two decades have seen an increase in understanding of the critical role of nitric oxide and its metabolites as blood vessel dilators that contribute to the regulation of blood flow and oxygen delivery to the body.

Nitric oxide, which is produced by enzymes in the blood vessels, can be oxidized to nitrite. Although nitrite was once considered to be an inactive metabolic end product of nitric oxide metabolism, it is now known to be an effective vasodilator.



Gordon Power

These discoveries now enable methods to prevent and treat conditions associated with the cardiovascular system such as, high blood pressure, pulmonary hypertension, cerebral vasospasm and tissue ischemia-reperfusion injury (tissue injury that occurs during deprivation of blood flow).

These discoveries also provide methods to increase blood flow to tissues, for example, to tissues in regions of low oxygen tension. Basic as well as clinical studies of nitrite and other metabolites of nitric oxide are continuing in the Center for Perinatal Biology with Arlin Blood, PhD, as the lead investigator.

Kids at Children's Hospital clinic become superheroes for a day



Marcel Mendoza, 4, shows off his super human strength with Spiderman during Superhero Day at the LLU Children's Hospital hematology/oncology clinic recently.

Faculty colloquium explores 'The Loma Linda Experience'

By Courtney Haas

With an entire day devoted to "The Loma Linda Experience," more than 200 attendees of the 2016 faculty colloquium walked away refreshed, enlightened and ready to start the new school year.

Focusing on a range of topics from legal issues, unconscious bias, and interprofessional education to Ellen G. White and a discussion of "What I wish I knew about LLU before coming to LLU," faculty in attendance were witness to conversations that aimed to explain what it means to be part of the Loma Linda family.

"The faculty colloquium is the one time each year that the entire faculty are invited to come together and discuss issues that challenge and unite our campus," says Ron Carter, PhD, provost of Loma Linda University. "This year's topics went to the heart of who we are as an institution and what we want to become."

The afternoon session featured a panel discussion with eight faculty

members from a variety of religious backgrounds. This open discussion allowed for questions such as "What were some things about LLU that surprised you after joining us?" and "What are recommendations to improve the 'on-boarding' process by human resource management and the University?" to be addressed from diverse perspectives.

Juan Carlos Belliard, PhD, MPH, associate professor of global health, shared that in addition to the colloquium allowing faculty across all disciplines to come together in collaboration, he finds value in this yearly event because of the conversations that are started.

"This year's colloquium really stood out because it presented some honest and interactive discussions," Belliard said. "I especially enjoyed the panel and hearing from our colleagues of other faiths. The implicit bias presentation was very timely, and the Ellen G. White presentation was humorous and informative. Great way to kick off the new year as a family!"

Carter went on to say that by



More than 200 attendees gathered together to explore Loma Linda University Health on September 22.

exploring the philosophical roots of Loma Linda University's beliefs, the institution will be able to apply them to the desire to grow.

Upon completion of the day, Elisa Blethen, MBA, assistant professor in the School of Public Health, said, "I think it

is important to be able to talk about our faith and acknowledge differences that may exist with honesty and transparency, as well as being proud of who we are. I am glad that Loma Linda is moving toward being more clear and intentional about its Adventist faith."

Transplantation Institute director named 'Healthcare Visionary' by American Liver Foundation ...

Continued from previous page

Institute is a world-class medical and transplant care center. It is the only multi-organ, comprehensive transplant center in the Inland Empire region, but serves pediatric and adult patients from Southern and Central California regions, Las Vegas and beyond.

Providing advanced medical and transplant care services specializing in

the liver, kidney, pancreas, stem cell and heart, the Transplantation Institute is managed by a core team of healthcare professionals and staff committed to excellence through compassionate whole person care.

The Center also offers the latest cutting-edge technology and techniques in liver disease as well as complex liver and digestive tract surgery.

The American Liver Foundation's mission is to facilitate, advocate and promote education, support and research for the prevention, treatment and cure of liver disease.

Popular programs include: Love Your Liver; Liver Wellness: What Everybody Needs to Know; Viral Hepatitis; and Teens to Twenties: Liver Wellness Guide.



Michael de Vera

April Wall Braves the Shave and helps raise more than \$22,000 ...

Continued from page 12

reason why kids with cancer today are surviving longer and enjoying a better quality of life than at the beginning of her career, Pelton underscores the need for ongoing investigations into the causes of pediatric cancer.

"Research is critical for finding the cure, making treatments with little or no late effects, and even stopping cancer altogether," she observes. "It was easy to say yes to Braving the Shave thru St.

Baldrick's Foundation. I work for Loma Linda University Health because I believe in its mission. I believe in making children whole. I believe that research can do this. Losing my hair by choice is better than a child losing hair by cancer. These kids give us their trust and love. This is about giving our kids a future."

Some of the money raised at Brave the Shave events is already helping researchers on the campus of Loma Linda University Health. Kimberly Payne,

PhD, who serves as associate professor and director of translational research at LLU School of Medicine, says organizations like St. Baldrick's have become increasingly crucial to efforts to win the battle against childhood cancer as federal funds have been reduced. Speaking from personal experience, Payne notes that at a time when NIH funding sank due to economic concerns, she heard about St. Baldrick's Foundation's support for pediatric cancer research. Encouraged, applied for a research grant to develop therapies against a deadly form of leukemia that strikes Hispanic children of Native American descent five times more often than other kids.

"The \$100,000 award I received from St. Baldrick's Foundation during 2012 and 2013 kept pediatric cancer research going in my laboratory during this crucial period," Payne reports, "providing a foundation for me to successfully compete for an NIH R01 grant in 2016."

Payne goes on to note that the vision of St. Baldrick's founders "is paying off in the fight against pediatric cancer. St. Baldrick's is not only there on the front line helping children with cancer, but also building the pediatric cancer research network to produce the sustained effort needed to cure this disease. St. Baldrick's has been there at critical times to make a difference for three generations of pediatric cancer researchers, and all of those are connected to the head-shaving event here in Loma Linda."

According to Jacqueline "Jaq" Coats, the senior research assistant at Loma Linda University School of Medicine who served as coordinator for the event, St. Baldrick's Foundation is the second-largest funder of childhood

cancer research in the world, second only to the federally-funded National Institutes of Health.

"Since St. Baldrick's was founded in 1999," Coats reports, "they have raised more than \$200 million for pediatric cancer research. Of that money, nearly 80 percent goes into actual cancer research. That's really phenomenal!"

Kathleen Ruddy, executive director of St. Baldrick's Foundation, was delighted with the outcome of the Loma Linda event.

"Many organizations speak of partnership," Ruddy observed, "but at Loma Linda, it's clearly practiced and celebrated. We're proud to support outstanding life-saving childhood cancer research at Loma Linda, because Loma Linda understands that every hospital that treats children with cancer is part of an ecosystem, where expertise and scientific rigor and discovery in one center, benefit children treated at another.

In such a network, every participant depends upon the others to ensure the ultimate survival and well-being of each child.

"St. Baldrick's volunteers raise funds for research," she concludes, "and Loma Linda's leadership team is so passionate about saving the lives of children with cancer that they not only do the research and treat patients, they also participate in raising funds, even if it means shaving their heads to secure financial support for the cause. This is truly 'living the mission' and we couldn't be more honored or grateful for such a partner."

Leading hospital industry publication honors Richard Hart ...

Continued from page 12

Department of Preventive Medicine, Dean of the School of Public Health, and President (previously Chancellor) and CEO of the University.

It is Hart's bold strategic vision for the future that fuels Vision 2020, a \$1.2 billion project with a \$360 million philanthropic goal, the largest endeavor in the history of Loma Linda University Health and the Seventh-day Adventist Church.

Vision 2020 includes the design, development and construction of a new Children's Hospital tower and Adult hospital—currently the largest hospital construction project in the state of California—a new wholeness institute and research center, and scholarship and educational endowments and programs that will change the approach for health

care and education for the future.

Hart is also president of Adventist Health International (AHI) a non-profit organization focused on upgrading and managing mission hospitals by providing governance, consultation and technical assistance to over 43 affiliated Seventh-day Adventist hospitals and 67 clinics throughout Africa, Asia and Central and South Americas and the Caribbean.

While not directly a part of the Loma Linda University Health system, AHI continues to work closely with the Global Health Institute (of which Hart serves as director) in collaborative efforts to provide aid to hospitals in need.

In addition to his numerous leadership and operational responsibilities, Hart also remains a practicing physician, seeing patients one day a week.

Follicle philanthropist April Wall Braves the Shave and helps raise more than \$22,000 for pediatric cancer research

By James Ponder

Thanks to April Wall and numerous other dedicated volunteers and supporters, the St. Baldrick's Foundation's Brave the Shave event at Loma Linda University (LLU) brought in more than \$22,000 for pediatric cancer research.

The hair-razing experience—in which individuals or teams volunteered to have their heads shorn in exchange for pledges of support—took place on the north lawn of the Centennial Complex from 4:30 to 7:30 p.m. on Thursday, September 29.

Nine-year-old Miss Wall was unabashedly enthusiastic. After reading the story of a young girl battling cancer, April decided she wanted to help stop the deadly disease. Fortunately, she knew exactly what to do since her father, Nathan Wall, PhD, associate professor

and graduate program director at LLU School of Medicine, had participated in a Brave the Shave event a few years earlier.

Although a bit self-conscious about her appearance due to having to wear leg braces necessitated by cerebral palsy, April wholeheartedly embraced the idea of altering her looks to help kids with cancer.

When asked why people should get involved, April confidently declared that, "People should give money to St. Baldrick's because they are helping us raise awareness and find a cure for cancer."

With assistance from her parents, April assembled Team April Makes a Difference and went to work recruiting donors and sponsors with a will. At the end of the event, it was announced that Team April had taken top honors by raising a total of \$6,330 for pediatric cancer research.

But as this article went to press, Team



Nine-year-old follicle philanthropist April Wall kept her promise to shave her head for pediatric cancer research.

April's updated earnings of \$7,825 are running behind the \$7,876 raised by Team Bald4HemOnc led by Liliam Acosta, a nurse from Unit 4800 at LLU Children's Hospital. With total earnings of \$3,920, third place belongs to Team BaldieLocks, co-anchored by Cindy Pelton and Candy Turner-Santacroce from the LLU Cancer Center.

Fourth place is the province of Team BALD Basic Science with \$2,315 so far. Nicole Mavingire, a second-year PhD student at LLU School of Medicine, led that team and recruited fellow students for support.

Coats, however, advises not to consider Team April down for the count. "They're only \$51 behind the front runners," she notes, "and are still actively fundraising. Never bet against April!"

During the event, a number of cancer researchers, physicians, and nurses took the stage to share their heartfelt

concerns about the need for additional research into the causes and treatments of childhood cancer.

Mark Reeves, MD, director of the LLU Cancer Center, and Penny Duerksen-Hughes, PhD, associate dean of LLU School of Medicine, thanked St. Baldrick's Foundation for its efforts in keeping research alive in these cost-conscious times. Mary Blake, a first-year student at LLU School of Medicine, shared her story of surviving acute lymphoblastic leukemia as a child, and added her commendation to St. Baldrick's Foundation for the important work it is doing. Cindy Pelton, who has worked as a nurse with pediatric cancer patients since 1985 and currently serves as clinical research coordinator for the LLU Cancer Center, shared her reasons for going hairless.

In citing research as the single-biggest

Continued on page 11

Leading hospital industry publication honors Richard Hart

By Susan Onuma

Loma Linda University Health president and CEO Richard H. Hart, MD, DrPH, has been recognized as one of "110 Physician Leaders to Know in 2016" by Becker's Hospital Review.

Becker's Hospital Review, a leading publication highlighting business, legal news, and analysis for the hospital industry, recognized in its latest issue the top physician leaders of hospitals and health systems across the country.

"All recipients have demonstrated outstanding leadership and clinical expertise throughout their careers, leading initiatives to improve their individual organizations and the healthcare of the communities they serve," Becker's Hospital Review said in a statement.

U.S. Representative Pete Aguilar (California, 31st District) said, "Dr. Richard Hart's devotion to his work is obvious to all who have met him. He has helped families throughout the Inland Empire in their greatest hours of need. His vision has provided immense opportunity and hope to San Bernardino and our region."

Roger Hadley, MD, Loma Linda University Health's executive vice president of medical affairs, and dean of Loma Linda University School of Medicine said, "Dr. Hart is a true visionary, for our institution, for our community, and for our world. We are excited that he has been brought to the forefront as a physician leader to know by Becker's Hospital Review. Dr. Hart is a remarkable man."

Hart's Legacy of Community and Global Service

In the late 1960s, as a medical student at Loma Linda University, Hart founded the Social Action Corps as an outreach effort of students and staff at Loma Linda University and Loma Linda University Medical Center. Over the course of 60 years these volunteers offered temporary medical clinics in donated spaces within the community. When Norton Air Force Base closed in 1992, SAC acquired it and converted it into a medical facility.

The SAC Health System recently moved into the Loma Linda University-San Bernardino Campus, new



Richard Hart, president of Loma Linda University Health, was recognized by Becker's Hospital Review.

150,000-square-foot facility in downtown San Bernardino offering an innovative approach to health care, education and health awareness for the region. Primary and specialty care of all types will be provided as well as dental care. Filling out the space will be a large behavioral health area with both private and group counseling rooms, a pharmacy, laboratory and vegetarian cafeteria.

The San Manuel Gateway College occupies the upper floor of the Loma Linda University Health-San Bernardino Campus, and provides a unique venue for educational opportunities that will provide both vertical and horizontal integration of students. Physicians in their specialty training will work alongside many students from Loma Linda, all interacting with San Manuel Gateway College students — three levels of education, with many different health disciplines learning side by side. The 157,000 square foot facility offers classrooms, laboratories, a simulation lab, an anatomy lab and learning space.

Richard H. Hart, MD, DrPH, has served Loma Linda University Health since 1972, including serving as Chair of the School of Public Health's Department of Health Sciences, Director of the Center for Health Promotion, Chair of the School of Medicine's

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