



TODAY

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LLU Children's Health – Indio celebrates grand opening with ribbon-cutting ceremony and Kids Health Expo

By Briana Pastorino

The Coachella Valley community is officially home to Loma Linda University Children's Health – Indio, Jill and Barry Golden Pavilion, the largest pediatric clinic in the area. The grand opening was celebrated with a ribbon-cutting ceremony and the All about Kids Health Expo, Sunday, March 11.

Richard H. Hart MD, DrPH, president of Loma Linda University Health, shared his excitement as Loma Linda University Health expanded its service area into the Coachella Valley to provide healthcare that is accessible and available to those who need it most.

"We are committed to this valley. We are committed to you," Hart said. "We are committed to your children and the leaders they will become for this region."

Nearly 400 individuals attended the private ribbon-cutting ceremony, including Michael Wilson, mayor of Indio, and Congressman Raul Ruiz, MD, who emphasized how proud he was to work with Loma Linda University Health to get the Indio project off the ground and see it through to fruition.

"Families will now have access to critical pediatric services right here in the east valley, strengthening the health of our entire community," Ruiz said. "Expanding and ensuring access to healthcare for everyone, regardless of where you live or how much you make, has been my life's mission. Today is an important milestone to realizing our shared vision for a future where everyone has access to the affordable care they need, when they need it."

Following the ribbon-cutting was the inaugural All About Kids Health Expo, attended by more than 1,000 community members. The expo featured free healthy fun for the whole family, including giveaways, activities and food trucks.

LLU Children's Health – Indio officially opened its doors to the community Monday, March 12, offering pediatric primary care services.

In the coming months the clinic will roll out additional services, such as urgent care, telemedicine, dentistry and other specialties. The nearly 13,000-square-foot building houses 20 patient exam rooms, three dental chairs and an X-ray room.

The clinic is also home to a bottomless bookshelf, courtesy of Scooter Golden, to encourage reading and literacy. Any child who receives care at LLUCH – Indio will be able to take a book home.

To make an appointment or for more information about LLUCH – Indio, call 760-477-0733 or visit them on the web at lomalindakids.org/indio.



The grand opening of Loma Linda University Children's Health – Indio, Jill and Barry Golden Pavilion, featured a ribbon-cutting ceremony. Many community members attended the event held March 11.



Barry and Jill Golden shared their joy at being able to help provide healthcare to the thousands of children living in and around Indio.



Angelina Castleberry shares the story of her son, Matthew, and how the new clinic will help children get access to healthcare close to home.



An All About Kids Health Expo followed the ribbon cutting ceremony. More than 1,000 community members enjoyed fun healthy activities designed for the entire family.

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 | LOMA LINDA UNIVERSITY HEALTH BEAUMONT - BANNING

International vegetarian nutrition congress highlights plant-based nutrition

The 7th International Congress on Vegetarian Nutrition gathered 782 scientists, physicians, nutritionists and healthcare professionals to Loma Linda University for a three-day conference

By Genesis Gonzalez

Loma Linda University Health (LLUH) hosted the 7th International Congress on Vegetarian Nutrition Feb. 26-28 for a three-day event exploring the theme of plant-foods for the health of people, populations and the planet.

More than 700 attendees, including researchers, physicians, nutritionists and scientists, met at the Drayson Center to examine the latest findings on lifestyle practices and vegetarian nutrition that can be used effectively in the treatment and prevention of chronic diseases.

Scientific presentations and panel discussions centered around recent advancements in basic science, epidemiology and clinical trials in vegetarian nutrition from around the world.

Richard Hart, MD, DrPH, president of Loma Linda University Health, welcomed the international group of attendees on opening day. "Giving nutritional advice is as old as the Bible itself, but as new as the newest tablet." According to Hart, the study of optimum nutrition isn't novel. "Seventh-day Adventists have been doing it for over 150 years now, and Loma Linda University Health has been studying the connections between food and health since the 1950s."

The conference, held every five years, offers an opportunity for health professionals to learn from each other in plenary sessions, symposia, short oral and poster presentations. Over the past 30 years, the congress has become the premier scientific conference on the health effects of plant-based diets.

"This scientific conference is not just about Nutrition and Dietetics," said Joan Sabaté, MD, DrPH, director of the Center for Nutrition, Lifestyle and Disease Prevention and chair of the event. "Among other sciences, it will integrate epidemiology, environmental sciences and education."

Attendees had the opportunity to obtain resources, shop and network with various exhibitors, including, Barnes and Noble, Drayson Center Office of Preventive Care, Life and Health Network, Life Long Health, Loma Linda University Nutrition Academic Programs, Loma Linda University School of Public Health, Signs Publishing, and Vegetarian Nutrition Dietetics Practice Group of the Academy of Nutrition and Dietetics.

In addition to the presentations, the conference offered various interactive, social activities. These included, morning runs with university faculty and leadership; culinary demonstrations led by Chef Cory Gheen, MS, RDN, Nasira Burholder-Cooley, DrPH, RDN and Wendy Bazilian, DrPH, MA, RDN; an opening night reception featuring live entertainment; and a banquet hosted by LLU School of Public Health.

On Sunday, Feb. 25, the conference hosted a special community event — Plant Your Future — at Loma Linda University Health — San Bernardino. The pre-conference event featured a free cooking demonstration, health talks, a gardening demo and free blood pressure screenings.

The 7th International Congress on Vegetarian Nutrition was sponsored by the Harding-Buller Foundation of Worthington (Premier Supporter), California Walnut Commission (Nut Supporter), Atlantic Natural Foods (Platinum Sponsor), and Bronze Supporters Beso Biological Research, Inc., Full Plate Living, Heritage Health Food and Nutritarian Womens Health Study. The Allan Buller Family served as the education grant supporter.

Visit <http://www.vegetariancongress.org> for updates regarding the next congress scheduled for 2023.



Those attending the Congress learned about a wide range of products designed to help people make the transition to vegetarian diets.



David Katz, MD, MPH, Yale University School of Medicine, shared information on lifestyle connection to health.



Chef Cory Gheen, from the School of Allied Health Professions, demonstrated ways to prepare vegetarian protein. Gheen shares advanced culinary techniques along with important health considerations.



Media interest showed strong interest for information about the International Congress of Vegetarian Nutrition. Joan Sabaté, MD, DrPH, took a break from presenting to speak with Claus Nybo from LifeStyle TV.

Homecoming church service spotlights work of those often unrecognized

By Ansel Oliver

Saturday morning worship services at One Homecoming underscored the contributions of healthcare professionals that often go unnoticed.

Randy Roberts, DMin, vice president for spiritual life and mission, who delivered the sermon during the church service at Drayson Center, likened the work of humble people as extras in a movie — not famous stars, but most of the movement on screen, even if less noticed.

“That’s most of us. Each of us is just one of the extras in the great story of God and in the more specific story of Loma Linda University,” Roberts told the audience of more than 1,000.

The topic continued the theme from the Friday evening vespers service, which featured stories of several “Unsung Heroes.” The theme is one that illustrates the importance of small-town practitioners or missionaries who make a difference in the lives of patients they serve. They often are less noticed than well-known philanthropists and practitioners who have contributed to Loma Linda University in major, notable ways, Roberts said.

“God specializes in the extras, works through the extras, loves the extras,” Roberts said. “And time and time again, he has used anonymous people to do outstanding things. In fact, I suspect that one day, at the great alumni gathering in the kingdom of God, God will show you that you were never forgotten, that your work always mattered, and that what you are doing with your life is making an eternal difference for his kingdom.”

From the start, the morning services focused on mission, both by alumni and current students.

Richard Hart, MD, DrPH, president of Loma Linda University Health, introduced several alumni who have served in Africa, as well as students who have participated in mission trips.

Dolores and Rollin Bland, who graduated from the School of Medicine in 1968, told of their service in Chad and their recent trips back to the North African country to help their daughter and son-in-law who now serve as missionaries there at Bere Adventist Hospital.

Danjuma Daniel, who graduated from the School of Public Health in 2013, told of his upbringing in Jengre, Nigeria, where a mission trip last year brought dozens of students and practitioners to serve. A mission trip coming up in June will serve Bongo Adventist Hospital in Angola by rebuilding the facility, increasing operations and establishing outlying clinics.

“We’re going out there to develop systems that are sustainable,” Daniel said. “That’s my goal as an African.”

Emily Haus, who graduated from the School of Allied Health Professions in 2017, said she attended Loma Linda University largely because of its emphasis on mission and opportunities for overseas service. She and her husband Matt, who will graduate from the School of Allied Health Professions in June, have since participated in numerous trips.

More than 600 students went on school-sponsored mission trips last year, and Hart said that number is expected to increase, thanks to the support of alumni who contribute to mission service.

Hart said mission trips have traditionally been classified as extra-curricular activities but are now seen on campus as a key component of mainstream curriculum. He hopes that soon 20 percent or more of the student body will participate in mission trips.

“We believe this is a significant part of creating the Loma Linda University experience that makes this all happen,” Hart said.

The morning’s music was another reminder of the Loma Linda University Health’s diverse talents from its student body and staff. Music groups included the Loma Linda University Church Orchestra and Choir, Tad Worku, Lance Hundley, Stephanie Looi, Victoria Belliard, and the School of Allied Health Professions Signing Choir.

The morning started with a Parade of Flags, with students and university staff walking up the aisle holding flags of nations from around the world.

“That parade of flags is always meaningful to me,” Hart said. “Even better than the Olympics because no one loses. It certainly shows the impact of Loma Linda University around the world.”



Homecoming's Friday evening vespers features stories of Unsung Heroes

By Larry Becker

Loma Linda University Health's One Homecoming Friday evening vespers program spotlighted three people who have changed lives and communities close to home and around the world while facing challenging life moments.

Meeting March 2 in the Loma Linda University Church, these "Unsung Alumni Heroes" were showcased as a sample of Loma Linda University Health's rich history of alumni, faculty and staff who have helped to further the organization's mission of continuing the teaching and healing ministry of Jesus Christ.

The Gift of Tenacity

Yoshinobu Namihira, MD, FACC, was a young boy living with his mother and two siblings on Yonaguni Island, Japan. And that family was in crisis. His parents were divorced. And in 1953, in Japan, his father's desertion brought shame and devastation upon his family. Namihira's mother, Shizu Yonaha, was desperate.

Namihira said his mother's situation was "like a shipwreck, a disgrace." In her despair, Yonaha was literally at the brink of drowning herself and her three children in the East China Sea. As they walked to the ocean's edge, Namihira recalled his mother suddenly stopping and looking in her children's eyes.

"No, it's not fair," she said, referring to the community's disapproval. And the family turned around to a new life.

Shizu Yonaha arranged to have her parents care for her three children, while she attended nursing school for three years in Okinawa. Returning to Yonaguni Island after graduation, Yonaha opened that small island's first public health office, and for 30 years worked to eradicate diseases like polio, malaria, tuberculosis and leprosy. She ultimately was honored for her public service by Japan's emperor and secretary of state.

While his mother's life made the value of education evident to Namihira, she also passed along simpler lessons to her children. "What we learned through my mother's actions was 'love your neighbor first,'" Namihira said. "Through our hardships, financial strain and difficulties, we gradually ingrained in our minds a love for others and care for the unfortunate."

Namihira had contracted polio as an infant. After surgery and hospitalization as a teenager, he decided to become a physician, despite some physical limitations.

"I made a decision that if I ever became a physician, I would dedicate myself to helping people who could not help themselves," Namihira said.

Namihira's education path brought him to southern California, where he attended Ambassador College as a foreign exchange student. He then attended Loma Linda University's La Sierra campus as an undergraduate, and went on to graduate in 1980 from the School of Medicine. He ultimately settled in Vicksburg, Mississippi, where he practices internal medicine and gastroenterology.

Along with his busy medical practice, Namihira holds well-attended health promotion lectures monthly. His topics include the value of water, a series on diet, and discussions of colon cancer.

"In 1952, I should have been dead and gone. My mother thought I would not make it," Namihira said. "But thanks to my mother's love, I am still alive and kicking. There must be a purpose for my life."

Mieko Namihira, Yoshinobu's wife, performed "Amazing Grace" on the piano to conclude their story, as a tribute to God's leading in their lives.

The Gift of Family

Mary Ann Wells and her husband Steve lived in Yucaipa, Calif. They had raised three adult children, and the couple enjoyed their beautiful grandchildren as frequently



Richard Hart, left, Loma Linda University president, hosts the Homecoming Vespers service. He also interviewed some of Loma Linda University Health's "Unsung Heroes." Yoshinobu Namihira, MD, Sophia Genesis Wells (with parents Mary Ann and Steve Wells), and Dilip Joseph, MD, MPH, shared their stories of overcoming challenges.



Mieko Namihira, Yoshinobu's wife, performed "Amazing Grace" on the piano to conclude their story, as a tribute to God's leading in their lives.



Steve and Mary Ann Wells share the story of how a baby born in Loma Linda University Children's Hospital became their adopted daughter, and the many challenges the couple faced through the adoption process.

as possible. Life was good.

Then, in 2009, Mary Ann Wells met a baby named Sophia.

Wells encountered Sophia during her work at Loma Linda University's Children's Hospital neonatal intensive care unit (NICU).

"She was the cutest little peanut," Wells said. But Sophia weighed less than four pounds and suffered from gastroschisis. She was born with her intestines outside of her abdomen.

Sophia faced several surgeries over the coming months, and spent time in isolation. But Wells hovered over Sophia, hugging her and singing to her whenever possible.

During the next 11 months, Sophia's biological mother was an inconsistent presence, a gap Wells tried to fill. When the day came for Sophia to leave the hospital, she went home to her biological mother.

Unfortunately, two weeks later Sophia returned to Children's Hospital. Child Protective Services became involved, eventually moving to remove Sophia from the custody of her mother.

As Sophia recovered both in Children's Hospital and later at a pediatric sub acute center in San Bernardino, Wells continued to be a regular presence. During this time, Wells and her husband Steve applied to be Sophia's foster parents, even gaining approval for the arrangement from Sophia's mother and other relatives.

Wells left her position at Children's Hospital in spring 2011 to devote full time attention to Sophia's health challenges. Three years later, the couple, both now in their sixties, became Sophia's legal guardians and ultimately adopted her into their family. Throughout the legal and financial challenges of the process, Wells said she kept her focus on God to help her make good decisions.

"I'm just a nurse who didn't want to see this baby die," she told attendees in University Church. "It's been the hardest season of our lives, but God has been so faithful."

"When it was time to make the decision about this adoption, I knew in my heart it was the right decision," Steve Wells said. "Everything God puts in your life, you know it's there for a reason. I told Mary Ann 'we have to do whatever we have to do.' I would do it over again four more times, because life is precious. Sophia needed a home and stability."

The Gift of Courage

During the 12 years that the United States military has fought the war in Afghanistan, Dilip Joseph, MD, MPH, had come to know that country in a way that few have. For four and a half years, Joseph (School of Public Health, Class of 2000) had made 12 trips to Afghanistan for the Morning Star Development, a non-profit organization that provided medical care and training deep within war zones.

While Joseph had always been aware of security issues, his 12th trip suddenly brought him face to face with the Taliban. Joseph, along with two Afghan colleagues, was returning to Kabul after working in a rural clinic. Driving down a mountain road on December 5, 2012, the team was confronted by an armed man. A warning shot was quickly followed by the appearance of more men with guns.

Joseph and his two colleagues were moved to a remote place off the road. As the Taliban searched the car and the men's belongings, they came across Joseph's U.S. Passport. That, Joseph said, changed things dramatically.

Now captives, the trio was taken to a remote valley, where they were forced to make a 9-1/2 hour hike. As they moved along, Joseph first began to realize that he might die.

The group reached a remote shack late that night. Soon, the kidnappers decided to demand \$300,000, or the captive trio would be taken to Pakistan to be killed. Joseph called his Kabul office to relay the demands. But on the second day of negotiations, the cell phone service failed. At that point, Joseph and his captors began talking to each other.

"They had questions about what my life, my family and my career were like," he said. "One of the captors began to share more about his life.

"I told the young man I was old enough to be his father," Joseph said. "He started comparing his life to mine."

"I think you do what you do because this what you've been exposed to. You like helping people," the young man said. "I do what I do because this is all I've seen. I was five when I first killed a person." He had only known his father for five years. The other 14 years the father had been in prison. Joseph continued to connect to his captors through conversations about family, career, and education during the following three days.

Cell phone service was restored, and ransom discussions continued. Ultimately, negotiations for the group's release broke down, and the Taliban captors decided to split up the trio.

"I felt this was the last time we would see each other," Joseph said.

Four nights into his captivity, Joseph was being held in a small, pitch-black room. Suddenly noises began outside — a dog barking, then sheep crying. Then the gunfire began. A man burst through Joseph's door, a U.S. Navy SEAL. Although Joseph's Taliban guard fatally shot that rescuer, other SEAL team members called out to Joseph, and he was soon rescued.

"The SEALs took out most of the rest of the captors. In a few minutes it was over," Joseph recounted to the audience. A helicopter arrived and carried Joseph and the SEALs to a military base.

Reflecting on the experience, Joseph said he came to understand that even the Taliban could be reached. "The last thing I expected was that the Taliban would be so open. The desperation they have is the same desperation I feel when I think about hope or change or love in my own life," Joseph said. "What truly makes man whole, and what's my role in that? If I have hope, how do I instill that hope to others. It doesn't take a lot of effort to instill hope, even a very dark place. It's the little things that make a difference. We have to spend time with people and get to understand them."

More than 1,600 attend second annual haystack lunch



Following the homecoming church service, alumni moved to the Drayson Center's super field for a lunchtime haystack feed held under a giant tent. More than 1,600 people were fed in 30 minutes. Large flag banners marked out the territory for each school's alumni to gather and visit.



Loma Linda alumni share their talents

Loma Linda University Health featured talented alumni from across all schools. Highlighting the evening (middle row, right) was Kevin “K.O.” Olusola, the beat boxer from vocal quintet Pentatonix. Olusola is the eldest son of Loma Linda University alumnae Curline Paul-Olusola and Oluwole Olusola, who met in the Del E. Webb Memorial Library. The performance was followed by a screening of *Life on the Line – San Bernardino Strong*.



Homecoming's final day includes 5K race, pickleball tournament, reunions and pancakes

Sunday morning, March 4, began with the Homecoming 5K. This year, alumni and students came together to support the School of Nursing and the School of Pharmacy, which benefited from the event's entrance fees. After the run, attendees enjoyed a pancake feed, a bouncy house and face painting. A unique highlight of the day was the Homecoming pickleball tournament. As the largest pickleball facility in California, the Drayson Center held a friendly competition between the eight schools. The schools also held individual events during the weekend, like the Awards Banquet held in Redlands by the School of Allied Health Professions. One of their honorees was (photo lower right) Occupational Therapy Rising Star recipient Ivana Poste (middle) with her father, James, on the left, and her husband Giovanni, right.





Founding members of the Big Hearts for Little Hearts Guilds accepted the Shirley N. Pettis Award from Dr. Richard H. Hart, left, on behalf of all Guild members.

Children's health advocates honored during 25th anniversary gala

Big Hearts for Little Hearts Guilds Shirley N. Pettis Award

The Big Hearts for Little Hearts Guilds have been tireless advocates for the children of the Inland Empire and Coachella Valley since 1999, when the first guild was founded by Dixie Watkins, Eloise Habekost and Nancy Varner.

Believing that Loma Linda University Children's Hospital could increasingly maximize its potential with a guild, the trio traveled to other children's hospitals to learn first-hand what guilds do to help the children of their communities.

When they returned, they established the organization on the three objectives that have guided it ever since:

- To create a series of fun events and activities to divert youthful patients from the sometimes-harsh realities of hospitalization
- To raise money for specialized equipment that doctors would like to have to make life better for their patients, and
- To make friends and promote awareness of Loma Linda University Children's Hospital throughout the Inland Empire and Coachella Valley.

In order to do that, they needed a name for the organization. Since Children's Hospital has a long history of serving children with heart issues, they decided to call it the Big Hearts for Little Hearts Guild. They then set to work, planning events, recruiting members and volunteers, persuading local vendors and donors to support their activities, doing everything possible to make life better for hospitalized children.

No one could have predicted the phenomenal success the Guild has enjoyed since then. Starting from one, the organization has now grown to four separate entities as the original Loma Linda Guild spawned the Desert Guild, the Riverside Guild and the Temecula Valley Guild. Fittingly, the woman for whom the award is named — the late U.S. Congresswoman Shirley N. Pettis — was one of two founding members of the Desert Guild. The other was E. Jane Woolley, MD, a retired anesthesiologist.

Together, the four Guilds have hosted hundreds of events for children, raising more than \$7.5 million dollars and building networks with thousands of friends and supporters. Now in its 19th year, the Guilds look forward to continuing to serve the needs of patients when the new Loma Linda University Children's Hospital tower, which is currently under construction, opens in 2020.

Tim & Carol Rochford Lifetime Achievement Award

High school sweethearts, Tim and Carol Rochford, graduated from Redlands High School in 1965 and married two years later. Redlands and the surrounding community is their home. They have an immeasurable love for children, including their two children, two grandchildren and two great-grandchildren — but they still have more to give.

"We both have a heart for children and always have," Mr. Rochford says. "We always envisioned that at some point in our lives we could do something to outreach."

"I love little kids," says Mrs. Rochford. "They're so vulnerable and they have no one else but us to take care of them."

Mrs. Rochford has been involved with Loma Linda University Children's Hospital for over 20 years, ever since she went to her first Big Hearts for Little Hearts Guild event.

She recalls the teddy bears on all the tables and learned about all the ways the Guild gives back to pediatric patients. "I knew then that I wanted to be a part of it and have ever since. I go to every function I possibly can."

Mr. Rochford attributes his affinity for helping children to the gift he received in the fifth grade: a one-year membership to the YMCA. "A whole new world opened up to me," he says, "and I want all children to be able to experience new opportunities like I did and know they are worthy and that someone cares about them."

Mr. Rochford founded and developed multiple successful NYSE-listed oil and natural gas companies. He was founding CEO and president of Arena Resources, which was named to the list of "Top Ten Growing Companies" for three consecutive years. He is currently chairman of the board and co-founder of Texas-based RING Energy, Inc., an NYSE-listed company.

He has purchased and restored several historic buildings in downtown Redlands, including the Burrage Mansion.

In late 2007, Mr. Rochford learned the property would likely be put on the market, and he knew he wanted to preserve the beautiful, historic treasure. As he walked the grounds, he imagined the sound of children laughing and playing. He realized at that moment he could combine two things dear to his heart: contributing to his beloved city of Redlands and helping children in need.

With the encouragement and participation of many individuals, the Rochfords turned their vision into a reality by creating the Rochford Foundation. They restored the grounds, replanted orange groves, and added a playfield, trails for biking and hiking, a dance studio, an art room, golf course — transforming the Burrage Mansion into a space just for kids.

The Rochford Foundation surrounds and encompasses children, with a focus on kids ages 6 to 12, underprivileged kids and kids at risk.

"It warms our hearts to know we can warm theirs, and it's certainly something we hope to be doing for years to come," Mr. Rochford says.

Mrs. Rochford says she loves to hear the laughter of children. "It's so innocent and precious."

The Rochfords envision their foundation as something that will continue to increase in size and scope. "We hope to serve thousands more children through different organizations, and we hope we are in a position that will allow us to do that well into the future."



Kerry Heinrich, right, presents Tim and Carol Rochford with the Lifetime Achievement Award at the 25th Anniversary Reflection Gala.

**Helen Staples-Evans
Outstanding Clinician Award**

Helen Staples-Evans has dedicated more than 30 years of service to Loma Linda University Children’s Hospital. Pediatrics was and always has been her first love. “Children are so resilient,” she says. “They attack every moment with a zestful life.”

Staples-Evans was initially hired at LLU Medical Center in 1982, but two years later she made the switch to where she really wanted to be — serving children. She has evolved from a bedside nurse to a supervisor, professor and manager, and now serves as the chief nursing officer at the Children’s Hospital.

Staples-Evans has thrived in multiple specialties including pulmonary intensive care, hematology/oncology, and critical care nursing. Because of her extensive background, she understands what it’s like for her staff to do what they do every day.

Prior to joining Loma Linda University Health, Staples-Evans was a nurse in London and previously in South Africa, where she was born and completed her initial nursing education. She earned a Master of Science in 1984 at LLU School of Nursing, where she also earned her Doctor of Nurse Practice in 2014.

Her education and specialty experience has been felt through the years, says Children’s Hospital senior vice president and administrator Scott Perryman.

“She is invaluable,” he says. “Her history and impact with the nursing staff and development of the leadership team has been critical to the hospital’s development.”

Her colleagues identify her as the epitome of professionalism, a genuine and sincere individual and a trusted leader.

Chief medical officer Richard Chinnock, MD, says she leads the hospital unlike any other. “She knows every nurse and every nurse knows her. And it’s not just by name — its kids, spouse, how things are going — and that speaks to her leadership.”

Chinnock notes that Staples-Evans understands at the granular level what’s happening with every patient every day. “What I love most about her is her deep commitment to children and their families. It’s just who she is.”

Staples-Evans enjoys having the opportunity to “play” with patients, or turning a corner during rounds and getting invited to a “picnic” in the hallway. “That’s not something you get to experience in a hospital setting, and those are the most meaningful moments of my day,” she says.

**Alicia Lopez
Hometown Hero Award**

Alicia Lopez first met Matthew Castleberry when he was in the NICU at Loma Linda University Children’s Hospital. In that short, 20-minute visit, Lopez said they had an instant connection. “It was as if we’d known each other for years.”

Lopez met the Castleberry family while working with Matthew’s mom, Angelina. They were both deputies at the Riverside County Sheriff Department Palm Desert Station, but little did they know that their paths would cross with a significant outcome.

While Castleberry was pregnant with twins — a boy and a girl —her son had been diagnosed with posterior urethral valves. The condition prevents the normal flow of urine, damaging his kidneys and bladder, and he would need a kidney transplant to survive.

Since birth, Matthew had survived thanks to frequent dialysis treatments and weekly visits to the Loma Linda University Kidney Center. In total, he’s undergone 14 surgeries, including two in utero, Castleberry said.

When Lopez learned that her friend’s son needed a kidney transplant, she knew without question she wanted to help. She secretly underwent the necessary testing to determine whether or not she was a match.

“It wasn’t a decision that took weeks to make,” Lopez said. “As soon as I heard he needed a donor, I got tested.”

Early on in July 2017, shortly after Matthew turned three, Lopez got word from the hospital that she was a match and immediately called Castleberry to share the good news.

That match was made official on July 31, 2017 when Matthew received Lopez’s left kidney. Her gift ended the three-and-a-half years of continual doctors’ visits and hospital stays that had filled the Castleberrys’ lives since before Matthew was born.

“All we’ve ever done is pray for that kidney. We didn’t know who it was going to come from but we knew it was going to come,” Castleberry said.

Though all surgeries come with risks, Lopez said her resolve to help has only strengthened throughout the process. After three to four months of weekly doctor’s visits, Lopez said she can see how donors could be dissuaded, but the thought of seeing Matthew live a better life is worth it.

Lopez said, “When you see his face it’s hard to say no.”



Scott Perryman, right, presents Helen Staples-Evans with the award for Outstanding Clinician.



Rachelle Bussell, left, presented Alicia Lopez, second from left, with the Hometown Hero Award alongside the Castleberry Family whose story was shared during the Gala.

More than \$2 million raised for LLU Children's Hospital at 25th Anniversary Reflection Gala

By Briana Pastorino

The 25th Anniversary Reflection Foundation Gala, presented by Walter's Automotive Group, was an evening to remember, raising an unprecedented \$2.35 million.

The theme, "Reflection," celebrated the first 25 years of Loma Linda University Children's Hospital (LLUCH) and highlighted its bold plans for the future.

Scott Perryman, senior vice president/administrator of LLUCH, addressed guests saying the future is not possible without their support.

"Celebrating 25 years of giving is a major milestone and it would not have been possible without your tireless effort on our behalf over the last two and a half decades," Perryman told the more than 1,000 guests in attendance. "In that time, you have raised nearly

\$20,000,000! Every single one of those dollars has been part of giving world class care to the children in your community."

Funds raised will benefit Vision 2020 – The Campaign for a Whole Tomorrow, which supports construction of the new Children's Hospital tower and Loma Linda University Children's Health – Indio, Jill and Barry Golden Pavilion. The latter opened March 12.

Richard H. Hart, MD, DrPH, president of Loma Linda University Health, dedicated the evening to Leonard Bailey, MD, pioneer of infant heart transplantation; Lyn Behrens, MD, former president of Loma Linda University Health; and John Mace, MD, chair of pediatrics when LLUCH first opened its doors, for their vision of a hospital just for kids. "They set the standard for excellence that has guided the hospital to be what it is today," Hart said.

Three-year-old Matthew Castleberry's amazing story was shared with attendees. Castleberry, who also

has a twin sister, began receiving treatment at LLUCH while in utero due to kidney complications. On dialysis since birth, Castleberry received the life-saving kidney he needed from his mom's friend and former co-worker.

After hearing the encouraging story, guests were encouraged to donate to support LLUCH in its mission to provide quality, whole child care to every patient.

It was during this time that an anonymous donor gave \$1 million toward the new LLUCH – Indio clinic.

Eight items were sold during the live auction, including two original paintings, each selling for \$24,000, by Jeff Hanson, a visually impaired artist. Hanson is an award-winning philanthropic artist on a mission to change the world through art and has a goal to raise \$10 million before he is 30.

The evening concluded with a celebratory presentation of the check on stage that included hospital staff, patients, Guild members and donors.



Southern California's first Vercise implant treating Parkinson's disease performed at Medical Center

By Genesis Gonzalez

A new, innovative deep brain stimulation (DBS) system, called Vercise, was successfully implanted in an 81-year-old patient with Parkinson's Disease at Loma Linda University Health. This was the first such procedure in Southern California and the fourth in the nation to utilize the DBS device to treat Parkinson's.

Loma Linda University Health neurologist Khashayar Dashtipour, MD, PhD, and neurosurgeon Miguel Lopez-Gonzalez, MD, FACS, performed the groundbreaking implant of the Vercise device in January.

The procedure involves the implant of a thin wire — called a lead — into the patient's targeted brain region. In this particular case, the patient received electrodes on each side of the brain. Electrical stimulation is delivered via the lead, which helps control abnormal brain activity that causes tremors, stiffness or slow movement.

"This device opens more doors for Parkinson's patients in need of deep brain stimulation," Lopez-Gonzalez said. "With time, we will be able to monitor the device's progress and hopefully determine if this is more beneficial."

In December 2017, the FDA approved Boston Scientific's Vercise device, the third approved device in the United States for performing DBS.

The rechargeable device was first approved in Europe following various clinical trials. It has been used to increase precision and avoid common side effects of DBS therapy that affects the brain beyond the intended target. It offers a multi-source constant current, allowing flexible control of stimulation that adapts to individual physiologies, impedance variabilities, and disease progression.

"For the first time, the battery has a 15-year life," Dashtipour said. "With the increasing risk of surgery after a certain age, our patient will not have to undergo surgery in three to five years as with other devices."

Dashtipour was able to successfully turn on the device just three days following the procedure and will adjust the levels according to the patient's comfort. His goal is to keep the patient "on condition" meaning throughout the day. The patient will hopefully experience zero to minimal side effects, including tremors and stiffness.

Patients who experience dystonia, or abnormal movement, suffer from consistent tremors and have been prescribed various medications are considered prime candidates for the Vercise implant.

The Vercise's electrical system is designed to give both doctors and patients greater control over the current applied at the individual electrodes, regardless of



Loma Linda University Health is the first in Southern California to perform a Vercise implant to treat Parkinson's disease. Khashayar Dashtipour, MD, PhD, left, and Miguel Lopez-Gonzalez, MD, FACS, performed the procedure at Loma Linda University Medical Center in early February.

the resistance at the end of the wire. DBS delivers targeted electrical stimulation to specific regions of the brain to help treat symptoms of Parkinson's.

According to the Parkinson's Foundation, the neurodegenerative disorder affects approximately one million people in the U.S. and 10 million worldwide. The disease is a progressive movement disorder that primarily affects the dopamine-producing neurons in a specific area of the brain. Over time, the disease causes tremors, slowness of movement, limb rigidity and balance difficulties.

The implant is currently covered by insurance. Loma Linda University Health Department of Neurology is accepting patients at this time.

For more information, visit lluh.org/movement or call 909-558-2880.

Lawrence Loo, MD, receives 2018 Kinzer Rice Award for Excellence in University Teaching

By James Ponder

Lawrence Loo, MD, was announced as winner of the 2018 Kinzer Rice Award for Excellence in University Teaching during a special ceremony last month on campus.

Loo, who serves as vice chair for education and faculty development in the department of medicine and associate dean for educational quality and outcomes at Loma Linda University School of Medicine, was selected after an extensive review of teachers throughout all eight schools of the university.

The award is given every two years to an individual who exemplifies the finest traditions of education. It was established by two professors at the LLU School of Dentistry — Robert Kinzer, DDS, who served as a professor of restorative dentistry from 1983 until his death in 2005, and Bruce Rice, DDS, professor of oral medicine from 1954 to 1958.

In accepting the award, Loo said the mission and values of the institution reflect the way he believes medicine should be practiced. In discussing the source of his inspiration, Loo noted that he cannot imagine not being in a teaching environment. "The students really give meaning to me in being a physician educator," he said.

Ron Carter, PhD, university provost, said that at the center of every university, its mission, vision and values are number one. "But a close number two is the quality of the professors. It's those individuals who engage the students with issues of the mind and of the heart, and provide enthusiasm and commitment. And Larry has an energy and a quality that are contagious."

Debra Stottlemeyer, MD, associate clinical professor of medicine, said she remembers going to Loo's office as a medical student and finding it covered with

top-ranked medical journals, which were opened on his desk and underlined. "He was always pursuing his passion for staying current and passing that knowledge on to us. He has exemplified for me a master teacher, a master scholar, a master administrator," Stottlemeyer said.

Douglas Hegstad, who is both chair and associate professor of the department of medicine, described Loo

as an expert in teaching medical students, an expert in teaching residents, and an expert in continuing medical education. "He's even been recognized as a Master of the American College of Physicians," Hegstad said. "So, at all levels of education, he understands the teaching methodology."

The award ceremony was part of the four-day Faculty Development Showcase.



Lawrence Loo, MD, associate dean at Loma Linda University School of Medicine, accepts the 2018 Kinzer Rice Award from LLU Provost Ron Carter, PhD (left) and Marilyn Eggers, PhD, director of educational effectiveness.

Two-year-old Redlands girl owes her life to Loma Linda University Children's Hospital

By James Ponder

Two-year-old Vivian Burton may look like the picture of health, but a couple of weeks after her first birthday, she almost died from a dangerous heart condition no one even knew she had.

The condition, myocarditis, is often triggered by a virus that causes the heart wall to grow stiff and inflamed. It can also result from autoimmune disorders, environmental factors or a reaction to chemicals, radiation or medication. Mild cases of the disease often go unnoticed, but Vivian did not have a mild case.

Her parents, Heather and Dave Burton, didn't realize Vivian was sick until she stopped urinating one morning. A few hours later, she started throwing up. Since vomiting is fairly common in childhood, they thought it was only the stomach flu, even when it continued all night.

But when Vivian's lips turned blue the following evening, Heather realized something was wrong. She told Dave she would probably be home in the morning, anticipating an overnight stay in the crowded emergency room of a nearby hospital.

When they got to the hospital, however, Vivian was taken immediately into an evaluation room where doctors inserted a central line into her veins. They weren't certain of the diagnosis, but told Heather it appeared that something was wrong with Vivian's heart. "Before long, she had a million tubes in her," Heather says.

At that point, Heather called Dave and explained what was going on. Dave wasted no time hopping in his car and hurrying to the hospital to join his wife and daughter. Whatever happened, the family would face this crisis together.

Doctors monitored Vivian's condition overnight, but when she continued getting progressively worse, they transferred her to Loma Linda University Children's Hospital the following afternoon so an expert team of pediatric cardiologists and critical care specialists could assess and treat her condition.

Vivian had scarcely arrived at Children's Hospital when doctors took Heather and Dave aside to explain that their daughter was in imminent danger. "Basically, we were told she might not make it," Heather recalls.

The warning stunned Heather and Dave, making it hard for them to think of anything else. Nevertheless, they listened carefully as doctors explained that Vivian urgently needed a procedure called extracorporeal membrane oxygenation, or ECMO, to save her life.

The team sprang into action drawing blood, taking vital signs and stabilizing the tiny child. Other members of the team accelerated the process of prepping the ECMO machine, which acts as an external heart/lung bypass to circulate oxygen-rich blood through the body of a patient who has trouble producing it on her own. In addition to myocarditis, ECMO is used to treat other diseases that interfere with breathing, such as severe pneumonia, congenital diaphragmatic hernia, meconium aspiration syndrome and related conditions.

Within an hour after Vivian's arrival at Children's Hospital, doctors hooked her up to the ECMO machine. The process usually takes longer, but Vivian was fading fast. As Dave explains, "They didn't have time to wait!"

Heather and Dave, meanwhile, took two proactive steps to give their daughter every possible advantage. First, they prayed earnestly for God to guide the care team and save Vivian's life. Second, they started the process of getting Vivian's name on the heart-transplant list.

When the tests came back, they revealed that Vivian had a virus sometimes associated with myocarditis. The diagnosis wasn't definitive, but it was all the care team had to go on. Whatever the cause, Vivian had reached the point where she couldn't fight any longer.

Fortunately, however, Vivian had powerful help in her battle to survive. Not only were her family and friends, doctors and nurses praying for her, but powerful medicines were fighting to strengthen her immunity and maximize her ability to bounce back.

Heather and Dave took turns staying with her around the clock. When family friend Dixie Watkins, co-founder

of the Big Hearts for Little Hearts Loma Linda Guild, learned they were at Children's Hospital, she arranged for a special sleeping chair to be brought to Vivian's bedside for the tired couple. "It was personal for her because of our relationship," Heather says.

Imperceptibly, yet surely, against tremendous odds, little Vivian slowly began to improve. It didn't happen overnight, but day after day she grew stronger until one day, it became obvious that she had turned the corner.

Heather and Dave had been warned it could take much longer, but their little girl recovered to the point where doctors were able to take her off the ECMO machine in just seven days. "It happened so quickly!" Heather says. "On numerous occasions they called it a miracle."

Although doctors insisted she remain in the hospital another two weeks, little Vivian had beaten the odds. Three weeks after she arrived, the day finally came when doctors said she was well enough to go home. They said she would probably need to be on medication for several years, perhaps even the rest of her life. But once again, Vivian surprised everyone. "She was

weaned off all her meds just one year after we left the hospital," Heather says.

Looking back on their terrifying ordeal, Heather and Dave are grateful beyond words for the care their daughter received at Children's Hospital. They have nothing but praise for Jim H. Eguchi, MD, Matthew J. Bock, MD, Farrukh Mirza, MD, and the team of dedicated, caring nurses who worked round-the-clock to help their daughter live.

"They were all so knowledgeable and willing to answer our questions," Heather says. "We trusted them explicitly and they came through for us. We believe 100 percent that we were meant to come to Loma Linda University Children's Hospital!"

Today, Vivian is thriving. Although she returns to her doctor for regular check-ups, she feels great, has plenty of energy, and lives each day to the max. She is much too busy thinking about the future to worry about the past.

In fact, she has decided what she wants to be when she grows up. "Big," she says. "Like Mommy and Daddy and Bubba and AJ, the dog."

Vivian wants to do lots more of the things she loves. Things like painting, coloring, going camping with her family, playing tea party, and singing and dancing. Most of all, she loves to dress up and play princess with mommy. Last Halloween, they dressed like cats.

"Me and mommy were kitties," she reveals. "Meow!"



Little Vivian, left, and her entire family, below, will be the guests of honor at the fourth annual Family Fitness Fun 5K & Expo, which will be held at the historic Burrage Mansion in Redlands on Sunday, April 8. Registration and additional information is available online at <https://advancement.lluhealth.org/familyfitnessfun>.



Murrieta's Behavioral Medicine Center celebrates five years of quality patient care

By Genesis Gonzalez

Loma Linda University Behavioral Medicine Center (LLUBMC) celebrated the five-year anniversary of their program in Murrieta on Feb. 21 with a reception attended by Loma Linda University Behavioral Medicine Center (LLUBMC) staff and their families, former patients and community officials, including the guest of honor — Jonathan Ingram, mayor of Murrieta.

Edward Field, VP/Administrator of LLUBMC, kicked off the evening's event by recognizing the center's team of psychiatrists, therapists, psychologists, nurses, chaplains and counselors who have served the community with quality patient care.

"We're so blessed to be here in the Murrieta community," Field said. The LLUBMC in Murrieta provides intensive outpatient and partial hospitalization programs for both adolescents and adults experiencing grief, depression, anxiety or any emotional distress. In addition, the center helps patients struggling with addictive behaviors, including alcohol and drug abuse.

According to Field, the center has provided approximately 45,000 individual visits of treatment, roughly 9,000 visits a year. For many patients, therapy is five days a week for five hours a day.

Marsha Mathews, program manager at Loma Linda University Behavioral Medicine Center – Murrieta, reaffirmed that the center offers comprehensive service or "mental health boot camp." It originally opened in April 2012 and has supported individuals overcoming various chronic mental health issues and those faced with sudden trauma.

Husband and wife Carlos and Teresa Meras were former patients of the Behavioral Medicine Center following their horrific experience during the Las Vegas shooting. They shared their incredible struggle to find normalcy and return to their children and work.

"We found ourselves in a state where we couldn't function," Teresa said. Following a visit to the urgent care, Carlos was recommended to Loma Linda University Behavioral Medicine Center and encouraged his wife to join him.

They were able to focus on themselves and learn the techniques to overcome anxiety. "I'm happy to say that I got through the program and I'm back at work," Teresa said. She no longer has nightmares, and her fear of having post-traumatic stress disorder did not become a reality thanks to the counseling and group therapy she experienced at the center.

Steven Silva, another former patient, expressed his gratitude to LLUBMC for helping him overcome his childhood hardships. He told the audience it literally saved his life.

Silva survived a rare form of cancer and had been given a life expectancy of six to eight months. Though he survived, Silva hit a wall and became very depressed and didn't know why. "I didn't feel worthy of being a survivor," Silva said.

With the help of LLUBMC, Silva learned that the wall he had hit was due to his childhood struggles. According to his therapist, he was "given a set of rules to a game he didn't know how to play." Silva learned how to reopen the doors to a time in his life he had closed off and received support and tools to save his life.



Jonathan Ingram, Murrieta mayor, presents a certificate of excellence to Edward Field, VP/administrator of the Behavioral Medicine Center, and Marsha Mathews, program director for the Behavioral Medicine Center.

"I have a lot more work to do on myself, but I feel better today than I have in a long, long time," Silva told the audience.

Mayor of Murrieta Jonathan Ingram — elected to office in December 2017 — expressed his vision to see Murrieta become a medical corridor that would provide quality healthcare throughout the region and offer access to mental health services.

Ingram shared statistics regarding mental health and reported that "depression is one of the leading causes of disability worldwide" according to the World Health Organization. He encouraged attendees to help eliminate the stigma of "mental health" and recognize the value in providing services to both children and adults.

"We have to get rid of the stigma; it's important," Ingram said. The evening's topic hit close to home for the mayor as he shared the loss of his 34-year-old nephew to suicide. "The best cure for any illness is love and compassion, and I think that's been left out of the equation," Ingram said.

Ingram presented Loma Linda University Behavioral Medicine Center – Murrieta with a certificate of excellence for their five years of quality patient care.

In honor of the five-year anniversary, Chuck Washington, Riverside County District 3 supervisor, and Darrell Connerton, Senator Stone's 28th Senate District Representative, also presented certificates to the Behavioral Medicine Center. Each certificate represented the excellence and dedication the staff has contributed to helping patients receive the quality care they deserve in support of mental health.

Walter's Children's Charity Classic delivers over \$300,000 to hospital

Loma Linda University Children's Hospital (LLUCH) received a special delivery from the Walter's Children's Charity Classic committee — a check for \$310,000 on February 7.

Funds were raised at the 22nd annual Walter's Children's Charity Classic (WCCC) in October 2017. All proceeds will benefit Vision 2020 – The Campaign for a Whole Tomorrow, specifically to name a playroom in the new Children's Hospital tower. Cumulatively, WCCC has raised over \$4 million since 1995.

Scott Perryman, senior vice president/administrator for LLUCH, thanked Walter's Automotive Group for their long-time dedication to children in the Inland Empire.

"Walter's has been a true Champion for Children through their continued commitment to our patients over the past 22 years," Perryman said.

Steve Kienle, president of Walter's Automotive Group, said they are proud to be a part of what Loma Linda University Children's Hospital is doing for the community. "We love doing what we do and we are blessed to have this hospital in our backyard."



Called to serve: 'A humbling experience'

Schools of Pharmacy, Dentistry students reflect on successful mission trip to Mexico

By Briana Pastorino

For Helen Mi Hye Rhee, mission trips are a time for her to see what God is doing and an opportunity to learn what needs exist beyond her everyday reality. Her most recent mission trip to Uruapan, Baja California, Mexico, was no exception.

A third-year student at Loma Linda University School of Pharmacy, Rhee set out on the four-day trip with seven other students from the school during their winter break. Although a short trip, the group was able to meet with locals, hold a health fair, serve children at an orphanage, and provide labor to repair things around the property.

Most of their time was spent at the Mount of Olives Children's Village, an orphanage operated by Missions Network International.

"We were completely humbled by the grace of God," Rhee said. "We saw the miraculous work that God had put on at the orphanage and also saw the need for medication educations in these areas."

Nithya Abraham, also a third-year student at the School of Pharmacy, chose to study at Loma Linda University specifically because the curriculum has a service component. Having been on mission trips prior to coming to LLU, Abraham said this trip allowed her to focus on health care and utilize skills she'd learned as a pharmacy student.

On day two of their trip, the students held a health fair at a local church to teach families about proper hand washing, oral hygiene and medication safety.

"Teaching basic medication safety to the kids in Mexico was a humbling experience," Abraham said. "It's the little things like teaching them to always ask an adult before taking medicine, and not picking stuff up off the ground can often be taken for granted. But kids need to learn these valuable lessons."

Rhee added that medications are so readily available in Mexico that "it's easy for them to take the wrong medications and doses. A lot of counseling is needed as well as more regulations on medications."

The students also got their hands dirty — literally — spending a day working on the orphanage property.

They dug a hole for their new irrigation system, fixed the hen house, painted walls, and trimmed the palm trees.

But this trip wasn't all work and no play. The students also spent time with children playing soccer, visiting with families and singing songs.

Abraham admits before going on the trip she and her classmates weren't sure how it was all going to work out, but they all shared a common goal: to serve God.

"We stayed true to our values and to those of Loma Linda University, and that translated in our efforts," Abraham said. "It's easy to get caught up at school and the stress of tests and studies but going on the trip reinforced my desire to serve."

Reflecting on the success of the trip, Rhee added, "God has the amazing ability to combine all of our seemingly insignificant gifts to help us shine and glorify Him."



Eight students from the Schools of Pharmacy and Dentistry spent winter break on a mission trip to the Mount of Olives Children's Village in Baja California, Mexico. The group held a health fair, served children at the orphanage, and provided labor to repair things around the property.

Desert Guild's evening of 'Girls, Guys & Giving' supports Children's Hospital

A glass of water — tap water — was auctioned off for \$400. There was no secret prize at the bottom of the glass, but to the individual who bid and won said glass, the knowledge that the money would go toward helping a child in need at Loma Linda University Children's Hospital was enough.

The glass of water was one of 10 items sold during the live auction during Girls, Guys & Giving, the signature fundraising event of the Big Hearts for Little Hearts Desert Guild. The Club at Morningside in Rancho Mirage was the venue; the children of the Coachella Valley were the reason, and auctioneer Jim Nye didn't need much more to rouse the nearly 300 guests who attended.

The evening raised over \$85,000 for LLUCH.

Desert Guild member Dale Rotner enjoyed the boutique shopping at Girls, Guys & Giving

Auctioneer Jim Nye encourages participation in the live auction portion of the evening.

Two children's bicycles and helmets were among the roughly 30 silent auction items available at the event.



2nd Annual Heart Health conference inspires healthy lifestyle

By Genesis Gonzalez

Loma Linda University Medical Center (LLUMC) – Murrieta hosted its Second Annual Heart Health Conference — titled Move to Your Heartbeat — on Feb. 15 at the Temecula Creek Inn.

The event provided an opportunity for conference attendees to interact with various vendors, receive free blood pressure screenings and learn valuable heart health tips from leading cardiology experts.

Vendors included, Loma Linda University Behavioral Medicine Center, Cooke Chiropractic, Big Hearts Little Hearts Temecula Guild, Brookdale Senior Living, Temecula Olive Oil Company, Rancho Family Medical Group, LLUMC – Murrieta Orthopedics, LLUMC – Murrieta Hyperbaric Oxygen Therapy, LLUMC – Murrieta Cardiac Rehabilitation and LLUMC – Murrieta stroke program.

David Lu, MD, cardiologist at LLUMC – Murrieta, reported more than 500,000 new heart failure cases occur each year. According to Lu, more deaths

result from heart failure than all forms of cancer. The most common risk factors of heart failure include hypertension, coronary artery disease, valvular heart disease, alcohol, infection, diabetes, congenital heart defects, obesity, age and smoking.

For Lu and the other physicians speaking at the conference, the event's goal was educating individuals on the importance of positive lifestyle changes to help prevent heart failure, heart attacks and even stroke. This includes staying physically active, reducing caffeine intake and implementing a low-sodium diet.

Attendees also learned more about new advancements in technology for heart treatment. Niraj Parekh, MD, cath lab medical director and Michael Koumjian, MD, adult thoracic and cardiovascular surgery at LLUMC – Murrieta, delivered an overview of a new, minimally invasive procedure — thoracic endovascular aortic repair or TEVAR. TEVAR uses a traditional coronary artery balloon and is used to replace the major blood vessel — the aorta.

Technology has progressed during the last five to 10 years said Parekh. With many new advancements, it's getting easier for patients to recover in one to two days following a TEVAR procedure, ultimately, avoiding open heart surgery.

In addition, guests also had the opportunity to ask questions to Bhoodev Tiwari, MD, cardiologist, Joseph Chammas, MD, cardiothoracic surgery, and Harit Desai, MD, interventional cardiologist at LLUMC – Murrieta during an expert panel discussion moderated by Garrett Caldwell, DMin, executive director of public affairs at Loma Linda University Health.

The 2018 conference was the first year Mt. San Jacinto College and Cal State San Bernardino students attended the conference. It was an opportunity for them to learn more in the field of cardiology and how today's advancements are paving the way for continued quality patient care.

For more information on LLUMC – Murrieta's cardiovascular services, visit murrieta.lomalinda-health.org/our-services/heart-care.



Free blood pressure screenings were available during the Second Annual Heart Health conference. Attendees were encouraged to monitor their blood pressure as part of a daily routine.

LLU nursing faculty member selected as American Academy of Nursing fellow

By Janelle Ringer

Loma Linda University School of Nursing Professor Jan Nick, PhD, RNC-OB, CNE, ANEF, was announced as one of six nurse leaders from California selected for induction as fellows by the American Academy of Nursing. The highly selective fellowship is considered one of the highest honors in the nursing profession.

It was the body of work spanning almost two decades of international service that supported Nick's candidacy into the academy. Nick's main activities included building capacity of nursing education internationally, participating in the committee that developed the first certification exam for nurse educators, assisting a hospital in developing a new nursing program in South America as a Fulbright Scholar and developing policy with the International Council of Nursing in Geneva, among others.

Nick has served at the School of Nursing since 1997, teaching a variety of classes such as Obstetrical and Neonatal Nursing, Research, as well as Informatics and Evidence-based Practice.

Nick's professional career has been a journey of passion and impacting others while experiencing pure joy and self-fulfillment, she said.

"Being inducted into the Academy is one of external validation of my career activities but also provides me internal validation that my professional activities are in alignment with greater goals in nursing," Nick said.

In addition to the fellowship, Nick has been appointed as a member of the Informatics, Technology and Evidence-based Practice expert panel because of her expertise in Evidence-based practice, something she has been teaching to nurses around the world since 2005. The Academy's expert panels advance different innovations in healthcare delivery to address health needs in different populations.

Early in her career, she did not consider this admission to be a possibility, but as Nick grew as a nurse scientist and found her niche in nursing, she began to anticipate the prospect.

"I engaged in activities with professional organizations, worked globally, published, and developed standards and policy. I began to see the possibility and set this as a professional goal," Nick said. Coming from a disadvantaged background, Nick was impressed that the award is for those who work hard and impact their science in tangible ways.

Additionally, the impact of this admission was felt by the Loma Linda University School of Nursing, opening a wider door for Nick's colleagues to apply.



Jan Nick, PhD, becomes fourth faculty member from Loma Linda University inducted into the American Academy of Nursing fellowship.

"Some institutions had multiple nurse scientists being inducted each year," Nick said. "The same is possible for LLU, and if achieved, would be tangible evidence of our quality, contribution, and maturity in nursing science."

Elizabeth Bossert, PhD, RN, dean of the LLU School of Nursing, said the induction was no surprise. "I am so glad for her that her work has been recognized by this distinctive honor," Bossert said. "Her achievement of the fellowship indicates the level of professionalism that LLU School of Nursing believes in and offers."

Dental students get a first look at the world of private practice

By Genesis Gonzalez

The Hugh Love Center for Research & Education in Technology gives students at Loma Linda University (LLU) School of Dentistry the unique opportunity to experience first-hand the private practice environment while exploring new technologies and resources to efficiently and effectively treat patients.

The 3,000-square foot center offers six dental operating rooms and a three-chair open orthodontic clinic that include advanced tools and imaging resources to treat patients in all dental settings. Each room is furnished with multiple screens, including a rear monitor for the clinician and front monitor for the patient, a flat screen TV, unique chairs designed to accommodate both left and right-handed clinicians, plus diagnostic tools such as X-rays and Intraoral cameras.

"We're bringing students a taste of private practice," says Jessica Kim, DDS, director of the Hugh Love Center for Research & Education in Technology. The center was named in honor of alumnus Hugh C. Love, DDS (class of 1961), whose unrestricted trust to the School of Dentistry made possible the renovation of the former orthodontic clinic.

The center opened in 2012 as a joint partnership between the Center for Research & Education in Technology (CRET), a non-profit association of dental manufacturers and suppliers and the LLU School of Dentistry. It serves as a fully-functional private dental office located within the dental school.

Earlier this year, the center received its first Omnicam, which enables student clinicians to scan a digital picture of a patient's intraoral surfaces and immediately design and mill a restoration. Patient's comfort is enhanced because the digital scan does not require the use of a powder substance to prep the mouth. Kim says, it's faster, easier and, the best part the digital picture is in color.

It's much more difficult to work with the powder in a patient's mouth, according to Kim, and it can take longer to capture the image with an older model. The Omnicam gives students the capability of delineating tooth structure from tissue, which enables them to better prep the patient's teeth for a perfect fitting restoration.

Many of the patients treated at the center enjoy the added benefit of receiving total dental care in a single appointment. Patients have the ease of remaining in one location, due to the center's comprehensive clinical resources. The goal is to have the patient receive maximum care at any appointment.

According to Kim, many clinicians in private practice are able to CAD/CAM a restoration within two hours or less. Students at the center can do this in four hours or less, giving patients the same-day experience.

"The goal of the CRET center is to provide the students with the opportunity to concentrate on more advanced techniques for preparation and transition into private practice," Kim says.

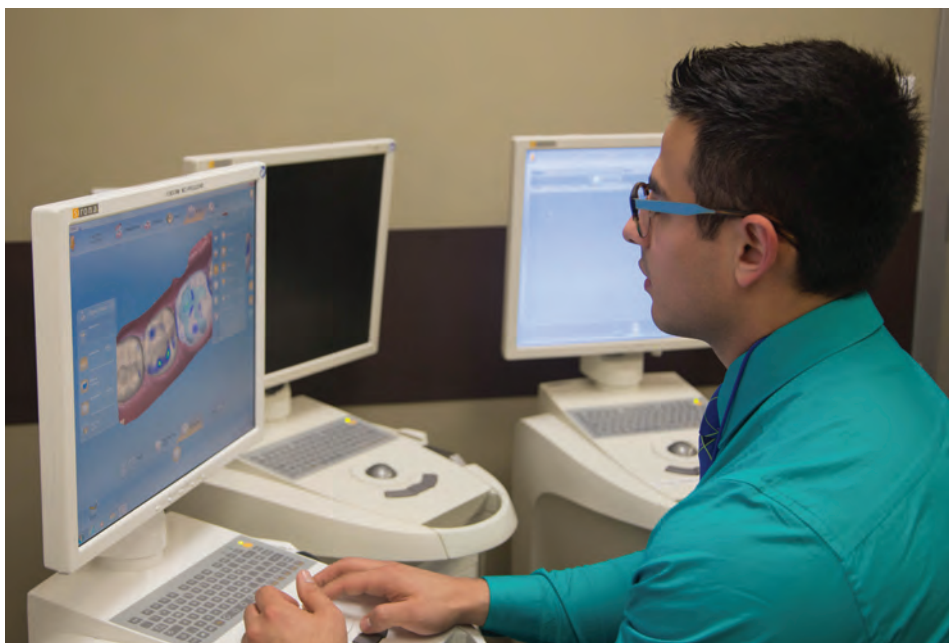
For Christopher Rodas, a fourth-year student, the center's innovative space has provided him with opportunities he can apply in his professional career. "I've worked with technologies, such as an intraoral camera, which increases my experiences," Rodas says.

When the center first opened, rotations were available to only fourth-year dental students. Today, first- and second-year students have the opportunity to observe and assist with procedures, while third-year students rotate six times within the school year. Fourth-year students can schedule various procedures throughout the year. All students are monitored and mentored by LLU School of Dentistry faculty.

Five months ago, Kim took over direction of the Hugh Love Center for Research & Education in Technology from its founding director of five years, Nadim Baba, DMD, MSD, professor, Division of General Dentistry.

Over the next year, Kim plans to expand student utilization of the technology center and incorporate CAD/CAM e.max crowns, which offer great strength and a more pleasing appearance. Students can also expect to learn a guided implant process that involves scanning the patient's mouth and integrating the implants with the aid of a cone beam imaging. This will ensure a more predictable implant placement.

"We want to be certain that our graduating students understand the technology being used in today's professional setting and have them experience first-hand the most recent dental equipment for greater success," Kim says.



The CRET center provides students with the opportunity to concentrate on more advanced techniques. Christopher Rodas, a fourth-year student, says the center's innovative space has given him an experience he can apply in his professional career.

Reportable Crimes

The Crime Awareness and Campus Security Act of 1990 requires colleges and universities across the United States to publish interim reports on campus crime activities. Listed below are the crimes reported for Loma Linda University Health for the month of January 2018:

Type of Crime	Number of Crimes	Place of Crime
Burglary Motor Vehicle	1	Drayson Center
Burglary	1	Lot J
Burglary – Attempted	1	Professional Plaza
Disturbance	1	Faculty Medical Offices
Larceny-Theft	1	San Bernardino Campus
Stolen Vehicle Recovery	1	P3
Threats	1	Drayson Center

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.



TODAY

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