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Health and wellness focus of Women's Conference

By Larry Becker

More than 1,000 women attended Loma Linda University Health's 2017 Women's Health Conference, a one-day event offering conference-goers opportunities to learn the latest information in health and wellness presented by local specialists.

Held at the Riverside Convention Center on May 5, the conference theme was "Find Your Healthy Ever After; Hear the Music of Your Soul." Attendees could choose from 22 breakout sessions on subjects such as nutrition, mental health and aging, menopause and hormones, osteoporosis, sleep strategies, foot health, financial strategies and healthy living. Conference goers also had access to free health screenings, and could meet with health specialists who were at the conference to provide answers to specific lifestyle and wellness questions.

This is the ninth year that Loma Linda University Health has sponsored this conference, said Kerry Heinrich, CEO of Loma Linda University Medical Center.

"Each year we present information to inspire Inland Empire women to make positive changes in their lives and the lives of their families," Heinrich said.

Classical Keynotes

Conference keynote speakers were Ronan Tynan, MD, and Vijay Gupta.

Tynan is best known for his international concert performances as a member of the Irish Tenors. Born with a lower limb disability, Tynan did not let his physical challenges limit him. Instead he displayed an inner drive that enabled him to become a physician and an athlete. Tynan ultimately won gold medals in the Paralympics and set 14 world records in various athletic events. He shared some of the important lessons he has learned at significant moments in his life.

The biggest risk in life is not taking risks, Tynan said. "Don't be the person who says, 'if only I had tried.'"

Tynan recounted times when his parents' love and encouragement helped him overcome setbacks. "Don't be slow in giving support and encouragement to those you love," he said. "The cheapest drug in the world is a smile, and there are no side effects."

"So many would like to turn back the clock and undo the mistakes of the past," Tynan concluded. "But the mistakes of the past will fuel the successes of the future if you're the kind of person who learns from those mistakes."

Gupta is a violinist in the Los Angeles Philharmonic. He has performed solos



and recitals internationally. An advocate for the power of art to change lives, Gupta founded Street Symphony, an organization that enables musicians to perform and interact with people experiencing poverty and homelessness.

"I'm a musician, and I never thought I'd become an advocate talking about the issues of mass incarceration, of mass homelessness and the pain of society," Gupta said. "But as a musician I'm a story teller. I carry the stories of Vivaldi and Bach and Handel, along with the stories of the marginalized of society. Those stories give me constant inspiration. Too often we write off the most fragile members of society. But some of the most warm people we've ever played for are people whose home may just be a chunk of sidewalk, or a jail cell."

A life of service

Each year the Women's Conference organizers honor an individual and a community health organization. This year's honorees have close ties.

Melissa Kidder, MD, chair of the OB-GYN department in Loma Linda University School of Medicine, was named this year's individual honoree. Kidder is the child of missionary parents, spending 10 years of her early life in South America. She discovered a passion for music as a teenager. She graduated from the LLU School of Medicine

Beverly Rigsby and Kerry Heinrich welcome more than 1,000 women to the Riverside Convention Center for the 2017 Women's Conference. (Photos by Ansel Oliver; more conference photos on page 2).

in 1994, joining the school's staff four years later. She provided leadership to the OB-GYN residency program for 10 years before becoming department chair.

"I'm honored to be selected for this award, recognizing what I think is a true joy every day, reaching out to one woman at a time and reaching out as a team for everything we want to accomplish. It warms my heart to see my residents learning how to care for women and provide the care each woman deserves every day of their lives. I am thankful for all the people who extend caring, compassion and love, because each woman deserves top-notch, quality care no matter where she lives, what her condition, or where she comes from."

Kidder disclosed she was recently diagnosed with stage IV pancreatic cancer.

"The fight is real," Kidder said. "I now have a whole new perspective of what it's like to be a patient. But I have a deep trust in my Lord and hope in my future. I'm carried daily by the health team at Loma Linda University Health. I can't say enough about them."

The Community Health Benefit honoree, Malamulo Hospital in Malawi, Africa, has existed for 100 years. Many graduates from Loma Linda University

have served there over the years. The OB-GYN, department, under Kidder's guidance, recognized the valuable educational opportunity this offered to their OB-GYN residents. Kidder said she believes strongly in the value of mission service and the professional insights it provides.

With Kidder's encouragement, the first OB-GYN resident went to Malamulo in 2015. Since then five additional residents have taken advantage of this opportunity. It became a required third-year rotation for the School of Medicine's OB-GYN department for the class as of July 2016. This year's Community Health Benefit award establishes an endowment fund to assist the department in training their graduates to serve, not only in the United States, but globally.

"Our team works diligently each year to design an event that gives the tools and inspiration women need on their journey to better health and a more balanced life," said Heinrich, the medical center's CEO. "This year's theme, 'Find Your Healthy Ever After, Hear The Music of Your Soul,' encourages us all to discover the best wellness plan to be fit and healthy today and in the years to come."

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

Women's Conference 2017 highlights

Loma Linda University Health sponsored its ninth annual Women's Conference on May 5, with a goal of presenting information to inspire Inland Empire women to make positive changes in their lives and the lives of their families. This year's conference featured seminars, free health screenings, and opportunities to have lifestyle and wellness questions answered by health specialists.



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A. Vijay Gupta, a member of the Los Angeles Philharmonic, presented the afternoon keynote and shared his music.

B. Melissa Kidder, MD, (center) received the 2017 individual honoree award. Beverly Rigsby and Judy Hart presented the award.

C. Brian Bull, MD, recently retired professor of pathology and human anatomy at Loma Linda University School of Medicine, teaches in one of more than 20 breakout sessions that covered a wide range of health issues.

D. Attendees could take advantage of free health screenings.

E. Radio personality Heather Froglear, of K-FROG radio, kept the program moving along.

F. Ronan Tynan, MD, a member of the international singing group the Irish Tenors, talked about how he overcame numerous challenges in his life.

Loma Linda University Medical Center awarded certification as a Comprehensive Stroke Center

Patients treated at LLU Medical Center for stroke will receive collaborative care provided by physicians and nurses trained in a variety of specialties.

By Briana Pastorino

Loma Linda University Medical Center (LLUMC) was recently approved as a Comprehensive Stroke Center by the Joint Commission, the American Heart Association and the American Stroke Association, making it the first hospital in the Inland Empire to earn this accreditation.

On April 18, the Medical Center announced it had received the Gold Seal of Approval® from the Joint Commission as well as the American Heart Association's and American Stroke Association's Heart-Check mark for Comprehensive Stroke Center Certification. The designations mean LLUMC has attained the highest level of stroke care certification for hospitals that meet care standards for the most complex stroke cases on a 24/7 basis.

To do that, LLUMC had to demonstrate compliance with Primary Stroke Center standards as

well as additional requirements including:

- Advanced imaging capabilities
- Advanced, specialized treatments available 24/7
- Advanced educational opportunities and competencies to enable staff members to care for complex stroke patients.

Vincent V. Truong, MD, director of the Loma Linda University Medical Center Comprehensive Stroke Center, says it represents a streamlined, interdisciplinary effort to rapidly recognize and treat stroke patients with the highest quality of care.

"When timing is critical, you want a stroke center that is prepared to deliver the most advanced, comprehensive stroke care," Truong said. "Our recent designation proves we can do just that."

The Stroke Center is an alliance of health professionals working toward the common goal of protecting and healing stroke patients from the time they have a stroke until the day they are discharged home and even beyond. Collaborative care is provided

by physicians and nurses trained in each of the following specialties:

- Neurology
- Emergency medicine
- Neuro-critical care
- Endovascular and cerebrovascular neurosurgery
- Interventional neuroradiology
- Vascular surgery, and
- Neuro-rehabilitation.

In calling the multi-agency certification a testament to the organization's commitment to the health of the community, Lyndon Edwards, MBA, MHS, senior vice president of adult hospital services, said LLUMC is committed to "providing quick, innovative, compassionate care from the minute patients arrive."

Additional information on the Stroke Center is available online at lomalindastroke.org or by phone at 909-558-2880.

—additional reporting by James Ponder

Community pharmacy opens at San Bernardino Campus

By Briana Pastorino

With the addition of a community pharmacy, Loma Linda University Health – San Bernardino Campus offers yet another health care service that blends clinical practice with academic training to serve community members both medically and economically.

The new pharmacy, located on the ground floor, was celebrated with a ribbon cutting April 14 and is now open to the community.

Unlike the vast majority of pharmacies, this one is operated by a pharmacy school: Loma Linda University School of Pharmacy. Operating its own pharmacy has been a dream at the school for many years.

Danielle Davis-Khoromana, PharmD, the visionary behind the new pharmacy, said it has taken perseverance to get through the journey. "Health care is challenging and pharmacy even more so in an underserved area, but we are not your typical pharmacy," she said. "We focus on devotion to patient care, education of students and innovation of pharmacy practice."

Rashid Mosavin, PhD, MBA, RPh, executive associate dean of the School of Pharmacy, said that pharmacies owned by a pharmacist often provide the best patient care. "Through our pharmacy at the San Bernardino Campus, we can train our future pharmacists in the art of community-oriented care."

There are currently four people who make up the pharmacy team. In addition to Davis-Khoromana, who is the pharmacy supervisor as well as assistant professor at the School of Pharmacy, there are two technicians, Jeanette Gomez and Mandy Palma; and the clinical pharmacist, Rocco Massimiano, PharmD.

LLU students will rotate through the San Bernardino pharmacy for clinical training, as well as students from San Manuel Gateway College once the pharmacy tech program starts in September.



A ribbon cutting ceremony was held April 14 to celebrate the opening of the new pharmacy located at Loma Linda University Health – San Bernardino Campus. (photo by Briana Pastorino)

According to the dean of the School of Pharmacy, Noreen Chan Tompkins, PharmD, the school is delighted to have a devoted pharmacy team to serve the Inland Empire community. "Being able to educate and service patients as well as train pharmacy and pharmacy technician students in this new beautiful space will be a wholesome experience for all."

Loma Linda University Health – San Bernardino Campus is located at 250 South G Street and can be reached at 909-771-2990. Pharmacy hours are from 8:30 a.m. to 5:30 p.m. Monday through Thursday, and 8:30 a.m. to 2:30 p.m. on Friday.

—additional reporting by Heather Reifsnyder

Combating air pollution in the Eastern Coachella Valley with the help of AIResiliency

By Genesis Gonzalez

Graduate student Macy Westbrook, MPH(c), from the School of Public Health educates high school students on how the air pollution in the Eastern Coachella Valley affects their health.

The Eastern Coachella Valley, known as ECV, is located about an hour and half east of Loma Linda and is home to more than 80,000 residents, many of whom are migrant farm workers representing one of California's largest agricultural regions.

In fact, they represent \$526 million in agricultural gross that is currently being grown and supplied to local markets across the state according to the Agricultural Commissioner's Office, including a large crop of dates.

However, the prevalence of air pollution, water contamination and pesticide exposure is affecting workers and their families living in the cities of Indio, Thermal, Oasis, Mecca and North Shore — all of which comprise the ECV.

Though many are affected, they are unable to seek the treatment they need. Per the California Institute for Rural Studies, 70 percent of employed farm workers living in the ECV are without health insurance.

Support Through Citizen Science

In order to combat the rise in air pollution, Ryan Sinclair, PhD, MPH, assistant professor in the School of Public Health, and Westbrook, in partnership with Comite Civico, IVAN Air, the South Coast Air Quality Management District (SCAQMD) and PurpleAir are seeking help from today's socially-engaged high school students.

"If you get high school students on board, it's more likely you can get everyone else on board, especially in this community," Westbrook says.

Westbrook and two other graduate students met with some 80 high school students at Desert Mirage High School on April 20 for their Earth Day to shed some light on how the current situation affects their health and how they can participate through citizen science.

Citizen science is often referred to as "crowd sourcing" or "volunteer monitoring."

"It's a way to give back to your community by collecting scientific data in real time," Westbrook says.

So, how does one become involved in citizen science? For starters, Sinclair and Westbrook are encouraging residents to install a PurpleAir sensor in their homes.

These sensors will detect various particulate matters in the air through laser beams. The beams will then calculate either larger dust particles accumulated from the road known as PM10 or tinier particles in the air known as PM2.5 that reduce visibility.

Each sensor must be connected to the internet and have an adequate supply of electricity. Data collected will be transmitted to the PurpleAir site, where it will show every hour the current air quality.

The quality of air is based on an index ranging from good, to moderate, to hazardous. Good will be represented by the color green with very unhealthy as purple and hazardous as maroon.

Individuals are able to see the air quality in their local area, as well as across the country and around the world.

This data is particularly important for individuals living with asthma or other respiratory diseases to monitor their outdoor activities. Children and older adults are at higher risk of developing cardiovascular diseases, lung cancer, stroke and poor lung development. Lower birth rates are also more frequent.

According to the World Health Organization, air pollution is responsible for 800,000 premature deaths every year.

Ongoing Efforts

Every week, Westbrook is meeting with community stakeholders to encourage them to support AIResiliency in the Eastern Coachella Valley. "Our goal is to install as many air sensors as we can, especially around the Salton Sea," Westbrook says.

By early 2018, the Salton Sea will no longer receive the Colorado River's water to maintain its current shoreline. That will result in an increasingly larger amount of dry lake playa which is estimated to reach anywhere between 75,000 and 100,000 acres by the year 2040, according to Audubon California.

Too many students and community members are unaware of the harmful dangers currently present, Westbrook says. He would like to see this change through continued education programs and encouraging all to "speak with our local policy makers and advocate for new policies."

To learn more about how to get involved, contact Ryan Sinclair at rsinclair@llu.edu or Macy Westbrook at mwestbrook@llu.edu.



Graduate student Macy Westbrook, MPH(c), from the School of Public Health educates high school students on how the air pollution in the Eastern Coachella Valley affects their health.



Loma Linda University
Department of Communication Sciences
and Disorders

Phonological Awareness & Literacy Camp

Who: Incoming Kindergarten to 3rd Grade Students
When: July 17 – July 28
9:00am-12:00pm or 1:00pm-4:00pm
Where: Loma Linda Elementary, Loma Linda, CA
Cost: \$100.00 per child
*Early Bird Price of \$90.00 before 6/30/17



Join us for 2 weeks of phonological awareness and literacy camp! We will be focusing on students who are presenting with difficulty in beginning reading and language or who are at-risk for difficulty with language and beginning reading skills.



*For more information and to register, visit
<https://campscui.active.com/orgs/LomaLindaUniversity>

Morning Schedule:
9:15-10:15am - LINC lessons
(Language in the Classroom)
10:20-10:40am - Snack
10:45-11:15am - Phonological
Awareness Activities
11:15-11:45 Language Activities
11:45-11:55am - Clean up
12:00pm - Dismissal

Afternoon Schedule:
1:15-2:15pm - LINC lessons
(Language in the Classroom)
2:20-2:40pm - Snack
2:45-3:15pm - Phonological
Awareness Activities
3:15-3:45 Language Activities
3:45-3:55pm - Clean up
4:00pm - Dismissal

University commencement ceremonies set for May 28, June 11

An overview of ceremonies for each of the eight schools

By James Ponder

More than 1,400 students are scheduled to graduate from the eight schools of Loma Linda University on two upcoming Sundays: May 28 and June 11. In the meantime, teams of faculty and staff members are working to prepare for the celebratory weekends.

Ester Boloix-Chapman, university commencement coordinator, says graduation planning is a yearlong process. “I always say it takes a village to plan and carry out our commencement weekends,” she says, noting that the process requires hundreds of people and thousands of hours to prepare for the festivities.

Here is a breakdown of commencement plans by school:

School of Allied Health Professions

This school graduates the largest number of students of any LLU school. This year, it will graduate 565 students in two separate commencement ceremonies at the Drayson Center on Sunday, June 11, at 8 a.m. and at 10:30 a.m. Michael B. Kelly, II, MDiv, pastor of the Mt. Rubidoux Seventh-day Adventist Church in Riverside, CA, will deliver the commencement addresses.

School of Behavioral Health

The school will graduate 107 students this year — 104 in person and three in absentia — in a joint ceremony with the School of Religion. Carlos Reza, who will receive a PsyD degree, is visually impaired. His dissertation is titled, “How a disabled student can complete a doctoral degree at a post-secondary university.” The ceremony will be held Sunday, June 11, at 3:30 p.m. in the Drayson Center. The commencement address will be delivered by Daniel S. Sandy, PhD (SBH 2015), MPH (SPH 1999), president of the Sierra Leone Conference of Seventh-day Adventists.

School of Dentistry

This school is set to graduate 166 students this year — 164 in person and two in absentia — on Sunday, May 28, at 5 p.m. The ceremony will be held on Campus Mall. The commencement address will be delivered by Jim Wood, DDS, who graduated from the school as a member of the class of 1986 and was elected to the California Assembly, 2nd District, in 2014.

School of Medicine

The school will graduate 183 students on Sunday, May 28, at 8:30 a.m. on Campus Mall. One of those students — whose name will not be revealed until the ceremony itself — will become the 11,000th graduate in the history of the school. The commencement address will be delivered by Amy C. Hayton, MD (SM 2004), MPH (SPH 2004), assistant professor and clerkship director in the department of medicine at the school, and internal medicine clerkship director at Loma Linda VA Medical Center.

School of Nursing

The school will graduate 244 students this year on Sunday, June 11, at 6 p.m. in the Drayson Center. One of those students, Deanne Sparrow, will enter the MS program after receiving her BS degree at the service. She is the mother of six children, one of whom — her daughter, Hunter Sparrow — is also a student at the school. Patricia E. Benner, PhD, professor emerita at the University of California, San Francisco School of Nursing, will deliver the commencement address.

School of Pharmacy

The school will graduate 82 students on Sunday, May 28, at 1:30 p.m. on Campus Mall. This is the year for sisters at the school: twin sisters Da and Ko Kang, sisters Adorina and Arbella Moshava, and sister Delia Kandela — her sister, Reem Kandela, graduated from the school in 2014. Mary Ann Bukovinsky Kliethermes, PharmD, vice chair and professor of pharmacy practice at Chicago College of Pharmacy, will deliver the commencement address.

School of Public Health

The School of Public Health will graduate 128 students on Sunday, June 11, at 1 p.m. in the Drayson Center. This year marks the grand conclusion of the school’s first half century of service: 2017 is the 50th anniversary of its founding in 1967. Fred Hardinge, DrPH (SPH 1977), associate director of health ministries for the General Conference of Seventh-day Adventists, will deliver the commencement address.

School of Religion

This school will graduate 15 students in a joint ceremony with the School of Behavioral Health. The service will be held Sunday, June 11, at 3:30 p.m. in the Drayson Center. Daniel S. Sandy, PhD, MPH, president of the Sierra Leone Conference of Seventh-day Adventists, and project manager for the ADRA Sierra Leone-USAID project, will deliver the commencement address.



Loma Linda University’s Schools of Medicine, Pharmacy and Dentistry will kick off the commencement season when they hold their celebrations on May 28, on the Campus Mall.

Reciprocity in service-learning

By Nancy Yuen

At Loma Linda University, learning doesn't only happen on campus. In dozens of service-learning courses in the university's eight schools, students are learning with their community.

In one such course, students from the School of Allied Health Professions have teamed up with students from Indian Springs High School (ISHS) Manufacturing and Development Academy.

Their goal? To manufacture a 3D forearm-hand unit that will be showcased at both ISHS and the LLU entry-level Master of Science in Orthotics and Prosthetics (el-MSOP) Capstone this autumn.

The students from both schools are working together on a weekly basis to design and assemble a durable, functioning, 3D-printed forearm-hand. Gurinder Bains, PhD, assistant professor, SAHP, oversees the project with Johannes Schaepper, MDiv, CPO, chair, orthotics and prosthetics, SAHP, and Ron Del Monte, CTE, of ISHS.

Manufacturing to meet the need

The process begins with an amputee being fitted with a cast for a forearm-hand unit at Loma Linda University. A file is then created that is sent to ISHS for 3D interface printing.

Once the artificial limb is completed, the person who was fitted for the prosthesis will be present during a general student forum of ISHS students.

As they meet the individual and ask questions, the entire student body will learn about prosthetics while also understanding what the academy's work means in the life of a real person.

An archive of this meaningful experience will be kept in the Orthotics and Prosthetics Department, enabling future students to build on this community-engaged, service-learning project.

Mario Cendejas Mondragon, a Manufacturing and Development Academy student, is grateful. "This experience set itself apart from anything I had done before as it offered a real-world application to what I'm working on and learning in my school's manufacturing academy. This real-world application helped me see what is possible in the world of orthotics and prosthesis but most



Students recognized at the el-MSOP Capstone event honoring the first group of Indian Springs High School participants with their instructor and faculty from Loma Linda University School of Allied Health Professions.

importantly how it can ultimately help people in need," he said.

Community impact

At Loma Linda University, collaborating with community partners is at the heart of what it means to show reciprocity — with both students and partners benefiting from the collaboration. As partners team up and work together on a project during service-learning activities, meaningful and lasting impressions are created and a two-way learning experience occurs.

"Service-learning compels students to address the question 'what impact is LLU having on the surrounding community through a shared service-learning activity,'" says Brenda Spoelstra from the LLU Institute for Community Partnerships. "In fact, the community partner's collaboration often determines the success and sustainability of the program or project Loma Linda University is engaged in."

The collaboration between ISHS and the SAHP is an example of reciprocity. "As they work together to seek solutions," Bains and Schaepper said, "students learn outsourcing, leadership skills and promoting knowledge transfer from clinical to manufacturing and vice versa."

"The interaction of students from both schools brings together their experience, knowledge, creativity, functionality and design techniques," Spoelstra said.

This can result in ISHS students possibly pursuing a career in the health care field and more specifically a career in the field of orthotics and prosthetics while continuing to give back to the community through service-learning.

In 2016, Bains joined the collaboration and facilitated Loma Linda University & ISHS to become a chapter in the worldwide e-NABLE Community Foundation of 3D, printing hands for persons with amputations. In addition, the newly formed e-NABLE chapter aims to improve options for those with upper extremity limb loss, especially in areas with high unmet needs such as in San Bernardino County.

The chapter is named "LLU-ISHS Community Service Learning" and both ISHS and LLU students will be recognized with a service-learning award for their project at the LLU OP Capstone presentation on November 3.

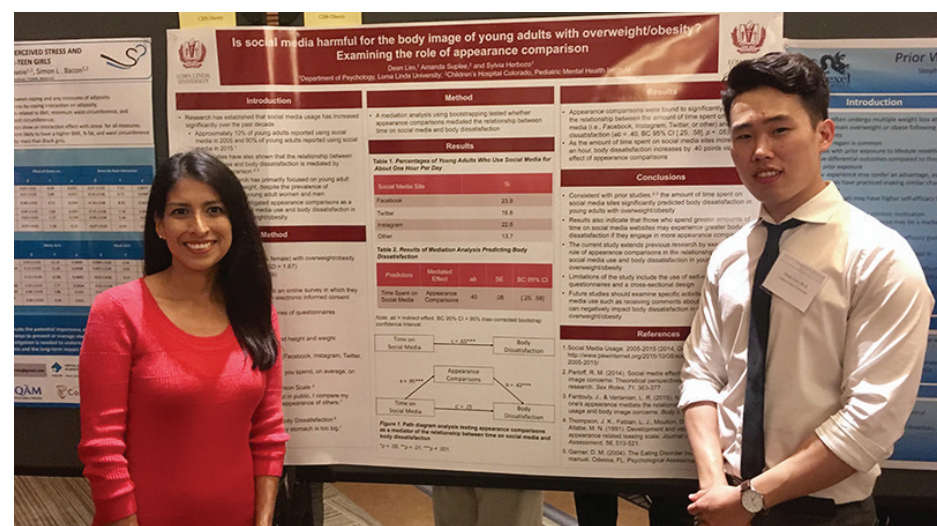
This story is one in a series on service-learning and the way students at Loma Linda University are learning with their community.

School of Behavioral Health research connects social media use with poor body image.

By Larry Becker

Using social media can be harmful for the body image of young adults who are overweight, according to a study conducted by student and faculty researchers in Loma Linda University School of Behavioral Health's psychology department.

Dean Lim, MA, a doctoral student, and Amanda Suplee, PhD, a post-doctoral fellow, examined how social media use affects body dissatisfaction in young adults who are overweight, under the supervision of associate professor Sylvia Herbozo, PhD. They surveyed 385 young adult females and males



Sylvia Herbozo, PhD, and Dean Lim, MA, share the results of their research into how social media use can impact body image in young adults. Herbozo is an associate professor in the School of Behavioral Health, and Lim is a doctoral student.

ages 18 to 29 from Midwestern and Southwestern universities. Participants were overweight or obese based on their body mass index. Participants also completed questionnaires about social media use (e.g., Facebook, Instagram, Twitter), appearance comparisons in various settings (e.g., work, party, restaurant), and body dissatisfaction.

Lim and Herbozo presented the study's results during a March 31 poster session at the Society of Behavioral Medicine's 2017 Annual Meeting & Scientific Sessions in San Diego, CA. The poster is titled: "Is social media harmful for the body image of young adults with overweight and obesity? Examining the role of appearance comparison."

Results indicate that approximately 24 percent of young adults with overweight/obesity use Facebook and 23 percent use Instagram for one hour per day on average. Social media use is also directly linked to body dissatisfaction in all participants. Additionally, those who spend more time on social media sites feel more dissatisfied with their body if they make more appearance comparisons in different situations.

"For young adults with overweight/obesity, the amount of appearance comparisons that are made seems to determine the extent to which social media use affects body dissatisfaction," Lim said.

Previous research suggests social media use is associated with poor body image. Recent studies have demonstrated that comparing one's physical appearance to that of others seems to play a key role in how social media use influences body image for female adults, regardless of their weight. What is unknown is the mechanism by which social media use has a negative influence on the body image of young adults with overweight/obesity.

The next phase of this research will focus on specific activities during social media use, such as comparing one's physical appearance to that of others viewed as more attractive and receiving comments about one's physical appearance. Additional studies are needed to better understand how social media use can negatively impact body dissatisfaction in young adults with overweight/obesity. This research would also help inform prevention efforts to reduce the harmful effects of social media.

Bodies for Science program lets future health care workers hone skills before treating patients

By James Ponder

Dozens of Loma Linda University students gathered in the sanctuary of Loma Linda University Church last month for a memorial service for 165 people they never knew as living, breathing human beings.

As family members and friends placed photographs of their deceased loved ones at the front of the church, the students — who came from the schools of Allied Health Professions, Dentistry, Medicine and Nursing — studied the pictures carefully.

The images revealed what the people — all of whom had donated their bodies to science — had looked like while they were alive. The way they faced the camera, the color of their eyes and hair, their choice of clothing, whether they appeared smiling or serious; all clues to the personhood and individuality of the donors received intense and reverent scrutiny from the students.

Every one of the dozens of students who attended and participated in the service did so because they wanted to. Their participation and attendance was voluntary, and their involvement did not improve their grades or win points with their professors. They were there solely to express their reverent appreciation for the privilege of learning from the donors.

As the program got started, student after student rose to share with the husbands and wives, sons and daughters, parents and siblings of the deceased how the donors had enriched their lives and touched their hearts. As often as not, the students used endearing terms like “my teacher” or “my friend” to describe the people whose donation had done so much to expand their understanding of the organs and systems of the body. One student said each donor’s gift will impact countless lives.

Allison Haczewski, a student in the doctor of physical therapy program, told family members and friends of the donors, “I hope you will take comfort from knowing that they were treated with love and respect.”

The university’s anatomy teachers

As the only university in the Inland Empire with its own whole-body donation program, Loma Linda University takes the gift of donor bodies seriously. They allow tomorrow’s health care professionals to sharpen their understanding of human anatomy and physiology long before they ever treat a living patient.

Founded in the 1940s, the Bodies for Science program is also the largest of its kind in the Seventh-day Adventist educational system, of which the university is a part.

P. B. Nava, PhD, vice chair of pathology and human anatomy at Loma Linda University School of Medicine, said the opportunity to work on an actual human body is invaluable to the process of educating future clinicians.

“The dissected cadaver remains



Students gave roses to family members of people who donated their bodies so others could learn. [Photos by James Ponder]



Dr. P.B. Nava thanks guests for attending as the service concluded.



Students shared songs and testimonies about the deceased.



A Loma Linda University student (third from left) joined members of a family as they celebrated the memories of their loved ones.

the most captivating means of presenting anatomy,” Nava said.

In calling anatomy the foundation of medical science, Nava noted that both cadaver dissection and modern technological resources are needed to allow students to develop practical, theoretical and ethical skills. “If students are going to understand how

the body works, they must have the opportunity to dissect the human body,” he said.

One of the students at the memorial service agreed. “There is so much more to God’s anatomical design than could ever be learned from a textbook,” she said.

Darrell K. Petersen, PhD, director

of anatomical services for Loma Linda University School of Medicine, calls donated bodies precious and irreplaceable gifts and says an average of 170 cadavers are donated to the program each year. He added that many people who attend the annual memorial service are so moved by the student testimony that they sign up for the program themselves. Others come in by word of mouth.

Another highlight of the Loma Linda University program is that students have access to the ultramodern facilities of the Swatek Anatomy Center in the Centennial Complex. Featuring five separate labs and a total of 104 gross anatomy dissection stations, the facility enables students to practice their skills in a spacious, well-lit environment that enhances the learning process.

Getting to know the teachers

Living donors sign agreements stipulating that their bodies will be donated to the university at the time of their death. The students dissect and learn from the cadavers for a period ranging from a few months to two years. After that, the bodies are cremated at the university’s expense and the ashes are either returned to the family or interred in a community burial plot purchased by the university, and family members and friends are invited to the memorial service.

Although donor identities are never revealed to the students or the public, their occupations are. A brochure distributed at the service revealed that this year’s honorees worked in multiple sectors of the economy. Some were accountants, others truck drivers. Some worked in aerospace, others in education. Some were pastors, others were warehouse workers or retail sales people. All donated their bodies to give future health workers a solid foundation for a career in the healing arts.

As the ceremony ended and guests headed to the fellowship hall for lunch, the daughter of one couple who were both donors, said her paternal grandmother was the first member of her family to participate in the Bodies for Science program.

“My parents saw how easy it was and decided to do this,” the daughter noted, adding that her mother and father, two of the donors honored this year, had been an accountant/bookkeeper for the YMCA and a trucker for Dresser Industries, respectively. “Their lives revolved around their four grandchildren,” she said.

Another family who attended the service said their father, a World War II veteran who devoted his postwar career to working at March Air Force Base and Camp Pendleton, donated his body to the program after passing away in 2012. Their mother, whom one of her daughters described as the visionary founder of a museum in Perris, California, died last year.

Members of both families expressed their deep appreciation to Loma Linda University for hosting the program and memorial service.

Revamped PhD program designed to attract early career nursing professionals

By Ansel Oliver

Loma Linda University's School of Nursing is aiming to attract an early-career cohort of PhD applicants in their 20s and 30s, similar to the educational trajectory of other industries.

Drawing candidates earlier in their career could mean a greater number of nurses with the opportunity to sustain a longer career in research they are passionate about, said Ellen D'Errico, PhD, RN, NEA-BC, an associate professor who oversees the school's PhD program.

"Our graduates get to further their careers as health care leaders or get involved in academia

as researchers, faculty, and developing the next generation of nurses, which many people find exhilarating and rewarding," D'Errico said.

Program relaunch

The school this year reopened applications for its PhD program after a two-year retooling effort that includes more online learning and an enhanced flexible program.

Applications for the autumn cohort are reopening after an examination of how to best serve potential students revealed lessening demand for face-to-face only teaching methods. Current candidates will finish with the existing format while new doctoral candidates will spend several days on campus each quarter. Plans are also in the works to utilize more online learning options.

With the retooling effort, administrators are anticipating a larger pool of qualified applicants wanting a more flexible program and go on to work as nurse scientists, leaders and faculty.

The school offers a master's entry PhD and also a post-baccalaureate PhD program. The school offers the only nursing PhD program in the Seventh-day Adventist Church's international education system.

Both administrators and students say professors mentor students to make sure they accomplish their goals.

"If you commit to us, we commit to you," D'Errico said. Some students who attend larger universities can fall through the cracks, she said, referring to the phenomenon as ABD — "All But Dissertation."

"We haven't had anyone drop out. That's our reputation."

The program launched in 2002 as a year-round program and later included summer intensives. The program is now designed to be more accommodating to working nurses' schedules.

"They're trying to do anything they can to help me accomplish my degree," said Mai Yaseen, a 30-year-old native of Saudi Arabia who has one child.

Yaseen, who holds a BSN and a master's degree in health care leadership, said she didn't have as much experience as a nurse compared to other nursing PhDs she's encountered, but was pleased that the School of Nursing took into account her age, life experience and goals.

"This is my dream and my dad's dream to advance in life," she said. "A PhD will open a lot of opportunities for me when I get back home in hospital administration, as a researcher or as faculty."

Hazel Ada, director of nursing education and training at White Memorial Medical Center in Los Angeles, said she is earning her PhD at the School of Nursing to serve as a role model for both her family and colleagues.

"I see a lot of nurses interested in innovation and research, and I'm interested in helping more nurses who want to do that," Ada said. "You can apply nursing research wherever you are and for all kinds of specialties."

For more information, visit <http://nursing.llu.edu/graduate-programs/phd-nursing>



Loma Linda University's School of Nursing has reopened applications for its PhD program following a two-year retooling effort to offer more flexible classes and attract more nurses early in their career.



From our humble beginnings over a century ago, Loma Linda University Health has developed into a world-class leader in health and education. Today, our determination to deliver unsurpassed service and care is only rivaled by our desire to grow and meet the needs of our communities. That is why we have embarked on an ambitious and transformative campaign that will bring into the region new state-of-the-art hospitals designed to enhance the health and healing process, as well as restore lives and families.

Providing world-class care for our community is why we **LIVE TO SECURE A HEALTHY FUTURE.**

Find out more about Loma Linda University Health's Vision 2020. Visit lluhvision2020.org

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LOMA LINDA
UNIVERSITY
HEALTH

Over 1,000 athletes tackled the 15th annual PossAbilities & Quest Kid's Triathlon

Challenged and able-bodied athletes of all ages took to the streets of Loma Linda in pursuit of their fitness goals

By Briana Pastorino

Runners and triathletes took to the streets of Loma Linda to pursue their fitness goals Sunday, April 23, at the 15th annual PossAbilities & Quest Kid's Triathlon. Over 1,000 people of all ages participated in the event that started at the Drayson Center.

Many challenged and able-bodied athletes participated in the triathlon — a 5k walk/run/roll, 11-mile bike ride and a 150-yard swim. Others took part in just the 5k portion of the event.

Several kids and teens participated in the triathlon, and many children participated in the accompanying Quest Kid's Triathlon. Those mini athletes tackled an obstacle course that consisted of a quarter-mile run/walk/roll, a quarter-mile bike ride and a 25-yard swim in the Drayson Center pool.



Several para-athletes kicked off the 15th annual triathlon with a 5k run/walk/roll on Sunday, April 23. More than 1,000 people of all ages participated in the event.

How two superheroes help laryngectomy patients recover their zest for living

By James Ponder

They don't wear capes or logos on their chests, but John Ready and Dave Ammenti are superheroes to the approximately 30 patients who undergo surgical removal of the larynx at Loma Linda University Medical Center every year.

The duo encourages patients in ways few people can because they know firsthand what laryngectomy patients go through: Ammenti lost both his larynx and tongue in 1994, and Ready (pronounced "reedy") lost his larynx two years later.

When either of the two laryngectomy volunteers gets a call from the Medical Center, they spring into action. Ready hops on his Harley-Davidson and rides down the mountain from his home in Running Springs to offer encouragement and support. If the patient is scheduled to undergo glossectomy, the surgical removal of the tongue, Ammenti flies in from the Bay Area in an airplane he built. Either way, the message to patients is the same: you don't have to let the operation prevent you from enjoying a full and meaningful life.

Laryngectomy, the surgical removal of the organ in the neck that houses the vocal cords, is sometimes indicated for patients with throat or laryngeal cancer or traumatic neck injury. The diagnosis can seem overwhelming to patients.

"People panic," says Gary Lucas, MS, a senior speech pathologist. "The ability to talk is vital. They don't know how they will survive without it, and they become seriously depressed."

Every spring, the department of communication sciences and disorders at Loma Linda University Medical Center celebrates May as Better Hearing and Speech Month. This year's theme — "Communication: The Key to Connection" — perfectly describes what Ready and Ammenti do on an everyday basis.

"What they do for our patients is phenomenal," says Jodi Datema, MS, a speech pathologist on unit 5400. "People think their life is over when they learn they won't be able to speak."

Life beyond the surgery

By using voice prostheses, which make their words sound a bit raspy, these charismatic poster boys of the speech pathology community handle extended conversations with ease. Since Ammenti doesn't have a tongue, he found the process of learning to speak with the device harder than Ready did, but he persisted. Today, he is an expert at helping glossectomy patients learn to talk, swallow and eat again.

"When people talk to me for the first time, two things happen," Ready says. "First, they are surprised to hear my voice. Everybody knows that when you have a laryngectomy, you can't talk. But I had one 21 years ago and I talk. Second, they realize there isn't anything I used to do that I don't do anymore. I play sports, I ride a motorcycle. It gives them hope."

One recent morning, Ready and Ammenti drove to Orange County to hear a woman born without a tongue give a presentation to a support group. In the early afternoon, they drove to an Inland Empire restaurant to consult with Datema and Stephanie Haddad, a speech-language pathology student at Loma Linda University School of Allied Health Professions, on the status of a Medical Center patient.

Eating without a tongue represents a challenge, but Ammenti brandished a plastic container and portable mixer at the table. When the server brought food, he poured two cups of hot water and one bouillon cube into the container, cut his lasagna into small pieces and blended everything together.

"I turn everything into soup," he said. "The bummer is I have to mix up my meal every time and do the dishes afterward. But it tastes good."

After lunch, Ready and Ammenti drove 43 miles to Victorville to the home of Maria Cabanas, a Medical Center patient who had her larynx and tongue removed a month ago.



Former smokers Dave Ammenti (left) and John Ready challenge smokers to stop smoking and encourage laryngectomees to lives of fulfillment and adventure. [photos by James Ponder]



Dave Ammenti and John Ready at Big Bear Airport with the Sportsman aircraft Ammenti built.

"This is the man I was telling you about," Ready said, nodding toward Ammenti. Cabanas' daughter Magda translated for her mother in Spanish. "He had the same operation 23 years ago."

"She's definitely been depressed," Magda said. "There are days when she's OK, but most days she's up and down. This has been hard on her."

A moment later, Cabanas handed the notepad to Magda. "She wants to know how long it took for you to learn to talk after your operation," she told Ammenti.

"About two years," he replied.

Traveling to offer hope

Visits to patients' homes are nothing new for Ready and Ammenti. Ready conducts 100 to 200 site visits per year in his role as executive director of the Foundation for Voice Restoration, a Redlands-based non-profit dedicated to meeting the needs of members of the laryngectomy community.

For Ammenti, who serves as a volunteer ambassador, the number is smaller — around 30 to 35 patient visits per year. Most take place near his home, but not all. He has flown as far as Spokane, Washington, and Medford, Oregon, to help patients, and he flies in to Loma Linda three to five times a year.

But Ready wins the distance prize: he once rode to North Carolina and back to help a future laryngectomee, as patients who have had the procedure are called.



John Ready rides his Harley-Davidson on a trip to encourage and support a laryngectomy patient. He makes up to 200 visits per year.

He also attends a Loma Linda University Health-sponsored monthly laryngectomee support group the third Sunday of each month.

Neither man has allowed their condition to restrict their lives. Ammenti, who is married, loves playing with his four grandkids in addition to flying, fishing, skiing and international travel. Ready, who is single, enjoys sports and playing the guitar, but insists his main passion is riding the Harley.

Ready's work for the foundation has put him in contact with several prominent laryngectomees, including Frank Batten, co-founder of The Weather Channel, Saul Katz, who manufactures Rockport shoes, and Steve Price, drummer and percussionist for the band Pablo Cruise.

The encouragement Ready and Ammenti bring to patients often means the difference between hope and despair.

That was certainly the case with Cabanas. The two men stayed for two hours, answering questions for her and members of her family, sharing information about technological resources available, and lending emotional support.

She, however, had the last word. When asked whether the visit had been helpful, she reached again for the note pad.

Magda translated: "She says that to find that you would take your time to come out here to see her means a lot. She says it is hard to explain, but very important."

The anxiety, joy of Match Day

By Ansel Oliver

Surrounded by friends and family, 154 fourth-year students of Loma Linda University School of Medicine tore open envelopes the morning of March 17 to find out where they would spend the next few years of their careers.

After what many later said was the longest five-second countdown of their lives, the months of waiting ended as each student opened an envelope to find one piece of paper informing them where they were headed to begin residency this summer.

For much of the previous hour, the Wong Kerlee International Conference Center on the Loma Linda University Health campus had been abuzz with hundreds of people on hand for Match Day, a national day for the more than 150 medical schools in the U.S., held the third Friday of March, in which fourth-year medical students find out their residency. The students have gone to interviews around the country in previous months trying to find a match for a specialty, while ranking their preferences in hopes that hospital programs will grant their request.

For students, Match Day is a festive, nerve-racking morning. Various hospitals had representatives on hand, one of which sponsored a breakfast that began at 8 a.m. Some students laughed loudly, others were outwardly chill, while others huddled on couches in the lobby outside. A few spent much of the morning holding back tears.

Announcements were delivered by sponsoring organizations and associate deans. Tamara Shankel, MD, associate dean of clinical medicine, told the group that all 154 students matched, which was received with sustained applause and cheers.

Then, at 8:45 a.m., the envelope distribution began. Fifteen minutes later, with everyone back in their seat across the packed conference center, and supporters lining the walls, the countdown began and the envelopes were unsealed.

A wave of shouts, whoops and slaps of high-fives unfolded across the room, creating a roar as many jumped and hugged each other in celebration. The moment was a release of long-held tension, allowing students to finally celebrate with classmates and friends. Families pressed in for group hugs and posed for pictures, with students holding up their match document next to ecstatic smiles.

"I was very happy. I got my first choice," said Sharmila Price, who is heading to Kettering Medical Center in Dayton, OH, to work as an internal medicine resident.

"It was kinda scary," Price said, "but I knew whatever happened God was going to take care of what was in the envelope."

Alvin Kennedy, who is headed to work as an anesthesiology resident at the University of Maryland Medical Center, said he was happy about what his match paper revealed. "I'm very excited, I'm going back home," he exclaimed. He had just called his mom in Maryland who was also happy for the news.

Roger Hadley, MD, dean of the School of Medicine, took his own pictures throughout the proceedings and met with students and parents.

"This is outstanding," he said. "Everyone's got a job. Not all of them got their first choice, but everyone's got a job."

Hadley, who graduated from the School of Medicine in 1974, said the job of the students now is to go be the best residents they can be.

"Their progress as physicians will now be determined on how much they put into their residencies," Hadley said. "We've given them the tools — now it's up to them. They've got to go in every day and think, 'How can I be a better, more competent doctor?'"

Many students brought family members for Match Day.

Lizzy Kim, who was joined by her sister and parents, is headed to Orlando to work as an emergency department resident at Florida Hospital. "I'm stoked," she said.

Alex Eller, who found out he is headed to Kaiser Orange County, was joined by his father, fiancée, and his grandfather, Byron Eller, MD, a retired anesthesiologist who graduated from the School of Medicine in 1952.

Eller, the fourth-year medical student, said he's glad to now know where he will move after getting married following graduation. "It's a really good program, and it's by the ocean, which doesn't hurt," he said.

For his grandfather, who is 95 years old, seeing the event was a new experience.

"We didn't have a match day back then," the elder Eller said. "You just told them where you wanted to go and you went."

Fourth-year medical students celebrate at the pivotal moment on Match Day, held this year on March 17.



Gift of Shares from US Ambassador A Savvy Donor Investment Strategy

By Lynn McDowell
Planned Giving Officer,
Loma Linda University Health

By all accounts, Ambassador Joseph Verner Reed was an outstanding and discerning person. “He was a man of elegance, grace, wit, flamboyance and razor sharp intellect,” said David Rockerfeller, chairman of Chase Manhattan Bank, “a diplomat’s diplomat.” Moving from his position as a vice president of the Chase Manhattan Bank to life as a diplomat, the U.S. ambassador to the United Nations was undersecretary-general of the UN, chief of protocol for President George H.W. Bush, a humanitarian, a loyal member of BOB (the James M. Slater, MD Proton Treatment and Research Center’s Brotherhood of the Balloon), and a financially-savvy contributor to proton therapy research through the James M. Slater Chair at Loma Linda University Health (LLUH).

Ambassador Reed chose his charities and giving methods carefully. He chose well: LLUH’s proton therapy research program was pioneering a little-known therapy at the time, and he used gifts of stock to make donations, a tax-efficient way to move dollars to charity.

“Planned Giving is a well-kept secret in many quarters,” said Todd Mekelburg, director of planned giving at LLUH. “Ambassador Reed’s example is helping to change that. When a man of the Ambassador’s financial experience and discernment chooses to use planned giving methods, people take note. He’s a good example of the thoughtful, big-picture donor who explores ways to ‘grow’ their donation dollar, which planned giving methods so often do.”

Ambassador Reed’s financial acumen and support of the proton therapy research made him the donor of choice to kick off a new education and planned giving awareness “Powerful Strategies” campaign in LLUH’s newly-redesigned *Scope* magazine. *Scope* is sent to alumni and supporters of Loma Linda University Health.

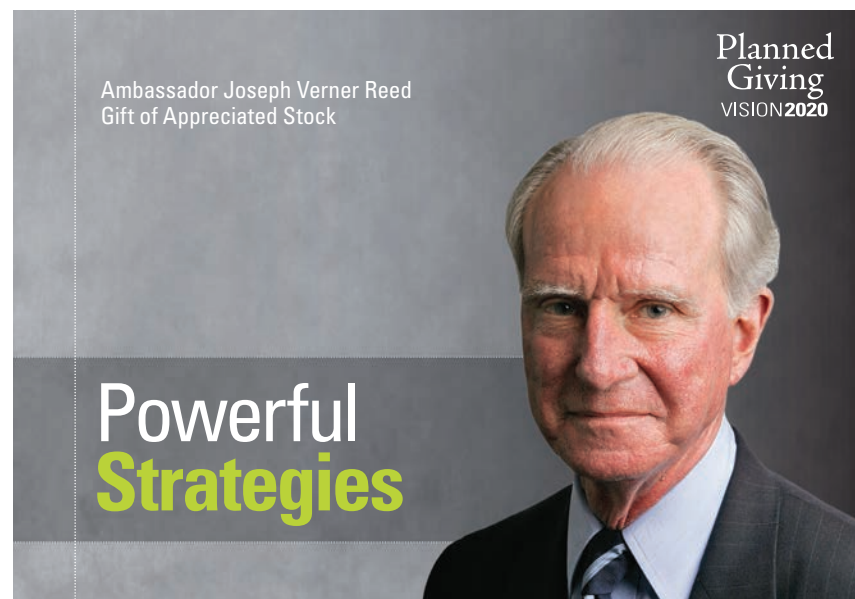
Ambassador Reed’s choice of causes illustrates his foresight. Proton therapy has since become more widely-used, with many institutions modeling their programs on the work of LLUH. Research, including proton therapy research, is a transformative part of LLUH’s comprehensive effort called Vision 2020 – The Campaign for a Whole Tomorrow, which will continue to keep LLUH at the forefront of healthcare.

Reed is fondly remembered at LLUH. Dr. Jerry Slater, who heads the proton therapy center, recalls unannounced visits to his office from the ambassador, whom he considered a friend. Ever gracious, Reed’s diplomatic comments on the “visual filing system” on Slater’s desk made the busy doctor smile. At home, Slater is reminded of Reed’s talent for observation by a package of US stamps in collector-worthy condition—a gift from the ambassador when he learned that Slater was a collector.

Why Use Shares to Give?

On the donation side, the gifts of stock used by Reed provide several benefits. These include avoiding capital gains tax on appreciation. At the same time, a tax receipt is issued for the full present value of the stock, and donors take an income tax charitable deduction when they itemize. This can be used to offset other income and further reduce taxes. The key is to have the stock itself gifted in kind to the charity. Typically, the charity will immediately sell the stock and receive more than if the donor had sold the stock and given what was left after tax. See [llulegacy.org](#) for more information.

It’s a tax-smart gift method worthy of a banker-ambassador.



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 April 2017:

Type of Crime	Number of Crimes	Place of Crime
Motor Vehicle Theft	2	Lindsay Hall; Lot X
Burglary Motor Vehicle	2	Drayson Center (2)
Burglary	1	Meridian Complex Pharmacy
Threats	1	MC 6th Floor
Trespass	3	LLUMC; Mt View Plaza; Children’s Hosp
Narcotics	2	Lot C; R & L Thrift
Assault	3	Drayson Center; LLUMC (2)

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



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