

Living Whole

Employee Wellness Newsletter

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LOMA LINDA
UNIVERSITY

ADVENTIST HEALTH
SCIENCES CENTER

Spiritual health

Have you ever noticed the sparkle in the eyes of someone who is truly in love? Joy simply overflows and dances around the room. No matter what you want to discuss, they can nearly always bring the conversation back to a story about the one they love.

Or think about a new dad, proudly sharing the latest picture of the love of his life; a new baby, a graduating student, a wedding. And isn't there a special look of tenderness in a grandma's eye as she describes her grandchild?

Imagine the God of the universe demonstrating that kind of love. Can you picture Him going to one of the angels and saying, "Have you heard about Justin?" ... "Look at how Maria has matured." ... "Have you noticed the forgiveness in Kylie's heart?" ... "I'm so proud of him!" ... "Watching her makes my heart sing!"

That is love! He has written a song just for you! "The Lord your God is with you, He is mighty to save. He will take great delight in you; He will quiet you

with His love; He will rejoice over you with singing." Zephaniah 3:17.

Sit for a moment and take it in. Imagine sitting at His feet as the melody begins. It's quiet at first, but the music grows and swells to a great climax. It's a love song. It's about you! "I have loved you with an everlasting love." Jeremiah 31:3.

*If God had a refrigerator,
your picture would be on it.*

*If He had a wallet,
your photo would be in it.*

*He sends you flowers every spring
and a sunrise every morning.*

*Whenever you want to talk,
He'll listen.*

*He can live anywhere in the universe,
and He chose your heart.*

*What about the Christmas gift He sent you
in Bethlehem, not to mention that
Friday at Calvary?*

Face it, friend. He's crazy about you.

—Max Lucado

Kathy McMillan, MA, director
Employee spiritual care & wholeness, LLUMC

Mental health

The topic of addiction can be a very difficult subject to address. Fears about a loved one's reaction, community and family perceptions or judgments, and destroying relationships can lead many to ignore a worsening problem.

One aspect that remains constant, however, is the question, "How do I talk to a family member about his/her drinking (or drug use)?" The following four steps are a start to opening up conversation about this difficult, but extremely important, subject.

First, know the facts. There are many myths about alcohol and other substances. Not all alcohol use is alcoholism, but it is surprising how little

alcohol produces significant health risks (see <www.cdc.gov/alcohol/index> for the Centers for Disease Control and Prevention definition of excessive drinking).

Second, adjust your expectations about the outcome of a conversation about a family member's drinking. It is unrealistic to imagine one conversation will result in permanent change.

It is also unrealistic to assume the situation is hopeless and nothing can be done. Adopting realistic expectations may contribute significantly to opening up a dialog.

Third, communicate feelings rather than judgment. Expressing your

Nutritional health

The warm weather is finally here and our desire to loose weight and be fit is heightened. Many tend to leave "heavy" foods like stews behind and move toward light and fresh foods like salads. It seems that going to the gym and eating salads becomes the standard regimen for an improved summer body. Not surprisingly, the restaurant industry also begins promoting salad options.

They also spend time and money developing new and exciting versions of old favorites. Unfortunately, many restaurant salads are not created to help you loose weight or stay healthy. Many of them may be delicious options but they are loaded with calories and fat.

When we are on a weight loss regimen we probably would not eat a double quarter pound hamburger with cheese (~740 calories). This would take almost 3½ hours of walking to burn off. However, very easily we could order a salad we think is good for us that has more calories than the hamburger. (See Table)

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concerns for the person's health and safety may be easier for the individual to accept than being told, "You ain't nothing but a low-down, no good. ..."

Finally, know what options are available and accessible to the family member.

If the person is open to considering professional help, do you know where to refer him/her? The California Office of Alcohol and Drug Programs operates a search engine providing details for all licensed treatment facilities within the state at <txworks.adp.ca.gov>.

Randall Walker, MS, MFT, director
LLU Marriage & Family Therapy Clinic

Physical health

Your hormones must be off. Has anyone ever said that to you? Or perhaps you've thought it to yourself. Life just isn't coming as easy as it used to, you feel a bit depressed, irritable, tired ... perhaps you've gained some weight, or feel like you're either hot or cold all the time. Although the causes of these types of symptoms are many, one significant area to take into account is your hormone balance.

So, what should you do if you're wondering about your hormone balance? The first thing is to just do a quick review of your lifestyle. Are you getting enough sleep? Are you eating healthy? Are you staying physically active? Are you staying connected in healthy ways to others and to God? If you feel good about all of these areas, consider visiting your doctor and

asking about hormone evaluations.

The first hormone most physicians evaluate is your thyroid. This is done through a simple and quite accurate blood test called the TSH, or Thyroid Stimulating Hormone. The TSH is an opposite test, meaning if it's low, your actual thyroid hormone levels may be too high, and if it's on the high side, your thyroid gland may not be producing enough hormone. If your TSH is found to be off, the next step should be to evaluate a full thyroid panel—measuring the levels of several different components of your thyroid hormones. Based on these results, your physician may choose to either start you on a medication such as thyroid replacement hormone, or pursue other tests to even better understand what is happening in your body.

There are two other important things that need to be considered at this stage.

The first: there is frequently a tendency to base thyroid dosing purely on the TSH number. In reality, your sets of symptoms, as well as your full thyroid panel, should be considered in medication adjustments. The second: many times the thyroid hormone is all that is checked. In actual fact, thyroid is just one of many hormones that your body produces. Evaluation of other hormones such as your stress hormone (cortisol) or your sex hormones (estrogen, testosterone, etc.) may also be needed and valuable.

We're healthiest when we're balanced in all aspects of our lives. Fatigue, irritability, and other subtle life changes may indicate a need to bring into balance more than one area of your life. Hormone balance is one of those areas to consider.

Wayne Dysinger, MD, chair

LLUSM department of preventive medicine

Nutritional health

Here are some tips for keeping your salad healthy:

- ✔ Stick to light or fat-free dressings; lemon juice and spices are best.
- ✔ Stay away from mayonnaise-based salads or dressings.
- ✔ Omit any fried ingredients such as fried meat, fried potatoes, chips, and taco shells.
- ✔ Try sticking to vegetarian sources of protein such as kidney beans, chick peas, and edamame. If you're going to add meat to your salad, stay away from fatty meats like ground beef and bacon bits.
- ✔ Add fruit to your salad like apples, pears, and berries. Their natural sweetness will reduce the need for a

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- heavy dressing.
- ✔ Move away from using iceberg lettuce to lettuce varieties with darker leaves.
- ✔ Omit the cheese or use skim/low fat varieties.
- ✔ Keep it fun by using unique ingredients such as tofu, corn, nuts, artichoke hearts, kale, quinoa, mango, and shitake mushrooms.

Eating salads can be a wonderful way to stay healthy this summer.

So have fun and enjoy the benefits of a healthy diet!

Olivia Moses, DrPH administrator

*LLUAHSC employee wellness program
Department of risk management*

Restaurant Salad	Calories/Fat(g)/Sodium(mg)
Quizno's Honey Mustard Chicken Reg. Chopped Salad	920/65/1,685
Romanos' Macaroni Grill Parmesan-crusted Chicken Salad	960/16/1,990
Chili's Quesadilla Explosion Salad	1,400/88/2,370
Cheesecake Factory Caesar Salad with Chicken	1,513/16/1,481
California Pizza Kitchen Waldorf Chicken Salad With Blue Cheese Dressing—full	1,570/30/2,082

Corn, Mango, and Edamame Salad

Calories 90; total fat 3g; saturated fat 0g; trans fat 0g; cholesterol 0mg; sodium 190mg
Serving size: ½ cup (113g)

- 2 cups edamame (soy beans)
- 1 ½ cup fresh corn kernels
- 1 ½ cup mango cubes
- 1 cup chopped tomato
- 3 cloves fresh garlic chopped
- ½ cup chopped red onion

- 1 tbsp extra virgin olive oil
- 1 tbsp fresh lime juice
- ¾ tsp salt
- ¼ tsp ground pepper

- 1 Prepare edamame per package directions.
- 2 Drain and rinse under cold water. 3 transfer to large bowl. Stir in corn, mango, tomato, onion, oil, lime juice, salt, and pepper. 4 Toss well. 5 Let stand 20 minutes before serving.



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