

Community leaders tour new San Bernardino facility and learn about emerging plans

By Briana Pastorino

Community leaders received a preliminary look inside the new Loma Linda University Health–San Bernardino on Tuesday, January 19.

Loma Linda University Health president, Richard H. Hart, MD, DrPH, and Brandon Bergener, superintendent, Layton Construction, led attendees on a guided tour through the 150,000-square-foot building that will house the new San Manuel Gateway College and an expanded Social Action Community (SAC) Health System clinic.

The new facility, located at 250 G Street, broke ground in December 2014 and is expected to open in July this year.

San Manuel Gateway College will prepare high school and adult students for careers in health care through a unique and innovative educational approach.

Arwyn Wild, executive director, San Manuel Gateway College, says the college anticipates starting with 125 students for the first wave of programs and plans to have a total of 250 students complete programs within the first year of operation.

“As the ever-moving job market is assessed,” Wild said, “the infrastructure of San Manuel Gateway College is still a work in progress. One of the main goals of the college pathways is to have viable job opportunities in the immediate Inland Empire.”

With that in mind, San Manuel Gateway College is projected to start with six pathways:

- ◆ Medical assistant (front/back offices)
- ◆ Certified nurse assistant (CNA) with additional training to become a patient care assistant (PCA) in a hospital setting
- ◆ Medical scribe
- ◆ Pharmacy technician
- ◆ Dialysis technician
- ◆ Community health care workers (clinical and non-clinical)

The ultimate goal of San Manuel Gateway College is for these programs to be affordable for students.

In addition to developing an affordable cost structure, the college is also in the process of applying for grants and scholarships.

San Manuel Gateway College was made possible thanks to a \$10 million dollar gift from the San Manuel Band of Mission Indians.

The tribe’s chairwoman, Lynn Valbuena, was impressed with the tour and anticipates the positive impact the campus will have on the community.

“By walking the building, you can see the life and vitality that this clinic and the San Manuel Gateway College will bring



Loma Linda University Health president, Richard Hart, MD, DrPH (fourth from right), discusses plans for the new San Bernardino facility during a private tour of the new building Tuesday, January 19.

to San Bernardino,” said Valbuena. “San Manuel is proud to partner with the city, Loma Linda University Health, and San Bernardino City Schools to provide future generations new opportunities to contribute to the health and well-being of our community.”

In addition to San Manuel Gateway College, the SAC clinic will expand its services to the Loma Linda University Health–San Bernardino complex, offering primary care and specialty services. The clinic’s current location on the

former Norton Air Force base will continue to operate and provide care as well as house the administrative offices.

The facility will also be home to a vegetarian restaurant designed to showcase the longevity-enhancing benefits of a plant-based diet, as well as a full-service pharmacy.

Both will be open to the public, and not just patients and students.

Among those touring the construction site on Tuesday was Representative Pete Aguilar who has supported the

project from the beginning.

“Loma Linda University Health plays a critical part in the Inland Empire economy, which is why I am happy to support the project,” Aguilar stated. “It’s important for me to see their new facility and understand how it will fit into our region’s framework.”

He adds, “I appreciate the organization’s efforts to create new jobs for our community and to continue to provide excellent health care to San Bernardino County families.”

Film premiere fills LLU Church to near capacity

By Larry Kidder

The documentary film, “A Certain Kind of Light,” has been gaining popularity as it debuted at a dozen film festivals around the world, including ones in London and Los Angeles.

The film, created by award-winning director Brandon Vedder, has already won numerous awards.

On Friday evening, January 6, the documentary premiered to a near-capacity audience at Loma Linda University Church on the campus of Loma Linda University Health.

An invitation-only event began at 4:30 p.m., with the premiere itself taking place at 6:00 p.m.

During the pre-event gathering and following the film, a number of

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Wil Alexander, PhD, fourth from right, shares his thoughts following the premiere of “A Certain Kind of Light,” a documentary about his lifelong passion for whole person care. With him on the stage are others involved with the film’s production or featured as patients and family members.

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Nursing staff honored with Daisy Awards for winter 2015

By Larry Kidder

The Daisy Award committee recently reached its decision, recognizing the first-ever honorees and nominees at Loma Linda University Health. Nurses receiving these awards demonstrate excellence through

their “clinical expertise and extraordinary compassionate care,” and they are recognized as role models.

The Daisy Foundation was formed in November 1999 by the family of J. Patrick Barnes, who died at the age of 33 due to complications. The nursing care Barnes received touched his family and

led to the establishment of the Daisy Foundation to recognize nurses.

Loma Linda University Medical Center honorees for 2015 include:

Lucinda Esparza, *Children’s Hospital*
Luchia Hansen, *University Hospital*
Rosie Causey, *East Campus Hospital*
Heather Blaire, *Surgical Hospital*
Sarah Gregory, *Behavioral Medicine Center*
Joanna Yang, *advanced practice registered nurses*

LLUMC Daisy Award nominees for 2015 include:

Children’s Hospital

Margie Boyer
Noel Cabaluna
Raylene Cernosek
Ann Chu
Patricia Deboer
Ethel Freguson
Madeline Gaba
Sarah Gray Dawn Kirk
Anh Le
Sandy Mitchell
Eve Marie Ong
Daisy Renteria
Corey Sanchez
Lisa Sharp

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Reception and representative display features special contraceptive collection



It is among the largest contraceptive collections in the United States. School of Medicine alumnus Russell J. Thomsen, MD, donated his entire lifelong collection of intrauterine devices (IUDs)—more than 1,900 pieces—to Loma Linda University this past year. A small portion of the collection was on display Friday, January 15, at a reception in the LLU School of Medicine’s department of obstetrics and gynecology. In the photo above, some of those in attendance gathered next to one of the exhibits. Thomsen was a member of the School of Medicine class of 1968 and served in the U.S. military. Most notably, he was asked to testify as an expert witness before the U.S. Congress regarding the Dalkon Shield, an IUD that caused problems for women. *By Larry Kidder*

Film premiere fills LLU Church to near capacity ...

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individuals who contributed to the making of the film shared their thoughts and perspectives.

“We were so pleased with the community support,” says Carla Gober-Park, PhD, MPH, director of the Center for Spiritual Life and Wholeness. “Our goal is to share the principles of whole person care not only with current health care givers, but with future generations. Through Wil’s life and example, shown in the film, many more will be able to go on ‘rounds’ with him.”

Gober-Park moderated the pre- and post-film discussions. She served as the documentary’s lead producer and executive producer, providing her own personal passion and motivation for sharing the story and making the project a success.

Keith Wakefield, MDiv, also served as one of the producers.

“A Certain Kind of Light” highlights the life and philosophy of Wil Alexander, PhD, MTh, founding director of the Center for Spiritual Life and Wholeness, and a lifelong proponent of helping physicians connect with their patients on a personal level.

Alexander, now in his mid-90s, has developed a style of questioning throughout his career at Loma Linda University Health that draws out patient stories.

He starts by viewing the patients as the “teacher”—letting the patient lead the conversation about far more than degree of pain or discomfort.

“A Certain Kind of Light” also follows the journey of defining a model

for others to use in learning the story of each patient, which often leads health care givers in new directions for helping patients to heal.

The CLEAR Whole Person Care™ model, developed by Gober-Park and many colleagues across a broad spectrum of disciplines at Loma Linda University Health, now serves as a tool for current and future health care givers to connect with and better understand their patients.

CLEAR is an acronym for Connect (connecting intentionally with God, self, and others); Listen (being fully present in a sacred time of sharing); Explore (inviting whole person conversations); Acknowledge (empathizing and communicating understanding); and Respond (sharing resources that affirm strength and offer hope).

Those who would like to view the documentary teaser or trailer, or schedule a screening, may visit llu.edu/wholeness or aCertainKindOfLight.com. A DVD will be available for purchase in December 2016. To pre-order the DVD, email wholeness@llu.edu.

Reference:

Gober-Park, C.; Benitez, A.; Curtis, H.; Grant, V.; Greek, J.; Lozano, K.; Mamier, I.; McMillan, K.; Reiswig, R.; Rolle, K.; Swenson, T.; Testerman, J.; and Tyler, L. “Introducing the Development of a Whole Person Care CLEAR Model,” poster presentation at the First International Congress on Whole Person Care, Montreal, Quebec, Canada, October 17–20, 2013.

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MANY STRENGTHS. ONE MISSION.



March of Dimes honors nurses, delivers gratitude bags at LLU Children's Hospital

By Briana Pastorino

Representatives from the March of Dimes visited Loma Linda University Children's Hospital Thursday, December 17 to recognize

nurses from the Total Care Birth Center and neonatal intensive care units in honor of Prematurity Awareness Month.

Five units at LLUCH received Days of Gratitude bags containing patient education materials and resources for

nurses as well as some holiday treats.

Christina Huyett, director of March of Dimes Inland Empire Division, was among the visitors. "The March of Dimes wanted to give these to the nursing staff as a token of our appreciation," Huyett said, "for all the hard work that is done in an effort to keep babies healthy."

A former patient of the Total Care Birth Center, Mackenzie Schmidt, was also in attendance. Since 2007, the Schmidt family has raised more than \$87,000 for the March of Dimes, and

because of that dedication, they were provided with a plaque by the organization to present to the hospital that they felt is dedicated to improving the health of babies. For the third year in a row, the Schmidts have given the plaque to LLUCH.

The Schmidts hope to have raised \$100,000 after the next March for Babies Walk in April 2016.

The March of Dimes is the leading nonprofit organization for pregnancy and baby health. With chapters nationwide, the March of Dimes works to improve the health of babies by preventing birth defects, premature birth, and infant mortality. For the latest resources and information, visit marchofdimes.com.



Nurses on the antepartum unit of the Total Care Birth Center at Loma Linda University Children's Hospital accept their Days of Gratitude bags from the March of Dimes, Thursday, December 17.



IN MEMORY OF J. PATRICK BARNES

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- Yvette Dial
- Kara Kiesz
- Myrna Malveda
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- Nancy Quesada
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- Tukia Vakalahi
- Eileen Webster
- Advanced practice registered nurses**
- Rita Patel, RN, NNP

Volunteers from Loma Linda University Health, local churches, and schools spread holiday cheer

Contributed report

More than 500 community families and volunteers gathered in December for the 17th annual Christmas Fiesta at Social Action Community Health Services clinic in San Bernardino.

Two hundred thirty-four kids from the community, and more than 290 volunteers from Loma Linda University and local churches and schools came together to enjoy and celebrate the holiday season.

As the event began, youth from the Loma Linda Filipino Seventh-day Adventist Church told the nativity story through live dramatization and songs, reminding attendees of the peace and joy that Christmas brings.

As everyone came together, kids from the Community Kids Connection (CKC) Music program at La Escuelita continued to bring cheer to the crowd as they sang Christmas songs to the 500 people who had gathered to listen.

During the event, kids were partnered with a volunteer who became their “Big Buddy.” Together, they visited various booths, making Christmas-themed crafts.

Throughout the day, kids, parents, and volunteers enjoyed a variety of snacks and delicious foods. They also enjoyed going through a maze, writing letters to Santa and taking pictures with him.

As the kids participated in the activities with their “Big Buddy,” there was plenty of fun for their parents. Pastor Dante Marruffo, from Azure Hills

Seventh-day Adventist Church, led the parents in games and ensured that each went home with a gift bag full of healthy foods for the holidays.

At the end of the day, thanks to the donations of the volunteers and individual sponsors, every child was given the opportunity to take home a Christmas gift.



Loma Linda University students became “Big Buddies” for the day for kids who attended the Christmas Fiesta.

Heritage Society Holiday Reception offers update on Vision 2020 campaign

By James Ponder

The 2015 Heritage Society Holiday Reception, held Thursday, December 10, in the Chen Fong Conference Center on the campus of Loma Linda University Health, afforded administrators and philanthropy staff an opportunity to thank society members for their continuing dedication and support.

According to Todd Mekelburg, director of planned giving, membership in the Heritage Society honors donors who have generously provided for the work of Loma Linda University Health through a planned gift commitment. He adds that donors who make estate or deferred gifts of any size are recognized for their dedication to the organizational mission

through membership in the society.

After lunch, guests were welcomed to the event and introduced to the 22 newest members of the society. Mekelburg singled out two members—Ellsworth E. Wareham, MD, and Natalie Kopp—and asked them to stand. At ages 101 and 31, respectively, Wareham and Kopp represent the oldest and youngest members of the society.

After the applause died down, Mekelburg introduced Eric Schilt, MBA, assistant vice president of construction at Loma Linda University Medical Center, and Laurie McCoy, AIA, an architect with the design firm of NBBJ. The pair presented the latest renderings and plans for both the Medical Center and Children’s Hospital.

Continued next page

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At the end of the presentation by Schilt and McCoy, President Richard H. Hart, MD, DrPH, brought the group up to date on the status of Vision 2020, the campaign for a whole tomorrow. He pointed out that the construction at the front entrance to the Medical Center and other locations on campus, while inconvenient at times, is a sign of progress as the campaign moves off the drawing board and into the dirt. Hart then fielded questions from society members.

Just before adjourning the meeting, Mekelburg challenged society members to consider documenting their planned gifts for the Vision 2020 campaign. Afterward, a number of society members expressed their appreciation for the information shared by Schilt, McCoy, and Hart and said it keeps them apprised of current and upcoming developments.

Gifts to the Heritage Society can take many forms. Mekelburg says they can be made by designating Loma Linda

University Health as the beneficiary of a will or living trust, IRA, qualified retirement and pension plan or annuity, life insurance policy, or charitable trust. He said the office of planned giving is also happy to help people arrange for life income through a charitable gift annuity or charitable remainder trust. He stressed that he and his staff are able to assist donors with a variety of options.

Additional information is available on the Heritage Society webpage at llulegacy.org/heritage-society or by phone at 909-558-4553.

“Overall, we were very pleased with the level of enthusiasm for this annual event,” Mekelburg observed. “Despite the fact that it falls in the middle of the busy holiday season, many people told me later just how much they enjoyed learning more about what’s going on around our campus. I think it gives us all a chance to get together and reflect on the meaning of our commitment to this remarkable organization.”



Ellsworth E. Wareham, MD, left, and Natalie Kopp are the oldest and youngest members of the Heritage Society. The society honors those who have generously provided for the work of Loma Linda University Health through a planned gift commitment. Wareham is 101 and Kopp, at 31, is 70 years younger. They attended the 2015 Heritage Society Holiday Reception on Thursday, December 10.

Loma Linda University Drayson Center launches online service

By Nancy Yuen

Drayson Center membership is one of the many employee and student benefits at Loma Linda University Health.

A new online service, launched Friday, January 15, has made it easy to check or update contact information, or to renew annual memberships.

To join the service, click on the “sign up” link at mydrayson.llu.edu. After clicking “Sign in,” select “Create a new account.”

In addition to renewing memberships, members can register for Drayson Center courses. It’s easy to browse for courses by category, or to search quickly for courses by entering keywords or a course code.

If you have questions about the online registration process, please call Loma Linda University Drayson Center during regular business hours at 909-558-4975.



Whether you enjoy a run on the indoor track before work or meeting friends for a game of basketball in the evening, Drayson Center is a place where students, faculty, staff, and the community can “Live It!”

Volunteers needed for major health fair in Los Angeles

By Nancy Yuen

Loma Linda University Health is recruiting volunteers for the largest Seventh-day Adventist-sponsored free clinic in U.S. history.

Dentistry, vision care, and surgery will be provided during the clinic, April 27 to 29.

The fair will be held in the Los Angeles Convention Center, with White Memorial Medical Center serving as the location for surgeries.

Ten thousand people are expected to receive care during the fair. Approximately 45,000 homeless people living in Los Angeles County will be a primary focus of the free clinic.

According to Lela Lewis, MD, president of Your Best Pathway to Health, 3,000 volunteers are needed to staff the outreach event.

“We are in desperate need for volunteers,” Lewis told a reporter for the Adventist Review.

For a complete listing of health care services that will be offered during the event and to sign up to volunteer, go to PathwaytoHealthVolunteer.org or call (888) 44-Pathway.

Best Pathway to Health, a service to ASI, is a supporting ministry of the Seventh-day Adventist Church.

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How Danny Gonzalez copes with leukemia

By James Ponder

Danny Gonzalez runs up and down the halls of unit 4800 at Loma Linda University Children's Hospital, making faces and

growing playfully at everyone in sight. His high-energy antics belie the fact that Danny has been fighting acute lymphocytic leukemia (ALL) for five of his six years of life.

As his mom explains that ALL is a

progressive, deadly disease that often targets children under 10, Danny barges through the door, plops on the bed, and starts rocking back and forth making "Batman noises." When a nurse walks in, he pops up next to her

face and says, "Boo!"

"He's got energy to burn," Julie Arevalo says of her animated son. She credits the treatment he received at Loma Linda University Children's Hospital for this, his second recovery.

Danny was diagnosed in the spring of 2010 after Julie observed bruises on his body, lumps behind his ears, and a noticeable limp. But a strong allergic reaction to the main drug used in treating ALL meant physicians had to prescribe an alternate medication.

After a three-year course of going back and forth between home and the hospital for chemotherapy with the substitute drug, Danny was finally discharged in the spring of 2013. He felt good, looked good, and seemed very strong.

"It's frightening when your kid has cancer," Julie shares, adding that she and Matthew, her husband, were hoping and praying it would never come back. "But a little over a year later, the bruising returned." Which meant, of course, that the alternate medication had not conquered the leukemia.

Fortunately, a third treatment option, the anti-cancer enzyme Erwinia L-asparaginase, had become available. Danny was re-admitted to Children's Hospital to start a second course of chemotherapy.

"Doctors say it's stronger than the first drug," Julie reports, adding that the medical staff at Children's Hospital carefully monitored Danny's response to the new medication.

Extended hospitalization can take a toll on a patient's family. Danny's youngest brother Isaiah, who was an infant during his second treatment, was too young to be seriously affected by his absence.

It wasn't so easy, however, for 5-year-old Moses. Unbeknownst to his parents, the normally easy-going middle brother didn't adapt well to the fact that Danny had to be hospitalized so long.

"Moses stopped talking at school," Julie shares. "More than that, he kicked another boy and, when the teachers asked him about it, he said he was angry that Danny couldn't come out and play with him anymore. He really loves his brother. He's doing better, now."

Fast-forward a few months and Danny is delighted to be back home. Julie says he's still in treatment, but at least he is able to play with Moses and Isaiah on a regular basis.

"So far, he's doing very well," she reports. Even so, every parent of a child with cancer knows there are twists and turns on the road to recovery. "We'll see how it goes," she adds.

"Grrrrr," Danny roars as the nurse leaves the room. "Grrrrr, grrrrr, GRRRR!"



Danny Gonzalez may have leukemia, but that doesn't stop him from running up and down the halls of Loma Linda University Children's Hospital making scary noises at everyone he meets. Despite his playful ferocity, his mom, Julie Arevalo, and brother Moses don't seem frightened. A new anti-cancer drug is giving Danny the help he needs to beat the deadly disease. Photo by Chet Williams

Why Karen Mainess pays it forward to tomorrow's students

By James Ponder

For Karen Mainess, PhD, assistant professor, department of communication sciences and disorders, Loma Linda University School of Allied

Health Professions, giving to the Grow Together Employee Giving Program helps her counteract the one thing she doesn't like about working at the school.

"The worst thing is the lack of scholarship funds for deserving students,"

Mainess observes. "It is my dream to have, within our department, the funds to provide at least two full scholarships to deserving students every year. The first step toward that dream is for me to give, myself."

Mainess has been giving back since
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Annual Foundation Gala to illuminate hope and healing for the children of the community

By Briana Pastorino

The 23rd annual Foundation Gala, presented by Hard Rock Hotel Palm Springs and benefiting Loma Linda University Children's Hospital, will be held at the Riverside Convention Center Thursday, February 11.

This year's theme, "Illuminate the

Path to Vision 2020," will highlight the future vision for Children's Hospital.

Guests will be entertained from the moment the evening begins, starting with the Illuminarium Hour, where a visual masterpiece of light will be created around the silent auction items. The event program will include a surprise opening act as well as a performance from the Silhouettes, who earned worldwide acclaim

on "America's Got Talent."

Chef Robert Irvine will also be a special guest of the evening as part of a first-ever culinary experience, and he will also be lending a helping hand during the live auction portion of the evening.

K-Frog radio personality Heather Froglear and her daughter, Peyton, who is also a patient of LLUCH, will emcee the event.

LOMA LINDA UNIVERSITY CHILDREN'S HOSPITAL

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Inter-professional educational experience aims to nip ergonomic disabilities in the bud

By James Ponder

An innovative joint project between two Loma Linda University schools—Allied Health Professions (SAHP) and Dentistry (LLUSD)—aims to promote awareness of body mechanics and reduce career-impairing musculoskeletal injuries among dental hygienists.

Titled “A collaborative experience between dental hygiene and occupational therapy,” the program is the brainchild of Heather Javaherian-Dysinger, OTD, associate professor of occupational therapy at SAHP, and Colleen Whitt, MS, assistant professor of dental hygiene at LLUSD.

“The focus was on preventing cumulative trauma disorders through ergonomics,” Whitt says.

Javaherian-Dysinger says the project was conceived when she gave her master of occupational therapy students an assignment to critique a plan she had written for diagnosing potential ergonomic disabilities.

“Given what you just learned,” she told the students, “write on my evaluation form and update it.”

The students took the idea to heart and Javaherian-Dysinger soon faced

the monumental task of integrating the suggestions of eight groups of students into the evaluation form. The student input and final fine-tuning by Javaherian-Dysinger made the evaluation



Richard Zeche, a third year master of occupational therapy student from Loma Linda University School of Allied Health Professions, shows Hayley Mohr, a senior dental hygiene student at Loma Linda University School of Dentistry, the results of his report on ways she can make small adjustments to her posture now that can prevent cumulative trauma disorders later in life.

more effective and applicable.

When it came time to implement the plan, Javaherian-Dysinger and 41 of her students went to the School of Dentistry and working in pairs, observing and interviewing 30 dental hygiene students and three dental students at work.

“Something as seemingly inconsequential as not maintaining good posture or holding your hand at the wrong angle while cleaning a patient’s teeth can result in pain and problems later in life,” Javaherian-Dysinger explains. “The goal of our intervention is to identify things the students are doing that can be corrected now before they become career-impairing bad habits.”

“They worked in teams,” Whitt observes. “They did a brief interview, asking my students things like, ‘Do you have pain?’ Then they photographed my students over the next one-and-a-half hours as they worked, and helped them see how their posture and ergonomics might impact their health outcomes in the years ahead. The idea is that they are the intervention and the whole key is prevention.”

Following the initial interviews and observation sessions, the occupational therapy students went to work analyzing the results. The process took three weeks. At the end of that time, they wrote up their findings and recommendations and presented them to Javaherian-Dysinger, who compiled the results of the 33 comfort surveys completed by the dental hygiene students and gave a summary to the dental hygiene faculty.

Two weeks later, they returned to LLUSD and met with the dental hygiene students once again, showing photos of their maladaptive postures and explaining how they would likely cause pain later in life.

“I heard feedback from some of the students,” Javaherian-Dysinger said, “and this was their favorite assignment.”

Whitt says the learning experience worked both ways. “Two of your students,” she told Javaherian-Dysinger, “came back to have their teeth cleaned. They realized dental health is an important part of health. That was good!”

“It came together really well,” Javaherian-Dysinger concurred.

Both Whitt and Javaherian-Dysinger believe the program will have lasting value for their students.

“I believe there was a better understanding and appreciation for each other’s professions,” Whitt observes. “The dental hygiene students were eager to receive their personal ergonomic evaluations from the occupational therapy students. The actual photographs of the dental hygiene students in awkward positions were eye opening to them. ‘A picture is truly worth a thousand words!’ Authentic feedback from peers appears to have more value than the daily feedback coming from their own dental hygiene instructors. It was exciting to see the genuine enthusiasm by both sets of students on the final presentation day.”

“The students enjoyed going into the clinic to observe and analyze the body mechanics and positioning of the dental hygienists,” Javaherian-Dysinger concludes. “This required a level of professionalism and flexibility as they interacted with the dental hygienists and respected patient care. When the students later presented their results to the dental hygiene students, the occupational therapy students integrated what they learned and were able to explain and discuss the recommendations. This was an authentic educational experience that truly helped students to reach higher-level cognitive domains of learning.”



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Adopt-a-Missionary project spreads holiday cheer, both far and near

By Courtney Haas

Christmas cheer is something we easily find in the United States, but throughout the world, volunteers serving at mission facilities might not have access to Christmas décor, their favorite holiday treats, or new toys for their children. The “Adopt-a-Missionary” Christmas project aims to alleviate this by providing Loma Linda University Health staff and faculty the opportunity to give back to a giver.

The project, sponsored by Loma Linda University Health’s Global Health Institute (GHI), in collaboration with Students for International Mission Service and the National Association of Seventh-day Adventist Dentists, focuses on collecting care packages filled with Christmas goodies for the missionaries and their families currently serving abroad.

Since inception, the project has grown exponentially. This year was no exception. With double the number of missionaries and families of last year, 35

boxes were sponsored within 24 hours of advertising, packed with love by the donors and returned to the GHI office for a quick trip to the post office.

“The response was overwhelming with many departments requesting more than one Adopt-a-Missionary box to sponsor,” Angeli Yutuc, program manager of international service, shared. “It’s heartwarming to see how excited and generous participants become as they fill their boxes with items specific to their assigned overseas missionary.”

These missionaries are serving in 16 countries at Loma Linda University Health strategic interest sites as dentists, hospital administrators, physicians, nurses, public health educators and more. They range from Loma Linda University alumni, LLU global service awardees, LLU deferred mission appointees and Adventist Health International long-term volunteers.

Katya Campos, a veteran to the project, was part of the language services department group that adopted a box for the second year in a row.

“We wanted to be involved because giving is far more gratifying than receiving. Sending those tokens of appreciation to families is a small act compared to what they have been giving up to serve overseas,” Campos stated. “As I wrote to one of our adopted families: The hurt and the sick come to Loma Linda for healing, but missionaries, as Jesus did, go out looking for them. To me, that’s brave and admirable.”

Jamie Speed shared that while she has always been interested in sending letters or care packages overseas, she never knew how to find families and determine the needs. She was happily surprised when it turned out that she knew the family she was adopting.

“I love it!” Speed exclaimed. “I plan to do it every year.”

As the project continues to grow and develop, one complaint still remains. The flat rate boxes are simply too small for how much everyone wants to give.

Heather Hebron participated along with the DPT and PTA students and sponsored 15 boxes.

“I had so much fun shopping for the missionaries. Being given the box and list of items made the process easy,” Hebron shared. “The only thing I did not like was the size of the boxes, but it helped me tap into my creative side when packing.”

She went on to add that she loved the program so much that she wished it could be done more than once a year.

“Sponsors have learned to remove excess packaging and creatively arrange the contents to make the most out of this opportunity to send holiday cheer and specialty items to our missionaries and partners abroad,” Yutuc said. “Each year, the project recipients have been grateful for these care packages and to be remembered during the holiday season. I’ve observed the Adopt-a-Missionary project to be such a joy and blessing to both donors and recipients.”

when it comes to consuming fruits and vegetables and decreasing meat consumption. Staff members could also pick up information on the core principles on why going meatless is an overall good decision.

Krancari shared that after brainstorming the big idea of Meatless Monday as a team, she created a logical framework to aid in managing the program. “It is an excellent tool for designing, monitoring, and evaluating interventions.”

From there the team went on to create an advertising and promotions campaign, designing, researching and



Yolanda Camarena, unit secretary for the Medical Center, and her daughter chose to adopt-a-missionary box together. “I wanted to help those who are helping others,” Camarena shared.



Jamie Speed, left, convinced her coworkers in the records office to join with her on this project. Here, she and a co-worker off their box that has been packed to the brim with Christmas goodies for friends of Jamie that are serving in Kanye, Batswana.

Penang Adventist Lifestyle Center offers Meatless Mondays workplace wellness

By Courtney Haas

Let’s move somewhere new, interesting, and partner with professionals who are just as passionate about public health as we are.

After months of planning and coordination, that’s exactly what Molly Krancari, MA, MPH, a 2014 graduate from Loma Linda University School of Public Health with an emphasis on global maternal and child health, and her husband, Stephen, did. They packed up their lives in the United States and moved to Malaysia.

Krancari is a public health advisor working at one of Loma Linda University Health’s Global Health Institute strategic service sites, Penang Adventist Lifestyle Center (ALC).

As Seventh-day Adventists, many Loma Linda residents have the reputation of living long, healthier lives through diet and exercise. A special part of that diet is the fact that many Adventists are vegetarian. Under the direction of Yen Ang, DrPH, MPH, LLU alumni and ALC director, Krancari and other ALC staff decided to apply this type of healthy living to their upcoming workplace wellness intervention.

Research suggests that becoming vegetarian is healthier than eating a meat-based diet. But changing one’s eating habits can be difficult. Thus, ALC created a program called Meatless Monday (in alignment with the international campaign present in 36 countries), a 12-week intervention focused on encouraging hospital employees to go meatless once a week, rather than living with total abstinence from meat.

The intervention is on a volunteer basis where staff members are encouraged to take a pledge. For 12 weeks—from September 14 to November 30—Monday was designated as “Meatless Monday,” with Penang Adventist Hospital (PAH) cafeteria offering special delicious vegetarian meals that were advertised as, “Better for your health! Better for your wallet! Better for your planet!”

About 15 percent of employees made the Meatless Monday pledge with an average of 100 people purchasing the meals.

To help increase awareness on the importance of healthy eating, an education booth was also located in the cafeteria providing health promotion materials based on the focus group findings on the study of the staffs’ barriers

creating health communication materials that would best meet the program goals; reviewing countless recipes while holding taste tests with the cafeteria chefs and nutritionists; and also preparing a monitoring and evaluation plan to see if the intervention was a success.

The program has come to an end. Upon completion, a random survey conducted before (n=804) and after (n=576) the campaign showed that daily meat intake decreased from 30.3 percent to 17 percent and participant’s willingness to consume fruits and vegetables improved by 7.3 percent.

The findings revealed the campaign did not dramatically alter current dietary habits of employees in three months. But it did improve the attitude of people toward consumption of fruits and vegetables, increased awareness and knowledge of a meatless diet, and it encouraged them to eat more vegetarian meals.

Notably, the health promotion campaign, though short, did affect people’s future intention to abstain from meat in their diet.

These types of programs are being implemented around the world through many of the Loma Linda University Health Global Health Institute-affiliated hospitals. Through these partnerships with graduates like Krancari, Yen Ang, and fellow dedicated coworkers, communities around the world can become healthier.



Two Adventist Lifestyle Center employees smile broadly as they serve Meatless Mondays food options to program participants.



Adventist Lifestyle Center staff provide information about the healthy benefits of eating a meat-free diet at the education booth.

Adventist University of Central Africa moves forward with plans for medical school

By Courtney Haas

Richard Hart, MD, DrPH, president of Loma Linda University Health and Jerry Daly, MS, MSLS, associate director of the Global Health Institute recently returned from a trip to Rwanda with the intent of starting a new medical school.

The Switzerland of Africa, or the land of a thousand hills. Some might be familiar with these nicknames for the landlocked East African country of Rwanda. Names vividly earned by the mountainous landscapes filled with steep hills and deep valleys.

This country serves as home to nearly 12 million people, 12 percent of whom identify themselves as Seventh-day Adventists.

While in Rwanda, they were hosted by Hesron Byilingiro, president of the Rwanda Union of Seventh-day Adventists, and Ndahayo Claver, vice rector (vice president) of academics at the Adventist university there. The trip was efficient and insightful, and left both feeling inspired that now is the time for an Adventist medical school.

The new school will be a part of the Adventist University of Central Africa (AUCA). Opening its doors in 1984, AUCA's campus was surrounded by gentle hills and lush, green countryside.

The history associated with this school runs deeply throughout the community, having been the location of a massacre that spanned three months.

In 1994, a horrendous event took place in the country, leaving nearly a million Rwandans dead. On campus, members of the student body and faculty died as well, leaving the

university leaderless and lost. A few years later, the school relocated and opened its doors yet again to students.

Today, with Hart's visit to Rwanda, AUCA prepares to take another step and establish a medical school.

According to a report from the trip, Hart shared that the political doors are wide open to this new school. With an



Richard Hart, MD, DrPH (third from right), traveled to Rwanda to meet and discuss the future idea of building a medical school at the Adventist University of Central Africa (AUCA).

ideal space available on the new Masoro campus, large enough for academic buildings, dormitories, a hospital, and clinics, the only thing missing is the funding and right people for the job.

"I feel this is a place that both needs and deserves some major assistance as they build toward the lofty goal of quality medical education to serve Africa," Hart shared as he discussed Loma Linda's future engagement in the project.

"Several key decisions have already been made," Hart stated. "The school needs to be seen as a regional, not national, entity, serving all of east, central and southern Africa; we need our own teaching hospital to create the professionalism, compassion, and skills that we should be known for; we should emphasize the recruitment of young women into medicine; and we should not be hesitant about making this an Adventist faith-based institution."

Hart went on to emphasize how amazing it is to be a part of these endeavors.

"I am always humbled on these trips by how widely Loma Linda University Health is known and respected, and it is hard to keep from creating expectations that may be difficult to fulfill."

He adds, "We are blessed with our global network of partner institutions, and it is a privilege to work with them toward this type of goal. Pray for this endeavor that once again we may continue the teaching and healing ministry of Jesus Christ."

Bedside rounding technique advances at Medical Center and Children's Hospital

By Heather Reifsnnyder

An essential part of health care in the hospital environment is the medical staff rounding on their patients. Loma Linda University Health asked if there was a way to maximize

this decades-old practice.

Hospital leaders instituted a new multidisciplinary rounding method and have been rolling it out across different units at Loma Linda University Medical Center and Children's Hospital since October 2014. Created at Emory University, the

program is called SIBR—structured interdisciplinary bedside rounding.

SIBR is a patient-centered technique designed to enhance interdisciplinary communication and care planning through structured scripting and a team approach.

For some acute care areas, this can be completed in four minutes or less per patient, enhancing the efficiency and quality of care. SIBR rounds start outside the door of the patient's room and may continue at the bedside. The process has contributed to better information sharing between night and day shift staff. In pediatric areas, parents are invited to join SIBR outside the patient's room.

"We have much more effective and streamlined communication about our patients thanks to this program," says Linda Soubirous, MPA, executive director, acute care, Medical Center.

The pediatric ICU unit (PICU) at Loma Linda University Children's

Hospital was the first PICU in the country to implement SIBR as its family centered rounds process, and it is still one of only a few pediatric units nationwide that uses it. Michele Wilson, MS, PICU clinical nurse specialist, says that it has resulted in improved coordination of care and better teamwork.

"Team satisfaction has increased, and families better identify with being part of their health care team," Wilson says. "We have received some great feedback on our family satisfaction surveys."

Supporting data proves that the implementation of SIBR in the PICU has also decreased rounding times, improved medical order read-back, enhanced the education of medical residents, increased multidisciplinary participation in rounding and improved nursing and family satisfaction.

In addition to the PICU, other Children's Hospital units and several adult units at Loma Linda University Medical Center have adopted various forms of SIBR, as have parts of LLUMC—East Campus. The LLU Behavioral Medicine Center is planning to go live with the program in January.



Why Karen Mainess pays it forward ...

Continued from page 6

she arrived on campus 15 years ago. At the rate of \$600 per year, or \$50 per month, she has managed to give a grand total of \$9,000 toward her goal of establishing the scholarship fund she envisions. She explains the need for it in straightforward terms.

"We have no problem filling the master's of science program, for which I am the program director, every year," she says. "There are always students who are interested in our program because they recognize, based on what they read about us, that we have a quality program. These are strong students academically and we offer them admittance into our program. But when they find out there

are no scholarship funds available, they are very quickly offered those sought-after funds in other programs, and they go elsewhere."

Even though the \$9,000 she has given is nowhere near the \$1 million in reserve funds Mainess estimates would be required to fund one or two scholarships, she is not discouraged. She believes in making a start and hopes her example might encourage others to give as well. "It would be wonderful if that happened," she notes.

In her off-duty hours, Mainess enjoys listening to music—"anything Motown from the 1960s and 1970s"—and reading. Most of the time, she reads technical research publications

relating to her profession, but once or twice a year she likes to clear her head by reading a good whodunit novel. She also likes spending time with her pet, Frieda, the three-legged wonder cat.

"She's mostly white with some apricot or blonde" Mainess offers, "a long-haired, domestic cat. She was a stray cat in the neighborhood and I took her in—which was crazy, because I'm a dog lover. When she got injured, I took her to the veterinarian and I ended up paying to have her leg amputated."

Mainess appreciates the convenience of giving through the Grow Together program's payroll deduction plan and likes the idea of helping others attain their education. More information about Grow Together is available online at advancement.lluhealth.org/grow-together.



Karen Mainess is helping to establish a scholarship fund for deserving students through the payroll deduction plan offered by the Grow Together Employee Giving Program.

World-renowned professor and researcher passes away . . .

Continued from page 12

research into fetal development, the maternal influence on fetal physiology, the effects of oxygen deprivation on babies, and related topics. Because of his expertise in the relation of carbon monoxide to fetal oxygenation, he was asked to write the section on health hazards of cigarette exposure to mothers and their developing fetuses in several editions of the U.S. Surgeon General's Report on Smoking and Health. He also testified before Congress on that topic and again during debates on the Clean Air Act. He holds the distinction of being one of the longest-funded NIH researchers in the world; after receiving his first NIH grant in 1964, he has been funded continuously.

Early in his tenure at LLUSM, Longo approached the University of California about Barcroft Station—known today as White Mountain Research Center—which it maintains and administers at an elevation of 12,470 feet (3801 meters) near Bishop, California. He secured permission to keep a flock of sheep on the premises to gather data on the effects of high altitude on the development of embryonic lambs. Forty years later, sheep are still there, and papers Longo and his colleagues authored are helping physicians understand and manage the health risks facing babies born at high elevations throughout the world.

Longo was a prolific author. From 1959, when his first paper was published, to 2016 when it is anticipated some of his most recent articles will be printed, he wrote and published more than 350 articles in peer-reviewed scientific journals. He also authored, co-authored, or edited 20 books. His latest volume—*Wombs With a View: Illustrations of the Gravid Uterus from the Renaissance Through the Nineteenth Century*—will be published posthumously by Springer later this year.

In addition to research and writing, Longo loved mentoring students and colleagues. During the course of his career, he trained more than 100 post-doctoral medical students from over 20 countries and countless undergraduate students. He also served as a visiting professor at dozens of universities in the United States and abroad.

Revered by his students and colleagues as a man of kindness and humility, Longo never sought the spotlight. That attribute of his character came sharply into focus at the 40th Anniversary Celebration and Symposium of the Center

for Perinatal Biology, held in February 2013 at Loma Linda University. A cadre of prestigious dignitaries flew in from Canada, Japan, the Netherlands, Poland, Switzerland, United Kingdom, United States, and Uruguay to honor Longo on the momentous occasion.

When Nobel laureate Ferik Murad, MD, PhD, began the keynote address by noting that the center's remarkable success is attributable to "one individual who had a mission and an idea," guests broke into loud applause. At the end of the day, after dozens of attendees and presenters had risen to express their profound gratitude to Longo for his influence in their lives and careers, he took the microphone to address the group.

After thanking everyone for coming, and acknowledging the work of the center faculty in organizing the event, Longo deflected the spotlight away from himself. "That's what I see it as," he said about the center's accomplishments, "just four decades of work—nothing to do with me, really."

His trademark humility reflected the fact that while he was never dogmatic about it, Longo maintained a deep, trusting faith in God and a correspondingly unassuming appraisal of his own role in the cosmos.

In a March 2012 interview about an honorary doctorate he received during the 10th World Congress of Perinatal Medicine in Punta del Este, Uruguay, Longo reminisced about the sense of wonder he often felt while exploring the intricate and ingenious systems that sustain human life. "All of life is so complex with multiple, multiple layers of complexity," he reflected. "There has to be some kind of celestial design committee."

As news of his passing sent aftershocks across the campus of Loma Linda University Health, accolades poured in from Longo's friends and colleagues. President Richard H. Hart, MD, DrPH, was among the first to comment.

"Dr. Larry Longo was a gentle giant by any measure," Hart observed. "A brilliant yet humble scientist, committed to excellence, he had a passion for history, education, and research. He was a significant player in establishing research as a growing part of Loma Linda University Health, and his contributions to this campus will be felt for decades. Our sympathy and support go out to his wife, B.J., and their children."

In his comments, Roger Hadley, MD, dean of LLUSM, placed Longo in a portion of the stratosphere inhabited by

very few others.

"Highly respected by his national and international peers, millions of dollars in grant funding, an extraordinary mentor, and an admired humility have made Dr. Longo the most influential basic science researcher—and one of the Top 10 most important individuals—in our university's 110-year history," Hadley stated. "It was unequivocally clear to anyone who knew him that he had a deep passion to make this world a better place."

Lubo Zhang, PhD, director of the Center for Perinatal Biology since Longo stepped down in 2012, blended personal and professional observations.

"We all have been deeply saddened by losing a giant, great mentor and dear friend," Zhang noted. "We will always hold the memory of him in our hearts."

"Dr. Longo truly was a larger-than-life figure, inspirational in the scientific careers of so many young investigators, many of whom are leaders in their fields," Zhang continued. "Dr. Longo was always generous and gracious to those who worked with him. The lesson we all learned from him is that it is not good enough to be the best in your field. He continued to be innovative and to develop new fields and, in so doing, changed the way everyone else understood science. To us, the best way of remembering and honoring Dr. Longo is to carry on his legacy and continue the quest to uncover the secrets of developmental biology. As Dr. Longo would say, 'Persevere!'"

Steven M. Yellon, PhD, professor of basic sciences at LLUSM, shared memories of working in an adjacent office to Longo for 30 years.

"Most of our daily conversations focused on common interests in science, as well as personal topics related to theater, arts, and travel," Yellon recalled. "Though an imposing and tall figure, he listened carefully with full attention, was thoughtful in response, and never passed up an opportunity to ask a quintessential question at a talk, seminar, or meeting. Humility, sharing recognition, and seeing the best potential in others were core parts of his vision that contributed to numerous successes and wide-ranging collaborations. His amazing productivity seemed to accelerate with each year."

Members of the national and international scientific community were similarly moved to respond with tributes once they learned of his death.

Mike T. Lin, PhD, assistant professor of physiology at University of South Alabama, recalled details not mentioned by other correspondents.

"I remember how he used to set high standards for himself by working hard in the office/conference room, and his dog Bo would lie next to him," Lin shared. "On occasions, he would take guest scientists and some of us students out to dinner at a restaurant called Thai Rama, where we would all enjoy his humor and gentility. I know how much all of us will miss him. And in life, perseverance is right."

Dino A. Giussani, PhD, professor of developmental cardiovascular physiology and medicine at University of Cambridge, remarked that "science has lost a 'giant in fetal physiology.'"

"I am personally deeply affected," Giussani continued. "Larry was to me a guiding light—wonderfully inspirational, always open to discussion, an excellent colleague and friend, and above all, one of the last real gentlemen of this world. He set the bar high and he always was and will remain the scale against which we will calibrate our work."

Justo G. Alonso, MD, professor and chair of obstetrics and gynecology at the University of Uruguay, noted that, "Extraordinary men live extraordinary lives, as Larry did. All his life, he was an extraordinary example of virtue-based ethics, commitment, and perseverance. I treasure in my belongings the books he gave to me, and in my spirit the wonderful time I spent with him as well as all I learned from this exceptional Master of professors."

Frederick Naftolin, MD, DPhil, professor of obstetrics and gynecology and director of reproductive biology research at New York University, commented that, "Larry was among the kindest, most erudite and self-effacing, knowledgeable, forward-thinking and scholarly people I have known. Taken as a whole, he was the best of them all. The saddest part of this moment is the knowledge that Larry will no longer be around to personally inspire young people. For that, he will depend on us. Let us persevere!!!"

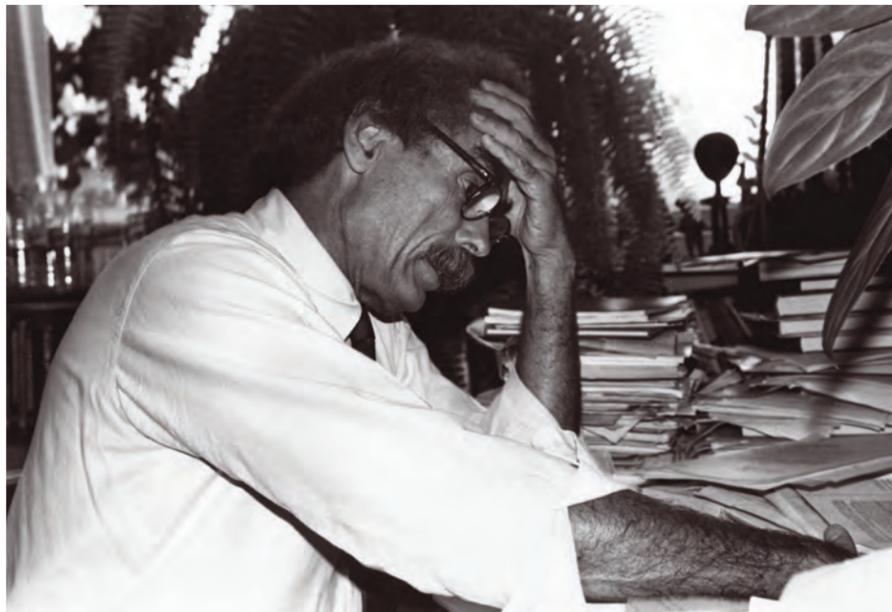
Many of his colleagues mentioned Longo's paternal influence in their lives. Fred Lotgering, MD, PhD, professor of perinatology at Radboud University Nijmegen Medical Center in The Netherlands, noted that, "Larry was my great mentor in science. I will always remember him with great love and respect. In ways, he was like a father to me."

The one theme that recurs in almost all of the tributes from Longo's colleagues and associates is the sense of personal loss they felt upon learning of his passing. One of them—Luit Penninga, MD, PhD, regional executive officer of Region Avannaq at Ilulissat Hospital in Greenland—wrote passionately of his pain.

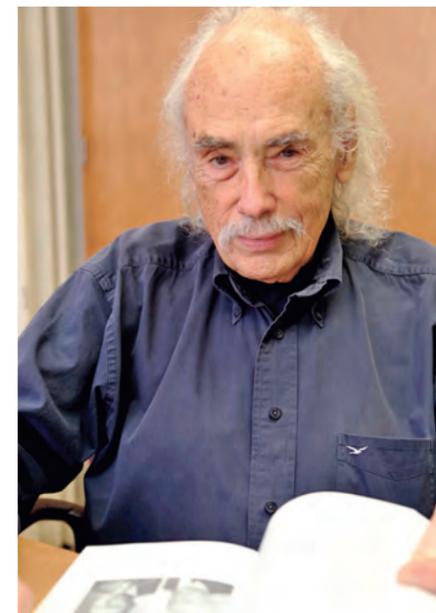
"When the news reached me that Dr. Longo has passed away," Penninga reflected, "I felt immense sadness and devastation. The loss of Professor Longo is an incomprehensible and incredible loss for me personally and certainly also for his family, friends and close colleagues, for the students, doctors, and scientists who worked with him and were taught by him, for the medical society, for the scientific and research society, and for society as a whole."

"Professor Longo," Penninga continued, "was a great and innovative

Continued next page



In this photo from the 1970s, Lawrence D. Longo, MD, contemplates a report in his office. Longo authored or co-authored more than 350 articles in peer-reviewed scientific publications throughout his five-decade career. During that time, he also wrote or edited 20 books. His latest volume will be released posthumously in 2016.



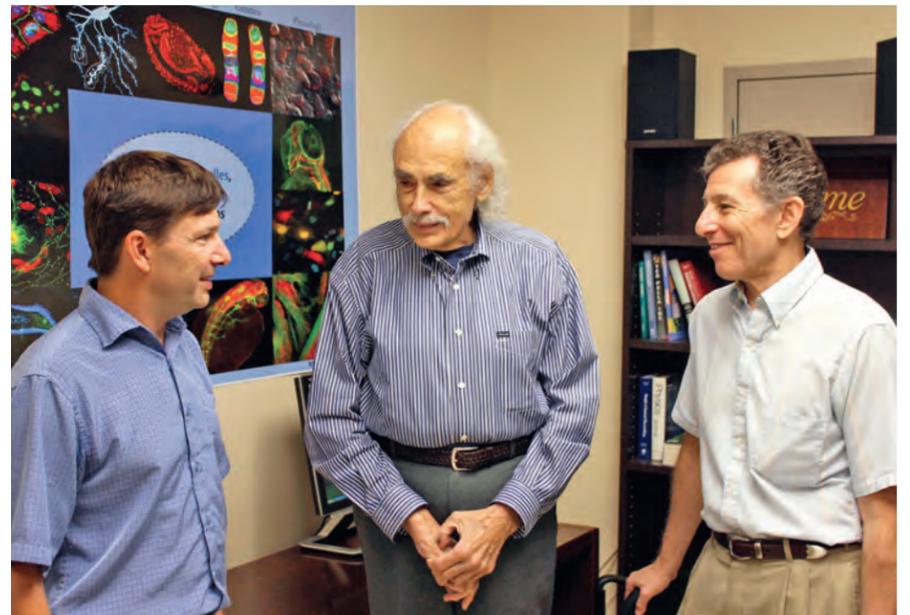
Shortly after his book *The Rise of Fetal and Neonatal Physiology: Basic Science to Clinical Care* was published in 2013, Lawrence D. Longo, MD, posed with a copy. Although he chronicled the lives and careers of several dozen individuals instrumental to the rise of the field, Longo's characteristic modesty kept him from disclosing all but the briefest mention of his own accomplishments.



Left: During Loma Linda University School of Medicine graduation ceremonies in May 2013, Richard H. Hart, MD, DrPH, president of Loma Linda University Health, presented the school's Lifetime Achievement Award to Lawrence D. Longo, MD, founder and director emeritus of the Center for Perinatal Biology.

Below left: (pictured from left) Longo, Lubo Zhang, PhD, and John R.G. Challis, PhD, DSc, celebrate at the 40th anniversary celebration for the Center for Perinatal Biology in 2013. Longo was founder and director emeritus of the center, Zhang is director, and Challis is university professor emeritus at the University of Toronto. Many internationally recognized scientists attended the day-long event honoring Longo.

Below: In the lobby of the advanced imaging and microscopy core facility at Loma Linda University School of Medicine, (from left) Sean Wilson, PhD, associate professor of basic sciences, discusses the facility's capabilities with Lawrence D. Longo, MD, emeritus director of the Center for Perinatal Biology, and Steven M. Yellon, PhD, professor of basic sciences, and gynecology and obstetrics, shortly after it opened in 2011.



Continued from previous page
 researcher and scientist, a caring doctor and obstetrician/gynecologist, an inspiring teacher, bibliophile, historian, author, an Unique person and a Great Human Being. I feel extremely privileged that I got to know him. His loss hurts deeply. His spirit will never die:

Keep accomplishing great things, and persevere.”

Last April, Longo made a \$25,000 contribution to the American Physiological Society (APS) to establish the Lawrence D. Longo Award Fund to recognize young scientists pursuing research in developmental physiology. According

to Martin Frank, PhD, executive director of APS, the funds will be used to provide awards to graduate students presenting their research at the annual meeting of the society.

Although mostly known for his scientific and academic achievements, Longo was also a dedicated family man. He and Betty Jeanne brought four children into the world: Celeste Longo de Tessan, Anthony Longo, Elisabeth Longo, and Camilla Longo Mohn. They also had four grandchildren: Giovanni Longo, Nicolai Longo, Alexandria Longo, and Marisa Mohn.

When asked what was the source of her father's biggest joy, his youngest daughter Mohn, a mortgage broker in Las Vegas, Nevada, says it was spending time with his family.

“I hesitate to say it because he spent so much time at work,” Mohn observes, “but it was when we were all at home; having all of his family together. He wanted us all together at his house. It just gave him great pleasure to sit you down at his long table in the kitchen and say, ‘Tell me about what you’re doing and what’s going on with you.’ He would always ask me about things in the mortgage world. He was always very proud of us and he told us about it. He certainly was proud that we all had our own sense of who we were.”

She says her father considered his work in advancing the cause of women's health as the greatest accomplishment of his life.

“What he really strived for was to make an impact on women's health,” Mohn adds. “When I was a little girl, we would be in a restaurant and women would be smoking and he would go over and say, ‘Do you have any idea what you’re doing to your baby? That will have a negative impact on your baby and your child.’”

Mohn remembers that her dad liked taking the family to art galleries and museums a lot when she was a child. She

shares what happened on one trip when they came across a car accident.

“He took my pink blanket, which was like my security blanket, and tied this man's head together with it,” Mohn recalls. “Years later, this man would come by my father's office and thank him.”

Mohn says Longo also enjoyed shopping for antiques and attending the theater on Thursday nights with his wife, prowling the stacks at antiquarian booksellers, and working out every morning at Drayson Center.

“I went to the gym with him and he ran marathons and kept himself in incredible shape,” Mohn concludes. “I'd go to Drayson with him and he'd take me around and introduce me to everyone. He was a very healthy guy except for his Diet Coke habit.”

In November 2014, a year and two months before his death, Longo—wearing his characteristic bow tie—sat for a videotaped interview and addressed the defining issue of his life and career.

“The question arises,” he acknowledged, “‘Why do I have such passion for issues relating to women's health?’ Because I think they're so important. It's just that they have such profound consequences for not just a given family, but for society as a whole.”

The remainder of Longo's responses may be viewed online at www.youtube.com/watch?v=oKY6ZP_nuJQ&feature=youtu.be and readers with an interest in issues that arise during pregnancy and their potential influence on the entire course of an individual's life are encouraged to watch the full interview for themselves.

But among the many insights Longo shared that day, one seems to encapsulate his singular devotion to the sanctity of maternal/child health above the others.

“I have a passion,” he disclosed, “that we try to address these issues and make certain, to quote one of my friends at the National Institutes of Health, that ‘Every pregnant uterus is a center of excellence.’”

Reportable Crimes

The Crime Awareness and Campus Security Act of 1990 requires colleges and universities across the United States to publish interim reports on campus crime activities. Listed below are the crimes reported for Loma Linda University Health for the months of November and December 2015.

Type of Crime	Number of Crimes	Place of Crime
Burglary Motor Vehicle	3	Outpatient Rehabilitation; Daniells Residence; Lot DC
Auto Theft	6	Lot DC; Caroline Street Clinics; Lot A (2); Mountain View Plaza; North Parking Structure
Stolen Vehicle Recovery	1	LLUAHSC Support Services
Traffic Violation	1	Caroline Street Clinics
Burglary	4	Construction Department; Cancer Research Institute; Mountain View Plaza (2)
Assault	3	Nichol Hall; LLUMC Adult Hospital (2)
Disturbing the Peace	1	Lot X
Threats Report	3	LLUMC Adult Hospital; Campus Engineering; Off Campus
Sexual Battery	1	Behavioral Medicine Center
Trespassing	4	LLUMC Adult Hospital (2); Emergency Room (2)
Fire	2	LLUMC Adult Hospital; Off Campus

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.

World-renowned professor and researcher passes away

By James Ponder

A giant of medical science has left his post at Loma Linda University School of Medicine (LLUSM) for the last time.

Lawrence D. Longo, MD, founder and director emeritus of the Center for Perinatal Biology, Bernard D. Briggs Distinguished Professor of Physiology, and professor of obstetrics and gynecology at Loma Linda University School of Medicine (LLUSM), passed away Tuesday, January 5, 2016, after a brief hospitalization. He was 89.

Widely known as a highly influential leader in the fields of developmental biology and physiology, maternal-fetal medicine, and obstetrics/gynecology, Longo was internationally famous for the breadth and scope of his research. During a highly productive, five-decade career, he studied regulatory mechanisms in the developing fetus, the role of exercise in pregnancy, the importance of oxygen to mother and baby, and scores of related issues. He was also highly regarded for his prodigious output as an author and world-class educator who mentored thousands of leading practitioners and scientists.

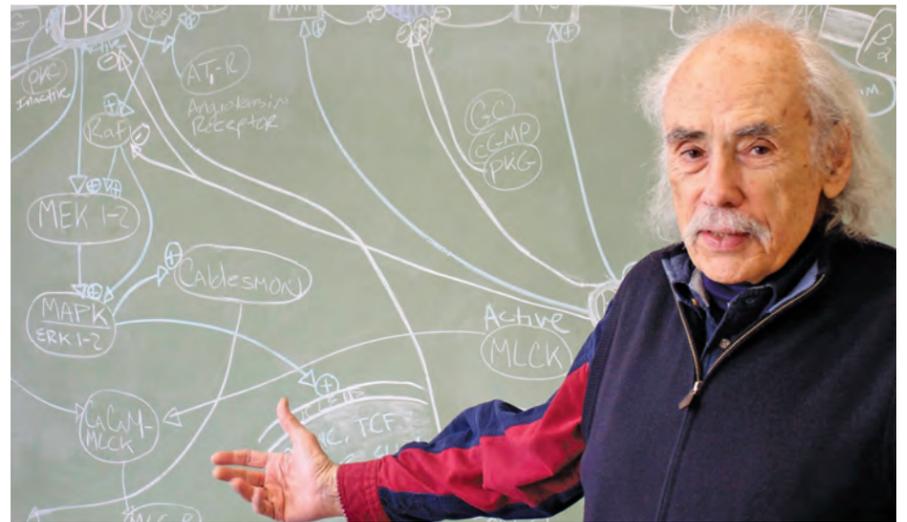
Born October 11, 1926, in Los Angeles, California, as the third child of Frank Albert Longo, a Southern Pacific Railroad employee, and Florine Azalea

Longo, a nurse, the budding researcher attended Pacific Union College (PUC) in Angwin, California, where he majored in chemistry. While there, he discovered a different type of chemistry with fellow student Betty Jeanne Mundall. The couple fell in love and married September 9, 1948, in Glendale, California.

After graduating from PUC in 1949, Longo moved to Loma Linda where he enrolled in the College of Medical Evangelists, as LLUSM was then known. When he graduated with the doctor of medicine degree in 1954, he took a one-year internship at Los Angeles County Hospital followed by a three-year residency in obstetrics and gynecology at the same institution. In the summer of 1959, he took a two-month fellowship in reproductive physiology at University of California at Los Angeles (UCLA).

From 1959 to 1962, Longo lived in Ile Ife, Nigeria during a stint of mission service for the Seventh-day Adventist Church. While there, he also consulted at University College Hospital in the city of Ibadan. Upon his return to the United States, he was convinced he could make his best contribution in the context of academic medicine rather than patient care.

With that thought in mind, he accepted a position as assistant professor of obstetrics and gynecology at UCLA in 1962. During that time, he



Lawrence D. Longo, MD, distinguished professor of basic sciences, LLU School of Medicine, and a member of the LLU Faculty of Graduate Studies, explains a complex mechanism. Longo was widely recognized as one of the world's foremost authorities on developmental biology and physiology, maternal-fetal medicine, and obstetrics/gynecology.

began to explore the causes of brain damage in children. He sought to find the pathophysiologic basis for why some children develop cerebral palsy, epilepsy, mental retardation, and similar disorders while others don't. He also studied the question of why infants who are malnourished, anemic, live at high altitude, or whose mothers smoke are born smaller than the norm. The questions led him into the laboratory, defining the course of his investigations and shaping his career for the next 55 years.

In 1964, he transferred to the University of Pennsylvania to serve as assistant professor and lecturer in the departments of physiology and obstetrics/gynecology. In Pennsylvania, he also took a three-year fellowship with the United States Public Health Service.

At the height of the Vietnam War, David B. Hinshaw, MD—dean of LLUSM from 1962 to 1975—approached Longo with a peaceful proposition: how would he like to come back to his alma

mater and build a world-class center for maternal/fetal research?

Longo thought it sounded like a great idea and in 1968, returned to Loma Linda and set to work with the mixture of perseverance, humility, and enthusiasm that characterized everything he did.

In 1973, Longo learned that the National Institutes of Health (NIH) had approved his request to establish the first NIH center on the LLUSM campus. The center's web page, found at medicine.llu.edu/research/centers/center-perinatal-biology, describes it as "a group of biomedical scientists devoted to investigation of the biology of the developing fetus and newborn infant," but as many visitors to the center can attest, it was both hallowed and energized by Longo's reverential love for mothers and babies.

The new center soon rose to international prominence as Longo and his colleagues conducted groundbreaking

Continued on page 10

New Adventist Health Study-2 findings suggest correlation between vegan diets and lowered prostate cancer risk

By Susan Onuma

A recent study out of the Loma Linda University Adventist Health Study-2 (AHS-2), published in the American Journal of Clinical Nutrition, indicates that vegan diets may present a lower risk of prostate cancer. This lower estimated risk was seen in white and—possibly—black vegan subjects.

This study examined the association between dietary patterns (nonvegetarian, lacto-ovo-vegetarian, pesco-vegetarian, vegan, and semi-vegetarian) and prostate cancer incidence among 26,346 male participants of the Adventist Health Study-2.

According to the American Cancer Society, prostate cancer accounts for 27 percent of all incident cancer cases among men and is the second most common (noncutaneous) cancer among men.

The relation between diet and prostate cancer risk is still unclear. Because people do not consume individual foods but rather foods in combination, the assessment of dietary patterns may offer valuable information when determining associations between diet and prostate cancer risk.

"These analyses provided evidence that subjects adhering to a vegan diet experienced about a third lower incidence of prostate cancer than those preferring a nonvegetarian diet," according to the study's director, Gary Fraser, MBChB, PhD, professor of public health, medicine, and preventive medicine, as well as a member of the Faculty of Graduate Studies. He continues, "Vegan diets differ from other vegetarian and nonvegetarian diets by the absence of dairy and

eggs, as well as greater intake of most fruit, vegetables, nuts, and legumes."

The study population consisted of male participants in the AHS-2. These subjects were age 30 or more at enrollment and members of the Seventh-day Adventist Church who lived in the United States or Canada.

Enrollment began February 2002, and, at completion (December 2007), more than 96,000 participants had completed the lengthy lifestyle questionnaire.

The full article, titled "Are strict vegetarians protected against prostate cancer?" can be found in the 2016 Vol. 103, No. 1, 153-160 edition of the American Journal of Clinical Nutrition, available at ajcn.nutrition.org.



Gary Fraser, MBChB, PhD, has served on the research team of the Adventist Health Studies since they began more than four decades ago. He is currently director of the study.



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