

LivingWell

YOUR GUIDE TO A HEALTHY LIFESTYLE

Fall 2025

The latest in
breast cancer care

5 simple ways to
find your calm

Eating citrus
could improve
your mood



LOMA LINDA
UNIVERSITY

MEDICAL CENTER
— MURRIETA



Message from the administrator:

As we step into the fall season, I'd like to share some important updates and reflect on the meaningful progress we've made at Loma Linda University Medical Center – Murrieta.

In this edition, we are focusing on prostate and breast cancer awareness — two critical topics that impact many lives in our community. We hope the articles and resources included offer helpful information, encouragement and support.

We're proud to share that our hospital has once again been recognized by *U.S. News & World Report* as High Performing in Heart Attack care, a reflection of the quality, expertise and compassionate service our team delivers every day. Additionally, we are honored to have received our third consecutive Leapfrog Safety Grade A, reinforcing our commitment to maintaining the highest standards of patient safety.

As we look ahead, we remain focused on growing with our community. We are expanding and will share exciting updates with you soon.

Thank you for your continued trust and support. We remain dedicated to delivering exceptional care, close to home.

Warm regards,
Jonathan Jean-Marie, MHA, FACHE

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The latest in breast cancer care



A breast cancer diagnosis can feel overwhelming and scary. But each year, experts make progress on helping patients live longer — and better.

In fact, treatment for breast cancer has advanced a lot over the past few decades. Here are some of the latest signs of progress.

Treatments tailored to your tumors

No two cancers are exactly the same. Experts can use advanced tools to understand each one, down to the genes and molecules.

Your healthcare provider will test your cancer for certain compounds. These include proteins and the hormones estrogen and progesterone.

Specific drugs can then target your unique cancer cells while causing less damage to normal cells. This is called targeted therapy.

Harnessing your immune system

You already have a potent weapon against disease — your immune system. Newer breast cancer treatments take advantage of its power. Treatments called immunotherapies train your own body to better identify and destroy cancer cells.

New drug combinations

Drugs like targeted therapies and immunotherapies can also be combined with other medicines. This includes chemotherapy, which kills cancer cells or stops them from dividing.

What's more, these medicines can be used alongside surgery and radiation. This way, your treatment team can create a total approach to restoring your health.

Reducing symptoms and side effects

Cancer and its treatments can cause other problems with your physical and mental health. These include sexual side effects, mood changes and stomach trouble.

Your care plan should include ways to manage these issues. Fortunately, there are many options that can help.



WHOLE PERSON CANCER CARE

The Loma Linda University Medical Center – Murrieta offers a full range of diagnostic services.

To learn more, visit [murrieta.lluh.org](https://www.murrieta.lluh.org).

Visit [murrieta.lluh.org/CancerCare](https://www.murrieta.lluh.org/CancerCare) or scan this QR code:



5 simple ways to find your calm

You can't always avoid stress, but you can outsmart it! Try these five powerful "MICROPRACTICES" to help you take control and feel better.

Journal your thoughts



Grab a notebook and reflect on your day or list three things you're grateful for. This short practice brings clarity and helps you gain a fresh perspective.

2

Step outside

Need a quick reset? Spending a few minutes in nature can restore your focus, relax your muscles and lower your heart rate.



Take 3 deep breaths

Breathe in slowly through your nose, then exhale through your mouth. Deep breathing tells your brain to calm down and your body to relax.

3

4

Listen to music

Sing along to let your emotions out — or play something soothing to quiet your mind. Music is a remarkable mood-booster.



Try a yoga pose

Stand with your feet shoulder-width apart, inhale deeply and lift your hands toward the sky. Try raising your heels off the floor. Hold briefly, then exhale while lowering back down. Taking care of yourself physically can help build inner strength.

5



Feeling overwhelmed?

Explore the resources and services available at Loma Linda University Behavioral Health Murrieta by visiting murrieta.lluh.org/services/behavioral-health or by scanning this QR code:



Why strength training is every woman's best friend

Think pumping iron at the gym is the only way to strength train? Think again! Strength training is any activity that challenges your muscles — like lifting weights, using resistance bands or doing push-ups at home.

Strength training delivers more than a toned physique. It also:

- Boosts heart health by lowering blood pressure.
- Supports mental health by reducing symptoms of anxiety and depression.
- Strengthens bones by encouraging your body to form denser, healthier bones.

Getting started

Use these three tips to help you develop a strength-training routine:

1. Choose the right weight.

Try the rep test. If you can't finish 12 reps, the weight's too heavy. If 12 reps feels too easy, it's too light.

2. Make it a habit.

Aim for at least two strength sessions a week, with a day of rest in between. Each workout should include:

- » 8 to 10 different exercises.
- » 1 to 3 sets of 8 to 12 reps each.

3. Work all major muscles.

Target your whole body with moves like push-ups, shoulder presses, bicep curls and squats. Yes, that means no skipping leg day!

What men need to know about prostate cancer

For years, prostate cancer diagnoses and deaths had been steadily declining in the U.S. But recent statistics show that trend is reversing.

Over the past decade, the number of new prostate cancer cases has increased by about 3% each year, according to the American Cancer Society. Advanced-stage diagnoses have gone up 5% per year. And death rates, which had been dropping, have now leveled off.

About 1 in 8 men will be diagnosed with prostate cancer during their lifetime.

The good news? It's often easier to treat when found early.

In its early stages, prostate cancer typically doesn't cause symptoms. That's why early detection through screening is important. While routine screening is not recommended for men ages 70 and older, men ages 55 to 69 should talk with their healthcare providers about the risks and benefits of prostate-specific antigen (PSA) screening to make an informed decision.

As prostate cancer grows, symptoms

may appear — but not always.

Symptoms may include:

- Frequent need to urinate, especially at night.
- Difficulty starting urination or needing to strain.
- Pain or burning during urination.
- Blood in urine or semen.
- Pain or stiffness in the lower back, hips, ribs, upper thighs or other bones.

If you notice any of these symptoms, contact your healthcare provider.



LIVE IT!

HOW TO STAY HEALTHY

For more simple ways you can live healthier and longer, visit murrieta.lluh.org.

Could an orange a day lift your mood?

Citrus fruits may do more than boost immunity — they could help ease depression. One study found people who ate an orange a day had a 22% lower risk of depression, possibly due to gut bacteria linked to mood. Oranges, lemons and grapefruit may help your gut and brain, but check with your doctor — some citrus can interact with medications.

To learn about behavioral health programs and services, visit lluh.org/behavioral-health.

Walk the walk

Don't overlook this tried-and-true workout. Take off around the neighborhood, track, park or trail. Find and follow trails with the free TrailLink app. To get social, join a walking event or group. You'll likely find options tailored to a specific location, new parents, dog owners and more. As you progress, challenge yourself. Pick up the pace for time or distance intervals. Head up hills or stairs. Add strength-building moves like push-ups and side bends at safe points in your route.

Search for health and wellness activities at drayson.llu.edu.

Beyond the pumpkin patch

Pumpkins bring festive flare to fall — but their benefits go beyond decoration. Inside you'll find chewy seeds with a nutty flavor and heaps of nutrients that support whole-body health. Want to try pumpkin seed butter? Blend roasted seeds in a food processor until smooth. Add a small amount of oil if desired, and boost flavor with a touch of maple syrup or cinnamon.



GET THE LATEST HEALTH TIPS

To hear more from Loma Linda University, visit murrieta.lluh.org/patients-visitors/health-wellness or scan this QR code:



TRY THIS



Chickpea stir-fry

INGREDIENTS

- 1 egg
- Canola oil spray
- 15.5-oz. can chickpeas, drained
- 1 cup vegetables
- 4 tbsp. minced fresh onion (or 1.5 tbsp. onion powder)
- 1 cup cooked brown rice
- 1 tbsp. low-sodium soy sauce
- ¼ tsp. Cajun seasoning
- ⅛ tsp. black pepper
- 1 tsp. rice vinegar

DIRECTIONS

1. In a small bowl, whisk egg.
2. Heat a large pan over high heat for one minute. Spray with canola oil spray.
3. Pour egg in pan and swirl egg to coat it entirely. Stir about one to two minutes.
4. Remove egg and chop it up. Spray pan with oil and return to high heat.
5. Add chickpeas, vegetables and onion. Sauté for two minutes, then add chopped egg and rice, stirring frequently.
6. Add soy sauce, Cajun seasoning and black pepper. Sauté for two to three minutes, stirring frequently. Once rice starts to form a crust, remove from heat. Stir in rice vinegar.

PER SERVING

Serves six; serving size is ½ cup. Each serving provides: 160 calories, 3 g total fat, 280 mg sodium, 26 g total carbohydrate, 6 g dietary fiber, 4 g sugars and 8 g protein.

Living Well is published by Loma Linda University Medical Center – Murrieta to provide general health information. It is not intended to provide personal medical advice, which should be obtained directly from a physician. ©2025. Printed in the U.S.A.

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UNIVERSITY
MEDICAL CENTER
– MURRIETA

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Printed on Recyclable Paper.
Developed by WebMD Ignite.

11052M



Many Strengths. One Mission.

The best cancer care involves a compassionate care team that understands your needs. At Loma Linda University Medical Center – Murrieta, our patients find hope and strength. Strength in the only dedicated cancer program in the region. Strength in a nationally recognized surgical team committed to the best outcomes for their patients. Strength in prevention, early detection and comprehensive cancer care. Strength in access to the latest cancer therapies and breakthroughs. Strength in our commitment to being there for you throughout your journey.



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To learn more, visit Murrieta.LLUH.org/CancerCare.