

LivingWell

YOUR GUIDE TO A HEALTHY LIFESTYLE

Winter 2024

Antibiotics aren't always the answer

6 workout benefits that go beyond weight

How to banish the loneliness blues



LOMA LINDA
UNIVERSITY

MEDICAL CENTER
— MURRIETA



Message from the administrator

I sincerely hope this newest edition of *Living Well* finds you and your loved ones in good health.

As the year draws to a close, I want to express my heartfelt gratitude to each and every one of you. Whether you're a patient who has entrusted us with your care, a family member supporting loved ones on their health journeys, or a community member who values the importance of quality healthcare – your trust and support form the backbone of our hospital's mission.


Our primary goal has always been to ensure that our Southwest Riverside region receives the best medical care possible without having to travel great distances. This past year, we've made significant strides in providing our community with quality care. We're proud to announce that *U.S. News & World Report* has recognized LLUMC – Murrieta as a 2023-2024 High Performing hospital in the treatment of heart attacks, stroke and COPD. Your trust is invaluable to us, and we remain constant in our commitment to serve you with excellence.

Warm wishes for a joyous Christmas and a prosperous New Year. We look forward to another year of partnership.

Sincerely,

Jonathan Jean-Marie, MHA, FACHE
Senior Vice President and Administrator

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Balancing the good and bad of antibiotics

When you feel lousy from the symptoms of a cold or the flu, it's natural to want relief. Avoid the temptation to ask your healthcare provider for an antibiotic. It will do nothing to help fight off a cold or the flu.

What's more, taking antibiotics when they are not needed may make illness-causing bacteria resistant to the medicine. Once bacteria become resistant, antibiotics are no longer an effective treatment.

Know when antibiotics can help

Antibiotics are used to fight bacterial infections. However, it's important to understand that antibiotics can only kill bacteria. They don't fight viral infections. Viruses are the culprits behind many of the illnesses that get passed around each winter, including:

- + Colds
- + Influenza (flu)
- + Most coughs and sore throats
- + Most cases of acute bronchitis
- + Some ear infections

The best way to treat a viral infection is to get plenty of rest, drink lots of fluids and let the illness run its course. You can also ease symptoms with over-the-counter medications, such as pain relievers, cough medicines and decongestants.

Bacterial infections, on the other hand, are the cause of strep throat, certain sinus and ear infections, and urinary tract infections. If your provider prescribes an antibiotic for a bacterial infection, take the medicine exactly as prescribed.

Avoid unnecessary antibiotics

You might wonder what's so bad about taking antibiotics only when needed. Isn't it better to be safe than sorry? In this case, the answer is no. Disease experts say that overusing antibiotics can actually hurt you.

Bacteria often learn to beat the drugs we use to kill them. Resistant bacteria can lead to more complicated illnesses that require stronger and more expensive medicines. Some bacterial infections can even be deadly. Every year in the U.S., more than 35,000 people die as a result of antibiotic-resistant infections.

DID YOU GET A FLU SHOT?

Everyone ages 6 months and older should get an annual flu vaccine. Even if you get your flu shot in December or January, it will still provide protection. Also, make sure to stay current with all COVID-19 shots.

6 WORKOUT WINS

(that have nothing to do with weight)

Walking faster, feeling stronger, sleeping better — there are so many ways to notice your workouts are working. And most of them have nothing to do with the scale.

In fact, targeting a specific body size can backfire, causing you to fixate on food or overexercise. So, instead of focusing on weight, use one (or more) of these measures to track your success.

1 Everyday activities feel better.

You might notice it's less of a burden to tote your groceries or lift a child, or that you spring out of bed with less stiffness.

2 You improve on fitness tests.

Choose one or more benchmarks to test monthly, based on your fitness goals. For instance:

- Pick a course and time yourself walking there. For example, walk a quarter mile.
- Do as many arm curls or chair stands — standing up from a chair, using only your legs — as you can in two minutes, safely.



MOVE MORE IN '24

The Loma Linda University Drayson Center offers a variety of exercise, sport, recreation and social activities. Check out our free online fitness classes at drayson.llu.edu.

3 Each exercise is easier.

During each workout, rate how hard you're working on a scale of 1 to 10, where 1 is a very light effort and 10 is your max. Over time, you should feel less out of breath during the same activities.

4 Your blood pressure drops.

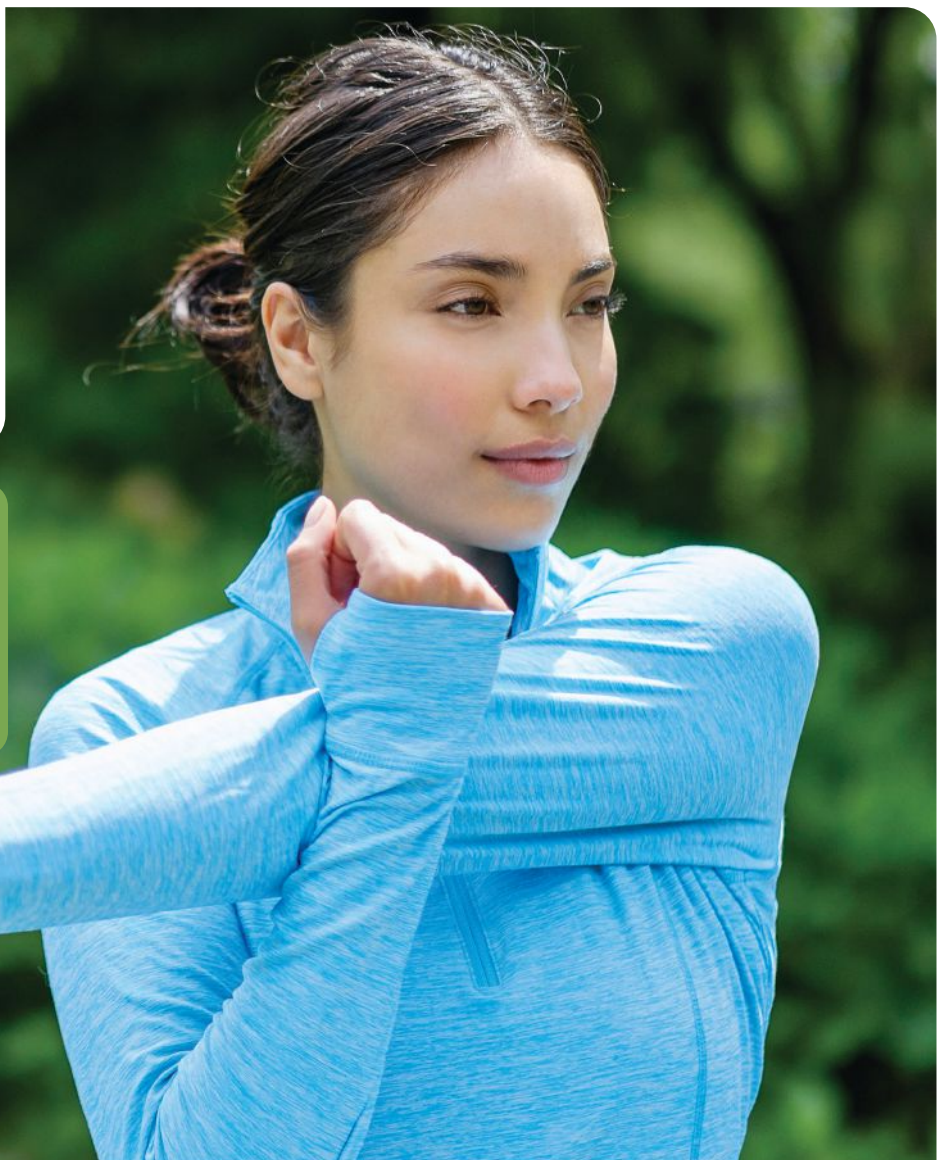
When you go to a medical appointment or check at home, you'll likely notice lower readings after about six months of regular exercise. That's true even if you have hypertension that hasn't responded well to treatment with medication.

5 Your heart works smarter.

Aerobic exercise strengthens your heart, so it pumps more blood with each beat. That means your heart rate, both at rest and during workouts, will be lower. Check with a smartwatch or by pausing mid-workout to take your pulse.

6 You just plain feel good!

Even a single workout can relieve stress and anxiety, and the mood boosts add up when you stick with a regular program. What's more, you'll likely notice your energy levels tick upward, too.



BANISH THE LONELINESS BLUES

Introverts, extroverts and everyone in between all experience loneliness now and then. Here are tips for minimizing — and working through — those lonely times:



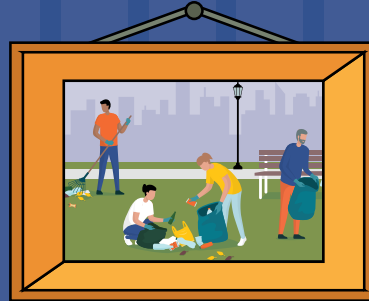
REACH OUT TO FRIENDS AND FAMILY.

Text, call or invite them to a video call. Better yet, meet up for a walk or bike ride.



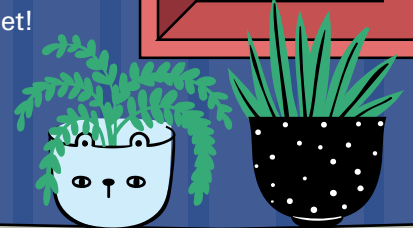
JOIN GROUP ACTIVITIES.

Take a class or volunteer. Meeting new people with similar interests can lead to new friendships.



MAKE FURRY FRIENDS.

Spend time with a neighbor's pet or volunteer at a shelter. If you're ready for a forever companion, adopt a pet!



AND REMEMBER, BEING ALONE DOESN'T MEAN YOU HAVE TO FEEL LONELY.

Here are ways to appreciate the solitude:



ENJOY YOUR 'ME TIME'!

Read a good book, do a puzzle, put on a movie or boost your mood with an outdoor activity.



FOCUS ON THE PRESENT.

Pay attention to what you see and hear, and take slow, deep breaths. Take a moment to truly appreciate the little things in life.



EXPRESS YOUR GRATITUDE.

Write down things you're grateful for in a journal. Reach out and tell loved ones why you appreciate them — it might just be the pick-me-up they've been looking for.

→ **WE'RE HERE FOR YOU** If you're frequently experiencing loneliness and finding it difficult to address, consider taking the next step. Explore the resources and services available at Loma Linda University Behavioral Health Murrieta by visiting LLUBMC.org.

LIVE IT!

HOW TO STAY HEALTHY

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

Helpful tips on hand hygiene

Washing your hands is one of the best ways to avoid illness. It's better to use plain soap than antibacterial soap — and a bar or liquid is fine. You'll get a better germ-trapping, dirt- and chemical-removing lather by applying it to wet hands rather than dry ones.



Prepare for (healthier) holiday travel

Before you head off by plane, train or automobile: Make sure you're current on routine vaccines, like flu and measles shots. Pack a health kit with enough of your medicines and supplies to last the trip and a few extra days.



It's OK to say no

If you feel overwhelmed this holiday season, saying no can have a big impact on your mental and physical health. You'll lower your stress and risk for illness and boost your energy. So, during busy times, (nicely) reject or delay new tasks and events that don't align with your priorities and goals. At the end of the day, reflect on what you've accomplished, not what you haven't done.



GET THE LATEST HEALTH TIPS!

To hear more from Loma Linda University, visit murrieta.lluh.org/patients-visitors/health-wellness.

TRY THIS!

Roasted Brussels Sprouts

INGREDIENTS

- 1 ½ lb. fresh Brussels sprouts
- 3 tsp. toasted sesame oil
- 4 tbsp. soy sauce
- 2 tbsp. palm sugar or pure maple syrup
- 1 tbsp. hot sauce

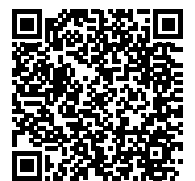
DIRECTIONS

1. Cut off the base of each sprout, then slice in half lengthwise. Remove any excess or loose leaves.
2. Soak the prepared sprouts in a bowl of water for one minute. Drain and pat them dry with paper towels, removing any excess moisture.
3. In a zip-close bag, add clean, dry Brussels sprouts and sesame oil, close bag, and shake to cover in oil. Add remaining ingredients to bag and shake.
4. Line a baking sheet and spoon the sprouts out of the bag with a slotted spoon to save the remaining sauce. Spread the sprouts on the pan so there's a single layer without them overlapping.
5. Bake at 400 degrees for 30 minutes, stirring after 15 minutes.
6. During the last five minutes of baking, reduce remaining sauce from bag in a small saucepan over medium-high heat.
7. Cook for 5 minutes or until the sauce has thickened to a glaze. Remove sprouts from oven and place in a heat-resistant bowl. Slowly add in the sauce and toss.



PER SERVING

Serves 4. Each serving provides: 190 calories, 12 g total fat (1.5 g saturated fat, 0 g trans fat), 0 mg cholesterol, 940 mg sodium, 22 g total carbohydrate, 5 g dietary fiber, 11 g sugars, and 6 g protein.



Click here for more info on this recipe!

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To learn more, visit LLUBMC.org/Murrieta.