



# Living Whole



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LOMA LINDA UNIVERSITY ADVENTIST HEALTH SCIENCES CENTER

## Spiritual health

Have you ever been sailing, wind rushing past your face, and been forced to hang on as the boat heels to the side in the strong wind?

It's exhilarating! There's enough excitement to keep the adrenaline flowing while enjoying the beauty God has made for us.

But sailing is no fun without wind. Wind is necessary to create the experience. Also key to the success of the trip

## Mental health

It appears as though stress is an ever-present companion in each of our lives, and especially in our place of work.

How many of us have opened our eyes Monday morning and wished it was Friday? What causes that stress, and what can we do about it?

Whether we are taking care of a 29-week-old infant in the NICU or a 62-year-old woman suffering from dementia, we each feel the effects of job stress in our bodies, minds, and in our relationships.

According to the American Psychological Association (APA), 43 percent of U.S. adults suffer adverse health effects from stress.

Work stress can originate from several sources: deadlines, long shifts, change of duties, and interpersonal conflict.

Interpersonal conflicts tend to take up approximately 20 percent of an administrator's or manager's time, and for the employee, lead to a much higher general dissatisfaction in life. This type of conflict often leads to depression.

The *Journal of the American Medical Association* reports that more than \$8 million is lost every year due to this illness, which

is the skill of the sailor. A boat in inexperienced hands can be unstable and can easily capsize. But when a sailor learns how to manage and control the sails, the wind becomes a friend.

The "winds" (stressors) of life can create similar problems. Not enough wind can cause us to become stagnant and unproductive. Too much wind can create turmoil and chaos. But more important than the strength of the wind is who is in charge of the boat.

When we trust God to guide us

equates to approximately \$6,000 per depressed employee. It is unclear what this number translates to when dealing with medical bills, such as diagnostics, to determine specific ailments caused by depression.

We all know it is virtually impossible to live a stress-free life. However, we do need to acknowledge that stress is not always negative. The good stress or eustress is what causes us to succeed and accomplish goals that we set out for ourselves.

We have a habit of turning eustress into distress or bad stress. So what can we potentially do to combat such a powerful predictor of current and future health issues?

According to the American Institute on Stress, "Job stress is far and away the major source of stress for American

through life, we are assured that the One in control knows exactly when to let out the sail, when to come about, and when to allow the sails to fill for the fastest ride.

But most important of all, we know that the One in charge has full control of both the boat and the winds. "Even the winds and the waves obey Him" (Matthew 8:27). Knowing that, we can hang on and enjoy the ride!

*Kathy McMillan, director  
Employee Spiritual Care & Wholeness*

adults ... and it has escalated progressively over the past few decades."

Since stress is indeed our constant companion and we might not be able to fully control what happens to us in the work place, here are some helpful tips that might alleviate that stress.

- Pausing to take a few deep breaths might sound like a simple thing to do. But we often forget how shallow our breathing becomes when we are focused on our work. Indulge your lungs and breathe deeply.
- How about taking a quick walk outside, if you can, for some fresh air and to expend some nervous energy?
- Another option is to say a quick prayer. Spirituality is an avenue that many of us forget to make use of during the day.

On average, we'll work nearly 2,000 potentially stressful hours a year. It is a shame that our mental health, which often contributes to medical conditions, isn't a priority for most of us. The irony lies in the fact that many of us who fail to take care of ourselves are taking care of others.

*Amrita Rai, LCSW,  
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## Nutritional health

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) estimates that 30 to 50 million Americans are lactose-intolerant.

Lactose intolerance occurs when you are deficient in an enzyme called lactase, which is produced in the small intestine. Lactase breaks down the milk sugar lactose so it can be absorbed by the body.

Estimates are that up to 75 percent of adult African-Americans and Native-Americans, and 90 percent of Asian-Americans, have this problem.

However, lactose intolerance should not be confused with a milk allergy. A person suffering from lactose intolerance will experience discomfort; however, a person with a food allergy has an abnormal response to a food, triggered by the immune system, which can be life-threatening.

Individuals with a food allergy must avoid certain foods completely. Individuals with food intolerances can often eat small amounts of the problem food without symptoms.

If you are lactose intolerant, you will want to start reading labels a bit more carefully to avoid discomfort. Keep an eye out for the obvious suspects such as butter, cheese, and whey.

But also beware of foods that are labeled “non-dairy,” such as whipped toppings and coffee creamers.

Many of these foods contain the ingredient caseinate, which comes from

milk and contains lactose.

Be sure to look for the words “caseinate” or “milk derivative” on the list of ingredients if you are trying to avoid milk products.

Whether you are lactose intolerant, allergic to milk, vegan, or just do not like milk, calcium is still important. There are great non-dairy sources of calcium that you can easily incorporate into your diet. Since milk has been the calcium “superstar,” with an 8-ounce glass of 2 percent milk containing 297 milligrams of calcium, it is important to see how other foods compare (*see table below*). As you can see, non-dairy food can be high in calcium too!

If you are not eating dairy products or you suspect your calcium intake is low, it is important to talk to your physician or dietitian. You may need to take a calcium supplement to keep your bones healthy.

<b>Source . . . . .</b>	<i>Serving Size = Calcium (mg)</i>
<b>Orange juice</b>	
	<i>fortified with calcium . . . 8 oz = 300mg</i>
<b>Dried figs . . . . .</b>	<i>10 = 270mg</i>
<b>Soybeans</b>	
	<i>mature, boiled . . . . . 1 cup = 261mg</i>
<b>Collards, cooked</b>	
	<i>drained, from raw . . . . . 1 cup = 226mg</i>
<b>Tofu . . . . .</b>	<i>½ cup = 204mg</i>
<b>Turnip greens, cooked, drained, from raw (leaves &amp; stems) . . .</b>	<i>1 cup = 197mg</i>

**Source:** [www.niams.nih.gov](http://www.niams.nih.gov)

**Olivia Moses, DrPH**  
*Employee wellness administrator*

levels include those with limited sun exposure, older adults who can't synthesize it as well, individuals with darker skin color, and persons with fat malabsorption.

Because sun exposure brings with it risks for skin cancer and other skin damage, there must be a balance in planning sun exposure.

Healthy sun exposure considerations include: morning and evening sunlight when the UV rays are not as intense; 15–20 minute blocks of time for exposure at least twice each week; increased exposure in winter and if there is significant cloud cover, smog, or shade; exposure of significant amounts of skin (arms, legs and/or trunk); and use of sun block if more



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## Wellness calendar

### May

- American Stroke Month
- Asthma and Allergy Awareness Month
- Better Sleep Month
- Melanoma/Skin Cancer Detection and Prevention Month
- Mental Health Month
- National High Blood Pressure Education Month

### June

- Home Safety Month
- Myasthenia Gravis Awareness Month
- 1 National Cancer Survivors Day
- 8–14 Sun Safety Week
- 9–15 National Men's Health Week
- 20 National ASK Day

## Physical health

Usually when we hear the word “vitamin,” we think of how we should eat differently or take a supplement. Vitamin D, however, is different. The most important source for vitamin D is sunlight. Ultraviolet (UV) rays from the sun actually trigger vitamin D synthesis in the skin.

Vitamin D deficiency can cause rickets (a bone disease that includes poor bone strength) and osteomalacia (bone pain and weakness, as well as muscle weakness). Adequate vitamin D intake appears to increase the body's immune function and decrease the risk of certain cancers.

Individuals at risk for low vitamin D

than 15 minutes of sunlight in a day.

Sunlight isn't the only source of vitamin D. It is also be found in milk, soy milk, cereal grains, and fortified cereals. Current recommendations for children and young adults are for 5 mcg or 200 IUs of vitamin D intake daily. This increases to 15 mcg or 600 IUs as one ages.

Sun exposure is so important in these formulas that they must be multiplied by a factor of 5 or more for those with no sun exposure. Some experts feel we need even more.

It's easy to appreciate sunlight, and important to have adequate exposure. Enjoy it, carefully!

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