

HQ

HEALTHLINE QUARTERLY

ADVENTISTHEALTH.ORG/GLENDALE
AN AWARD-WINNING PUBLICATION

SPRING 2015



URGENT CARE OPENING IN MONTROSE

The new facility brings the Montrose community a state-of-the-art center with board-certified physicians and health care professionals.

Hours:

- Monday to Friday, 8 AM to 8 PM
 - Weekends and holidays, 9 AM to 5 PM
- (818) 249-9454**
All major insurances accepted.

AAA CLASSES OFFERED AT GAMC

Dare to Prepare

A free driving pre-permit workshop for teens and their parents on what to know before driving.
Tuesday, April 21,
6 to 8:15 PM,
GAMC Main Auditorium

Child Passenger Safety Comes First!

This workshop provides information about how to select the right seat for your child, how to correctly secure your child in a seat and car seat installation tips.
Tuesday, April 14,
6 to 7:30 PM,
GAMC Main Auditorium
To RSVP, please call
(714) 885-2312.



UTERINE FIBROIDS

Uterine artery embolization

Tumors in the uterus, known as fibroids, are surprisingly common. ♦ In fact, they are the most common non-cancerous tumors in premenopausal women, reports

the National Institutes of Health (NIH). They grow in the muscle of the womb—on the outside or inside of the uterus wall or within the wall itself.

Glendale Adventist Medical Center (GAMC) interventional radiologists Chadi Chahin, MD, and Dennis Son, MD, have been treating fibroids using minimally

invasive techniques, such as uterine artery embolization, for years.

“Though they are almost never cancerous, fibroids can be painful and disruptive,” explains Dr. Chahin. “Fortunately, we offer treatments that can help.”

SYMPTOMS In many cases, fibroids don’t cause symptoms and

might not require treatment. But about 30 percent of women between the ages of 25 and 44 have symptoms, according to the NIH.

Symptoms of fibroids include:

- Longer, more frequent or heavier menstrual cycles.
- Bleeding between menstrual cycles.
- Pain or pressure in the lower back or belly.
- Constipation.
- Difficult or frequent urination.

GET RELIEF Effective therapies for treating fibroids include:

Uterine artery embolization (UAE). “UAE is a minimally invasive, non-surgical option that has been performed by interventional radiologists for many years,” says Dr. Son. “It has a 90 percent success rate in controlling fibroid symptoms.”

During the procedure, tiny particles are injected into the blood vessels of the uterus, blocking the blood supply and causing the fibroids to shrink.

UAE reduces the chance that fibroids will develop in the future and is a highly effective option for

women who wish to avoid surgery.

There is a small risk that UAE will cause early menopause or raise the risk of miscarriage, so it may not be the best choice for women who still want to get pregnant.

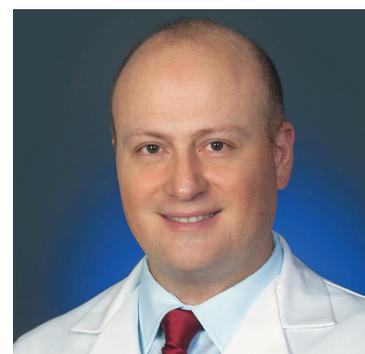
Medications. Over-the-counter drugs, such as ibuprofen or acetaminophen, may relieve mild pain.

Prescription hormones, including birth control pills, may help lessen bleeding. But they can sometimes cause fibroids to grow larger.

Hormone-blocking drugs can stop periods and shrink fibroids. But they may cause side effects similar to menopause, so they are typically used for six months or less.

Myomectomy. With this surgery, the gynecologist removes fibroids but leaves healthy muscle intact. It is possible for new fibroids to grow after the surgery.

If other treatments fail or if fibroids are very large, hysterectomy (removal of the uterus) may be necessary. The surgery will cure fibroids. But it’s not a viable option for women who wish to have children.



Chadi Chahin, MD



Dennis Son, MD

**For a GAMC physician referral,
call (818) 409-8100.**

INSIDE

2 **KEEPING THE BEAT** DO YOU HAVE HEART DISEASE?
7 **MESSAGE** WHEN YOU NEED THAT HEALING TOUCH

Little things can add up to a big difference in your health. Try these 10 health tips today. See page 4.

FEATURE



The **beat** goes on

What's troubling your ticker? Often, that crucial question lies at the heart of why your doctor might want you to have certain cardiac tests—especially if you're having chest pain, shortness of breath or other symptoms of a possible heart problem. ♦ “A variety of tests can reveal why your heart may not be functioning as well as it should be,” explains Vahe Badalian, MD, cardiologist at Glendale Adventist Medical Center. This chart explains some common ones.

5 tests that detect heart disease

THE TEST	HOW IT'S DONE	WHY IT'S DONE
<p>1</p> <p>Echocardiography</p>	<p>This test uses sound waves and their echoes to make moving pictures of your heart—much like the ultrasound exams many women have when pregnant. In most cases, the sound waves are sent from a handheld device placed over your chest.</p>	<p>Your doctor might need information about the size, shape and function of your heart. For example, the test can show how well your heart is pumping. So it might be used if you have signs or symptoms of heart failure. Or a doctor might want to know, among other things, if your heart's valves are working properly or if your heart is thick or enlarged.</p>
<p>2</p> <p>Electrocardiogram (EKG or ECG)</p>	<p>Up to 12 electrodes (soft, sticky pads) are placed on the skin of your chest, arms and legs. They record your heart's electrical signals while you rest. Or, since some heart problems occur only at certain times, you might wear a portable version of this device, called a Holter or event monitor, while you go about your day.</p>	<p>Your doctor may use it to help detect problems ranging from damage caused by past heart attacks to an arrhythmia, in which your heartbeat is too fast, too slow or irregular. A pounding or fluttering heartbeat are some signs that may suggest a problem with your heart's rhythm or rate.</p>
<p>3</p> <p>Stress test</p>	<p>Your heart is checked while you exercise on a treadmill or stationary bike. This gets your heart working harder. If you can't exercise, you may be given a medicine that makes your heart beat as though you were exercising.</p>	<p>Some problems are easier to detect when your heart is working harder. For one, during exercise, clogged arteries may not be able to meet the heart's increased need for oxygen-rich blood. That's why, for example, your doctor might suggest a stress test to learn why you have chest pain or shortness of breath when you do physical activities.</p>
<p>4</p> <p>Cardiac catheterization</p>	<p>For this procedure, your doctor inserts a thin bendable tube (catheter) into a blood vessel in your arm or groin. Next, he or she guides this catheter to an artery in your heart. All of this typically takes place in what's called the hospital's cath lab.</p>	<p>Cardiac catheterization is commonly used to evaluate chest pain and to set the stage for its treatments. Once the catheter is in place, your doctor can perform x-ray tests to look for narrowed heart arteries. He or she can even treat those arteries through the catheter by inflating a tiny balloon at the site of the blockage. This widens the artery, allowing more blood to reach your heart.</p>
<p>5</p> <p>Coronary angiography</p>	<p>During cardiac catheterization, your doctor may decide to take x-ray pictures of the inside of your heart. Through the catheter, the doctor injects a dye that travels through your bloodstream to the coronary arteries, which supply blood to your heart. The dye makes the inside of these arteries show up on the x-rays.</p>	<p>Angiography can show if fatty buildup is clogging your heart arteries. This can cause a heart attack or chest discomfort called angina. It may also be needed to follow up on results from one of the other cardiac tests.</p>

Sources: American Heart Association; National Heart, Lung, and Blood Institute

GAMC offers a full range of cardiac tests and screenings. Call the Heart & Vascular Institute at (818) 863-4099 to learn more.

Angina: Understand that pain



Vahe Badalian, MD

It's Monday morning, and you're running late for work. You grab your coat, your phone...and suddenly grab your chest in pain. *Am I having a heart attack?* ♦ You lean against the door for a few minutes, wondering what to do. The pain goes away.

WHAT WAS THAT? That may have been angina, a discomforting signal that part of your heart muscle was temporarily fighting for more blood and oxygen.

"Angina isn't a heart attack," notes Vahe Badalian, MD, cardiologist at Glendale Adventist Medical Center. "But it is a symptom of a heart problem that deserves medical attention."

There are two major types of angina: stable and unstable.

Stable angina is usually the result of gradual buildup of plaque in a coronary artery. Over time the artery

narrows, restricting blood flow to the heart. Pain occurs when the heart—pushed to work harder by physical activity or emotional upset—can't get the oxygen-rich blood it needs.

After a few episodes, people with this type of angina can predict when it's likely to occur. Stable angina doesn't harm the heart muscle. And, although the pain can be disturbing, it's usually manageable and typically not the precursor to a heart attack.

Signs and symptoms of stable angina usually last less than five minutes and go away with rest, after taking medicine or both. They can include: ● Pressure or tightness in the chest. ● Pain in the chest, neck, throat, jaw, shoulder and arm. ● Shortness of breath. ● Nausea, anxiety or dizziness.

Unstable angina has similar symptoms, but they may be more severe. That's because plaque has suddenly ruptured, either partially or completely blocking blood flow. Although unstable angina isn't a heart attack, if left untreated it can lead to one. This type of angina is a

medical emergency.

HOW IT'S TREATED

"The first goal in treating unstable angina is to prevent a heart attack," says Dr. Badalian. "That may require opening the blocked artery in a procedure called coronary angioplasty.

"Otherwise, several medications can be used to treat both stable and unstable angina. Nitroglycerin often can relieve pain by increasing blood flow, and other drugs can help lessen how hard the heart works."

Your doctor will also want to treat the underlying heart disease that's causing the angina. That may mean taking medications to prevent blood clots as well as drugs to lower cholesterol and blood pressure.

Sources: American Heart Association; National Heart, Lung, and Blood Institute

For a referral to a GAMC cardiologist, call (818) 409-8100.



Glendale Adventist Medical Center Fastest Heart Attack Care in L.A. County!

Glendale Adventist Medical Center STEMI Receiving Center is proud to be ranked Number 1 out of 34 hospitals in L.A. County for lowest door-to-balloon time! What this means for a heart attack patient is that GAMC has the fastest treatment time from arrival at the Emergency Department to transfer to Cardiac Catheterization to restore blood flow to the heart.

To learn more about GAMC, visit AdventistHealth.org/Glendale or call **(818) 409-8000**.

HEALTHCARE at a Higher Level

AdventistHealth.org/Glendale
(818) 409-8000

Glendale Adventist Medical Center
Adventist Health

10

GO-TO CHARMS FOR GOOD HEALTH

Whether it's a smooth stone you found at the beach or a beautiful ring, we surround ourselves with objects that mean good memories. But some of the things we surround ourselves with can do more than boost our mood. These 10 household items can actually help you stay healthy.

1 DARK, LEAFY GREENS

From spinach and Swiss chard to kale and collards, leafy greens pile your plate with the vitamins and minerals your body needs to fight off disease. And when it comes to which are the most nutrient-rich, remember one thing—the darker, the better.

Why? Because these veggies are rich in vitamins A

and C and a wide range of carotenoids that act as antioxidants, clearing the body of harmful free radicals. Some even prevent the growth of certain types of cancer cells.

Besides their disease-fighting characteristics, these greens are fat-free, cholesterol-free and low-calorie—and some are even an excellent source of fiber.

Choosing: Pick crisp, green bunches without insect damage.



2

WATER

What should every athlete have? A water bottle.

Your body needs plenty of fluid to get the most out of a workout. Water helps to cool you down—from the inside out. It also helps transport nutrients, eliminate waste, and maintain blood pressure and circulation.

If you don't take in enough liquids, you may notice that your muscles get tired or feel cramped. Or you might lose

energy and become a bit uncoordinated. Worse yet, you could end up with a dangerous case of heat exhaustion or heat stroke.

You can also check your urine to see if you're well-hydrated. It should be plentiful and a pale yellow color.

What to drink. Water is generally the best choice for hydration, but some athletes who exercise hard and long also consume sports drinks. The carbohydrates and electrolytes in sports drinks may help you rehydrate faster.

3

SPICES

Most of us have spices stored in our kitchen cabinet. In fact, most herbs and spices have some great health benefits attached to them—as well as improving the taste of so many foods!

Consider these nutrient-packed spices.

MINT A refreshing herb that has traditionally been used to calm digestive troubles and alleviate



nausea. Many people enjoy a tea made from peppermint or spearmint leaves. And the volatile oils in both have been used in breath fresheners, toothpastes and chewing gum. Externally, the oil or tea can be used to repel mosquitoes, help with the common cold and soothe skin.

TURMERIC Often found in kitchens around the world, it is most commonly used as an ingredient in Indian foods.

It contains curcumin, a cancer-fighting compound. It is often taken medicinally in America for its ability to reduce inflammation and improve joint pain.

OREGANO A common ingredient in Italian and Mediterranean cuisine, oregano is extremely high in antioxidants and has demonstrated antimicrobial properties against food-borne pathogens like listeria.

4

DENTAL FLOSS

Flossing cleans the gaps between your teeth so that you're less at risk of gum infections or cavities from bacteria buildup. Brushing cleans the surface of your teeth, but flossing cleans the hidden bacteria between them. If you don't floss, you're more likely to

have plaque buildup, which can lead to tooth decay, cavities and gum disease. If left untreated, gum disease can be a risk factor for heart disease and diabetes.

Don't have time to floss? Keep a small box of dental floss in your car or purse for when you're on the run, in the office or out on the town. Keeping dental floss handy will ensure that you always have time to floss.



5

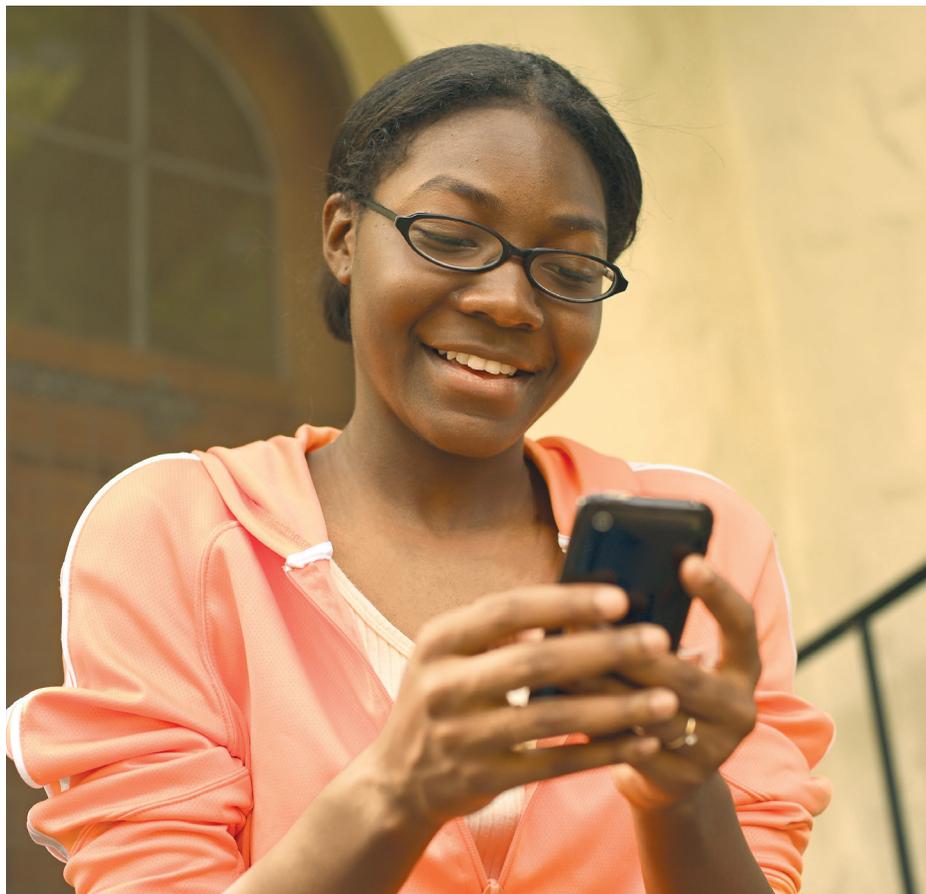
FITNESS TRACKER/ APP

In today's fast-paced world, sometimes the best way to track your health is through an app or fitness tracker. These devices allow users to track several things, such as miles run, calories burned, steps walked throughout the day, quality and quantity of your sleep, heart rate, and more. Trackers and apps can help you be more mindful of your daily health and fitness behaviors so that you can stay active and healthy.

Having these useful little health charms nearby can be the secret to staying well.

Consult with your health care provider before making changes to your exercise routine or other health habits.

Sources: American Nutrition Association; American Dental Association; Aggarwal, B., *Clinical Cancer Research*, Oct. 15, 2005, vol 11; National Psoriasis Foundation; American Cancer Society



6

MATCHA GREEN TEA

Ditch the java and get yourself a cup of freshly brewed matcha green tea. Matcha tea is a high-quality, vibrantly colored green tea from Japan. While all green tea naturally contains caffeine, the energy boost received from matcha is largely due to its unique combination of other nutrients. The increased endurance from a bowl of matcha green tea can last for hours.



7

COCONUT OIL

Coconut oil is a heart-healthy food that contains a combination of fatty acids and antioxidant properties. Along with helping lower cholesterol, coconut oil can be used as a skin moisturizer because of its vitamin E content and its positive antioxidant action in the body.



8

EPSOM SALT

Long known as a natural remedy for a number of ailments, Epsom salt has numerous health benefits as well as many beauty, household and gardening-related uses. Studies have shown that magnesium and sulfate are both readily absorbed through the skin, making Epsom salt baths a great way to detoxify your body. Magnesium plays a number of roles in the body, including regulating the activity of enzymes, reducing inflammation, and aiding muscle and nerve function.



9

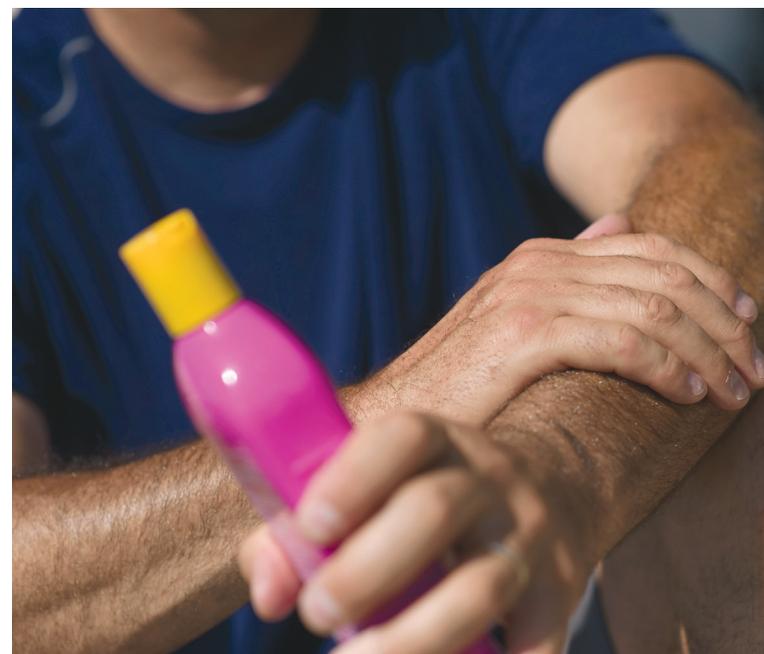
DARK CHOCOLATE

Dark chocolate, made from the cacao bean, is rich in nutrients called flavonoids. Along with antioxidants, dark chocolate also contains healthy fats. Cocoa butter, the fatty part of cacao beans, is the unsaturated fat that is beneficial for the heart and cholesterol levels. Make sure to use moderation when adding dark chocolate to your diet.

10

SUNSCREEN

By protecting you from harmful radiation from the sun, sunscreen reduces your risk for skin cancer, premature aging and sunburns. Use a sun protection factor (SPF) of 15 or more and make sure your sunscreen blocks both the aging rays (UVA) and burning rays (UVB) of the sun. Bring a tube when you're on the go so you can reapply every 30 minutes. Reapplying sunscreen is as important as applying it in the first place.



HEALTH TALK NEWS, VIEWS & TIPS



SPECIAL EVENT: GAMC presents Special Olympics with a \$15,000 donation at a kick-off event at the Alex Theatre in Glendale.



GAMC title sponsor for host town participation in Special Olympics

The Special Olympics World Games are coming to Los Angeles this summer—and Glendale Adventist Medical Center (GAMC) is proud to be a title sponsor supporting Glendale's participation as a Host Town.

"Connecting with our community is an important part of our mission," says GAMC President and CEO Kevin A. Roberts. "We are proud to join in welcoming

these special athletes and celebrating their courage and spirit."

A projected 7,000 Special Olympics athletes representing 177 countries will compete in the games. Glendale will become a temporary home for about 100 of the athletes and their coaches, from Armenia, Dominican Republic and Bonaire (a Caribbean island), from July 22 to 24.

On July 21, the Special Olympics torch run will begin in Burbank, continue through Glendale and La Crescenta, and make its way to Pasadena. The games open on Saturday, July 25, with ceremonies at the L.A. Memorial Coliseum and close on Sunday, Aug. 2.

While in Glendale, the athletes will be guests of honor at several community activities, including receiving an invitation to visit GAMC's Play to Learn Center, highly regarded for its wide range of services for children with special needs.

The Founders Guild, a branch of GAMC's Healthcare Foundation, is leading a volunteer committee leading the hospital's participation as a Host Town Title Sponsor. Among the planned activities is "Fan in the Stands," a great opportunity for people to attend events and cheer for the athletes. No admission is charged for Special Olympics events.

For more information on the Founders Guild or the Play to Learn Center, please contact the Healthcare Foundation at (818) 409-8055.



New community health van now rolling into action

Thank you, John Stauffer Charitable Trust!

"What an exciting day for Glendale Adventist Medical Center (GAMC)...and what an amazing gift to the entire community," says President and CEO Kevin A. Roberts.

Following months of planning, design and construction, the John Stauffer Charitable Trust Community Health Van, a project conceived and developed by GAMC, had its public roll-out and ribbon-cutting celebration in December 2014 at Glendale's Edison-Pacific Community Center and Park.

The mobile unit is visiting neighborhoods throughout Glendale and the surrounding areas, bringing free health care services of high quality to individuals, families, businesses and organizations.

The mobile health van is made possible by a grant of nearly \$500,000 from the John Stauffer Charitable Trust. Attending the ribbon-cutting were trustees from the Stauffer Trust, joined by GAMC and community and organizational leaders and neighborhood families.

"Our intention in awarding the grant is to enable GAMC to connect with the underserved neighborhoods and residents of our community," says Tim Gosney, a trustee for the John Stauffer Charitable Trust. "We're pleased this van is making that goal a reality."

Roberts praised members of the John Stauffer Charitable Trust for their foresight and sharing the hospital's mission of "sharing God's love with our community by providing healing and wellness for the whole person."

Among those at the festivities were Glendale City Council member Paula Devine, who presented a city proclamation, and Assistant City Manager Yasmin Beers, who represented City Manager Scott Ochoa.

Ready to serve Inside the van are two exam rooms equipped for x-rays and monitoring blood pressure. Physicians, nurses and technicians will be able to conduct comprehensive health screenings,



HEALTH ON WHEELS: The John Stauffer Charitable Trust Community Health Van is bringing health care to neighborhoods throughout Glendale.

including EKG, pulmonary function testing, vision screening, blood draws and other assessments. The van's exterior has a 50-inch flat screen monitor that can be used for educational purposes.

In addition to appearing at health fairs, the van will be a catalyst for community

programs focusing on topics such as healthy lifestyles, smoking cessation and disease prevention. The mobile unit will also work in partnership with other community health improvement projects, including Choose Health, LA Kids and local health fairs.

HEALTH TALK NEWS, VIEWS & TIPS

Massage therapy brings healing touch

When a patient at Glendale Adventist Medical Center (GAMC) is feeling a little anxious or worried or experiencing discomfort as a side effect of their treatment, Fernando Vazquez is often the first to be called. As a certified clinical massage therapist, Vazquez knows that intense surgeries, radiation and medications—as well as the effects of the disease

itself—can take a toll on an individual, both physically and psychologically.

Currently, the hospital has integrated massage therapy as an addition to the physician's treatment plan. In order to see a patient, a massage therapist must receive a physician referral. This ensures that the patient is a good candidate for the treatment.



HEALING HANDS: Fernando Vazquez offering clinical massage therapy.

Hands-on treatment Massage therapy is an increasingly important tool in assisting with traditional medicine, and the benefits are very apparent to therapists seeing clients. Massage is known to reduce stress, bolster the immune system, help remove toxins, and restore energy and circulation. A massage therapist's knowledge of anatomy, physiology and pathology proves to be a benefit to working with a team in the hospital.

"When I get that referral, I make sure to read through the patient's history and medical background," says Vazquez. "I then consult with the disease handbook of massage therapy and begin planning a safe and effective treatment plan for each patient."

Massage therapy takes many years of clinical training and must be accompanied by specialized certification and degrees.

"They ask me: Don't you get tired?" Vazquez says. "Don't your hands hurt? No, I don't feel like I am working. This is my calling, my passion and mission. Oncology massage has become one of my favorite ways to help cancer patients. The acknowledgment from patients and growing acceptance from medical professionals has been extremely satisfying."



For more information, call Fernando Vazquez at (818) 409-8198.



Narine Arutyounian, MD

Physician community educator at GAMC

Glendale Adventist Medical Center appointed Narine Arutyounian, MD, as community educator medical director. In her role, Dr. Arutyounian will oversee television and community outreach programs to educate the community about services offered by GAMC.

Her medical show is designed to help viewers learn about various health issues, diseases and treatment options available at GAMC. Viewers will also have an opportunity to meet different board-certified GAMC physicians, who will be interviewed on the show about health issues from orthopedics to cardiology and everything in between!

Catch Dr. Arutyounian the second Sunday of each month from 1:30 to 2 PM on the following channels:

- Charter Communications channels 21, 29 and 388.
- Time Warner channel 600.
- Cox Communications channel 485.
- Globecast channel 758.

While in the community, Dr. Arutyounian attends health fairs, makes TV or media appearances representing GAMC, attends hospital and health-related events, takes part in hospital or marketing campaigns, and is always available for community health-related events with GAMC's partner organizations.

Dr. Arutyounian's collaboration with GAMC and the community helps put our hospital in the forefront of patient care. Her commitment to educating our Glendale community for the past 10 years is a testament of her passion and desire to keep our patients and their families educated and healthy.

Thank you, Dr. Arutyounian!

The Joint Commission awards GAMC again!

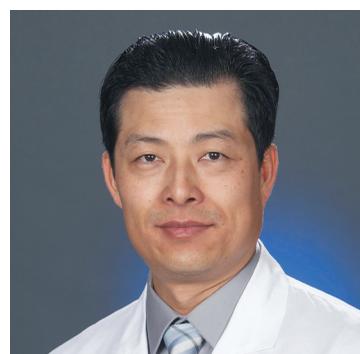
Glendale Adventist Medical Center is proud to announce that the hospital once again earned The Gold Seal of Approval® from The Joint Commission for Advanced Primary Stroke Centers. GAMC's joint replacement program is also pleased to be re-certified and recognized for ongoing dedication to continuous compliance with The Joint Commission's state-of-the-art standards. The hospital earned both recertification distinctions after The Joint Commission conducted an on-site review in September.

"In achieving Joint Commission advanced re-certification, GAMC has demonstrated its commitment to the highest level of care for its stroke patients and its joint replacement patients," says Jean Range, executive director of disease-specific care certification at The Joint Commission. "Certification is a voluntary process, and The Joint Commission commends the hospital for successfully undertaking this challenge to elevate its standard of care and instill confidence in the community it serves."

"Our commitment to providing our

patients the highest-quality stroke care is centered on current scientific research and best practices," says Lance Lee, MD, medical director of the Neuroscience Institute at GAMC. "We are very proud to say that we are the only hospital in Glendale that has earned the prestigious The Gold Seal of Approval® from The Joint Commission."

"Joint Commission certification helps support our culture of excellence," says Philip Merritt, MD, medical director of the Orthopedic Institute at GAMC. "We're honored to be awarded this Joint Commission re-certification because it is another external endorsement of our commitment to improve health care for our patients through quality care based on the best medical evidence available."



Lance Lee, MD



Philip Merritt, MD



CALENDAR OF *Events* SPRING 2015

Our focus at Glendale Adventist Medical Center is on your family's health. Check out the many opportunities below to improve and preserve your health. Come by and visit or call us at (818) 409-8000 for more information.



FITNESS

Boot Camp—Wellness Program

- Monday through Thursday, 5 to 6 PM
- Friday, 4 to 5 PM

Therapy & Wellness Center
\$120 per month

Classes start on the first day of the month. Schedules are subject to change. Call (323) 255-5409.

Cancer Fitness Program

Therapy & Wellness Center
FREE to cancer survivors

Designed for cancer survivors, this program includes classes in exercise, yoga and dance. Call (323) 255-5409 for more information about dates and times.

Find us on
FACEBOOK
AT [FACEBOOK.COM/GLENDALEADVENTIST](https://www.facebook.com/GLENDALEADVENTIST)



EDUCATIONAL CLASSES SUPPORT GROUPS

Diabetes Community Education Class

First Tuesday of each month, 1 to 2 PM

Learn more about:

- How diabetes develops
- Healthy eating strategies
- Food groups and portion size
- The importance of blood glucose monitoring

Call (818) 409-3548 for more information.

Stroke Medication Management and Education Clinic

- Mondays, 9 AM to noon and 1 to 3 PM
- Wednesdays, 8 AM to 1 PM

Call for location

Find answers to your stroke medication questions at a free one-hour consultation with a clinical pharmacist. Call (818) 409-8100.

Adult Grief Support

- Mondays, 6 to 7:30 PM
- Wednesdays, 11 AM to 12:30 PM

Chaplain's Office

One-time registration, \$25

Have you recently lost a loved one? Struggling with your grief? Let us help. Call (818) 409-8008 to register.

PREPARING FOR CHILD BIRTH

Baby Care Basics

Meets monthly

If you are a little nervous about changing diapers or giving your baby that first bath, this class is for you. Please call (818) 409-8100 to register.

Childbirth Preparation

Main Auditorium

Learn what to expect during labor and delivery, as well as relaxation and breathing techniques. We encourage parents-to-be to register during the fifth month of pregnancy. For dates, times or to register, call (818) 409-8100.

HEALTHLINE QUARTERLY is published as a community service for the friends and patrons of GLENDALE ADVENTIST MEDICAL CENTER, 1509 Wilson Terrace, Glendale, CA 91206, (818) 409-8000, AdventistHealth.org/Glendale.

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HQ HEALTHLINE QUARTERLY
SPRING 2015

Veggie chili

Makes 4 servings.

Ingredients

- 1 tablespoon olive or canola oil
- ½ large onion, chopped
- 1 medium red bell pepper, chopped
- 1 garlic clove, finely chopped
- 1 jalapeño pepper, seeded, deribbed and minced
- 1 tablespoon ground chili powder
- 1½ teaspoons ground cumin
- 1½ teaspoons dried oregano
- 1 can (14½ ounces) no-salt-added diced tomatoes in juice
- 1½ tablespoons tomato paste

- 1 cup water
- 2 cans (15 ounces each) black beans, rinsed and drained
- ½ teaspoon salt
- Fresh cilantro, chopped, for garnish
- Chopped scallions, for garnish
- Reduced-fat sour cream, for garnish (optional)

Directions

- Heat oil in large saucepan.
- Add onions, bell pepper, garlic and jalapeño pepper, and cook until onion is translucent, about 5 minutes.
- Add chili powder, cumin and oregano, and cook, stirring, for 1 minute.

- Add canned tomatoes, tomato paste and water, and then beans and salt.
- Bring to boil; reduce heat; and simmer, uncovered, for 30 minutes.
- Serve garnished with chopped cilantro and scallions and a dollop of sour cream, if desired.

Nutrition information

Amount per serving: 214 calories, 5g total fat (less than 1g saturated fat), 35g carbohydrates, 11g protein, 12g dietary fiber, 367mg sodium.

Source: American Institute for Cancer Research

