
PREVENTIVE CARE NEWSLETTER

LOMA LINDA UNIVERSITY SCHOOL OF PUBLIC HEALTH PREVENTIVE CARE DRPH PROGRAM

PREVENTIVE CARE NEWS

Breastfeeding and Cancer

Evidence from the WCRF International's flagship research program, Cancer Update Program (CUP Global), shows that breastfeeding reduces a mother's risk of breast cancer, with longer durations of breastfeeding associated with greater protection. This adds to the many well-established benefits of breastfeeding for infants and families, and reinforces the importance of viewing breastfeeding as part of a life-course approach to cancer prevention.

Exercise and Cancer

According to Moore et al. (2016) in JAMA Internal Medicine, an analysis of 1.44 million adults found that higher leisure-time physical activity was associated with lower risks of several cancers, including esophageal, liver, kidney, uterine, colon, rectal, bladder, and breast cancers. Some associations were partly explained by BMI, while the increased melanoma risk observed among active adults was likely related to greater sun exposure during outdoor exercise. Overall, regular physical activity may help reduce cancer risk, with benefits for several cancers independent of BMI and smoking.

Diabetes Prevention

According to Knowler et al. (2002) in The New England Journal of Medicine, the Diabetes Prevention Program followed 3,234 adults at high risk for type 2 diabetes for an average of 2.8 years. An intensive lifestyle program targeting 7% weight loss and 150 minutes of weekly physical activity reduced diabetes incidence by 58%, compared with 31% for metformin. The lifestyle intervention was particularly effective among adults aged 60 years and older.

Diet and Mortality

According to Shan et al. (2023) in JAMA Internal Medicine, researchers followed more than 119,000 adults for up to 36 years and found that greater adherence to healthy eating patterns was associated with lower risks of death from all causes, cardiovascular disease, cancer, and respiratory disease. These eating patterns emphasized vegetables, fruits, whole grains, nuts, and legumes while limiting red and processed meats, added sugars, and sodium.

PREVENTIVE CARE NEWSLETTER

SEPTEMBER 2026

Hildemar Dos Santos-director of preventive care
program

Sunny Chen-Editor
Preventivecareoffice@gmail.com

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LOMA LINDA UNIVERSITY SCHOOL OF PUBLIC HEALTH PREVENTIVE CARE DRPH PROGRAM

PREVENTIVE CARE NEWS

THREE IN ONE PREVENTIVE CARE DRPH PROGRAM, LOMA LINDA UNIVERSITY

The Preventive Care Doctoral Program offers three distinct programs in one:

**DrPH in Public Health**

- Major in Preventive Care,
- Certified by CEPH

**Health Coaching Certificate**

- Training for the national board of health and wellness coaching examination

**Diplomate of ACLM**

- Full academic credits for the ACLM diplomate certificate exam

DRPH IN PREVENTIVE CARE – The Program Promoting the Loma Linda Blue Zone Lifestyle

- **Description:** 3-year program, totally online: 2 years of didactics, 1 year of research project focusing on the prevention of lifestyle-related diseases, such as diabetes, heart disease, strokes, obesity, cancer, etc.
- **Current Graduates' Jobs:** Health coaching at a major pharmacy group, director of a corporate worksite wellness program, dean of a school of public health, university professor and researcher, director of nutrition programs at a major university, deputy director of public health, university professor at an overseas university, etc.

Blue Zone

For more information, call 909-558-8746 or email hdossantos@llu.edu



LOMA LINDA
UNIVERSITY
School of Public Health



**APPROVED
TRAINING
PROGRAM**



The Preventive Care DrPH Program trains professionals for interventions at the individual, group, and population levels to prevent chronic non-communicable diseases, also known as lifestyle-related diseases. We use evidence-based findings and also the traditions of the Loma Linda Blue Zone.

Please share this with your friends, family, and on social media.

PREVENTIVE CARE HUMOR

DID YOU KNOW?

A good laugh may do more than brighten your day. Research suggests that laughter can help relieve stress, ease tension, improve mood, and strengthen social connection. While humor is not a substitute for healthy habits or medical care, enjoying moments of laughter can still be a meaningful part of overall well-being. So take a moment, enjoy these cartoons, and remember: preventive care can have a lighter side, too!

JOE WELL NESS by Dos Santos
w/Don the Blue Zone Donkey



"Since I moved to Loma Linda, I have lost weight, improved my physical performance, and am happier. And I eat mostly trash! Hey, I am talking about healthy, vegetarian trash such as broccoli, carrots, beans, brown rice, and whole wheat bread. Thank you, Loma Lindians!"



LOMA LINDA
UNIVERSITY

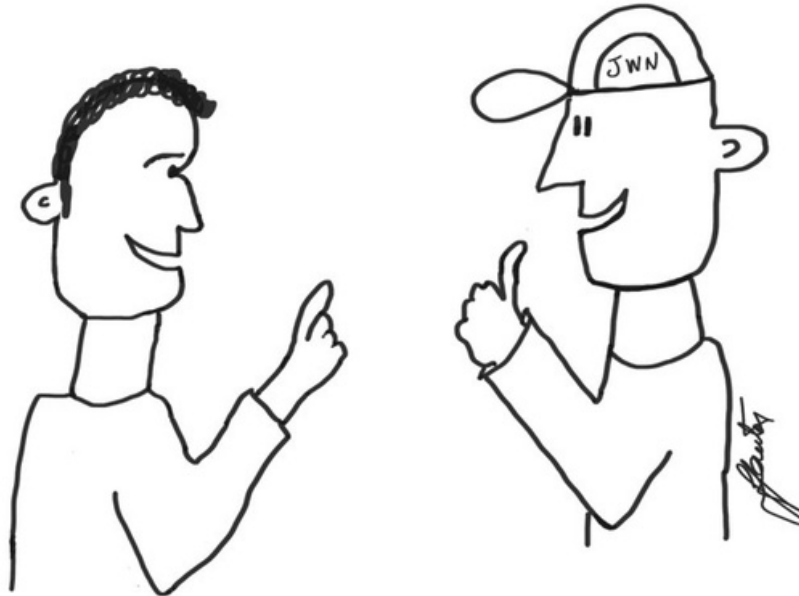
School of Public Health

PREVENTIVE CARE NEWS

HUMOR

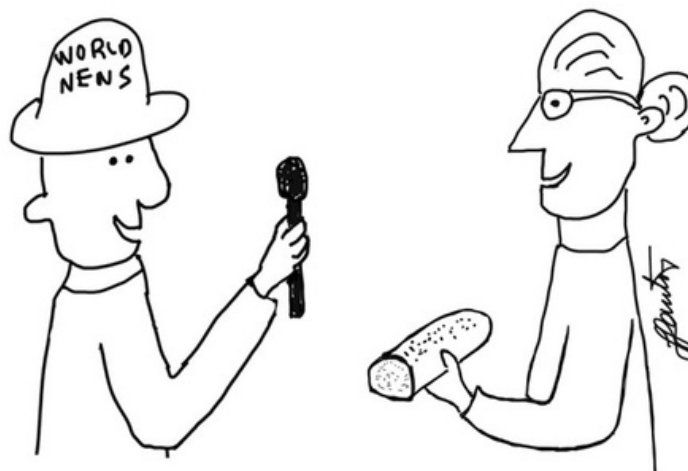
PREVENTIVE CARE HUMOR

JOE WELL NESS by Dos Santos
THE LOMA LINDA CITIZEN



- "Do you have an impossible dream, Joe?"
- "The only impossible thing in Loma Linda is our burgers!"

JOE WELL NESS by Dos Santos
w/Grandma Well Ness



WN - "I heard you bake a good whole wheat bread, but doesn't it contain too many carbs?"

GmWN - "I know, but all my 'low carbs' friends are long gone!"

PREVENTIVE CARE PAST ACTIVITIES

LLU CHAMBER OF COMMERCE LEADERSHIP SUMMIT 2026: WISDOM FROM THE BLUEZONES

The Preventive Care team recently participated in the LLU Chamber of Commerce Leadership Summit 2026: Wisdom from the Blue Zones, bringing practical health education and preventive screenings directly to attendees.

During the health expo, participants received handgrip-strength and blood-pressure assessments, as well as body-composition scans measuring body-fat percentage, lean body mass, body water, body mass index, and estimated resting energy expenditure. The team also provided personalized nutrition counseling to help participants understand their results and identify realistic ways to support their health.

The team members who helped make the event possible are pictured from left to right: Umang Sharma, Hildemar Dos Santos, Marijke Sawyer, and Sunny Chen.



Dr. Hildemar Dos Santos delivered an engaging presentation on the role of plant-based nutrition in promoting a longer, healthier life. His talk explored how nutritious dietary patterns may support physiological function, promote longevity, and help reduce reliance on medications for preventable chronic conditions.

By combining education, health assessments, and individualized guidance, the event gave attendees an opportunity to learn more about their current health while discovering practical steps toward lifelong wellness.

PREVENTIVE CARE PAST ACTIVITIES



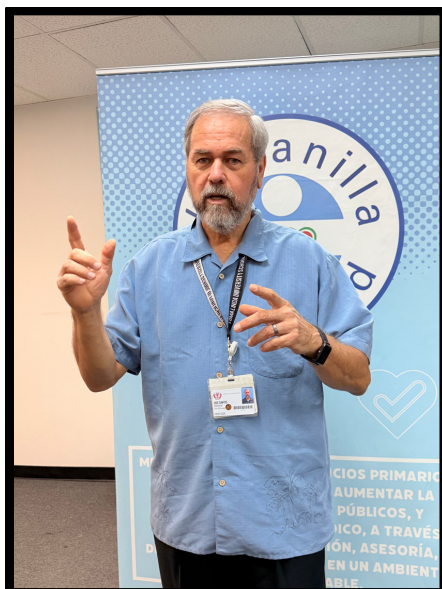
Preventive Care 2026 Graduation

The 2026 Preventive Care graduation ceremony celebrated graduates from a diverse range of cultural and international backgrounds. Pictured in the front row, from left, are Dr. Hildemar Dos Santos, Jocelyn Pierre (Trinidad and Tobago), Melissa Cline (Hawaii, USA), Christa Lamont (USA), and Claudia Boafu (USA). Pictured in the second row, from left, are Dr. Beeson, Kevin Bernadt (USA), Ruben Chipuli (Mexico), Luiz Sella (Brazil), and Dr. Medina.

PREVENTIVE CARE PAST ACTIVITIES



Jocelyn Pierre-Isaac, PC graduate 2026, was called to be the Health Ministries Director for the Caribbean Union Conference of the Seventh-day Adventists, Trinidad and Tobago, September 2026. Congratulations, Jocelyn!



Consulate of Mexico

On September 9, 2026, Dr. Dos Santos visited the Consulate of Mexico in San Bernardino to record a video lecture on diabetes prevention. The presentation was created for Binational Health Week, organized by Ventanillas de Salud.

PREVENTIVE CARE FUTURE ACTIVITIES

COMING EVENTS

Mark your calendars!



FOOD AS MEDICINE

HEALTH CONFERENCE

Learn the latest information on plant-based nutrition, the effects of diet on chronic disease prevention and control, and designing an optimum plant-based diet for patients and clients.
6.5 CMEs and CPEUs.

 **DATE**
November 22, 2026

 **TIME**
8:00 AM - 5:30 PM

 **LOCATION**
1440 Multiversity, Scotts Valley
or Virtually









Jorge Otañez, MD

Tamiko Katsumoto, MD

Reshma Shah, MD

Csilla Veress, ND

FoodAsMedicineSantaCruz.org



Event organized by Maria Jose Hummel, Preventive Care DrPH student.

PREVENTIVE CARE FUTURE ACTIVITIES

COMING EVENTS

Mark your calendars!

Research Workshop on Spirituality, Religion and Health

with Dr. Harold G. Koenig

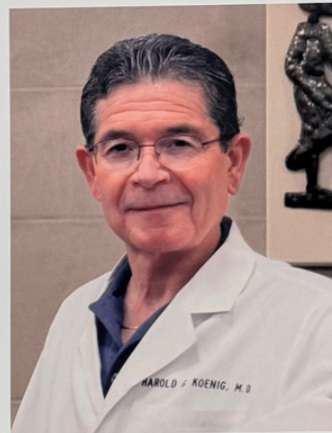
September 16-18, 2026

Loma Linda University

Explore the Science of Spirituality and Health

Join internationally renowned researcher Dr. Harold G. Koenig, director of the Center for Spirituality, Theology and Health at Duke University, for a 2.5 day in-depth research workshop. Dr. Koenig is a leading voice in the field of religion, spirituality, and health, with nearly 700 scientific peer-reviewed articles and more than 70 books to his name.

Whether you are a healthcare professional, student, chaplain, or researcher—this is a rare opportunity to grow your research skills, receive expert guidance, and join a global movement advancing whole person care.



Selected Topics Covered

- Resources for learning more about spirituality and health
- Previous research on religion, spirituality and health
- Strengths and weaknesses of previous research
- Designing different types of research projects (cross-sectional, prospective, experimental, and qualitative)
- Writing a research paper for publication; getting it published
- Presenting research to professional and public audiences

Registration Benefits ***LUNCH PROVIDED***

- Students - \$75
- Faculty - \$100
- Partial Tuition Scholarships Available for Students
- Non-Loma Linda University - \$125

Hours

Wednesday, September 16, 2026 - Thursday, September 17, 2026: 9 AM - 4:30 PM

Friday, September 18, 2026: 9 AM to 12 PM

Hosted by

Loma Linda University Health Center for Whole Person Care and the Duke University's Center for Spirituality, Theology and Health

Location

Loma Linda University Campus
Loma Linda University Church
Family Ministries Building, Rm. 1402

More details and registration info coming soon on our website
(llu.edu/academics/centers-institutes/center-for-whole-person-care)
Contact: Anne Nicolas (anicolas@llu.edu)

Register here:



PREVENTIVE CARE FUTURE ACTIVITIES

COMING EVENTS

Mark your calendars!



SAVE *the* DATE

March 14-16, 2027

The Eighth

ICVN

**International Congress
on Vegetarian Nutrition**

Loma Linda, California
or online from anywhere in the world.

Join leading researchers, global experts, and health professionals for the world's premier scientific conference on plant-based nutrition.
Stay tuned — and mark your calendar now!

Scan the QR code to stay up to date and learn more.



vegetariannutrition.org

 **LOMA LINDA UNIVERSITY**
School of Public Health

PREVENTIVE CARE RECIPES

ADAPTED FROM COOKIE AND KATE'S RECIPE



Ingredients

2 medium sweet potatoes, peeled and cut into small cubes
1 tablespoon olive oil
1 teaspoon ground cumin
1 teaspoon smoked paprika
½ teaspoon chili powder
¼ teaspoon salt
1 can (15 ounces) black beans, drained and rinsed
8 small corn or flour tortillas
1 avocado, sliced
½ cup shredded lettuce or cabbage
½ cup salsa
1 lime, cut into wedges
Chopped cilantro, optional

Black Beans and Sweet Potato Tacos

Servings: 4

Preparation time: 15 minutes

Cooking time: 25–30 minutes

Instructions

1. Preheat the oven to 425°F.
2. Place the sweet potatoes on a baking sheet. Toss them with olive oil, cumin, paprika, chili powder, and salt.
3. Roast for 25–30 minutes, stirring halfway through, until tender and lightly browned.
4. Warm the black beans in a small saucepan over medium heat. Add a splash of water if they begin to dry out.
5. Warm the tortillas in a skillet or microwave.
6. Fill each tortilla with roasted sweet potatoes and black beans.
7. Top with avocado, lettuce or cabbage, salsa, cilantro, and lime juice.
8. Serve immediately.

PREVENTIVE CARE RECIPES

ADAPTED FROM SIMPLE VEGAN BLOG'S RECIPE

Tofu and Vegetable Stir-Fry

Servings: 4

Preparation time: 15 minutes

Cooking time: 15 minutes



Ingredients

Stir-Fry

1 package (14 ounces) firm or extra-firm tofu
1 tablespoon cornstarch
1 tablespoon vegetable or sesame oil
2 cups broccoli florets
1 bell pepper, sliced
1 medium carrot, thinly sliced
2 green onions, sliced
Cooked brown or white rice for serving

Sauce

¼ cup low-sodium soy sauce
2 tablespoons water
1 tablespoon rice vinegar
1 tablespoon maple syrup or brown sugar
1 teaspoon sesame oil
2 garlic cloves, minced
1 teaspoon grated fresh ginger
1 teaspoon cornstarch

Instructions

1. Drain the tofu and gently press it with paper towels to remove excess moisture. Cut it into cubes.
2. Toss the tofu with 1 tablespoon of cornstarch.
3. Whisk all the sauce ingredients together in a small bowl.
4. Heat the vegetable oil in a large skillet over medium-high heat.
5. Add the tofu and cook for approximately 6–8 minutes, turning occasionally, until golden on several sides. Remove it from the skillet.
6. Add the broccoli, bell pepper, and carrot. Stir-fry for 4–5 minutes, until slightly tender but still crisp.
7. Return the tofu to the skillet and pour in the sauce.
8. Cook for another 1–2 minutes, stirring until the sauce thickens and coats the tofu and vegetables.
9. Garnish with green onions and serve over rice.

PREVENTIVE CARE SPIRITUALITY

From the Office of Dr. Dos Santos **Lessons from a funeral**

Have you been to a funeral? I know, what kind of question is that? Well, the bible says it is better to go to a funeral than to a party. In the last year, I have been to at least five parties and only one funeral. Yes, it was a friend who died of a heart attack. Very sad. So why in the world would it be better to go to a funeral? Seeing a lot of crying people complaining about the unfortunate tragedy and trying to comfort those left behind?

But during the memorial, I heard many people talking about the resurrection of the saints during the Second Coming of Jesus. And they said good things about the deceased, that he was a man of God. So, I started thinking, "Would I make it?" So, this made me think more about my connection with Jesus.

Another point was that my deceased friend used to do a lot of things, which made me think, should I slow down? Am I having a balanced life? Well, at least he was a family man and had his priorities right, with God and family first. At the end, the pastor asked the friends and church family to support the widow and the children. Again, very sad, but very practical. You want to do something for your friend who left; do something for his family.

If I compare this experience to a party, both involve celebration and good food. The funeral has an advantage: no gifts are expected, at least not from the person being celebrated. Funerals can be kind of fun, with lots of funny stories about the deceased and a good place for interaction, but they can't compare to a party filled only with happiness and laughter.

But the main difference was regarding life. Yes, when someone dies, we learn more about life, or we should learn. What can we learn? First, life is short; nothing is guaranteed; we can die tomorrow from an unexpected cause. We learn to be thankful and have more quality time with friends and family while we are alive. And finally, maybe more importantly than all, this life is not final, but we should put our hopes in the eternal life Jesus promised to his followers. So, a funeral teaches us more about that life.

"It is better to go to a funeral than to a party. We all must die, and everyone living should think about this. Ecclesiastes 7:2 NCV

PREVENTIVE CARE SPIRITUALITY

From the Office of Dr. Dos Santos

How to save during the financial crisis?

I was on my daily walk and observed a driver of a Mercedes-Benz delivering merchandise to a house in my neighborhood in Redlands, CA. Then, I thought, "Either Mercedes' cars are selling for lower prices, or he lost his job and is trying to work extra to pay his bills. Okay, he might be the store owner, and his delivery person did not show up. Or he fired the guy and, because of the financial crisis, is doing the work himself.

My issue here does not have anything to do with why the guy driving a Mercedes, or whether he was working for Uber, Lyft, or some other reason. My point is how to save during the financial crisis, as we can see our products in the supermarket increasing prices almost weekly, and our salary staying flat as a pancake.

And, of course, I would argue that we can save in the area of food by eating healthier and spending less, first, by reducing the frequency of eating out. Most people eat out too often, which can be a significant drain on both their pocket and their health. Like going to a restaurant nowadays can be costly, you can easily spend \$100 per person. So, eat more at home and save money. Also, reduce or quit alcohol. I was in line in the supermarket, and the guy ahead of me had 10 bottles of alcohol (maybe whiskey or something), and I could see the label of \$50 each, which would be \$500. Boy, if I have a party and buy 10 bottles of Martinelli's,* the total would be at most \$30! If that is not enough savings, check the options at your restaurant, and you will find wine and other alcoholic beverages priced at \$1000 or more per bottle.

And you can drop your meat intake. In the same supermarket, a lady had a packet of meat (the size of a turkey), priced at \$90. I told my wife that even the Impossible Burgers do not cost that much, and she agreed that meat has become too expensive. So, do you want to save? Eat less meat and more beans, soy, nuts, and tofu.

Eat more veggies and fruits! "Well, Dr Dos Santos, they are also becoming expensive!" I know, so you can have some options, such as searching for deals, checking different supermarkets, getting coupons, etc. Another option would be to plant your own garden. Do not have space? Go hydroponic!

Yes, hydroponic. Before the legalization of marijuana in most US states, hydroponics was a bad word, mostly related to the cultivation of marijuana with no soil or minimal soil inside an apartment or small house. I used to work in a county jail many years ago, and I was involved in helping prisoners who were addicted to drugs. There, I met a few individuals who cultivated marijuana with hydroponics and were subsequently arrested due to this practice.

However, the term has evolved today and is now applied to home gardens. Please, Google it to find more information and tips on hydroponics for home gardening. If one could cultivate marijuana, that is a bush, in a small room requiring almost no soil, I believe we can raise tomatoes, lettuce, broccoli, and cauliflower using the same system. In fact, I once attended a lecture on hydroponic gardens for the community, and it was a fascinating experience that can be developed inside one's own house, or even at school, church, or community setting. But please, do not say here that I am encouraging people to use hydroponics to cultivate marijuana. Remember, I am against addictive drugs; even caffeine is on my list of substances I do not recommend together with marijuana, smoking, alcohol, and other street drugs.

Reducing your eating-out frequency, drinking less alcohol, eating less meat, and increasing your intake of beans, fruits, and vegetables, as well as cultivating your own vegetables, are some options to consider. And they could also save money because you will be healthier, and not spend too much on doctor's visits, procedures, and medications. However, perhaps more important than saving money is saving one's health. Money, you can work hard and get it back, but health, if you lose it, it may not be that easy to recover. Investing in health is the best way to go.

"Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare." Isaiah 55:2

*Martinelli's is a brand of sparkling apple juice without alcohol.

PREVENTIVE CARE LINKS



LOMA LINDA UNIVERSITY
School of Public Health
Office of Preventive Care

INFORMATION LINKS

FACEBOOK

<https://www.facebook.com/groups/lluofficeofpreventivecare/>

WEBSITE

<https://publichealth.llu.edu/academics/drph/drph-preventive-care>

WEBSITE FOR PREVENTIVE CARE NEWSLETTER

www.preventivecarenews.com

INSTAGRAM

[doutorlomalinda@](#)

YOUTUBE CHANNEL

<https://www.youtube.com/user/drhildemar>

SESSIONS IN OUR YOUTUBE CHANNEL

[Non-Communicable Diseases Prevention by Dr. Dos Santos](#)

<https://youtu.be/BP5VhW-TAEw>

[Preventive Care Program – 50 yrs celebration](#)

<https://www.youtube.com/watch?v=ZsH7-wGVyr8>

[Program history](#)

<https://youtu.be/eHcLhYAmyY4>

[Preventive Care Applied Practice](#)

<https://youtu.be/AW4TpnoVuw8>

<https://youtu.be/1y51YO5FmrY>

[Preventive Care Christmas Party 2023](#)

<https://youtu.be/CVYC9iHF2eo>