

Windward

HEALTH

Castle Medical Center

Adventist
Health

Exceptional Medicine
by Exceptional People

Winter 2016



First Lady Dawn Ige (center) and Administrator of the Department of Health Chronic Disease Prevention & Health Promotion Division Lola Irvin (far right) honored Castle Medical Center recently as the first hospital in the state to adopt the Department of Health's Choose Healthy Now food labeling project. Accepting the award were (from left) Vice President Patient Care Laura Westphal; Vice President Finance and CFO Jeff Nye; Vice President Medical Affairs Alan Cheung, MD; President and CEO Kathy Raethel; and Vice President Operations Travis Clegg.



INSIDE THIS ISSUE

Back Page: What to do in case of stroke

Insert: Find 'state of the heart' care at Castle



George W. Greene, Esq., HAH president and CEO; Emilie Smith, BSN, MBA, executive director, Castle Home Care; and Kathleen Libao-Laygo, RN, the Healthcare Association of Hawai'i director of Quality and Regulatory Affairs.

Smith honored at HAH 2015 Awards and Scholarship Gala

THE HEALTHCARE ASSOCIATION OF HAWAII (HAH) honored 14 health care professionals and two state legislators at their annual Awards and Scholarship Gala, Hawai'i Healthcare Heroes, on Oct. 3 at the Ko'olau Ballrooms in Kaneohe. These health care professionals exhibited commendable service in their care for others.

Among those honored was Castle Home Care Executive Director Emilie Smith, BSN, MBA. Smith received the HAH award for leadership. In addition to the financial success Castle Home Care has shown under her direction, her focus on quality changes has led to visible improvements in Castle Medical Center dashboard reports.



(From left) First Lady Dawn Ige; President and CEO Kathy Raethel; Director of Nutritional Services Ruby Hayasaka; and Department of Health Administrator Lola Irvin.

Following her presentation, Ige joined Castle patients and associates in the CMC Maile Room to sample smoothies made with blender bikes (powered by associates and visitors), and other healthy food and drink items.

CMC receives \$250K from McInerney Foundation

CASTLE MEDICAL CENTER recently received a \$250,000 grant from The McInerney Foundation to fund the medical center's Emergency Department expansion and renovation project. The generous grant will be used specifically to upgrade exam room furnishings, as well as medical, diagnostic and surgical equipment.



The generous donation from the McInerney Foundation will benefit the renovation of Castle Medical Center's Emergency Department.

Sponsors 'chip in' \$115K at golf tournament



WE EXTEND A sincere mahalo to the players and volunteers who participated in and contributed to the success of Castle Medical Center's 25th Annual Chip In for Castle Golf Tournament at the Mid Pacific Country Club on Aug. 31. The tournament raised \$115,000 for patient care projects at the medical center. Planning is already underway for the next tournament scheduled for August of next year.

A heartfelt mahalo to these sponsors and all of our generous donors.

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- Nakata Electric

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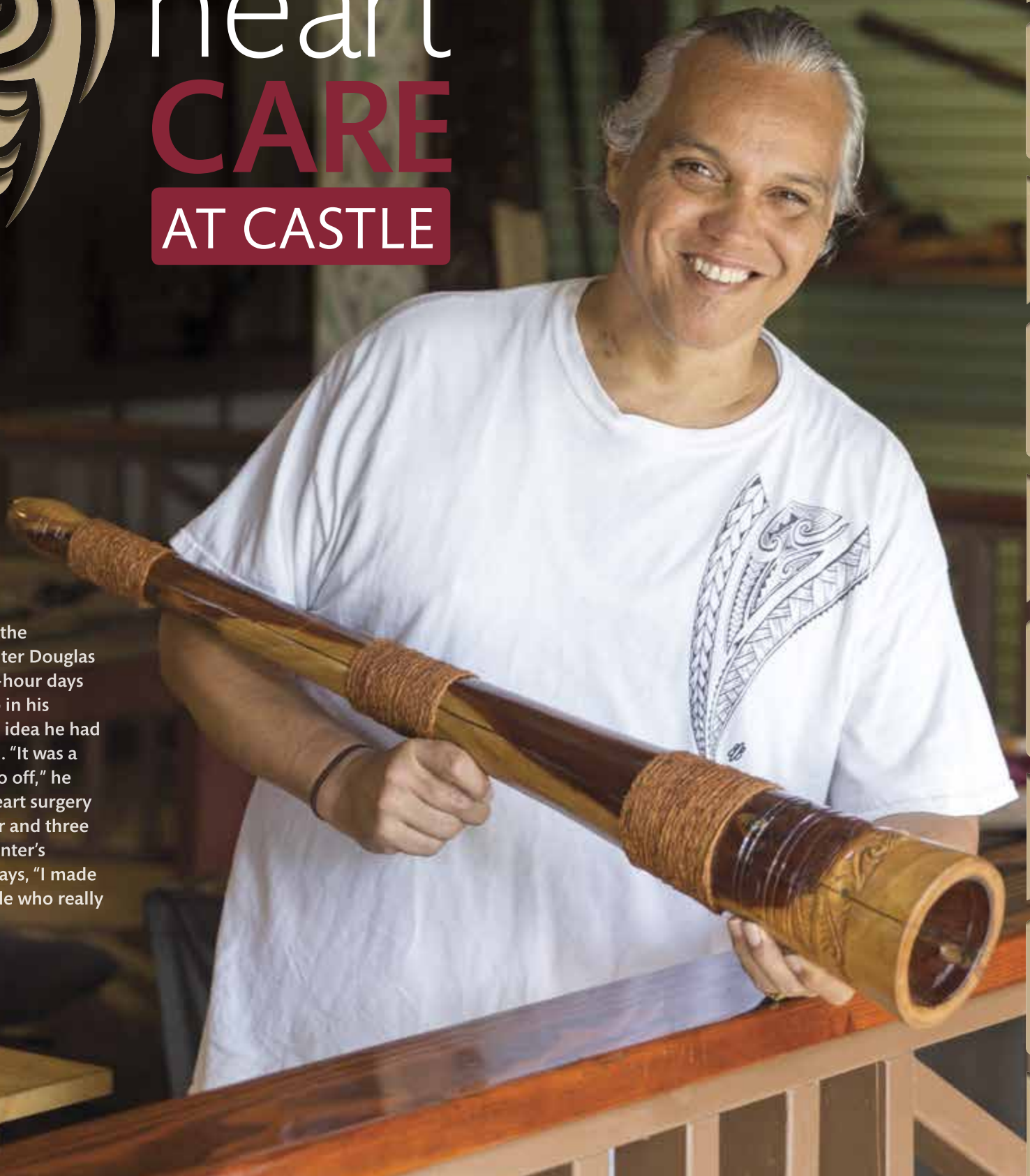
FIND
'state
of the
heart'
CARE
AT CASTLE

Castle Medical Center

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*Exceptional Medicine
by Exceptional People*

Master Wood Carver at the Polynesian Cultural Center Douglas Christy was working 16-hour days when he noticed a drop in his energy level. He had no idea he had a serious heart problem. "It was a time bomb waiting to go off," he says. Following open-heart surgery at Castle Medical Center and three weeks in the medical center's intensive care unit, he says, "I made friends there with people who really care about me."



'state of the heart' CARE

BY MELE POCHEREVA

In a cardiac emergency, time is unforgiving. Medical experts advise calling 911 within five minutes if you think you or someone else is having a heart attack.

Thanks to Castle Medical Center's investment in cardiopulmonary diagnostic and treatment facilities in recent years, Windward O'ahu residents can rest easier knowing that comprehensive heart care is available close to home, 24/7, 365 days a year.

"From our state-of-the-art hybrid cath lab to advanced procedures that include open-heart surgery, Castle is on par with every other health care facility in the Islands," notes Sonny Wong, MD, FACC, a cardiologist who also chairs Castle's cardiovascular section. "And we are supported by a compassionate, well-trained staff with years of experience in providing the specialized care that heart patients require."

Our specialized facilities

Castle's cardiovascular services center around three specialized facilities—the Cardiac Catheterization Laboratory, the hybrid cardiovascular room and the cardiovascular operating room—each equipped with the latest technology.

The cath lab, remodeled just two years ago, gives the cardiology team powerful and efficient imaging capabilities and information-sharing tools. The lab's Philips FD-10 imaging system, for example, can be programmed to take X-ray images of the heart—or angiograms—from multiple angles by making a full sweep around the body. The procedure not only is faster than the older technology, but it also requires fewer injections of dye into the

blood stream and reduces the patient's radiation exposure and other possible risks. Images are digitally stored as they are taken, making them instantly available for the cardiologist's review and easy to share with other team members and specialists.

The lab also supports a broad range of catheter-based procedures that use tiny, specialized tools and devices to treat damaged or blocked blood vessels.

As its name implies, the hybrid room has dual functions as both a catheterization lab and an operating room. Here, a Philips FD-20 cath lab system with its crisp 2- and 3-D imaging guides cardiologists through advanced cardiovascular and endovascular procedures. Should a patient need to undergo further open-heart surgery, the hybrid room shifts to a full-service operating room, avoiding the need to move the patient to another operating room.

Castle is one of just a few hospitals nationwide to have such a versatile facility as this, where a combination of technologies supports a full range of interventional procedures and complex surgeries, all in the same room.

Like the cath lab, the cardiovascular operating room also was recently rebuilt and furnished with some of the most advanced equipment in the state to ensure that heart patients in Windward O'ahu have access to state-of-the-art cardiology care without having to make a trip into town.

A life-changing experience

Last summer, while working 16-hour days as the master wood carver at the Polynesian Cultural Center, Doug Christy noticed his energy level had been going down. But the 52-year-old Laie resident had no idea that he had a heart problem. So it came as a surprise when his doctor detected a

possible heart murmur during a routine check-up. An electrocardiogram confirmed the murmur, and Christy was referred to Castle for a treadmill stress test.

Administered by cardiologist Albert Ing, MD, the stress test appeared to be going well until the end

of the test, when Christy's accelerated heart rate failed to drop back to normal.

"Dr. Ing was alarmed; I had failed the test," Christy says. Michael Yee, MD, a specialist in interventional cardiology, was called to perform an angiogram, an imaging test that uses a special dye and X-rays to detect blockages or damage in the arteries.

What Dr. Yee found was a significant ascending aortic aneurysm—or bulge in the part of the aorta closest to the heart—and a leaky valve in the aorta, the large vessel that carries blood from the heart, through the chest and to the rest of the body.

Cardiovascular surgeon Henry Louie, MD, FACS, was consulted, and a decision was made to repair



Lifesaving surgery

Kaneohe resident George Dayag figured old age was to blame for the shortness of breath he felt during his walks. But when the 71-year-old Vietnam veteran slipped off the bed and had trouble getting up, his wife Linda knew something serious was going on: His skin was clammy, and his eyes were rolling. She called 911.

George doesn't remember anything about the ambulance ride to Castle Medical Center or the next several weeks. He had an angiogram in Castle's cath lab where cardiologist Albert Ing, MD, found that he had severe vessel disease and was in cardiogenic shock—a life-threatening emergency in which the heart is unable to pump enough blood and oxygen to meet the body's needs. George was put into a medically induced coma. Dr. Ing inserted an intra-aortic balloon pump to provide circulatory support until George underwent quadruple bypass surgery performed by Henry Louie, MD.

George spent five weeks in Castle's intensive care unit and during that time went into cardiopulmonary arrest at least five times. "I had no idea I was that far gone," he says.

Linda never knew from one day to the next what might happen to her husband of 43 years. She's grateful for Castle's caring staff. "The nurses were very attentive, the intensivists always came in with updates about what happened overnight, and Dr. Louie and Dr. Ing frequently stopped by and gave encouraging words of hope," Linda says. "I was at ease as far as George's care was concerned and felt that I could leave the hospital knowing he was in good hands."

George's surgery has given him a brighter future, and he and Linda look forward to celebrating more anniversaries.

"The nurses were very attentive, the intensivists always came in with updates...and Dr. Louie and Dr. Ing frequently stopped by and gave encouraging words of hope."

and replace the damaged artery using a Bentall procedure—an open-heart operation that replaces the aortic valve, aortic root, and entire ascending aorta with an artificial graft, and then re-implants the coronary arteries into the graft.

"I had hoped to postpone the procedure until later in the year, but when my energy level dropped dramatically

the following week, we decided the surgery couldn't wait," Christy says. "It was a time bomb waiting to go off and very overwhelming for me."

Following the surgery, Christy spent three weeks recovering in Castle's intensive care unit. "I didn't realize how intense it would be. I've had other surgeries and was up and about in a matter of days."

Reflecting on the care he received at Castle, Christy says, "The whole experience has been life changing. When I woke up after the surgery, I felt like I was crawling out of a dark hole. The ICU staff were so professional and really understood what I was going through. I made friends there with people who really care about me. I give all of those folks high fives."



A second chance

Ron Ishizu keeps fit by circling Enchanted Lake—a 3-mile route he walks five to seven days a week. When he experienced mild pressure in his chest several times over a couple of months, he shrugged it off as acid reflux. "I never felt the typical symptoms of a heart attack, such as acute pain or nausea," he says.

Last August, Ishizu became concerned when the pressure returned three days in a row during his walks. It was "like someone was sitting on my chest," he said. When he had his blood pressure checked, it was abnormally

high. Ishizu checked in with his internist, who increased the dosage of blood pressure medication and ordered an electrocardiogram. Although the EKG results were normal, another episode of chest pressure prompted an appointment for an angiogram.

The day before the procedure, Ishizu experienced chest pressure and pain. "I think I'm having a heart attack," he told his wife, who promptly called 911. "I ended up at Castle's emergency room, and I'm glad I went there. Castle cardiologist Dr. Markarian did an angiogram the next day, and I could see the blockages. That afternoon, Dr. Louie did a quadruple bypass surgery, but not before explaining the risks and what was in store for me. It was comforting."

Ishizu felt a big improvement as soon as he awoke from surgery. Several days later he was strong enough to be released to the Rehab Hospital for specialized therapy. After just nine nights at Rehab Hospital, Ishizu was back home. Now he's walking around his neighborhood, building up to the day when he can return to his 3-mile walks around the lake.

"I'm here to enjoy my second chance and see my grandchildren grow up," Ishizu says.



Our heart care specialists

Castle Medical Center's cardiovascular team includes five board-certified physicians whose specialties and subspecialties provide a comprehensive scope of medical services. They are backed by a highly skilled staff of nurses and technicians who are as passionate about patient care as the doctors.

"Thanks to the state-of-the-art simulation lab that the University of Hawaii's School of Nursing opened several years ago, every member of our ICU team has completed the specialized training required of complex heart surgery and post-operative care," says Nancy Day, interim director of Cardiovascular Services at Castle. "It adds another layer of excellence to the care that patients can expect at Castle.

"We meet many of our patients in a very vulnerable state of health, so there's no greater joy than to guide them through recovery and see them reunited with their families," says Day. "After you've had heart surgery at Castle, you're part of our 'ohana forever. We celebrate our 'heart family' each year with a special party for our patients and staff."



For further information on our cardiovascular care services, call **263-5209**.

Our expanding services



Chronic total occlusion percutaneous coronary intervention

Coronary artery chronic total occlusion (CTO) is complete or almost complete blockage of a coronary artery for 30 or more days. Coronary CTO is caused by a heavy buildup of atherosclerotic plaque within the artery. Castle now offers an intravascular option that uses advanced technology and proven techniques to open your CTO and help to decrease your symptoms.

If you have been diagnosed with having a chronic occlusion in one of your heart arteries or have been told you need bypass but your blockages are too complex or you have too high a risk for surgery, you may be a candidate for this new option offered by interventional cardiologist Michael Yee, MD. Dr. Yee will personalize a treatment plan for each patient with CTO based on the severity of the individual's symptoms, as well as his or her coronary artery disease.

"The benefits of CTO revascularization are potential improvement in symptoms and quality of life and improved left ventricular function and arrhythmia control," Dr. Yee says, "as well as improved tolerance of subsequent heart attacks, and a trend toward improved survival regardless of symptoms if the ischemic burden is large."

Currently, CTO percutaneous coronary intervention techniques are performed by only a handful of physicians in the state. "These techniques are also applicable to peripheral vascular disease and critical limb ischemia and limb salvage," Dr. Yee adds.

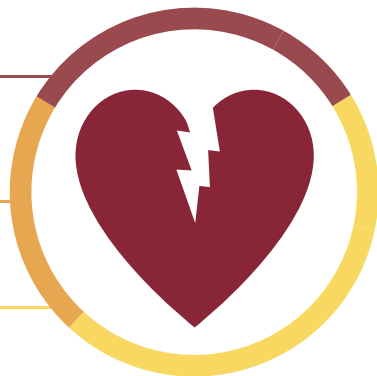
Heart attack: Know the warning signs

If you see these in yourself or someone else, don't wait. **Call 911.**

Chest pain, pressure, fullness or squeezing that lasts more than a few minutes or comes and goes

Sudden lightheadedness, shortness of breath, nausea or cold sweat

Pain in the arm, shoulder, back, neck, jaw or stomach



Source: American Heart Association

Meet our cardiovascular team



Henry W. Louie, MD, FACS, specializes in cardiothoracic surgery. He completed residencies in cardiothoracic surgery and general surgery at the University of California, Los Angeles School of Medicine, where he was awarded a fellowship in cardiothoracic surgery. He is board-certified by the American Board of Thoracic Surgery.

Dr. Louie can be reached at **531-3311**.



Albert Ing, MD, specializes in cardiology. He completed his residency in internal medicine and was awarded a fellowship in cardiology at Temple University Hospital, Episcopal Campus, in Philadelphia. Dr. Ing is board-certified by the American Board of Internal Medicine, and he is board-qualified for a subspecialty certificate in cardiovascular disease.

Dr. Ing can be reached at **200-7044**.



Maria A. Markarian, DO, FACC, specializes in cardiology, interventional cardiology and internal medicine. She completed her residency in internal medicine at the College of Osteopathic Medicine of the Pacific, Western University of Health Sciences, Pomona, California, where she was awarded a fellowship in cardiovascular disease. Dr. Markarian is board-certified by the American Osteopathic Board of Internal Medicine, with subspecialty certificates in cardiology and in interventional cardiology.

Dr. Markarian can be reached at **439-8450**.



Sonny J.H. Wong, MD, FACC, specializes in cardiology and internal medicine. He completed his residency at the University of Nevada, Las Vegas, where he was awarded a fellowship in cardiovascular disease by the American Board of Internal Medicine, with a subspecialty certificate in cardiovascular disease.

Dr. Wong can be reached at **261-2441**.



Michael Y. Yee, MD, specializes in cardiology, interventional cardiology and internal medicine. He completed his residency at Jersey Shore Medical Center in Neptune, New York. Dr. Yee was awarded a fellowship in cardiology at Mt. Sinai Medical Center in Miami. He is board-certified by the American Board of Internal Medicine, with a subspecialty certificate in cardiovascular disease.

Dr. Yee can be reached at **261-0765**.



Find out more about our cardiovascular services at **263-5209**.



TAKE TIME FOR YOUR HEALTH

events calendar

sign up
online
castlemed.org

Take time for yourself with Castle Medical Center's health programs. We invite you to register for a health-promoting class or seminar or call for a physician referral. Call **263-5400**, or visit our website at **castlemed.org** and click on "Classes and Events."

Castle Medical Center
Adventist Health

SEMINARS



6 to 7:30 p.m.
Castle Wellness
& Lifestyle
Medicine Center
Auditorium

These free monthly seminars provide expert health and wellness education from leading health care professionals. Healthy refreshments will be served.

Living Well Today and Sustaining It

Thursday, Jan. 14

Forget the resolutions and fad gimmicks. Learn the newest recommendations for nutrition and exercise and how to sustain these behaviors for a lifetime.

- ▶ Amanda O'Neill, RDN, CDE, CSSD
- ▶ Cindy Carvalho, BS, ACE-CPT



The Painful Shoulder: What Are My Treatment Options?

Thursday, Feb. 11

The shoulder, after the knee and hip, is the third most common joint to require surgical replacement for arthritis. Dr. Salassa will discuss the surgical and nonsurgical treatment options for shoulder arthritis and how these options can help patients maintain a higher quality of life.

- ▶ Tiare Salassa, MD, orthopaedic surgeon



Road to Wellness

Thursday, March 10

Dr. Louie shares how patients and their families have helped him achieve a peaceful life.

- ▶ Henry Louie, MD, FACS, cardiothoracic surgery



Registration is required.
Call **263-5400** or visit
castlemed.org.



BRAIN BOOSTER

Tuesdays, Feb. 2, 9, 16, 23, 1 to 3 p.m.
Fee: \$75.00/person for the series

Boost brain power with exercise,

nutrition, art/creative activities and mindfulness practice. This series is for those who are trying to prevent cognitive decline/memory loss, and for those with mild cognitive impairment.

Registration and pre-payment are required. For more information, contact the Wellness Center at **263-5050**.

Presented by:

- ▶ Nicole Kerr, MPH, RD
Wellness & Lifestyle Medicine
- ▶ Eileen Towata, PhD
Wellness & Lifestyle Medicine
- ▶ Katrina Moss, PsyD
Hawai'i Pacific Neuroscience



FAMILY

Take a tour of the Birth Center, or sign up for classes: ▶ Giving Birth at Castle. ▶ Lamaze. ▶ The Bradley Method. ▶ Infant Safety. ▶ General Newborn Care. ▶ Breastfeeding. ▶ Car Seat Safety. ▶ Healthy Pregnancy. Visit **castlemed.org** or call for dates and registration.

FITNESS

Call **263-5050** or visit **castlemed.org** for information on all fitness classes.

Exercise Classes

Registration and fitness assessment are required (may include medical clearance).
▶ Better Bones. ▶ Core Conditioning. ▶ Functional Fitness. ▶ Longer Life. ▶ Lunch Crunch. ▶ Dynamic Stretching. ▶ Build Your Balance. ▶ Pilates.

NUTRITION

Preventing Diabetes

Wednesday, Feb. 10, 2 to 4 p.m.

We are offering a prediabetes class designed for anyone diagnosed with prediabetes, impaired fasting glucose, impaired glucose tolerance or metabolic syndrome. Learn:

- ▶ Strategies for healthy eating.
- ▶ Strategies for increasing physical activity.
- ▶ Meal planning for prediabetes management.

Space is limited and registration is required.

Class fee: \$7/person

Presented by Amanda O'Neill, RDN, CDE, CSSD



EAT WELL FOR LIFE

Thursdays, 6 to 7:15 p.m.

Instructor: Eileen Towata, PhD

In 2016, join us for "Global Cuisine—With a Vegan Touch," which will explore plant-based eating around the world. These demonstration classes include samples and written recipes. Class fee: \$10/person. Registration and prepayment are required. Call **263-5400** or visit **castlemed.org**.

Jan. 28: Bon Appétit!

Enjoy dishes with a French flair.

Feb. 25: Delizioso!

Take your taste buds on a vegan tour of Italy.

March 24: Eatin' o' the Green

Explore the cuisine of Ireland.

JOINT CARE SEMINARS

Thursdays, Jan. 7 (Shoulder), Feb. 4 (MAKO and hip), March 3 (MAKO and shoulder)

6 to 7 p.m., Wellness Auditorium

Learn from our orthopaedic surgeons Linda Rasmussen, MD; Thomas Keller, MD; and Tiare Salassa, MD, about treatment options to manage shoulder and knee and hip pain.

WEIGHT LOSS

Weight-Loss Surgery Seminars

Saturday, Jan. 9 or March 5, 7 to 8:30 p.m.

Wednesday, Jan. 20 or March 16, 6:30 to 8 p.m. or Thursday, Feb. 18, 6:30 to 8 p.m.

Wellness Center Auditorium

Learn about Castle's comprehensive Metabolic and Bariatric Surgery Program from bariatric surgeons Steven Fowler, MD, and David Henry, MD, as well as other bariatric team members. Registration required. Call **263-5400**.

KIDNEY DISEASE EDUCATION

Aloha Kidney Classes (6 weeks)

New night: Mondays, Jan. 11, 25, Feb. 1, 8, 22, 29, 5 to 7 p.m.

Aloha Kidney is a new education class for patients with chronic kidney disease. To register, call **585-8404**.

SUPPORT GROUPS

Free and open to the public. Call **263-5400** or visit **castlemed.org** for details.

- ▶ Alzheimer's Caregivers. ▶ Hospice Hawai'i.
- ▶ Mama Hui. ▶ NAMI. ▶ Parkinson's Disease.

SMOKING CESSATION

Free counseling by appointment

Quitting tobacco use? Call one of our certified tobacco treatment counselors for coaching and guidance, and to learn about nicotine patches, gums and lozenges, which are available to eligible participants. Call **263-5048** to schedule an appointment.

How to find us

Call us: 808-263-5500

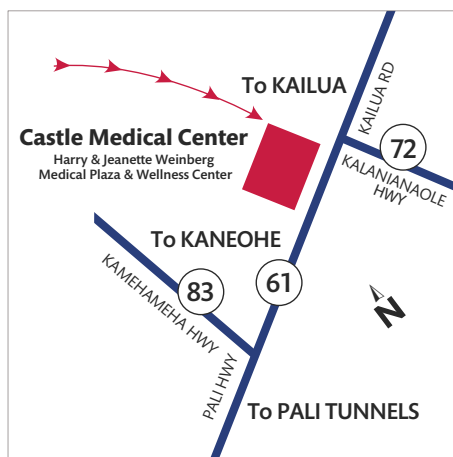


Visit us at castlemed.org.

Email us: Visit our website at castlemed.org, and click on "Contact Us." We'd be happy to hear from you!

- ▶ Send us a comment.
- ▶ Request a Castle brochure.
- ▶ Request a physician directory.

Write or visit us: Castle Medical Center, 640 Ulukahiki St., Kailua, HI 96734-4498



Castle Medical Center



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F.A.S.T.

AN EASY WAY TO REMEMBER
THE SUDDEN SIGNS OF STROKE



FACE

Does one side of the face droop? Is it numb? Can they smile? Is the smile uneven?



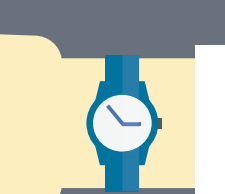
ARM

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



SPEECH

Can they correctly repeat a simple sentence? Is it slurred or hard to understand?



TIME

Call 911 immediately, even if the signs go away. Note the time when the first signs appeared. It will help with treatment options.



Castle Medical Center's Emergency Room staff can administer tests to determine if a TIA, stroke or another medical problem caused your symptoms.

If someone shows any of these signs, call 911 right away.

Source: American Stroke Association

Commit to be Fit

WHILE MANY PEOPLE annually place exercise on their New Year's resolutions list as they recommit to being fit, Chris Funasaki, 63, and Betty Flom, 85, have made exercise a way of life by participating in Castle Wellness & Lifestyle Medicine Center's fitness classes.

While fitness classes aren't at the top of the list of reasons people visit Castle Medical Center, the Castle Wellness & Lifestyle Medicine Center has provided exercise classes that are safe, convenient and affordable for over two decades.

Funasaki visits Castle's Wellness Center four days a week and takes a variety of classes including:

- ▶ **Pilates**—which she says helps her with awareness and makes moving easier and more efficient.
- ▶ **Interval classes**—which help her improve her stamina and, consequently, her tennis game.

She says her love of tennis and exploring the great outdoors kayaking, hiking and white water rafting motivates her to keep working on her fitness level.

Flom, who attends "Longer Life" classes three times a week, signed up to improve her bone health but has continued because the class is "so much fun—the music and people make me smile." In addition to the physical benefits of improving her blood pressure and cholesterol, she enjoys the camaraderie and the social aspect of the classes, as well as the



Ready to commit like Betty Flom did?

Call the Wellness & Lifestyle Medicine Center at **263-5050** to sign up for fitness classes or to schedule personal training.



Cindy Carvalho, BS, ACE-CPT, shows Chris Funasaki the ropes.

confidence she's gained in her movements.

Today the center's classes incorporate the newest information and approaches to movement delivered by experienced, knowledgeable instructors Cindy Carvalho and Eileen Towata. Both were inspired to pursue careers in health and fitness after experiencing firsthand the power of "exercise as medicine" when they themselves were class members.

Make fitness fun this year

Chris and Betty say it's important to have a social outlet. Laughing and interacting with others and having the support of family and friends helps them maintain their exercise habits. Walking with a friend, Chris says, has led to weekly excursions beyond her neighborhood—a nice addition to her fitness classes.

Studies show that exercise actually makes you feel better and, as you age, will help you maintain your independence and continue to do the things you enjoy. Exercise really is the prescription for a healthy and happy life!

If you wish to be removed from this mailing list and no longer wish to receive *Windward Health*, please write to the Marketing Department at 640 Ulukahiki St., Kailua, HI 96734, or email us at callcenter@ah.org.

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Kathryn Raethel
President and CEO

Jasmin Rodriguez
Director of Marketing & Communications

Helene Waihee
Editor

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