



Castle Medical Center

Adventist Health

Exceptional Medicine by Exceptional People

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Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

SUMMER 2006

HEALTH (LINK)

SIP WATER, SAVE YOUR TEETH.

Next time you reach for a cool drink, you might want to choose water over a sports drink. Sports drinks contain additives and acids that can harm tooth enamel if you drink them on a regular basis.

—General Dentistry



LET'S GO, FIDO!

Want a fun way to shed a few pounds? Try walking a dog. According to one study, walking a dog—their own or someone else's—encourages people to walk more often and for longer periods of time.

—University of Missouri-Columbia

MORE BIRTHDAY CANDLES FOR EVERYONE.

Overall U.S. life expectancy is now 77.6 years, which means that Americans are living longer than ever. One reason for longer life spans may be fewer deaths due to heart disease, cancer and stroke.

—Centers for Disease Control and Prevention



The new patient rooms have more space to accommodate visitors.

CASTLE OPEN HOUSE JULY 30

HELP US Celebrate

The completion of Castle Medical Center's new, three-story hospital tower is cause for celebration, and you're invited to join the fun!

Bring the whole family to an open house on the Castle Medical Center grounds Sunday, July 30, from 1:30 to 5 p.m. Enjoy an afternoon of tours, cooking demonstrations, free health screenings, ongoing entertainment, refreshments, balloons and other giveaways. Special hands-on exhibits, along with an up-close look at an ambulance and fire truck, will keep the kids busy too.

Among the departments open to visitors that day are Castle's new Surgical Weight Loss Institute, the Wellness Center, Performance & Rehabilitation Center, Joint Care Center and Cardiac Cath Lab. Castle's Wellness on Wheels van also will welcome visitors.

The afternoon's entertainment line-up includes performances by Ho'okena, Maila Gibson, Olomana, and the Rich Crandall Trio.

The new 15,000-square-foot hospital

tower is part of a \$15.5 million multiphase project that will provide additional space for private patient rooms within Castle's 160-bed hospital. The tower houses 40 new patient rooms on the third floor and 42 on the second floor.

With that work completed, existing facilities in the main hospital are now being renovated, particularly the nursing units and patient rooms. This phase is scheduled for completion in early 2007. Both the new and renovated rooms are larger than the old rooms, allowing more space for visitors and modern bedside technology.

A GENEROUS COMMUNITY "The generous support from the Harold K. L. Castle Foundation, the Harry & Jeanette Weinberg Foundation and the community enabled this project to proceed, and we hope the community will join us in celebrating this exciting accomplishment," says Castle Medical Center President and CEO Kevin A. Roberts.

Community donors have contributed more than \$300,000 toward the project, with another \$375,000 committed by Castle's hospital family, including board members, physicians and medical staff. The largest single donor is the Harold K. L. Castle Foundation, which has made the largest donation in its history to this project. The foundation's initial grant of \$1 million was accompanied by a pledge for another \$1 million as well as a \$1 million matching grant that doubles the value of contributions received from the community.

The Weinberg Foundation granted a capital improvement grant to Castle Medical Center in the sum of \$1.5 million toward construction of the new tower.

The new hospital tower is the second major expansion project in recent years. In 2002 Castle opened the Harry & Jeanette Weinberg Medical Plaza & Wellness Center.

CATH LAB celebrates too

ONE YEAR AGO, Castle Medical Center's Cath Lab expanded its services to include interventional cardiac catheterization, allowing physicians to treat a wide range of heart problems using the most current procedures. Having recently completed its 100th interventional procedure, the Cath Lab now has two milestones to celebrate.

As part of Castle's July 30 open house, the Cath Lab will open its doors and invite visitors to stop in for a brochure and a look around the lab.

Medical staff from Castle's Cardiopulmonary Department will be on hand to answer questions about the use of coronary angioplasty, stenting, and other interventional and diagnostic procedures available to detect and treat blocked arteries, defective heart valves, and other coronary problems.

According to Ron Sanderson, director of Castle's Cardiopulmonary Department, cardiac catheterization is less invasive than open-heart surgery, has fewer complications and requires a shorter hospital stay, among other benefits.

"For Windward residents, the availability of angioplasty services close to home is especially important for the treatment of heart attacks, when every minute counts," Sanderson says. "Stop by the lab and check out our services."



Come to an open house celebrating the completion of our new tower. Sunday, July 30, 1:30 to 5 p.m. Blessing ceremony: 2:30 to 3 p.m. For information, call 263-5400 or visit www.castlemed.org.



LOOK INSIDE! SPECIAL JOINT CARE INSERT (PAGES 3-6).

HEALTH CARE COMES HOME

There's nothing like the comfort of your own home when you're sick, disabled or recovering from a stay in the hospital.

And that's part of what makes home health care so appealing. These days, home health care brings a variety of health and social services right to your door.

"We are living in an era of home delivery," says Val J. Halamandaris, president of the National Association for Home Care & Hospice (NAHC). "Home care services can provide just about anything you can think of."

Types of home health care services include:

- Medical or nursing assistance.
- Physical, speech and occupational therapy.
- Pain management.
- Assistance with cooking and other household duties, and with personal needs, such as bathing.
- Companionship for those who can't be left home alone.

Because home health care provides such a broad range of services, it benefits many types of people, including children or adults with disabilities, people recovering from illness or injury, and people who are chronically or terminally ill.

SERVICE AT YOUR DOOR The home health professionals who offer these services include:

Home health agencies, such as Castle Home Care, provide doctors, nurses, physical and occupational therapists, dietitians, social workers, housekeepers and volunteers.

Home care aid agencies, such as Castle Community Care, provide caregivers who help with household tasks, such as cooking and housekeeping. Caregivers also assist with such day-to-day activities as bathing and dressing.

Pharmaceutical and medical equipment delivery. These providers deliver medicine and equipment, such as wheelchairs or walkers, directly to your home. Nurses may visit the home to help people who use medications that require intravenous tubes or special equipment.



Need help at home? Call Castle Home Care at 247-2828 for help.

CHOOSING A PROVIDER The first step to finding a home health care provider is to determine the services you need. Next, ask your doctor, hospital discharge planner, family or friends to recommend a local agency.

To find a reputable organization, Halamandaris advises that you check to be sure that the agency has the required state licenses and certifications.

You'll also want to ask the following questions:

- Does the agency offer the services you need?
- How long has this agency been serving the community?
- How does the agency handle emergency situations?
- Does the agency provide a substitute when your regular caregiver is ill or on vacation?
- How are services supervised?



To learn more about home health care, visit our Web site at www.castlehomecare.org.

Who PAYS for home health care?

Depending on the services provided, the cost of home health care services may be paid by:

- **Public third-party payers, which include government programs, such as Medicare, Medicaid and the Department of Veterans Affairs.**
- **Private third-party payers (such as HMSA and TriCare), which include private health insurance companies, managed care organizations, insurance for military retirees and workers' compensation.**
- **Self-pay, in which you negotiate a fee and pay privately for services.**

Check to see what services your insurance covers. If you have Medicare, you will need to meet certain conditions to have home health services covered.

To learn more about what Medicare will pay for, go to www.medicare.gov and type "home health care" in the search box.

Sources: National Association for Home Care & Hospice; U.S. Department of Health and Human Services

HOW TO FIND US

CALL US:
(808) 263-5500

E-MAIL US:

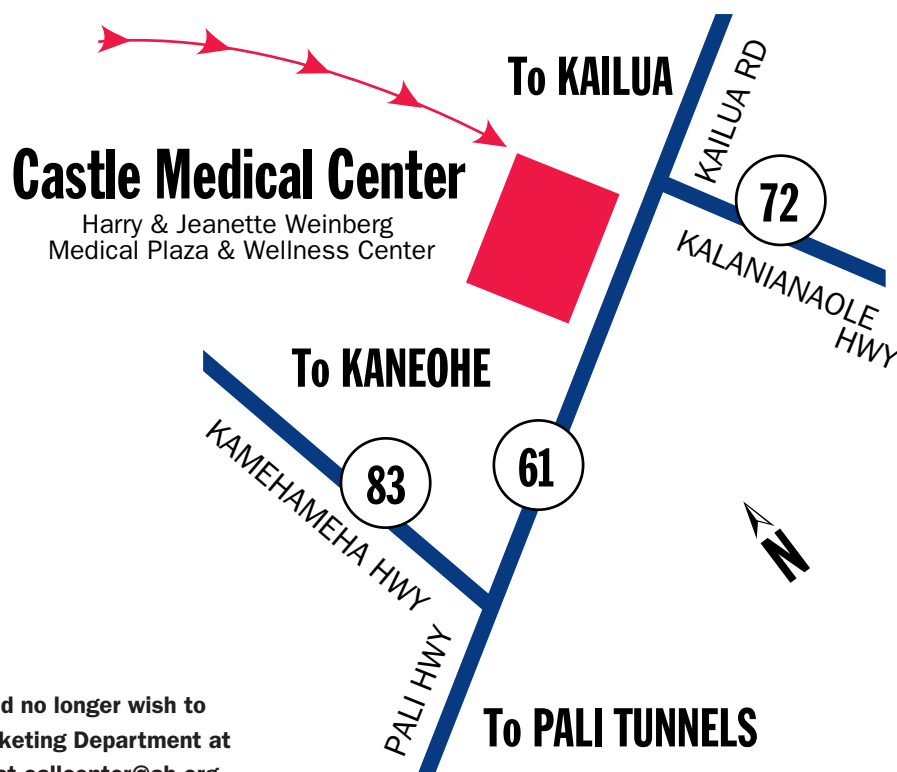
Visit our Web site at castlemed.org and click on "Contact Us." We'd be happy to hear from you!

- 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

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Information in WINDWARD HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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WindwardHealth

SUMMER 2006

Joint Care Center

SUMMER 2006

SPECIALIZED CARE

BY MELE POCHEREVA

BARBARA LEU, A RETIRED SCHOOL TEACHER, IS A FAMILIAR FACE AT CASTLE'S JOINT CARE CENTER, HAVING HAD BOTH KNEES AND

a hip replaced since 2002. The first surgery took place after a three-week trip to Europe, where her already-painful right knee took a turn for the worse after stepping off one of London's double-decker buses.

Upon her return to the U.S., a visit to orthopedic surgeon Linda Rasmussen, M.D., confirmed the need for surgery.

"That was my first introduction to the Joint Care Center, and I loved it there," Leu says. "Even though I was in pain, it was like being in a hotel, not a hospital. Friends who visited asked if I was going home soon since I was dressed in my street clothes, but I told them we were encouraged to wear our own clothes, not hospital gowns."

A CARING APPROACH When it opened in 1997, the Joint Care Center was Hawaii's first such specialized facility, offering a comprehensive program unlike most

IS KEY TO SUCCESS

hospital stays. Keeping in mind that the center's patients aren't sick, but just recovering from surgery, Castle has created a comfortable environment that promotes positive attitudes among the patients.

Dr. Rasmussen has been part of the Joint Care Center's medical staff since it opened, and she now performs 150 to 200 joint replacement surgeries each year.

"Patient care is really a team effort between the operating room and Joint Care Center staff and the surgeon," she says. "And having nurses who are specially trained to care for our joint replacement patients is important. They are in touch with the needs of recovering patients and are good at keeping their pain under control."

The typical hospital stay at the Joint Care Center is four nights and five days. Following a preoperative meeting—

usually held the Friday prior to surgery—patients check in Monday morning and have surgery the same day. On Wednesday they enjoy a catered luncheon with family members. On Thursday a gourmet dinner is held with other Joint Care Center patients—Castle's way of saying "aloha" before patients go home on Friday.

During their stay, each patient has a private room with access to the center's lounge, where patients are encouraged to eat together and socialize. Group exercises as well as private physical therapy sessions are scheduled throughout the

—Continued on page 6

FREE Knee and Hip Pain Seminars at Castle Medical Center

- Second and fourth Tuesdays, 10 a.m.
- Ohana Room.
- Evening seminars are also available in the Wellness Auditorium.

Attend one of our free seminars about the causes of hip and knee pain and learn how you can reduce the pain. Call to reserve your place in an upcoming session and get:

- Tips about diet and exercise that can help reduce pain.
- Information on available treatment options, such as medication and joint replacement surgery.

Castle Medical Center's Joint Care Center is the first such center in Hawaii dedicated to hip and knee replacement procedures. Staffed by specially trained nurses and other professionals, the Joint Care Center offers a personalized four-day treatment program to help speed recovery in a healthy, active environment.

In addition, our staff of orthopedic surgeons is in demand for sports-related problems; wrist, foot and shoulder pain; and nerve and tendon injuries related to repetitive motion.

To attend a free seminar, call 263-5400 or visit us online at www.castlemed.org. Seating is limited, so please call now to reserve your place.



WALKING TALL: Retired teacher Barbara Leu (left) now enjoys walking with her friends at Windward Mall after having both knees and a hip replaced at Castle's Joint Care Center.

PAIN, PAIN AND MORE PAIN. ♦ THAT'S WHAT 64-YEAR-OLD PAT DARNE ENDURED

almost constantly before she became the grateful owner of a new knee.

"I was living on Advil," she recalls, "and I still couldn't walk without wincing"

Arthritis had relentlessly destroyed the cartilage—the shock-absorbing material that keeps bone from rubbing against bone—in her right knee.

But all this was before Darne agreed to a two-hour surgery in which her damaged knee was completely replaced by an artificial one made of plastic and metal.

Now, one year after the surgery, Darne is largely pain-free. "I've got my life back," she says.

Darne's enthusiasm about joint replacement surgery is hardly unique.

"Joint replacement surgery is one of medicine's breakthroughs. It allows people who were in significant pain because of a damaged or diseased joint to move comfortably again," confirms Michael Mont, M.D., speaking for the American Academy of Orthopaedic Surgeons (AAOS).

A CLOSER LOOK Today, surgeons perform hundreds of thousands of total joint replacement surgeries every year in this country, replacing human joints severely damaged by arthritis, fractures and other conditions with artificial ones in mint condition. Hips, knees and shoulders are some of the most commonly replaced body parts, but elbows, ankles and wrists can also be replaced.

Though joint replacement surgery is generally "very safe and effective," says Dr. Mont, it shouldn't be rushed into.

For one thing, it's major surgery with the potential for serious complications, such as blood clots, infections or premature loosening of the new joint. Typically, it also requires a hospital stay of several days, followed by weeks of physical therapy.

Thus, joint replacement surgery is often

JOINT REPLACEMENT SURGERY
TRADING
OLD PARTS
FOR
NEW ONES

a treatment of last resort. "This surgery isn't for everyone," says Michael Wirth, M.D., also speaking for the AAOS. "But if you've tried other remedies, such as pain relievers or physical therapy, and you're still in pain or can't move freely, then it may be really beneficial."

As for the staying power of artificial joints, most last for 15 years or longer, says Dr. Wirth.

That's long enough that many doctors now perform replacement surgeries on relatively young people—even though they may outlive their new joints and need more surgery.

A NEW KNEE If you opt for a new knee, your doctor will cut away damaged bone and cartilage from your thighbone, shinbone and kneecap, and then replace your old joint with an artificial one made of several parts. Generally, the surgery takes about two hours.

"By three months, most patients are doing quite well—meaning they have no pain or minimal pain, and they often can walk a mile or more," says Dr. Mont.

Your hospital stay for knee surgery will last from three to seven days, according to the AAOS. Before going home, you should be able to: ♦ Get in and out of bed by yourself. ♦ Extend your knee fully. ♦ Walk on a level surface or climb a few stairs with the help of a walker or crutches. ♦ Practice the exercise program your physical therapist advises.

Expect to return to your normal routine gradually. You'll probably need a walker or crutches for several weeks, and it may be six or eight weeks before you're back at work.

Naturally, you'll want to do everything possible to make your new joint last. So even after you've fully recovered, you're better off

avoiding activities that stress your joint, such as skiing or jogging.

A NEW HIP During this surgery, your doctor will replace the natural ball of your thighbone with a metal one, which attaches to a metal stem placed in your thighbone. Your doctor will also replace your hip socket.

Though doctors generally need only about two hours to give patients a new hip, the surgery can result in years of active, pain-free living. "It's a successful surgery more than 90 percent of the time," affirms Dr. Mont.

Depending on how quickly you heal, you may be hospitalized from three to 10 days, reports the AAOS. On the day after your surgery, you may even use a walker to take your first steps.

Before you're discharged, ask your doctor when you can put weight on your leg. At home, follow through with the exercises that

your physical therapist suggests.

Expect some days of your recovery to be better than others. "But gradually, most people function fairly well within six weeks," says Dr. Mont.

To protect your new hip, you'll need to follow certain precautions. Until your doctor tells you otherwise: ♦ Don't cross your legs. ♦ Sit only in chairs with arms. ♦ Avoid stairs if possible. ♦ Sleep on your side with a pillow between your knees.

But remember, even after you're completely healed, there still are some things you probably shouldn't do, such as high-impact activities like jogging.

A NEW SHOULDER In this type of total joint replacement surgery, which lasts about 90 minutes, doctors replace the ball-shaped part of the upper arm and the socket-shaped part of the shoulder blade with artificial parts.

But sometimes there's a surprise in store. Because the extent of the damage to your shoulder is often not known until the surgery is under way, your surgeon may replace only your ball or socket.

"It's a decision routinely reserved until the surgery, which makes shoulder replacement fairly unique," Dr. Wirth explains.

In either case, you'll be in the hospital for about two days. You'll also wake up from surgery wearing a sling, which you should use nightly for at least one month, says the AAOS.

You'll begin your recovery in the hospital by using a pulley to move your arm. Provided you follow your physical therapist's instructions for exercising at home, you may be back to a nearly normal routine within eight weeks, says Dr. Wirth.

Though less common than knee or hip surgery, shoulder replacement is equally effective at easing pain, the AAOS reports.

To protect your new shoulder, don't lift anything heavier than a cup of coffee for six weeks after your surgery and avoid contact sports completely, says Dr. Wirth.

Fending off INFECTIONS after surgery

Even a small infection can lead to big problems if you have an artificial joint.

That's because infections of any sort can travel through your bloodstream and settle in your artificial joint—a scenario that may force you to undergo major surgery so doctors can remove your implant and replace it with another one.

Fortunately, "the odds of this happening are very low," says Michael Wirth, M.D., speaking for the American Academy of Orthopaedic Surgeons (AAOS).

Still, because of the potential for dangerous complications, it's to your advantage to protect yourself from even minor infections. So follow these precautions from the AAOS and the Arthritis Foundation:

- Let your dentist know that you have an artificial joint before you have any procedures done, including routine ones like teeth cleaning. Bacteria that trigger infections in your mouth can also invade your implant.
- Also remind any doctor who treats you that you have an artificial joint before you undergo medical procedures, including minor surgeries and gynecological exams.
- Finally, alert your doctor right away if you suspect you have an infection. Symptoms include fever, redness or swelling of a wound, drainage from a wound and increased pain in your artificial joint.

SURGEONS PERFORM HUNDREDS OF THOUSANDS OF TOTAL JOINT REPLACEMENT SURGERIES EVERY YEAR IN THIS COUNTRY.



Physical therapy after surgery

IN MANY WAYS, what happens after your joint replacement surgery is just as important as what happens during the actual surgery.

Here's why:

As you recover, you will participate in physical therapy and learn how to make the most of your new joint.

"No matter how good the surgery, you can't have a successful outcome without physical therapy,"

says Robert Rowe, P.T., D.M.T., speaking for the American Physical Therapy Association.

An operation as major as joint replacement surgery will initially leave you weak and unable to move easily. But with the help of physical therapists, you will gradually regain your overall strength, as well as the strength of all the muscles that allow you to move your artificial joint.

You will also:

- Regain your independence. For example, if you now have a new hip or knee, you will learn how to sit up, stand and walk again.

- Increase your flexibility. Your therapist will teach you how to exercise your new joint so that you can move more freely. For instance, if you've had your shoulder replaced, you'll discover how to use a pulley to bend and extend your arm.

- Learn how to stay safe and minimize pain. You'll learn what activities to avoid so that you don't put too much strain on your new joint. You'll also find out how to ease the pain and the stiffness that follow surgery.

Don't be surprised if your therapist meets you on the day after your surgery for your first lesson on using your new joint. Typically, those lessons will continue throughout your hospital stay and even for several weeks after you're discharged—either in your home or at a rehabilitation center.

Most important, remember that "how quickly you progress depends on you," says Rowe. Be sure to practice the exercises your therapist prescribes. Also concentrate on practical goals, such as increasing the distance you can walk if you've had hip or knee surgery.

MOVING FORWARD

SPECIALIZED CARE

—Continued from page 3

week. Once they go home, patients may continue to receive rehabilitation services for four to six weeks, if necessary.

TRAVELING ON Barbara Leu was impressed with how the nursing staff thoroughly prepared her for going home and taking care of herself. She also followed the advice of others who told her to “do everything the physical therapist said, with gusto” to speed up recovery.

Though admitting she was a little apprehensive going into her first knee replacement surgery, Leu said she wasn't afraid to go back for the two subsequent surgeries since her initial experience was so positive. “I don't think I've met anyone who hasn't said wonderful things about the Joint Care Center,” she says.

Leu now walks at the mall four to five times a week to keep her knees strong for future traveling. “I don't want to be in the handicapped tour group anymore!” she says.

‘I LOVE THAT PLACE’ Sheryl Shimogawa, of Kailua, gave up traveling in 2003 when her chronic hip pain became too uncomfortable. She was born with dislocated hips, or hip dysplasia, and pain came and went over the years, eventually worsening until she had to quit her job as a cashier in 2004.

“I tried exercise, acupuncture—nothing helped,” Shimogawa says. “So I went to see [orthopedic surgeon] Dr. Rose for an assessment. ‘Your body's ready, so think about hip replacement,’ he told me. I was scared and was trying to avoid having surgery, but it didn't take much to convince me after seeing the X-rays and discussing the procedure with Dr. Rose.”

Shimogawa had her right hip replaced in June 2005; her left hip was replaced four months later. This past May she took her first trip in three years, to Denver for her niece's wedding. “I danced too,” she says. “Everybody was surprised.”

She also has stepped up her exercise program at the Windward YMCA, where she works out on the stationary

bike and other muscle-strengthening equipment.

Recalling her experience at Castle's Joint Care Center, Shimogawa says, “I would tell anyone to go to Castle, and to go to Dr. Rose. I love that place. The second time I went in for surgery, I felt like I was going back to see old friends. I knew just about everyone working there!”

Shimogawa also appreciated being with others who were going through the same experience. “There was a lot of moral support among the patients,” she says.

That camaraderie among patients is an important part of the road to recovery, says Richard K. T. Rose, M.D., Shimogawa's surgeon. “Group activities help our patients get through physical therapy as they work together towards a common goal,” he says. “The presurgery meeting they attend together helps too. Patients feel a lot more prepared going into surgery when they know what to expect afterwards.”

LEARN MORE Castle's Joint Care Center physicians often travel to the mainland to keep up with the newest developments in joint replacement surgery so they can continue to provide their patients with state-of-the-art technology and procedures. To find out more about the Joint Care Center, call 263-5432.



FINALLY PAIN FREE: Following her hip replacement procedures at Castle's Joint Care Center, Sheryl Shimogawa has stepped up her exercise program at the Windward YMCA.

Provider LINK

Six orthopedic surgeons provide services at Castle's Joint Care Center.

Michael K. Hahn, M.D. Dr. Hahn received his medical degree from Tufts University in Boston. He continued his training at Mount Sinai Medical Center in New York City with an internship in general surgery and a residency in orthopedic surgery. After his residency he completed a fellowship in hand surgery in a combined Mount Sinai and New York University program.

Kerry D. Hubbs, M.D. Board-certified in orthopedic surgery, Dr. Hubbs earned his medical degree from the University of Arkansas. He completed an internship in orthopedics at Greenville Hospital System and an orthopedic residency at Orlando Medical Center in Florida. He also completed a fellowship in trauma and adult reconstruction in Europe as well as a fellowship in sports medicine at the Alabama Sports Medicine Institute.

Robert J. Medoff, M.D. After earning a medical degree from the University of Pennsylvania, Dr. Medoff completed an internship and residency in surgery at the University of Hawaii and a residency in orthopedic

surgery at the University of Tennessee's Campbell Clinic. Board-certified in orthopedic surgery and a fellow of the American Academy of Orthopedic Surgeons, Dr. Medoff also teaches as an assistant professor of orthopedic surgery at the University of Hawaii John A. Burns School of Medicine and teaches at Shriners's Hospital.

Linda J. Rasmussen, M.D. Board-certified in orthopedic surgery, Dr. Rasmussen received her medical degree from the University of Washington, where she also completed an internship in general surgery. At the San Francisco Orthopedic Residency Training Program, she completed a residency in orthopedic surgery and a research fellowship in total joint replacement and spine surgery. She received additional training in hip and knee joint replacement and is a member of the American Association of Hip and Knee Surgeons.

Richard K. T. Rose, M.D. Dr. Rose earned his medical degree from New York Medical College and completed an orthopedic surgery residency program at Los Angeles County/University of Southern California Medical Center. He followed this with a joint replacement fellowship with world-renowned knee and hip surgeon Kelly G. Vince, M.D., at the Center for Arthritis and Joint Implant Surgery at the University of Southern California. Though born and raised in Los Angeles, Dr. Rose is of native Hawaiian ancestry and visited relatives in Hawaii annually. He is appreciative of the opportunity to be able to return to live and work in the islands of his native roots.

Stuart K. Wakatsuki, M.D. Born and raised in Honolulu, Dr. Wakatsuki is a graduate of Punahou School and the University of California, San Diego. He earned his medical degree at the St. Louis School of Medicine, and then completed his surgical internship at the University of California, Davis. This was followed by an orthopedic surgery residency at the University of Missouri, Kansas City, and later, a fellowship specializing in foot and ankle surgery at Allegheny University in Philadelphia.



Michael K. Hahn, M.D.



Kerry D. Hubbs, M.D.



Robert J. Medoff, M.D.



Linda J. Rasmussen, M.D.



Richard K. T. Rose, M.D.



Stuart K. Wakatsuki, M.D.

Castle Medical Center
Joint Care Center



Castle Medical Center
Joint Care Center
640 Ulukahiki Street
Kailua, Hawaii 96734
263-5432

www.castlemed.com/joint_care.htm



(From left) Vice President of Patient Care Services Kathryn Raethel, Vince Ritson, M.D., Kana'iaupuni Kanahele, Vincent Domingo, Ryan Cuaresma, Keola Kepilino-Perry and Vice President of Operations John Monge.

Ninth annual HEPA Educational Scholarships presented

Castle Medical Center and Hawaii Emergency Physicians Associated, Inc. (HEPA), presented four Windward students with \$1,000 scholarships on May 30. The scholarships are annually funded by the Hawaii Emergency Physician Education Foundation.

The brief ceremony was held in the medical center's administration board room. Vice President of Operations John Monge, Vice President of Patient Care Services

Kathryn Raethel and HEPA physician Vince Ritson, M.D., presented certificates to Kana'iaupuni Kanahele, of Kailua High School, Vincent Domingo, of Kahuku High School, Ryan Cuaresma, of Castle High School, and Keola Kepilino-Perry, of Kalaheo High School.

The HEPA Education Foundation began offering the scholarships in 1997. To date, the Foundation has given a total of \$36,000 in scholarship money to Windward students.



Vice President of Finance Dale Northrop, President and CEO Kevin A. Roberts, Director of Marketing and Communications Jasmine Rodriguez, and Vice President of Operations John Monge sign the Windward ACS's four Banners of Hope that will go to Washington, D.C., for the Celebration on the Hill in September.

CMC sponsors ACS Windward Relays for Life

Relay For Life is a nationwide, fun-filled overnight event designed to celebrate survivorship and raise money for research and programs of the American Cancer Society. This year Castle Medical Center sponsored all four Relays for Life on the Windward side, which included Kaneohe, Kahuku, Waimanalo and Kailua.

NEED SOME SUPPORT?

Groups may help if you have cancer

Have you felt alone since you were diagnosed with cancer? Are you afraid or uncertain about the future? Do you think you would benefit from talking to other people with the disease?

If so, then maybe you should consider joining a cancer support group to better understand the challenges that accompany the disease.

"Support groups for people who are interested can be a phenomenal resource," says Julia Rowland, Ph.D., director of the National Cancer Institute's (NCI) office of cancer survivorship. "They can be great places to validate your feelings, ask questions and listen to people going through the same thing you are."

Some general support groups are open to any cancer survivors. Others are designed for specialized groups, such as teens or young adults, family members or people with a specific type of cancer. Your doctor can help you find a support group that is right for you.

For more on support groups, check out the NCI Web site at www.cancer.gov/cancertopics/support.

The Cancer Support Group at Castle Medical Center is for cancer patients, survivors and their loved ones. Meeting times are the first and third Tuesdays of each month at 5 p.m. To learn more, call 263-5400.



CASTLE

News



John Monge, Vice President of Operations at Castle Medical Center, accepts the "Best Places to Work" award.

CMC FOURTH ON LIST OF 'BEST PLACES TO WORK IN HAWAII'

For the second consecutive year, Castle Medical Center (CMC) made *Hawaii Business* magazine's list of "Best Places to Work in Hawaii."

Last year Castle Medical Center ranked 25th on the list. This year CMC made a significant leap, ranking fourth out of the top 10 large companies in Hawaii—largely due to a survey filled out by CMC associates.



Wellness educator Beth Davidann takes children on a tour of the Wellness on Wheels van.

'I LOVE KAILUA' TOWN PARTY 2006

Castle Medical Center had a busy booth at the annual "I Love Kailua" Town Party. Volunteers handed out free apples and health information, and offered health screenings and carbon monoxide testing. The hospital's Wellness Center also gave cooking demonstrations and gave out food samples. Philip Hellreich, M.D., performed skin cancer screenings in the hospital's Wellness on Wheels van.



ARTHRITIS WALK 2006

Castle Medical Center (CMC) partnered with the Arthritis Foundation of Hawaii as a sponsor of the annual Arthritis Walk® held at Windward City Shopping Center. The walk is the Arthritis Foundation's annual nationwide event that raises awareness and funds to fight arthritis, the nation's leading cause of disability. CMC's Nana Bear and the Wellness on Wheels van were also at the event.

TAKE TIME FOR YOUR HEALTH

Castle Medical Center

Adventist Health

A new year, a new you! Let Castle Medical Center help you make 2006 your healthiest year ever! Castle Medical Center invites you to register for a health-promoting class or seminar or call for a physician referral. Take charge of your health. Call 263-5400 or visit our Web site at www.castlemed.org.

sign up online
castlemed.org

EVENTS CALENDAR

FAMILY

BREASTFEEDING

Wednesdays, Aug. 9 or Sept. 13
6 to 8:30 p.m.

Taught by a certified lactation consultant. \$25; free if taken with the CMC Childbirth Class.

GENERAL INFANT CARE

Tuesday, Sept. 12
6:30 to 8:30 p.m.

Learn how to tell if your baby is sick. \$25; \$23 if taken as part of Infant Care Series.

INFANT CPR AND SAFETY

Thursday, Aug. 24 or Tuesday, Sept. 26
6 to 9 p.m.

Does not provide certification. \$25; \$23 if taken as part of Infant Care Series.

LAMAZE

Sundays, Sept. 3 to Oct. 15 (no class Oct. 8)
4:30 to 7:30 p.m.

Mondays, Aug. 14 to Sept. 25 (no class on Labor Day)

6:30 to 9:30 p.m.
Six-week class. \$75; \$65 if delivering at Castle.

BIRTH CENTER TOUR

Wednesdays, Aug. 2 or Sept. 6
5 to 6 p.m.
Free. Call for a reservation.

FITNESS

Wellness Center monthly and quarterly memberships are available for fitness classes. Free for Windward YMCA members. Classes emphasize fun as well as functional, useful exercises. All classes are located in the Harry & Jeanette Weinberg Medical Plaza & Wellness Center unless otherwise noted.



BODY SCULPTING/FITNESS CLASSES

Monday through Friday

LONGER LIFE, HEALTH AND WELLNESS FITNESS CLASS

Mondays, Wednesdays and Fridays

Excellent for seniors. Gentle exercises increase joint flexibility, range of motion, muscle strength and cardiovascular endurance. Exercises can be done sitting or standing.



QIGONG

Thursdays

A Chinese meditation that uses breathing to regulate health in mind, body and spirit.

PILATES

Mondays

Pilates helps you prevent injuries and gain body awareness, longer, leaner muscles, correct postural alignment, balance, strength, and flexibility.



LOVE IS FOR EVERYONE: A MINI COURSE FOR LIFE

Monday, Sept. 25, 7 p.m.

Gerald G. Jampolsky, M.D., and Diane V. Cirincione, Ph.D.

Learn how the power of love can affect every aspect of your life. Internationally recognized authority in psychiatry and the founder of the first Center for Attitudinal Healing, Gerald G. Jampolsky, M.D., and his wife, Diane Cirincione, Ph.D., present concepts of attitudinal healing and how "The essence of our being is love."

Free. Seating is limited and preregistration is required. Register online at www.castlemed.org or call 263-5400.

WAI LANA YOGA

Wednesdays and Fridays

A unique way to learn yoga.

NUTRITION

CASTLE INDIVIDUALIZED LIFESTYLE WEIGHT MANAGEMENT PROGRAM

Ongoing, by appointment
Includes nutrition counseling with a Castle Wellness Center nutritionist/registered dietitian. \$350.

INDIVIDUALIZED NUTRITION COUNSELING

Ongoing, by appointment
Medical nutrition therapy helps you get on a healthy diet and nutrition program for optimal health. Topics of focus include weight loss, diabetes, heart disease and cholesterol reduction, women's wellness, and nutrition and herbal supplements.

WEIGHT LOSS

WEIGHT-LOSS SURGERY SEMINAR

Wednesdays, Aug. 9 or Sept. 13, 7 p.m.

Learn about Castle's new comprehensive surgical

weight-loss program from bariatric surgeon Steven Fowler, M.D., and other members of the bariatric team, including a dietitian, nurse coordinator, and fitness and wellness specialists. Preregistration is required.



Steven Fowler, M.D.

GENERAL HEALTH

BREATHE FREE PLAN TO STOP SMOKING

Sept. 12, 13, 17-21, 26, Oct. 3

7 to 8:30 p.m.

This dynamic, comprehensive, "cold turkey" approach is clinically tested and proven successful. \$100 for nine sessions; includes all materials and ongoing group support sessions. This fee is covered by HMSA's "Ready Set, Quit!" stop smoking program. Held at the Castle Center for Nicotine Dependency Treatment.



ENGAGING IN AGING

Aug. 24, 31 and Sept. 7

Presented by HMSA. Look at physical changes due to aging, exercise opportunities for older adults, and the importance of a positive attitude and outlook on life as a key to successful aging. Call 948-6398 to register. Free to HMSA members.

KNEE AND HIP PAIN SEMINAR

Second and fourth Tuesdays, 10 a.m.

Ohana Room

Evening Seminar: Thursday, Sept. 28, 7 p.m.

Wellness Auditorium
Learn about the causes of hip and knee pain and

learn how you can reduce the pain. To attend a free seminar, call 263-5400 or visit us online at www.castlemed.org. Seating is limited, so please call now to reserve your place.

SCREENINGS

HEARTBEAT HAWAII CORONARY RISK EVALUATION

Monday through Friday, by appointment

Includes Castle's comprehensive computerized coronary risk profile and blood test analysis with recommendations for a healthier heart. \$45. Now offering C-reactive protein and homocysteine testing for an additional fee.

HEART SCAN

Monday through Friday, by appointment

In cooperation with Holistica Hawaii, Castle now offers heart scanning services (EBT scanning) for early detection of coronary artery disease. \$425. Includes Heartbeat Hawaii evaluation.

SPIRITUAL LIFE

LIVING WITH LOSS

This free program is part of the Spiritual Life and Pastoral Care Department and

MIND, BODY, SPIRIT FORUM "The Healing Power of Kindness"

Thursday, Aug. 17, 7 pm.

Presented by Paulette Chandler, M.D., M.P.H., professor at Harvard Medical School

This talk examines the healing effects of kindness; the harmful effects of anger, guilt and depression; and the power of nurturing social networks. Free. Preregistration is required.



Paulette Chandler, M.D., M.P.H.

IT'S NOT ALL IN THE NUMBERS

"How Clinical and Surgical Pathology Impact Patient Care" Wednesday, Sept. 27 7 p.m.

Presented by Michael James Perry, M.B.A., B.S., P.A. (A.S.C.P.), A.A.P.A.-Fellow



is co-sponsored by Castle Wellness & Lifestyle Medicine Center and Hospice Hawaii. For information, call 263-5400. Groups meet in the Wellness Center Auditorium unless noted.

Caregivers Support Group

Last Wednesdays, 10 a.m., Pikake Room

Living With Brain Injury Support Group

First Tuesdays, 4 p.m.

Monthly Bereavement Support Group

First Mondays, 11 a.m.

Weekly Bereavement Support Group

Tuesdays, 7 p.m.

SUPPORT GROUPS

ATTITUDINAL HEALING SUPPORT GROUPS

Mondays, 7 p.m.

Person-to-person.

Healing relationships.

CANCER SUPPORT GROUP

First and third Tuesdays 5 p.m.

KE OLA POMAIIKA'I WEIGHT MANAGEMENT SUPPORT GROUP

Thursdays, 6:30 p.m.

Preregistration is required. Call 263-5357.

PARKINSON'S SUPPORT GROUP

Third Thursdays, 5:30 p.m.

WEIGHT LOSS SUPPORT GROUP

Thursdays, Aug. 17, Sept. 21

5:30 p.m.