

Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

SUMMER 2007

THE INSIDE TRACK ON CASTLE'S GI CARE

BY MELE POCHEREVA

DIGESTIVE TRACT COMPLAINTS affect millions of Americans each year and are some of the most common reasons why we seek medical care or over-the-counter remedies. Fortunately, a visit to a gastroenterologist for routine exams and simple screening procedures can often detect problems early, before they become serious health threats.

Gastroenterologists diagnose and treat diseases and disorders of the digestive tract. They specialize in the body's ability to process nutrients through properly functioning gastrointestinal (GI) organs, including the esophagus, stomach, intestines, liver, pancreas and bile ducts. Castle Medical Center provides Windward Oahu residents with a full range of screening and therapeutic services to investigate and treat these disorders.

NEW TECHNOLOGY, MORE SERVICES Robert V. Jao, M.D., medical director for the gastroenterology unit at Castle, says that the GI department is expanding rapidly. It is equipped with new, highly efficient technology that provides top-level patient care and comfort.

Castle's ability to perform an endoscopy under a nurse anesthetist's care puts Castle at the forefront of this specialty in the United States.

"The specialty of gastroenterology at Castle Medical

Center has changed, and we now rival Honolulu medical centers in the scope of services available to our patients," Dr. Jao says. "Our goal is to be able to offer comprehensive screening, diagnostic testing and therapeutic procedures for a wide range of gastrointestinal disorders right here in Windward Oahu."

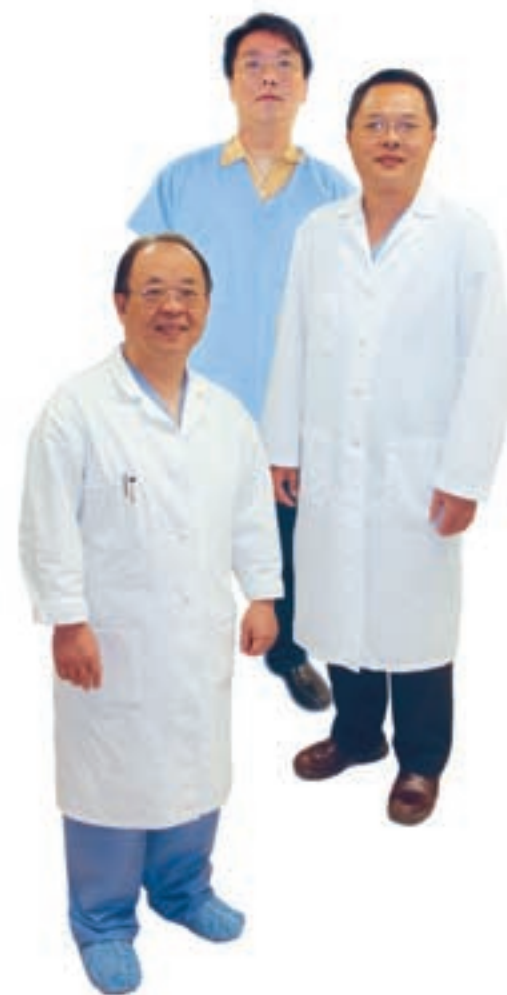
These procedures include complicated surgeries such as ERCP (endoscopic retrograde cholangiopancreatography), which uses a small, lighted, flexible tube—or endoscope—to remove gallstones from a bile duct or the pancreas.

All three Castle gastroenterologists are well-trained to manage even the most difficult ERCP cases as well as other endoscopic procedures, such as treating strictures, and performing biopsies on and removing tumors. The skilled staff of Castle's GI Department offers their support and expertise with these procedures.

PREPARED TO SERVE YOU Together with Dr. Jao, the two other gastroenterologists on Castle's GI team, Naoky Tsai, M.D., and Roland Ter, M.D., are ready to serve you.

Dr. Tsai has a special interest in liver disease and liver cancer and currently has research projects under way in this area. Like his colleagues, he treats patients for common GI disorders, such as ulcers, polyps and abdominal pain, and provides endoscopic and other services.

Dr. Ter is the newest gastroenterologist at Castle,



From left, Naoky Tsai, M.D., Roland Ter, M.D., and Robert Jao, M.D.

having recently moved his practice to Windward Oahu. Along with an interest in general gastrointestinal and esophageal disorders, celiac disease, and colorectal cancer screening, Dr. Ter specializes in advanced therapeutic endoscopic procedures.

Meet Castle's GI team

Robert V. Jao, M.D. (263-4665)

Dr. Jao is a graduate of the University of Hawaii John A. Burns School of Medicine. He completed a fellowship in gastroenterology at UCLA. Board-certified in internal medicine with a subspecialty certificate in gastroenterology, Dr. Jao has additional training in endoscopic ultrasound and advanced therapeutic procedures.

In addition to his private practice, Dr. Jao is an assistant professor at the University of Hawaii John A. Burns School of Medicine's Department of Gastroenterology.

Roland Ter, M.D., FACP, FACG (263-5174)

After receiving his medical degree from the University of Queensland Medical School in Australia, Dr. Ter completed a fellowship at the Graduate Hospital of the University of Pennsylvania. He went on to complete an advanced therapeutic endoscopy fellowship at Wellesley Hospital affiliated with the University of Toronto.

Dr. Ter is board-certified in internal medicine with a subspecialty certificate in gastroenterology. He is a fellow of both the American College of Physicians and the American College of Gastroenterology.

Naoky C. Tsai, M.D. (263-5174)

Dr. Tsai joined Castle Medical Center following a fellowship program in gastroenterology and hepatology at the State University of New York. He graduated from Taipei Medical College in Taiwan and completed his residency at a Yale-affiliated program with Griffin Hospital in Connecticut. Dr. Tsai is board-certified in internal medicine with a subspecialty certificate in gastroenterology. In addition to his private practice, he is a full professor of medicine and chief of hepatobiliary disease at the University of Hawaii John A. Burns School of Medicine.



Students learn to save lives

Seven students at the Windward Boys and Girls Club participated in the Family and Friends noncertified CPR course at Kailua Intermediate School. Castle Medical Center's CPR (cardiopulmonary resuscitation) instructors, Doug Hooper and Beth Davidann, teach the course.

The course, developed by the American Heart Association, raised the students' awareness about CPR and taught them how to help someone who is choking. The students also learned how to save lives by practicing performing CPR on adults, children and infants and learning how an AED (automated external defibrillator) works.



Instructors Beth Davidann and Doug Hooper (front) train students in CPR at the Windward Boys and Girls Club.

Join our team: Volunteer

Here's a good way to help others, our community and yourself at the same time: Become a hospital volunteer.

If you have time and energy to spare, consider lending us a helping hand. We always welcome friendly, compassionate people who want to join our team and make a difference in the lives of patients and their family members as well as visitors.

And as a bonus, you might end up feeling better yourself.

Did you know that medical studies show that volunteering helps people feel healthier, happier and more connected? It's true. Findings show that older people who volunteer tend to be less depressed and feel healthier than those who don't volunteer.

People of various ages are members of our volunteer team. And we'd like to hear from you.

Volunteering is a great way to put your skills and hobbies to use in the service of others. Plus, you'll get to meet a lot of new people.

No doubt you have knowledge and abilities we can put to use. Our volunteers:

- Guide patients and visitors around the hospital.

- Help at the information desk.
- Listen to and spend time with visitors and patients.
- Assist in the gift shop.
- Help with health screenings, classes and other programs offered by the hospital.
- Help with data entry, filing and other administrative tasks.

No matter your interests and abilities, we'd be pleased to have you join our team. Consider what sort of activities you'd like to do.

- When you are ready to volunteer, call volunteer coordinator Francine Kong at 263-5252 or e-mail her at kongfk@ah.org.

Learn more, breathe better

The National Heart, Lung, and Blood Institute has developed a national campaign called Learn More Breathe Better. The campaign's purpose is to increase

awareness and understanding of COPD (chronic obstructive pulmonary disease) and its risk factors, as well as to underscore the benefits of early detection and treatment in slowing the disease and improving people's quality of life. The campaign aims to reach men and women over age 45, especially those who smoke or have smoked; those with risk associated with genetics or

environmental exposures; and those who have been diagnosed with COPD.

Learn More Breathe Better seeks to:

- Increase awareness of COPD as the fourth leading cause of death in the U.S.
- Inform people that COPD is treatable.
- Encourage people to follow the recommendations of the American Thoracic Society and The Global Initiative for Chronic

Obstructive Lung Disease: People over 45 with COPD and respiratory symptoms, such as shortness of breath, wheezing, sputum production or excessive coughing, should ask their physicians for pulmonary function tests.

To schedule a pulmonary function test at Castle Medical Center, talk to your physician about a referral.

HOW TO FIND US

call us:
808-263-5500

e-mail us:

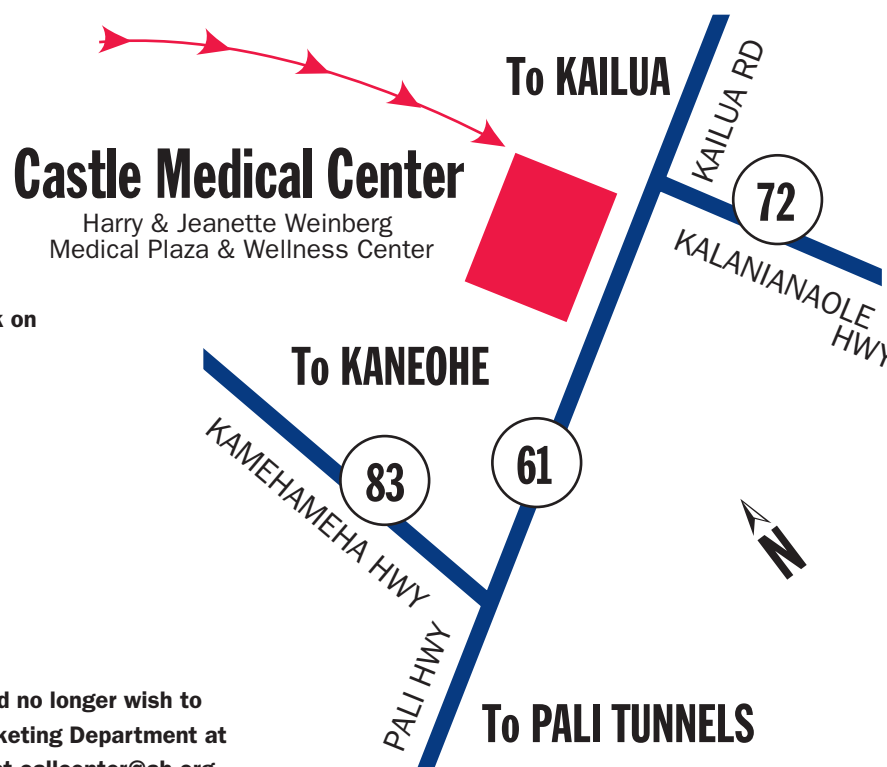
Visit our Web site at www.castlemed.org and click on "Contact Us." We'd be happy to hear from you!

- 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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SUMMER 2007

Family physicians are your partners for good health

BY MELE POCHEREVA

From keiki to kupuna, from sore throats to school physicals, the scope of family medicine encompasses all ages, both sexes, every organ system and all types of medical problems, whether biological, behavioral or social.

Castle Medical Center's (CMC) chief of family practice, Christian Boyens, M.D., describes his profession as one that takes care of the whole person and the whole family.

"You can bring the kids and Grandma to the same doctor," he says.

The history of family medicine goes back hundreds of years to when physicians were generalists and provided all of the medical care available—treating illnesses, performing surgery, delivering babies and more. Medical specialists and subspecialists began to flourish around the time of World War II. But when the public became increasingly vocal about the lack of personal physicians who could provide ongoing, comprehensive care, family medicine was established as a new medical specialty.

"As family physicians, we look at our patients' health as a whole, not just one symptom at a time," Dr. Boyens says. "Then, when necessary, we can direct them to a specialist. It's more cost-effective for the patient and can provide better outcomes."

Patients often choose a family physician as their primary care provider, the medical professional they go to first for illness and nonemergency health concerns, as well as for routine visits.

What distinguishes family physicians from other medical specialists is the



continuing patient-physician relationship—or partnership—that develops over time. Physicians are familiar with their patients' medical histories and changing medical issues and partner with their patients to keep them healthy. When specialty care is needed, family physicians collaborate with other professionals.

Dr. Florimonte joins medical staff CMC is proud to be associated with 12 physicians who provide family medicine services to the Windward Oahu community (see Provider Link below). The newest addition to CMC's team of family physicians is Jason Florimonte, M.D.

A graduate of the University of Cincinnati College of Medicine, Dr. Florimonte is certified by the American Board of Family

Practice. He moved his practice to Kailua so he could work in the community where he and his wife are raising their family.

On being a family physician, Dr. Florimonte says: "I like the variety and the challenge of each patient's needs being different. For me, that's an enjoyable part of my work."

Being in Windward Oahu also allows him to see patients from as far as Waimanalo and the North Shore, "a nice mix of patients," he says.



Jason Florimonte, M.D.

Castle News

MAMMOGRAPHY JUST GOT BETTER AT CMC Castle's Imaging Services Department has acquired the R2 CAD Image-Checker system, which allows staff to digitally double-read mammography films. Studies indicate that the R2 CAD can detect up to 6 percent more cancers than can be detected without the system.

In addition to this technology, Imaging Services now uses the MammoPad breast cushion, which reduces the discomfort associated with a mammogram.

The R2 CAD and the MammoPad are available at the Kailua Imaging Center (KIC) and Imaging Services at Castle Medical Center (CMC). Call **263-3389** (KIC) or **263-5166** (CMC) to schedule your appointment.

HO'OKIPA UNIT RECEIVES BLESSING

Hospital administration, governing board members, medical staff, volunteers, associates and invited guests participated in a Ho'opomaika'i No Ka 'Ohana (blessing for the family) in March for the hospital's new Ho'okipa Unit. Elder Richard Among performed the blessing and untied the maile lei.

WE'RE HAWAII'S "BEST PLACE TO WORK" For the third consecutive year, *Hawai'i Business Magazine* has



named Castle Medical Center (CMC) as one of the best places to work in Hawai'i. Among a growing field of competitors, CMC is the only medical center that has ever made the list and is the only non-profit organization on the list this year.



From left: Jack Hoag, CMC Governing Board; Larry Dodds, Adventist Health senior vice president; Kevin A. Roberts, CMC president and CEO; and Indru and Gulab Watumull

THANK YOU, WATUMULLS! Castle Medical Center recently received \$60,000 in donations from the J. Watumull Fund and personally from Indru and Gulab Watumull. Development director Ron Sauder says that three waiting areas in the medical center, as well as the Gift Gallery, will bear the Watumull name in honor of their gracious donations.

Provider Link

Find a family physician with ties to Castle Medical Center

The following family physicians are available to serve you and your loved ones.

Christian W. Boyens, M.D.

263-1330

Miriam M. Chang, M.D.

293-9216

W. R. Mark Chung, M.D.

262-2424

Jason M. Florimonte, M.D.

262-6951

Dan Heslinga, M.D.

247-9779

Dorothyann M. Lindes, M.D.

261-9700

Scott J. Miscovich, M.D.

247-7596

J. Jeffrey Ryan, M.D.

262-4702

David M. Samsami, M.D.

247-9779

Michele M. Shimizu, M.D.

293-9231

Marc B. Shlachter, M.D.

293-8558

Glenn M. Stahl, M.D.

235-3696





Mahalo, donors

CASTLE RECOGNIZES 2006 DONORS

JAN. 1 TO DEC. 31, 2006

Many concerned and caring individuals, corporations and foundations generously contributed to Castle Medical Center (CMC) in 2006. These gifts enable us to maintain high-quality health care and education and to expand our care and wellness programs as we continue to build a healthy future for our community. Each contribution is tangible evidence of your belief in the mission of CMC and your personal commitment to the community we serve.

On behalf of CMC administration, governing board, medical staff, associates and patients, we thank you for giving, for caring and for helping us to help others.

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Patt R. Spencer
Sheila Spencer
David R. Stefansson
Jack Stern
Alice May Stertz
James Stewart
Morris Stuebner
John C. Stowe
Goichi Suehiro
Masato Suehiro
Kenji Sumida
Chiyoko Sumimoto
Kenneth Sumimoto
Milton Sumimoto
Kanji Suzuki
JoAnn H. Takamiyashiro
Frank H. Takara

George Takishita
Yukiko Tamanaha
David N. Tamashiro
Jiro Tanabe
Kazue Tanaka
Harriet C. Tanji
Gayla N. Tarumoto
Alfred K. Tatsuguchi
Pao-Ming Tchou
Pete Thompson
Dean Thorndike
Marvin Tilker
Harry H. Tokunaga
Ting Look L. Tom
Mitsuko Tomita
Daisy Toribio
Florence S. Toyofuku
Fred Trask
Agnes Tsuha
Mitsuo Uchibori
Irene Uehara
Roy Y. Uyeda
Bernard Vierra
Eugene Villafana
W. Villaruel
Annie L. Vuillemot
Robert Wago
David Walker
Burton Waltz
George A. Wela
Kathy Wildman
W. Owen Williams
Jean Wittmaack
Colene S. Wong
Mildred Wong
Samuel K. Wong
Theodore W. Wong
John C. Wright
Joyce H. Yamane
Yasuo Yatsushiro
Walter S. Yeda
Iwao Yokooji
Ronald M. Yoshida
Misao Yoshikawa
Noboru Yoshimoto
James E. Young
Nathan Young
Lawrence W. Zdvoracek

Businesses

A-1 A-Electrician, Inc.
Aaron's Dive Shops
Adventist Health
AIG Hawaii Insurance Company
Airgas Gaspro
Akira Yamamoto Painting, Inc.
Alaka'i Mechanical Corporation
Ali'i Fire Protection Co. Ltd.
Ali'i Flooring, Inc.
Aloha Petroleum, Ltd.
Alston Hunt Floyd & Ing—Attorneys at Law
AMCO Glass Tinting Company
American Savings Bank
Ameron Hawaii
Ampco System Parking
Ann Pearl Care Home, Inc.
ARAMARK
Architects Hawaii
Arthur Mori & Associates, Inc.
Atherton Pacific/Office Master
Baci Bistro
Bank of Hawaii
Barr's Muffler
Bead It
Big Bear Motorcycles
Big City Diner
Blue Bull Trucking

Boss Communication Technologies
Bow Yee Tong Association
Buzz's Original Steak House
Cardinal Health
Caris Medical, Inc.
Castle Health Group
Cedric D. O. Chong
Char Hamilton Campbell & Thom
Chuck's Steak House
Cinnamon Girl Commercial
Sheetmetal Co., Inc.
CompUSA
Construction Management Group
Container Storage Co. of Hawaii
Convergence CT, Inc.
Creative Partition Systems
D. R. Horton, Schuler Division
Del-Marc Fujita Enterprises
Detor and Williams, CPA
Diagnostic Laboratory Services, Inc.
Dole Food Company Hawaii
Eggs 'N Things
Electech Hawaii, Inc.
Electricians, Inc.
Encompass Textiles & Interiors
Enterprise Rent-A-Car Co. of Hawaii
Environmental Science International
EnviroQuest, Inc.
First Hawaiian Bank
Fisher Hawaii
Francis H. I'i Brown Golf Courses/Mauna Lani Resort
Fukuji & Lum Physical Therapy Associates, Inc.
Galen Inpatient Physicians
G-Bro Construction
Gift Gallery
Glenn's Flowers & Plants
Global Village
Grace Pacific
Hardware Hawaii Ltd.
Hawaii Pathologists' Laboratory
Hawaii Prince Hotel & Golf Club
Hawaiian Electric Company, Inc.
Hawaiian Isle Vending
Hawaiian Telcom
HBE Corporation
HEPA
Hilo Hattie
Hilton Hawaiian Village
HMMA
Holden Hospital Supply, Inc.
Honda Windward
Honua Designs
Hopaco—Boise Cascade Office Products
HouseMaster
HTH Corporation
Infinite of Honolulu
Island Awning Shop, Inc.
Island Insurance Co., Ltd.
J M Glass, Inc.

JW Inc.
Kaanapali Golf Courses
Kahi Mohala Behavioral Health
Kailua Racquet Club
Kailua Salon
Kamaaina Dental Assoc.
Kaneohe Dental Group
Kauai Lagoons Golf Club
Kenner Dermatology Center
Kin Wah Chop Suey
King Windward Nissan
Ko Olina Golf Club
Kokua In Kind
Kona Village Resort
Koolau Farmers, Inc.
Kop Distributors
Kualoa Ranch
Kusao & Kurahashi Inc.
Latham & Watkins
Let's Eat Hawaii—Sam Choy's Restaurants
Lockwood & Associates, ALC
Lucy's Bar & Grill
Mama's Island Pizza
Maui Divers
Maui Prince Hotel—Makena Resort
Maui Tacos
Mauna Kea Resort
Mauna Lani Resort at Kalahuiipuaa
McKahan Planning Group
Mechanical Enterprises, Inc.
Menehune Marchers
Michael F. Nauyokas
Michel's at the Colony Surf
Mitsunaga & Associates
Na Hoku North Hawaii Community Hospital
Oahu Waste Services, Inc.
Ocean Resource Innovations
On Balance
Otis Elevator Co.
Pacific Allied Products, Ltd.
Pacific Medicaid Services, Inc.
Pacific Mortgage Funding Group
Pali Florist
Pali Senior Citizens
Paul Brown Kailua Shop
PBR Hawaii
Pearl Country Club
Pepsi Bottling Group
Picket Fence Florist
Poipu Bay
Price Busters
PSH Insurance, Inc.
Puakea Golf Course
Quest Radiology Group
Ralph S. Inouye Co., Ltd.
Red Lobster
RH Tom Interiors, Inc.
Rich Vermeesch Printing
ROSES Systems Solutions
Servco Pacific, Inc.
Servco Raynor
Overhead Doors, Gates & Fences

Sheraton Hotels in Hawaii
Shred-It Hawaii
Sigma Kappa Sorority
Sitch Electric Inc.
Smiles Forever
SMS Research & Marketing Services
Sprint Hawaii
Standard Register
Star Bulletin, MidWeek
Steris Corporation
Sunshine Arts Hawaii
Taco Aloha, Inc. dba Taco Bell
The Dunes at Maui Lani Golf Course
The Estates at Turtle Bay
The Madden Corporation
Thurston-Pacific
Times Super Market, Ltd.
Torkildson, Katz, Fonseca, Moore & Hetherington
Turtle Bay Resort Golf Club
United Laundry Services, Inc.
Unitek Insulation, Inc.
University Health Alliance
Van Moy & Associates
Waikoloa Beach & Golf Resort—Beach and Kings' Courses
Ward Centers
Windward Isle Properties, Inc.
Young Laundry & Dry Cleaning

Tributes

In memory of Eric M. Arakawa
Anonymous

In memory of Jane Bowman
Eleanor C. Crim, M.D.

In memory of Anna M. Brault
Roger B. Brault

In memory of Moises and Esther Bulahau-Balungag
W. Villaruel

In memory of Wallace I. Conchee
Rebecca D. Conchee

In memory of Robert M. Dixon
Wales S. Dixon

In memory of Morrill Edgar
John C. Wright

In memory of Bruce Gilbert

Anonymous
Sam Barth
Nancy Bentzel
Kathryn Brewbaker
Lois L. Chang
Eleanor C. Crim, M.D.
Mary Jo Culvyhouse
Verna H. Eddy
Fred Hilliard
Nancy Inners
Myra H. Inouye
Kaneohe Dental Group
Tanya Kiakona

Elaine T. Kouchi
Donna Landregan
Barbara M. McClain
James Meyer
Elaine Minford
Margaret K. Nakamura
Linda Price
Bud and Barbara Sauder
Ron and Jan Sauder
Charles B. Schrader
Pamela M. Self
Pau-Ming Tchou
Fred Trask
Valerie M. Wong
James E. Young

In memory of Anthony R. Gressak
Anne T. Gressak

In honor of Leon Harder
Robert H. Lloyd

In memory of Henry Hochgeschurz
Lisa M. Kloess

In memory of Rickey R. Hoshino
Harold Y. Hoshino

In memory of Chiyoko Kamei
Mae C. Boteilho
Edward S. Kamei
Evelyn S. Kamei
Joyce K. Wills

In memory of Sam K. Kanamu Jr.
Samuel and Cecilia Kanamu

In memory of Stanley A. Kobashigawa
Queenie Kobashigawa

In memory of Awa Kong
Bernice K. Pestana

In memory of Vernon K. Kong Sr.
Bernice Pestana

In memory of Wilma K. Latour
Remy J. Latour

In memory of Anthony Lawrence
Harriet Lawrence

In memory of Peter K. O. Lee
Caroline K. Lee

In honor of Cyrus and Ida Lloyd
Robert H. Lloyd

In memory of Amy E. Lo
Steven W. Lo

In memory of Jill M. Maeda
Shigeru Maeda

In memory of Doris S. Miller
Richard S. Miller

In memory of George J. Nakanishi
Elizabeth A. Nakanishi

In memory of Donald Nobriga
Betty L. Nobriga

In memory of Yoshiaki Ono
Charlene E. Ono

In memory of Troy H. Ozama
Mike Ozama

In memory of Raymond "Buzz" Schneider

Vincent Abraham
Thomas E. Arnold
Buzz's Original Steak House
Chuck's Steak House
Sue Damon
Douglas Dillavou
Lillian Y. Ernst
G. D. Gedge
Darryl Hara
Christina F. Hassell
James Lota
Alexander McLain
V. Mortensen
Barbara Norfleet
R. Scott O'Brien
Charles B. Schrader
George Shipman
James Shipman
Sitch Electric Inc.
Alice May Stertz
James Stewart
Eugene Villafana
Annie L. Vuillemot
David Walker
William Owen Williams

In memory of Lynn Schuetz
Darrell Schuetz

In memory of Kikue Tanabe
Jiro Tanabe

In memory of Masumi Tanaka
Kazue Tanaka

In memory of Ann Williamson
Gerry Anderson
Herbert M. Asato
Barbara Bonnardel
Geoffrey Braden
Mary C. Ceccarelli
Eleanor C. Crim, M.D.
Marilyn Gilbertson
Harley Hartung
Wayne Inigaki
Gail Kiefer
Leonard Kiehm, M.D.
Carol Koza
Heloshi Kusumoto
Ron and Jan Sauder
Sigma Kappa Sorority
Hersh Singer
Dean Thorndike
Mary E. Way
Benjamin B. Young

In memory of Henry H. Wong
Colene S. Wong

In memory of Wallace Yamashiro
Robert H. Lloyd

THE INS AND OUTS OF HIP REPLACEMENTS

SOME THINGS LAST forever. And some things you think should last forever, well, they don't.

Hips are one of these latter items.

True, they are constructed of strong bone. And they are one of the body's largest weight-bearing joints, notes the American Academy of Orthopaedic Surgeons (AAOS).

As heavy-duty and strong as our hips are, though, they sometimes wear out—often between our 60s and 80s, according to the AAOS. And when that happens, we can get new ones.

Of course, replacing a hip joint isn't as simple as buying a new pair of shoes. It's major surgery, and it's important to know all the risks and benefits beforehand.

WHY HIPS ARE REPLACED The most common reason for hip joint damage is osteoarthritis, according to the National Institutes of Health (NIH).

Arthritis can damage the layers of cartilage that cover both the ball (femoral head) and the socket (acetabulum) that make up the hip joint.

Healthy cartilage cushions the two bones and keeps them gliding smoothly within the joint. Damaged cartilage allows the bones to rub directly against each other, causing pain and stiffness.

"The main reason to have the surgery is pain," says Melvyn Harrington, M.D., a joint surgeon and AAOS spokesman. "When hip pain keeps you from doing the things you want to do, it's time to consider surgery."

Who has hips replaced?

The ideal candidates for hip replacement are healthy older people, says Dr. Harrington.

But age is much less a consideration than overall health, he adds. Hip replacement isn't recommended for people in poor physical health, such as those with serious heart or lung problems.

Join us this summer for our joint care seminars.

You'll love what you'll learn!

Any condition that can interfere with the physical rehabilitation required after surgery also might rule it out. This can include Parkinson's or Alzheimer's disease.

"The better shape you are in going into the surgery, the better you will come out of the surgery," Dr. Harrington says.

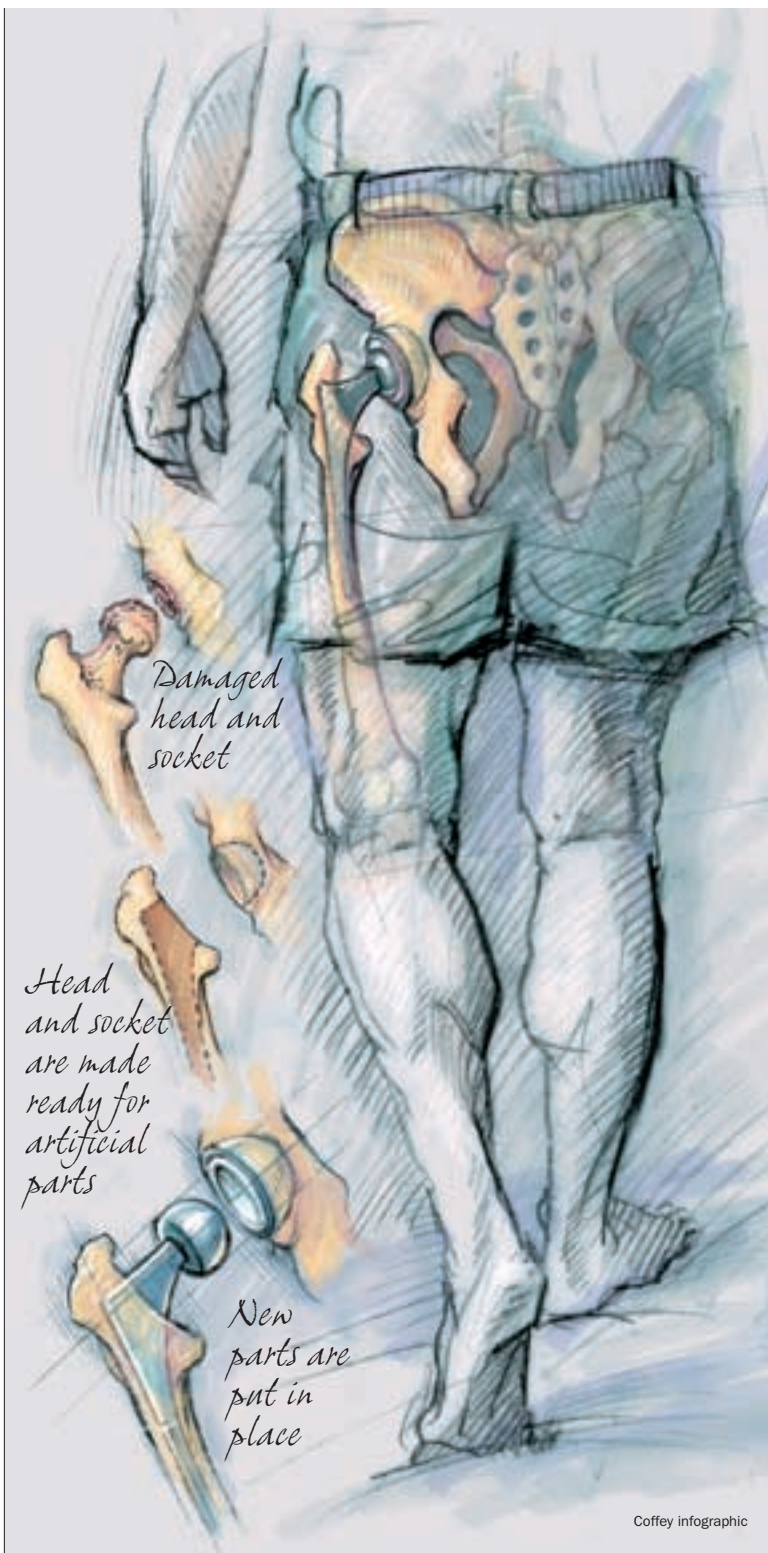
HOW HIPS ARE REPLACED Hip replacement surgery usually requires general anesthesia and can last anywhere from one to two hours, according to Dr. Harrington.

The surgeon generally makes an incision approximately 8 inches long over the side of the hip. The cut continues all the way through the muscle.

Damaged cartilage and bone is then removed from the hip socket. A new, cuplike piece is fitted inside the socket.

Next, the femoral head (the ball part of the hip joint) is removed, and the top part of the thighbone is hollowed out. A long shaft with a ball is placed into that hole, providing the new ball of the joint.

Both the ball-and-shaft piece and the cup usually are made of a combination of metal and plastic, says Dr. Harrington. They can be cemented in place. Or they might be made so that bone grows into them.



You can expect to begin physical therapy to strengthen your muscles and new hip the day after surgery, Dr. Harrington says.

"The first few days after surgery are painful, but often not as painful as the arthritis that led to the surgery being done," he says.

Most people are up and walking with a cane or walker within a day and discharged from the hospital in two to three days. Rehabilitation with exercise follows.

RISKS AND BENEFITS Besides the risks associated with general anesthesia, the two major risks in hip replacement surgery are blood clots and infection, Dr. Harrington says. Although both are potentially serious, they also are rare.

According to the AAOS and NIH, benefits of the surgery usually include: ● A dramatic reduction in pain. ● A significant improvement in the ability to perform daily activities. ● Increased mobility. ● Improved quality of life.

It's important to keep in mind that your new hip won't allow you to do things you couldn't do before. And you might never be able to do some things again, such as jogging or playing high-impact sports.

MORE OPTIONS Finally, doctors are always looking for ways to improve hip replacement surgery, such as using:

- Replacement parts made of a high-density, cross-linked plastic. These parts might last longer than metal ones, which are typically good for 15 to 20 years.
- Minimal incision or minimally invasive surgery to insert hip parts. This type of surgery involves making one or two smaller incisions, versus one long one, and is typically done only on select people.

To learn more about hip replacement surgery, go to the AAOS Web site at www.orthoinfo.org.



JOINT CARE SEMINARS

Discover:

- The causes of hip and knee pain.
- Tips about diet and exercise that can help reduce pain.
- Available treatment options, such as medication and joint replacement surgery.

Day seminars:

- Tuesday, Aug. 7, CMC Auditorium, 10 to 11 a.m.
- Tuesday, Sept. 18, Ohana Room, 10 to 11 a.m.

Evening seminars:

- Thursday, July 19, Ohana Room, 7 to 8 p.m.
- Wednesday, Aug. 29, Ohana Room, 7 to 8 p.m.

Castle Medical Center's Joint Care Center is the first in Hawai'i dedicated to hip and knee replacement procedures. Learn more at www.castlemed.org or call 263-5225.



Take a pass on used seats

A used car seat may seem like a good deal, but it may not be the safest seat for your child.

According to Safe Kids Worldwide, secondhand safety seats can be dangerous because they may have damage that you can't see. For example, a seat may be damaged from a previous car crash or weakened by incorrect use or storage.

Other concerns about used car seats:

- **Missing or damaged parts, instructions or labels.** Missing or damaged labels can make it difficult to tell if a seat has been recalled or whether certain parts have been recalled or replaced.
- **Age.** A used seat may be too old for safe use. Most manufacturers agree that you shouldn't use a car seat that is more than 6 years old.

To find out whether a car seat has been recalled, contact the manufacturer or call the federal government's Vehicle Safety Hotline at 888-DASH-2-DOT (888-327-4236).

seats come with harness straps that can be removed once your child reaches the top height or weight limit. You can then use the seat as a booster with your vehicle's lap and shoulder belts.

Booster seats. These are designed to raise your child so the lap and shoulder belts fit correctly. In general, use a booster seat until your child can sit against the back of the seat with knees bent and feet touching the floor.

When installing a car seat, always follow the manufacturer's instructions as well as your vehicle owner's manual.

To ensure that your child is buckled into the seat correctly, check the following:

- Harness straps should fit snugly without any loose areas. Check that the harness chest clip is at armpit level.
- For booster seats, the shoulder belt should rest snugly across your child's chest and the lap belt should be low across your child's thighs.

To check that you've installed the seat properly and are using it the right way, have it inspected by a certified child passenger safety (CPS) technician. To locate a CPS technician in your area, call the National Highway Traffic Safety Administration at 888-327-4236 or visit www.nhtsa.gov.

Finally, don't forget to buckle up yourself. Seeing you buckle up shows your child that safety is important.

HAVE A SAFE RIDE EVERY TIME

How to choose a car seat that is right for your child at any age

AS A PARENT, there's just about nothing more important than your child's safety.

In the car, safety starts with buckling your child into a car seat. Yet with so many options available, choosing the right seat can sometimes be tricky.

The following information from the American Academy of Pediatrics (AAP) can help.

RULES OF THE ROAD Because most car crashes involve the front end of the vehicle, safety experts agree that the back seat is the safest place for all children to ride—regardless of their age.

Infants should ride facing the rear of the car until they are 1 year old and weigh at least 20 pounds. Children who reach 20 pounds earlier should ride in a rear-facing seat until their first birthday.

Older children should ride in a front-facing safety or booster seat until they are big enough to use adult-size lap and shoulder belts. According to the AAP, this is usually when a child reaches 4 feet 9 inches

in height (between ages 8 and 12).

When shopping for a car seat, keep in mind that the most expensive seats are not necessarily the best or the safest. The best seat is the one that fits your child, is correctly installed and is used properly every time. Types of seats available:

The Keiki Injury Prevention Coalition can help your kids ride safely. Visit www.kipchawaii.org or call 537-9200.

Rear-facing infant seats. These seats are portable and come with a built-in harness system. Depending on the model, infant seats can be used until your child weighs 20 to 30 pounds.

Convertible seats. These seats are designed to be used in a rear-facing position for infants, then converted to a forward-facing position once your child meets the manufacturer's height and weight requirements.

Combination seats. These combine the features of a forward-facing seat and a booster seat. Combination

Sunday, Sept. 9, 6 to 9 a.m.

Windward Half Marathon Race Series run

Help Castle Medical Center support the Boys and Girls Club of Hawai'i

Events include:

- Half marathon (\$30)
- 5K run (\$25)
- Keiki 1-mile run (\$15)
- Keiki 100-yard dash (\$10)

LOCATION: Kailua Intermediate School
ENTRY DEADLINE: Friday, Aug. 24; additional \$5 fee for late entries. Active military personnel and their families receive a \$5 discount.

REGISTRATION: Race applications are available at running stores throughout O'ahu, or visit www.active.com to register online.

For race information, call Susan Friedl at 255-7811.



Children of all ages can get moving with the 100-yard dash and 1-mile run events.

TAKE TIME FOR YOUR HEALTH

Castle Medical Center

Adventist Health

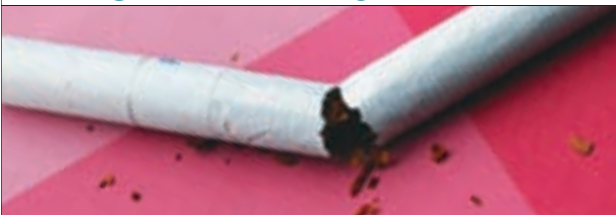
Get your summer sizzling at Castle Medical Center. Our summer events, classes and programs can help you get and stay healthy for life. We invite you to register for a health-promoting class or seminar or call for a physician referral. Take charge of your health. Call 263-5400 or visit our Web site at www.castlemed.org.

sign up online

www.castlemed.org

EVENTS CALENDAR

FEATURED EVENTS



Breathe Free Plan to Stop Smoking Castle Center for Nicotine Dependency Treatment, Wellness & Lifestyle Medicine Center

July 10, 12, 15 to 19, 24, 31
Sept. 11, 13, 16 to 20, 25, Oct. 2
7 to 8:30 p.m.

This dynamic, comprehensive approach is clinically tested and proven successful. Learn how to quit without gaining weight. \$100 for nine sessions; includes all materials and ongoing group support sessions. HMSA's "Ready Set, Quit!" stop-smoking program covers the fees.



Kailua Relay for Life in July Saturday, July 14, noon Kailua Beach Park

Windward O'ahu hosts four Relays for Life annually that Castle Medical Center cosponsors. The Kailua Relay for Life is a fun-filled overnight event designed to celebrate survivorship and raise money for research and programs of the American Cancer Society (ACS).

These relays represent hope that those lost to cancer will never be forgotten, that those who face cancer will be supported and that one day cancer will be eliminated. Call the Windward ACS Office at 262-5124 to find out how you can be part of the team or volunteer at the event.

Summer Cooking Series, presented by Chef Paul Onishi "Spice Up Your Summer"

Thursday, July 12, 7 p.m.

- Discover the secrets behind the tastes of your favorite ethnic foods.
- Enjoy a variety of new and familiar flavors.
- Maximize the flavor of low-fat foods.

"Wrap and Roll Hands-on Cooking Class"

Thursday, Aug. 9, 7 p.m.

Every cuisine has its favorite "pocket" food—tortillas, egg rolls, you name it. Now is your chance to pocket ideas and techniques for creating your own masterpieces—and you get to help prepare the dishes. Class size is limited.

\$15 per class. Registration is required. Deadlines to register: 4 p.m. July 10 and Aug. 7, respectively. Call 263-5400 or visit www.castlemed.org.



FAMILY

Birth Center Tour Wednesdays, July 11, Aug. 8 or Sept. 12 6 p.m.

Call for reservation.



Breastfeeding Thursdays, July 12, Aug. 16 or Sept. 13 6 to 8:30 p.m.

Taught by a certified lactation consultant. \$25, or free with a childbirth class.

Childbirth Basics Wednesdays, July 18 or Sept. 19 5 to 10 p.m.

Intensive class providing a basic overview. Individuals: \$50; couples: \$65; rates discounted if delivering at CMC.

General Newborn Care Wednesday, Aug. 15 6 to 9 p.m.

Learn about bathing, crying, sickness, diaper changing and other basics. \$25

Infant CPR and Safety July 24, Aug. 22 or Sept. 18 6 to 9 p.m.

Does not provide certification. \$25

Lamaze Prepared Childbirth

Mondays, July 2 to
Aug. 6; Aug. 13 to Sept. 24
(no session on Labor Day,
Sept. 3)
6:30 to 9:30 p.m.

Sundays, July 22 to
Aug. 5, Aug. 19 to Sept 2
4:30 to 7:30 p.m.

The classic six-part child-birth preparation class. \$75; \$65 if delivering at Castle.

FITNESS

Registration required (may include a medical clearance and physical therapy screening).

Body Sculpting/ Fitness Classes

Freedom of Movement
For those with Parkinson's disease or other movement disorders, or who have difficulty performing usual activities, including reaching, transitional movements and walking.

Longer Life, Health and Wellness Fitness Class

Excellent for seniors. Gentle exercises increase joint flexibility, range of motion, muscle strength and cardiovascular endurance.

Osteo-cize

For those with osteopenia or osteoporosis.

Qigong



Steady on Your Feet
Addresses balance challenges while standing or walking, stretching, and strengthening of key balance muscles.

HEALTH SCREENING

Coronary Risk Evaluation

Ongoing, by appointment
A comprehensive coronary risk profile including blood work, body composition analysis and recommendations. C-reactive protein and homocysteine tests are available for additional fees.

HMSA Health Pass Thursdays, July 5, Aug. 2 and Sept. 6

An in-depth assessment of your lifestyle and health risks. Body measurements and blood screening create a personalized health guide. Free to HMSA members. Call 948-6456 to schedule.

NUTRITION

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 (covered by many HMSA plans), heart disease and cholesterol reduction, women's wellness, and supplements.

SUPPORT GROUPS

Free and open to the public.

Attitudinal Healing

For the stress of daily life and healing relationships.

Bereavement Support Group

Cancer Support Group
For cancer patients, survivors and loved ones.

Parkinson's Support Group

For people with Parkinson's disease and their caregivers.

WEIGHT LOSS

Weight-Loss Surgery Seminar Wednesdays, July 11, Aug. 8 or Sept. 12 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. Registration is required.



Steven Fowler, M.D.

Effective Long-Term Weight Loss

Learn about our popular weight management program. Medifast® details at www.castlewellness-hp.tsfl.com. To schedule a taste-testing and consultation with a dietitian, and to learn about program discounts, call 263-5050.

Castle Individualized Lifestyle Weight Management Program

Ongoing, by appointment
This comprehensive weight-loss program includes one-on-one nutrition counseling with registered dietitian Mary Arakaki, personalized menu planning, one-on-one personal fitness training with trainer Cindy Carvalho, fitness classes and body composition analysis.



Mary Arakaki, R.D.



Cindy Carvalho