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Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

SPRING 2008

Health Link

Shim Ching, MD, is a graduate of the prestigious McGill University in Montreal and earned his medical degree from the University of



Shim Ching, MD

British Columbia. He completed his plastic surgery residency at Canada's McMaster University and received additional surgical training in Geneva, New York City, Toronto, Rio de Janeiro, San Francisco, Seoul and Honolulu.

He is board-certified.

Surgical Weight-Loss Seminar

Wednesdays, April 16, May 21, June 18
6 p.m.

Learn about Castle's comprehensive surgical weight-loss program from bariatric surgeon Steven Fowler, MD, and other members of the bariatric team. Registration is required. Call **263-5400** to register and for information.

FINDING YOUR NEW SHAPE

Body contouring smoothes skin after dramatic weight loss

BY MELE POCHEREVA

The development of safer, less invasive procedures has led to a surge in the number of weight-loss surgeries in recent years. With bariatric surgeries on the rise, a relatively new field of post-bariatric plastic

surgery has emerged in order to address the special needs of patients who have accomplished massive weight loss in a relatively short period of time.

THE FINISHING TOUCH Rapid weight loss leaves large amounts of excess skin without the elasticity to fit the patient's new body size.

While exercise may help tone some areas of the body, cosmetic surgery can provide the "finishing touch" to bariatric weight-loss procedures, explains Shim Ching, MD, a board-certified plastic surgeon who has a special interest and advanced training in post-bariatric cosmetic surgery.

Dr. Ching recently became affiliated with Castle Medical Center's Surgical Weight Loss Institute, whose team of obesity and weight-loss experts uses a multidisciplinary approach to assess each patient's health issues and develop a personalized weight management plan.

"About 10 percent of our post-bariatric patients elect to have cosmetic surgery, which usually is performed after they have lost 60 to 70 percent of their excess weight and their weight has stabilized," says Steven Fowler, MD, a bariatric surgeon and medical director for Castle's program. "For those who do opt for this additional surgery, we're pleased to have someone with Dr. Ching's qualifications

and training associated with our program."

IT'S NOT JUST ABOUT LOOKS "There are medical as well as cosmetic reasons for post-bariatric surgery," Dr. Ching says. "The extra folds of skin resulting from the weight loss, especially in the trunk area, not only can be awkward and embarrassing for the patient, but the excess skin also can lead to rashes and hygiene issues."

AMAZING RESULTS New surgical techniques have been developed to contour that extra skin, using a combination of circumferential body lifts; thigh, arm and breast lifts; and liposuction to help complete the new image that patients have worked so hard to achieve.

Depending on the scope of the procedures, recovery time can be as short as one week, or up to four weeks or more.

The result is a much flatter abdomen, removal of waist "rolls," and lifting of the outer thighs and buttocks.

"It's a difficult surgery and is not practiced by most plastic surgeons in Hawaii," Dr. Ching says, "but I find it very rewarding. Weight-loss surgery is a life-changing process, both physically and psychologically. Restoring a patient's body image through post-bariatric cosmetic surgery completes that process, and also does wonders for the patient's self-image."



For more information about Castle Medical Center's Surgical Weight Loss Institute or to make an appointment with the program coordinator, call **263-5176 or 263-5174.**



JUNE 30
SAVE THE DATE

CHIP IN FOR CASTLE—see page 8.
Tournament proceeds will benefit women's services.

FOOD LABELS

WHAT TO LOOK FOR IF YOU HAVE DIABETES

IF FREE HELP was available to assist you in managing your diabetes, would you turn it down?

That's exactly what you're doing if you shop for food without reading food labels. You're missing out on the opportunity to become better informed about the ingredients and calories in the food you buy—information that can help you make the best possible choices.

"Making wise food choices, no matter what type of diabetes you have, is key to keeping your blood sugar in a healthy range and preventing serious complications of the disease," emphasizes Roberta Anding, RD, a certified diabetes educator and a spokeswoman for the American Diabetes Association.

Of course, to choose well, you have to know how to interpret the information on labels.

Because it's all too easy to misread food labels—and make wrong assumptions about the food you eat—these tips from Anding and the American Dietetic Association are worth remembering:

- Check out ingredients. Ingredients are listed in order by weight. The first ingredient makes up the largest percentage of the food, the last the smallest.

Since you have diabetes, you have a heightened risk of heart disease. You want your diet to help lower that risk. Therefore, look for heart-healthy ingredients such as soy; monounsaturated fats, such as olive, corn or peanut oil; and whole grains, such as whole-wheat flour.



Similarly, you can use food labels to avoid ingredients that can harm your heart, such as hydrogenated oils, which are high in trans fat.

- Size up servings. The serving sizes on food labels may be different from those in your food plan or from what you normally

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eat. If you eat twice the serving size on the label, be sure to double the calories, fat, carbohydrates and sodium.

- Don't be fooled. If you're counting carbohydrates, remember that *sugar-free* doesn't equal *carbohydrate-free*. In fact, a food sporting a *sugar-free* label may actually have more carbs than the standard version. Likewise, fat-free foods may have more carbs than their traditional counterparts. So comparison shop.

- Concentrate on total carbohydrates. Focus on the grams of total carbohydrates rather than just on grams of sugar. (Total carbohydrates include sugar, complex carbohydrates and fiber.)

If you look only at sugar content, you might bypass foods, such as fruits, that are naturally high in sugar but still good for you. Or you might eat too much of a low-sugar, high-carb food.

No-sugar foods can still have calories

Sorry, but this may burst your bubble.

Some oh-so-enticing words on food labels may not mean what you think.

Those words are *sugar-free*.

Sugar-free does not necessarily mean *calorie-free*.

Take, for instance, yogurt or hot cocoa mix that has been sweetened with a low-calorie sugar substitute. These foods still have ingredients, such as fruit or milk, that supply significant calories.

This same caveat applies to any food that's marketed as having no sugar added. Yes, it's true that no actual sugar has been added during processing. Even so, this food may be high in calories.

The bottom line: If you need to control your weight because of diabetes, always read the label carefully to find out how many calories are in a food or drink.

Sources: American Diabetes Association; International Food Information Council Foundation

TAKE ACTION

Cooking classes, nutrition counseling and weight-loss options—see page 8.

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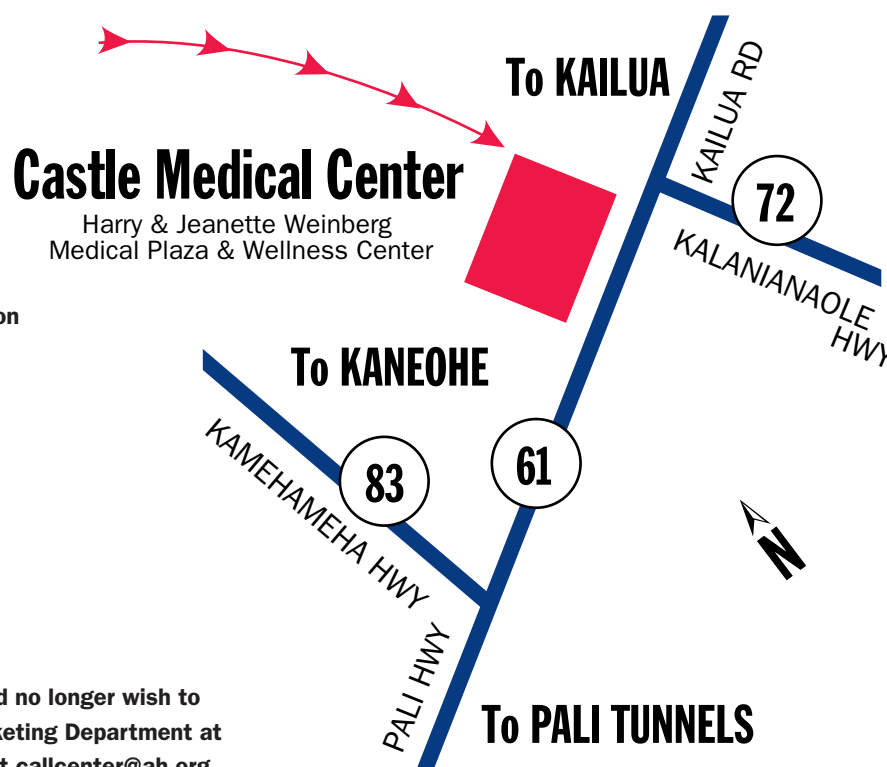
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Before she quit with the Breathe Free program, Dawna smoked up to two packs a day. "Now I'm able to handle stress better, and I don't get headaches anymore. Think of your future and quit...do it for yourself."

SAY SO LONG TO CIGARETTES

Quitting smoking is a must when you have heart disease

EVERY SMOKER HAS plenty of good reasons to quit. But if you have heart disease, you have an especially good incentive to toss tobacco, because smoking is hard on your heart.

Of course, you may have questions about giving up cigarettes, including whether nicotine replacement therapy (NRT) may be right for you. Talk with your doctor, and read on for some information to get you started.

Q Why is quitting smoking so important for people with heart disease?

▲ Smoking is a major cause of heart and blood vessel disease, and it can make the disease you already have worse in several ways:

- Chemicals in tobacco smoke, including nicotine and carbon monoxide, stress the heart and reduce the amount of oxygen the blood can carry. Smoking also contributes to clotting, which can trigger heart attacks.
- Smoking makes atherosclerosis—the narrowing of arteries, which also can lead to a heart attack—worse, says Russell Luepker, MD, spokesman for the American Heart Association (AHA).
- Smoking can make angina (chest pain) occur with less exertion and more frequently, and it increases the risk for recurrent artery disease after bypass surgery, reports the AHA.

However, quitting can help you live longer and better. "The health benefits are clear and unarguable," says Dr. Luepker.

For instance, if you've had a heart attack, you can greatly cut your risk for another one or for sudden cardiac death if you stop smoking.

"The data are incontrovertible," Dr. Luepker says. "Those who've had a heart attack and quit smoking have half the rate of death and half the likelihood of winding up back in the hospital with a second heart attack as those who haven't quit."

Q OK, so how can I quit?

▲ Set a quit date, and talk to your doctor. There's no one right way to quit. But it helps to have a plan.

Many people benefit from support, such as a telephone quit line or a stop-smoking program. You also need to

Keep trying to quit!



Eight sessions: May 20 and 27, June 2, 3, 4, 5, 10 and 24, 7 to 8:30 p.m.

This dynamic program takes a total lifestyle approach to quitting smoking, and it can help you quit without gaining weight. The cost is \$120 for eight sessions, including all materials and ongoing group support sessions. This fee is covered by HMSA's Ready, Set, Quit! stop-smoking program.

To schedule your individual appointment with a tobacco treatment specialist, call 263-5050.

rally your family and friends around you.

Medicines such as NRT, which include gums and patches, can also help boost your chances of quitting for good.

Q Is NRT safe for people with heart disease?

▲ In general, NRT is safe for most people with heart disease, according to the AHA. But if you've recently had heart problems, such as an irregular or rapid heartbeat or chest pain, see your doctor before trying NRT.

Q Can I smoke while using NRT?

▲ "Generally, we think it's not a good idea," Dr. Luepker says. "Nicotine is a drug you can overdose on." That said, if you do slip up and have a cigarette or two, it's best to keep using NRT and stop smoking, advises the AHA.

Q Is it too late to quit?

▲ Never. Dr. Luepker has seen people who have smoked for 40 years quit successfully. "Whether it's because they see the health-writing on the wall, their family is bugging them or a combination of things, they do it—and we have ways to help them," he says.

ACT QUICKLY: KNOW THE SIGNS OF A HEART ATTACK

IN THE CASE of a heart attack, acting quickly may save your life.

However, as many as half of all people who have a heart attack fail to call 911, according to the American Heart Association (AHA).

And a recent study of women who had heart attacks showed that only half of them went to an emergency room within the first hour of the start of their symptoms.

DON'T WAIT The first hour after a heart attack begins is crucial. Half of all deaths from heart attacks occur within that time frame, according to the AHA.

Getting treatment right away can increase your chances of survival. Many artery-opening and clot-busting drugs work best when given during the first hour of a heart attack.

Castle Medical Center's 24-hour Emergency Department is here for you in the event of a heart attack.

So why do people wait? There are many reasons, reports the National Heart, Lung, and Blood Institute (NHLBI). People having a heart attack may:

- Fail to recognize heart attack symptoms.
- Feel afraid.
- Worry about "causing a scene" or a false alarm.
- Not understand the importance of immediate treatment.

Most people actually wait two hours or longer after heart attack symptoms start before seeking medical help. This delay can mean permanent heart damage or even death.

RECOGNIZE SYMPTOMS According to the NHLBI, these symptoms may indicate a heart attack:

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest.
- Discomfort in the upper body, such as in the arms, back, neck, jaw or stomach.
- Shortness of breath, often before or with chest pain.
- Breaking out in a cold sweat.
- Nausea or light-headedness.

If you or someone else has these symptoms, wait no more than five minutes to call 911, advises the NHLBI.

People often don't call emergency personnel when they have a heart attack. Instead, they drive themselves to the hospital or have someone drive them. But calling 911 is almost always the fastest way to get lifesaving treatment, reports the AHA.

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Many concerned and caring individuals, corporations and foundations generously contributed to Castle Medical Center (CMC) in 2007. 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 the 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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Mr. and Mrs. John C. Stowe
Mrs. Elizabeth Y. Sugihara
Mr. and Mrs. Kenji Sumida
Mrs. Chiyoko Sumimoto
Estelle Sumimoto
Mr. and Mrs. Hiromu Suzawa
Mr. and Mrs. James H. Suzuki
Kanji and Sally Suzuki
Mr. Francisco J. Tabar
Mr. and Mrs. Edmund Tajima
Mr. and Mrs. Philip Takaba
Frank and Margaret Takara
Mrs. Susan H. Takara
Mrs. Hanae S. Takehara
Mr. and Mrs. George Takishita
Mr. and Mrs. Charles S. Tamabayashi
Yukiko Tamanaha
David N. Tamashiro
Doris K. Tanabe
Mr. George Tanabe
Mr. Jiro Tanabe
Mr. Charles Tanaka
Ms. Kazue Tanaka
Lillian T. Tanaka
Jean S. Tanimoto
Mrs. Harriet C. Tanji
Mrs. Aiko O. Tarumoto
Gayla N. Tarumoto
Hayame Tasaka
Alfred K. Tatsuguchi
James and Helen Tatsuno
Hanayo Tayasu
Mr. and Mrs. Pao-Ming Tchou
Dr. Andrew L. Temple
Norman and Jessie Teruya
Clyde Teves
Mr. and Mrs. Harold J. Teves
Joseph Texeira
Cynthia Thielen
Mr. and Mrs. William E. Thomas Jr.
Mr. and Mrs. Marvin Tilker
Wallace K. Tirrell
Mr. Harry H. Tokunaga
Bob and Sue Tomasu
Mrs. Mitsuko Tomita
Mr. Dean K. Toyama
Mrs. Sueko Toyama
Florence S. Toyofuku
Mr. Yukio and Amy Toyota
Steve and Christine Trecker
Agnes M. Tsuha
Mrs. Charlotte Tsuha
Ralph F. and Virginia H. Turner
Mr. Mitsuo Uchibori
Rochelle Uchibori
Tsugio and Dora Uchida
Mr. and Mrs. George Uchima
Mr. and Mrs. Ritsuo Uchimura
Rieko Uechi
Edward and Karran Uhr
Mr. and Mrs. Juan Ulibas
Beatrice Ullman
Edward and Barbara Underwood
Gregory E. Uyechi
Zensuke Uyechi
Mr. Edwin T. Uyeda
Mr. and Mrs. Roy Y. Uyeda
Mrs. Janet H. Ueyehara

Aaron and Terri Uyema
Chad Uyenishi
Mr. and Mrs. Alex Uyeshiro
Cynthia Valenzuela
Nalani Vasquez
Mary Veriato
Mr. and Mrs. Bernard Vierra
Ms. Manuela Vierra
Mrs. W. Villaruel
Eri Virden
Stuart Wakatsuki, MD
Ms. Ellen Y. Watanabe
Mrs. Patricia Watanabe
Mr. and Mrs. Harold Watase
Ms. Kate Watase
Mary Ellen Way
Mr. and Mrs. Mike Weidner
J. D. Williams
Edwin and Adeline Wilson
John Wollstein
Mr. and Mrs. James M. Wong
Leonard and Ellen Wong
Mrs. Mildred Wong
Mr. Reuben M. Wong
Mr. Chad Yamada
Mrs. Thelma T. Yamada
Mrs. Annabelle T. Yamaguchi
Tadashi and Katherine Yamamoto
Marjorie H. Yamanaka
Joyce H. Yamane
Ronald M. Yamaoka, MD
Dr. and Mrs. Charles K. Yamashiro
Mr. and Mrs. Melvin Yamashita
Ramona Ching Yanai
Tay-Ing Yang, MD
James and Helen Yano
Mr. and Mrs. Yasuo Yatsushiro
Mr. and Mrs. Walter S. Yeda
Ben and Judy Yee
Dr. and Mrs. Donald W. S. Yim
Mr. and Mrs. Iwao Yokooji
Mr. and Mrs. Robert I. Yokoyama
Mr. Gary Yoshida
Mr. and Mrs. Ronald M. Yoshida
Mrs. Misao Yoshikawa
Mr. and Mrs. W. H. Yoshimitsu
Mrs. Harriet Yoshimori
Noboru and Dorothy Yoshimoto
Lois Yoshioka
Mr. and Mrs. Ted Yoshizaki
Mrs. Ellen I. Young
Mrs. Juana Zane

Businesses

3M Hawaii
A-1 A-Lectrician, Inc.
Adventist Health
AIG Hawaii Insurance Company
Alaka'i Mechanical Corporation
Alic Fire Protection Co., Ltd.
Alic Flooring, Inc.
Aloha Nursing & Rehab Centre
Aloha Painting Company, Inc.
Aloha Petroleum, Ltd.
Aloha Rentals
Alston Hunt Floyd & Ing—Attorneys at Law
American Savings Bank
Ameron Hawaii
Ampco System Parking
Arthur Mori & Associates, Inc.
Bank of Hawaii
Beachside Roofing, LLC
Bead It
Better Brands
Blue Bull Trucking
Blue Planet Software
Boss Communication Technologies
Bow Yee Tong Association
Caris Medical, Inc.
Carvill & Company, LLC
Castle Health Group
Castle Medical Center
Medical Staff
Cedric D. O. Chong & Assoc., Inc.
Central Pacific Bank
Clear Channel
Clement & Associates
Coca-Cola Bottling Co. of Hawaii
Commercial Sheetmetal Co., Inc.
Continental Mechanical

Convergence CT, Inc.
Deering Management Group
Del-Marc Fujita Enterprises, LLC
Diagnostic Laboratory Services, Inc.
DK Sansei Restaurants
D.R. Horton—Schuler Homes, LLC
Enterprise Rent-A-Car Co. of Hawaii
Environmental Science International
EnviroQuest, Inc.
Finance Factors Foundation
First Hawaiian Bank
Florida Combined Life
Fopco, Inc.
Fuji Film Medical Systems USA
Fukuji & Lum Physical Therapy Associates, Inc.
G & G Entertainment
Gaspro
General Growth
Grove Farm
HAGADONE Printing Company
Hansen Foodservice
Hardware Hawaii LTD
Hawaii Center for Reproductive Medicine and Surgery, LLC
Hawaii Pathologists' Laboratory
Hawaii Pizza Hut, Inc.
Hawaiian Design Associates, LLC
Hawaiian Telcom
HBE Corporation
Hilton Hawaiian Village
HMSA
Guy M. Lee
Charles Lufkin
Connie Meyer
Mary E. Moore
Debbie Shimabukuro
Philip Takaba
In memory of Moises and Esther Bulahan Balungag
W. Villaruel
In memory of Joseph E. Battista
Miriam S. Battista
In memory of Joseph Benson
Yoko Benson
In memory of Dale Briggs and Ruth Briggs
Patti Briggs
Jayr Construction, Inc.
JM Glass, Inc.
John Dominis Restaurant
Johnson & Johnson
Kailua Salon
Kalapawai Market
Kamaaina Dental Assoc.
Kaneohe Yacht Club
Tennis Fleet
Kapalua Golf Resort
Kapolei Golf Course
Kin Wah Chop Suey
Ko Olina Golf Club
Kokua In Kind
Koolau Farmers, Inc.
Kusao & Kurahashi Inc.
Latham & Watkins
LDS Foundation
Lex Brodie's Tire Company
Longs
Luana Hills Country Club
Lucy's Bar & Grill
Mama's Island Pizza
Maui Divers
Maui Tacos
Mauna Kea Resort
McKahan Planning Group
Mechanical Enterprises, Inc.
Menehune Marchers
Michel's at the Colony Surf
Mitsunaga & Associates
Oahu Waste Services, Inc.
Ocean Resource Innovations
Olomana Golf Links, Inc.
On Balance
Otis Elevator Co.
Pacific Aviation Museum
Pacific Golf Academy
Pacific Guardian Life
Platinum Select
Poipu Bay
Price Busters
Princeville Golf Courses
PSH Insurance, Inc.
Radiology Group
RH Tom Interiors, Inc.
Ribbon Productions, LLC
Robert's Hawaii
ROSES Systems Solutions
Royal Hawaiian Shopping Center
Roy's Restaurant

Shred-It Hawaii
Sitch Electric Inc.
Smiles Forever
SMS Research & Marketing Services
Soiree Events, LLC
Standard Register
Steris Corporation
Stryker Endoscopy
T. Iida Contracting
United Laundry Services, Inc.
Unitek Insulation, Inc.
Van Moy & Associates
Vermeesch Printing
Waikoloa Beach & Golf Resort/Beach & Kings' Courses
Wailea Golf, LLC
Ward Centers
Western Adventist Foundation
Windward Isle Properties, Inc.
Windward Orthopaedic Group, Inc.
Young Laundry & Dry Cleaning

Tributes

In memory of Eric M. Arakawa
In memory of Pat Auten
Sinclair Brown
Florida Combined Life
HMSA
Guy M. Lee
Charles Lufkin
Connie Meyer
Mary E. Moore
Debbie Shimabukuro
Philip Takaba
In memory of Moises and Esther Bulahan Balungag
W. Villaruel
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Maui Divers
Maui Tacos
Mauna Kea Resort
McKahan Planning Group
Mechanical Enterprises, Inc.
Menehune Marchers
Michel's at the Colony Surf
Mitsunaga & Associates
Oahu Waste Services, Inc.
Ocean Resource Innovations
Olomana Golf Links, Inc.
On Balance
Otis Elevator Co.
Pacific Aviation Museum
Pacific Golf Academy
Pacific Guardian Life
Platinum Select
Poipu Bay
Price Busters
Princeville Golf Courses
PSH Insurance, Inc.
Radiology Group
RH Tom Interiors, Inc.
Ribbon Productions, LLC
Robert's Hawaii
ROSES Systems Solutions
Royal Hawaiian Shopping Center
Roy's Restaurant

Joseph T. Hee
Kaneohe Yacht Club
Tennis Fleet
Charles Lufkin
Edward J. Quinlan
Bob Singlehurst
George Stevens
J. D. Williams
In memory of Kitty Edwards
Clark Edwards
In memory of Merry Edwards
Clark and Kathleen Edwards
In memory of Rene Fearing
Mie Matsui
In memory of Kenneth Kazuo Fujimoto
Ruth C. Otsuka
In honor of Cathy Joseph Giannasio
Joseph R. Giannasio, MD
In honor of Jackson Eagle Giannasio
Joseph R. Giannasio, MD
In memory of Joseph L. Grant
Jana Grace
In memory of Rose W. Hau
Skippy Hau
In memory of John Haverty
Barbara Parenteau-Wakida
In memory of Keith S. Higashi
Alvin W. Higashi
In memory of Glenn A. Hiltbrand
Edith S. Hiltbrand
In memory of Rickey R. Hoshino
Harold Y. Hoshino
In memory of Kurt E. and Garro "Ro" Johnson
Claire P. Johnson
In memory of Mary Juchnewicz
Theodora Bosch
In memory of Riley S. W. Kam
Beryl C. Kam
In memory of Francine Momilani Kamaau
Solomon K. Kamaau
In memory of Chiyoko Kamei
Mae C. Boteilho
Edward Kamei
Evelyn S. Kamei
Joyce K. Wills
In memory of Harriet King
Norman C. Ault
Vicki Gray
Helen Kamperschroer
Donna Lee
Sue Ann Lee
Patti Nakagawa
Beatrice Ullman
Cynthia Valenzuela
In memory of Stanley A. Kobashigawa
Queenie Kobashigawa
In memory of Wilma K. Latour
Remy J. Latour
In memory of Stanley K. Lindo
Martin Cambra
James W. Cates
Charles P. Cavaco
Paul Chang
Phil Hatori
Jon Hunter
Charlie Iijima
Glenn Iijima
Clay Kida
Stanley Lindo
Art Menezes
Louis Nakamoto
Bill Nobriga
Ray Peterson
Bert Rickard
Karen Robertshaw
Francis Santos
Clyde Teves
Ramona C. Yanai
Ben Yee

In memory of Antonio Maglinti
Rosario R. Maglinti
In memory of Harry and Lilian McArdle
H. Roy McArdle
In memory of Clarence E. McIntosh
Edna McIntosh
In memory of Doris S. Miller
Richard S. Miller
In memory of Mickey Moniz
Patricia P. Moniz
In memory of Deen Morita
Annette Morita
In memory of Keith T. Nakamoto
Ralph M. Nakamoto
In memory of George J. Nakanishi
Elizabeth A. Nakanishi
In memory of Mike Nishihara
Rose M. Nishihara
In memory of James Notrangelo
Grace Y. Notrangelo
In memory of Sadamu Okuhata
Sadamu Okuhata
In memory of Edward K. Olepau
Halona M. Kauhola
In memory of Yoshiaki Ono
Charlene E. Ono
In memory of Teijiro and Yoshiko Oshiro
Alan H. Hinazumi
In memory of Troy H. Ozama
Mike Ozama
In memory of Albert Roth
Elizabeth A. Roth
In memory of Louis "Koko" Santos
Reiko Santos
In memory of David K. Shiroma
Skippy Hau
Henry S. Loo
Ethel K. Serikaku
George Tanabe
George Uchima
In memory of Mr. and Mrs. John A. Silva
Eugene A. Silva
In memory of Sydney H. Smith
Agnes P. Smith
In memory of Paul Sniffen
Rebecca D. Conchee
In memory of Fred and Ruth Steinwascher
Robert H. Lee
In memory of Kikuo Sumimoto
Anonymous
In memory of Mary L. Tabar
Francisco J. Tabar
In memory of Masumi Tanaka
Kazue Tanaka
In memory of Etsuko Uyechi
Zensuke Uyechi
In memory of Jane Vaughan
Robert G. Briggs
In memory of Rob Vuillemot
James Haight
In memory of Rene Warashina
Melvin Murata
In memory of Guy Wolf
Jane Redmond
In memory of Colleen H. Yamashiro
Diane Fujinaka
In memory of Raymond K. Yamashiro
Diane Fujinaka
In memory of Edwin Yamauchi
Ralph M. Nakamoto



DOMESTIC VIOLENCE: KNOW THE FACTS

IT'S EASY TO go through life thinking that the people we're closest to will love, support and protect us.

But sadly, that isn't always the case. Each year, millions of Americans are victims of domestic violence—abuse by a spouse or partner.

Domestic violence affects people of every social group. It's not limited to those of a certain age, income or education level.

If you're in an abusive relationship, it's important to know that you have not caused the abuse. Nor can you stop the abuse of another person. But you don't have to take the abuse, either. Help and support are available.

MORE THAN PHYSICAL Things like hitting, shoving or hair-pulling might be the first things that come to mind when you think of domestic violence. Each of these qualifies. But domestic violence isn't limited to physical abuse.

It also includes:

- **Psychological abuse.** Things like intimidating someone to cause fear or keeping a person from family, friends or work fall under this category.
- **Emotional abuse.** This involves trying to damage a person's self-worth or self-esteem. Examples include name-calling or constant criticism or put-downs.
- **Sexual abuse.** This might involve forcing someone to engage in sexual contact or behavior against the person's will.
- **Economic abuse.** Examples include keeping money from someone or forbidding someone from working or going to school.

These types of abuse can have serious consequences.

For instance, according to the U.S. Centers for Disease Control and Prevention, research suggests that about one in nine homicides involves intimate partner violence. Domestic violence may also lead to suicide attempts and can contribute to depression, anxiety and panic attacks.

If children are involved, domestic violence can affect them too. The American Psychiatric Association reports that kids exposed to domestic violence may be at risk for developmental problems. They may also have trouble at school or engage in aggressive behavior themselves.

Thinking that violence is normal, they may grow up to become abusers or victims of abuse.

GET HELP If you believe that you're living with domestic violence and you could be in danger, leave your home. Go somewhere safe, such as an emergency shelter or the

home of a friend or relative.

Take your children with you. And try to take any important papers, keys or money that you can access. If you don't think you can get out safely, call the police.

You can also talk with someone you trust. This might be a friend, your doctor or a religious adviser.



Men can be victims too

Domestic violence knows no bounds when it comes to race, culture, age, income—or even sex.

Most of those affected are women. But many men are victims too. Research suggests that about 16 percent of the physical assaults on men every year are committed by a current or former spouse, intimate partner, or date. What's more, nearly 6 percent of all men who are murdered are killed by a spouse, ex-spouse or significant other.

Men may be embarrassed about their situation or concerned that no one will believe them. They might also fear being ridiculed. As a result, they are often reluctant to report these incidents.

But if you're a male victim of domestic violence, it's important to realize that you're not alone—and that there's nothing to be ashamed of.

Source: National Coalition Against Domestic Violence

Make the call

If you are in a crisis situation and require immediate assistance, call 911 or the 24-hour shelter hotline on your island:

- Oahu (Windward)** 526-2200
- Oahu (Town/Leeward)** 841-0822
- Hilo** 959-8864
- Kauai** 245-6362
- Kona** 322-SAFE (322-7233)
- Maui/Lanai** 579-9581
- Molokai** 567-6888

ALZHEIMER'S DISEASE MAKE YOUR HOME SAFER

WHEN MENTAL FACULTIES begin to fail, people with Alzheimer's disease can make mistakes that are dangerous to their well-being. However, you can find ways to increase safety in your own home, say experts at the National Institutes of Health.

Accident prevention begins with a safety check of every room. If you need help, call on an experienced Alzheimer's caregiver, an occupational therapist or the Alzheimer's Association (800-272-3900, or www.alz.org).

Here are a few suggestions to get you started:

Around the house

- Display emergency numbers and your home address

near all telephones. (You may need them in a hurry.)

- Make sure that all outside doors and windows have secure locks. Hide a spare house key outside in case the person with Alzheimer's locks you out of the house.
- Cover unused electrical outlets with childproof plugs. Remove portable space heaters. If you use portable fans, be sure that objects can't be placed into the blades.
- Use textured strips or nonskid wax on hardwood floors, and nonskid strips or mats in the tub or shower to prevent slipping. Remove scatter rugs and foam pads.
- Install night-lights in hallways, bedrooms, bathrooms and the kitchen.
- Place decals at eye level on sliding glass doors, picture windows and furniture with large glass panels.

Kitchen and laundry

- Remove knobs from the stove, or install an automatic shutoff switch.
- Get rid of artificial fruits and vegetables or food-shaped kitchen magnets that might appear to be edible.
- Insert a drain trap in sinks to catch things that may

clog plumbing.

- Consider disconnecting the garbage disposal.
- Lock the door to the laundry room, if possible. Otherwise, lock laundry products in a cabinet.

Bathrooms and bedrooms

- Remove the bathroom door lock to prevent locking from the inside.
- Install grab bars. A color that contrasts with the shower, tub or walls is easier to see.
- Move the bed next to the wall or place the mattress on the floor to help avoid falls.

Lock up the following items or keep them out of reach:

- All prescription and over-the-counter medicines. They should also have child-resistant caps.
- Breakable or dangerous items, such as cleaning products, knives, guns and ammunition, scissors, blades, small appliances, and china.

Because Alzheimer's progresses at a differently in each person, you may need to review your safety measures to keep up with changes in behavior and function.



IS IT TIME FOR A MAMMOGRAM? DON'T WAIT

IF YOU'RE A woman who can easily list a bunch of things that you think are more important than getting a mammogram, here's something worth remembering: Mammograms take minutes; breast cancer takes lives.

About one in eight American women will get breast cancer. That's a startling statistic. But there's much more positive news to focus on.

According to the U.S. Department of Health and Human Services, mammograms—combined with breast exams by a medical professional—are the most effective way to find breast cancer early. That's when treatment is most likely to be successful—and precisely why mammograms are so important.

WHAT TO EXPECT Mammograms use low-dose x-rays to examine the breasts. Those x-rays are either exposed on film—a traditional mammogram—or stored on a computer—a digital mammogram.

Most mammograms are screening mammograms. They can show suspicious areas when you have no symptoms of breast cancer.

A diagnostic mammogram may be performed if you do have symptoms or if your screening mammogram shows something unusual.

For a mammogram, a technologist positions your breasts, one at a time, in a machine that gradually compresses your breast tissue. This compression may be somewhat uncomfortable, but it's brief. It makes it possible to get the best image with the least amount of radiation.

Usually two images of each breast are created for a

screening mammogram; a diagnostic mammogram requires more images. Once the technologist makes sure that the images are of high enough quality for a radiologist to read, you can leave.

For information about mammography services at Castle Medical Center, call Imaging at 808-263-5166.

According to the American Cancer Society (ACS), a screening mammogram should take about 20 minutes—a diagnostic mammogram will take longer—and you should receive results of your screening mammogram within 30 days.

WHEN TO BEGIN Generally, the ACS recommends starting yearly screening mammograms at age 40. However, your doctor may suggest earlier screenings if you have a higher-than-average risk for breast cancer.

Keep in mind that if a mammogram finds something suspicious, further tests may be needed to determine if you have cancer. Usually these tests show no cancer is present.

It's also important to realize that not all breast cancers show up on a mammogram.

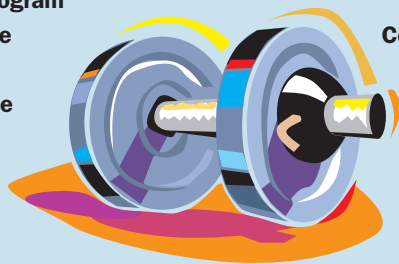
Still, mammography is the best screening tool for breast cancer available today, according to the Radiological Society of North America. It's to your advantage to make use of it.



Look Good...Feel Better

Monday, May 19, 3 p.m.

This non-medical, product-neutral program teaches beauty techniques to female cancer patients during treatment to help address appearance-related side effects. **FREE.** Registration is required; call the American Cancer Society's Windward office at **262-5124.**



Ho'ola Cancer Exercise Program

Come participate in this free, 10-week exercise program to improve and enhance the recoveries of people with cancer and those one to two years in remission. Registration is required. Call **284-5150** or visit www.cancerexercise.wellness.org.

CHEMOTHERAPY HOW AND WHY IT WORKS

CANCER CAN BE a tough disease to treat.

Part of the reason is that it doesn't always stay in one place. Sometimes cancerous cells that are part of a tumor can break away and travel to other parts of the body without being noticed—at least early on.

For these potentially dangerous cells, doctors need a treatment that can find cancer cells where they hide. In many cases, that treatment is chemotherapy.

A WHOLE-BODY TREATMENT Chemotherapy is the treatment of cancer with drugs. According to the American Cancer Society, there are more than 100 chemotherapy medications now in use. These drugs attack cancer in

different manners and are given in different ways.

Some, for example, are injected, while others are swallowed. Still others are infused through a thin needle placed in a vein. The type of cancer you have, where the cancer is and your general health help doctors decide which drug or combination of drugs is best for you.

In almost all cases, chemotherapy is a systemic treatment, meaning that the medicines travel throughout your entire body.

They are often given after surgery or radiation therapy. But they can also be used to shrink a tumor before other types of treatment. This may make less extensive surgery possible or help certain treatments work better. In some cases, chemotherapy is the only treatment someone receives.

Ultimately, the goal of chemotherapy is either to help cure or control cancer or to relieve its symptoms.

CHALLENGES OF TREATMENT Unfortunately, the strength of chemotherapy is also one of its potential drawbacks.

Chemotherapy is very good at killing cancer cells. But it also cannot distinguish a diseased cell from a cell that is cancer-free. As a result, normal cells can be damaged during treatment. Cells most likely to be affected are those that divide quickly, such as cells of hair follicles, blood cells, and cells lining your digestive and reproductive tracts. This is why side effects including hair loss, nausea, diarrhea and low blood counts are possible.

Specific side effects vary from drug to drug and may be influenced by dosage. But doctors can take steps to prevent or lessen the severity of many side effects.

What's more, while some chemotherapy-related problems may be long-term, many are only temporary. Once treatment ends, normal cells that were damaged will often repair themselves.

LOOKING AHEAD Promising research into chemotherapy continues.

In the meantime, if your doctor recommends this treatment for you, he or she will take care to find effective medicines with the fewest possible side effects.

TAKE TIME FOR YOUR HEALTH

Castle Medical Center



Spring is a time of renewal. Let Castle Medical Center help you get ready for an active summer. 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 website at www.castlemed.org.

EVENTS CALENDAR

EXERCISE CLASSES

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

- Core Strength
- Freedom of Movement
- Interval Training
- Longer Life
- Morning Stretch
- Osteo-cise
- Pilates
- Steady on Your Feet
- Qigong

COOKING CLASSES

Classes meet at 6:30 p.m. Registration is required. Fee: \$20, due two days prior to class.

Super Foods, Super Bodies!

Wednesday, April 9
Guest chef and author Jennifer Flynn will help you discover simple-to-prepare, nutrient-dense "fast foods."



Paul Onishi

Local Kine Grinds 'Ono & Healthy!'

Thursday, April 24
Chef Paul Onishi will help you discover new ways to prepare old local favorites.

Food for Life—Eating Right for Cancer Survival

Thursday, May 8
Chef and cancer survivor



Rebecca Woodland

Rebecca Woodland teaches how to eat right for cancer prevention and survival.

EVENTS



16th Annual "I Love Kailua" Town Party
Sunday, April 27
11 a.m. to 4 p.m.
Kailua Road

"A Taste of Kailua," plus live entertainment, hand-made crafts, live plants and orchids for sale, keiki activities, community information booths, and health screenings from Castle Medical Center.

Cardiovascular-Neuro Medical Symposium
Monday, April 28
9 to 11:00 a.m.

Mid-Pacific Country Club
266 Kaelepulu Drive, Kailua

A free educational event presented by the American Heart Association. Continental breakfast is included. Please join Castle Medical Center and the AHA as experts present information on new advances in cardiovascular medicine and learn how you can control your risks for heart disease and stroke. Call Danielle Tuata, 457-4970, for reservations.

Windward Arthritis Walk (Pet Friendly!)

Sunday, May 18
Registration—7:30 a.m.
Walk—8:30 a.m.
Hawaii Pacific University Windward Campus
This Arthritis Foundation event is noncompetitive, fully accessible and pet-friendly, and is co-sponsored by Castle Medical Center.



Information/donate online at www.kaneohe.arthritiswalk.com.

FAMILY

Call for locations.

Birth Center Tour
Tuesdays, April 1, May 6, June 3, 5 p.m.
Call for reservation.

Breastfeeding
Thursdays, April 10, May 8, June 12
6 to 8:30 p.m.

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

Childbirth Basics Seminar
Tuesday, May 20
5 to 10 p.m.

Delivering at Castle: \$45 (single) or \$55 (couple); public: \$50 (single) or \$65 (couple)

General Newborn Care
April 22, June 19
6 to 9 p.m.
\$25 per couple

Infant CPR and Safety
April 8, May 13, June 5
6 to 9 p.m.
\$25 per couple.
Does not provide certification.



Lamaze Prepared Childbirth

Six sessions.

- Mondays, April 7, 21, 28, May 5, 12, 19;
6:30 to 9:30 p.m.
 - Sundays, April 27, May 4, 18, 25, June 1, 8
4:30 to 7:30 p.m.
 - Sundays, May 25, June 1, 8, 22, 29, July 6
11 a.m. to 2 p.m.
 - Mondays, June 2 through July 7
6:30 to 9:30 p.m.
 - Sundays and Tuesdays, June 22 and 29, 4:30 to 7:30 p.m., July 1, 6:30 to 9:30 p.m., and July 6, 13, and 20, 4:30 to 7:30 p.m.
- Delivering at Castle: \$65 (couple); public: \$75 (couple)**



FITNESS

Personal Training
Ongoing, by appointment
Our certified fitness trainer tailors a plan for improved flexibility, strength and weight loss. Call 263-5050 for more information.

HEALTH EDUCATION

Presented in partnership with HMSA. Free to HMSA members. Call 948-6398 to register.

- Thursday, April 10, noon to 1 p.m.
All Pumped Up...With Nowhere to Go
- Tuesdays, May 6 and 13, 9 to 11 a.m.
Strong, Straight and Steady
- Thursday, May 8, noon to 1 p.m.
Women's Health
- Thursday, June 12, noon to 1 p.m.
Men's Health



18TH ANNUAL 'CHIP IN FOR CASTLE'

CHARITY GOLF TOURNAMENT

Monday, June 30, 2008

Mid Pacific Country Club

Golfers will tee off June 30 at the Mid Pacific Country Club, nestled in the foothills of the Ka'iwa Ridge in Kailua, to benefit the Women's Center at Castle Medical Center. This event offers golfers panoramic views of beautiful Kailua Bay and the majestic Ko'olau mountain range, with the fun and challenge of a championship golf course. The proceeds will be used to expand Castle Medical Center's Women's Center to enhance services and outreach programs for the community. For more information, call Ron Sauder at 263-5335.

JOINT CARE

Joint Care Seminars

- Day seminars: Thursdays, April 3, May 8, June 19
10 to 11 a.m.
- Evening seminars: Wednesdays, April 23, June 4, or Thursday, June 19
7 to 8 p.m.

Hospital Auditorium

Learn about the causes of hip and knee pain and how you can reduce pain using diet, exercise, medication or joint replacement surgery. Get information on available treatment options, such as medication and joint replacement surgery.

NUTRITION

Nutrition Counseling
Ongoing, by appointment

Medical nutrition therapy for weight loss, diabetes (covered by many HMSA plans) and heart disease/cholesterol reduction. Call 263-5050 for more information.

SCREENINGS

HMSA HEALTHPASS

Thursdays, April 3, May 1, June 5

An in-depth assessment of

your current lifestyle and health risks. Free to HMSA members. Call 948-6456 for an appointment.

SUPPORT GROUPS

Free and open to anyone needing support.

- Cancer
- Parkinson's
- Bereavement

WEIGHT LOSS

Individualized Weight Management Program

Ongoing, by appointment
Comprehensive weight-loss program with one-on-one nutrition counseling sessions and personal training sessions, menu planning, fitness classes, and body composition analysis. Call 263-5050 for more information.

Take Shape For Life
Thursday, April 10, 7 p.m.

Learn about proven weight-control strategies and tools. Hear local success stories. FREE Medifast® samples. Medifast® details at www.castlewellness.tsfl.com/hp.