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Castle Medical Center



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Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

WINTER 2008

Health Link

HEART SMARTS Physical activity is essential to good heart health. One way to get moving more: Park a few blocks away from the office or store and walk the rest of the way.

National Heart, Lung, and Blood Institute



WHERE GERMS LURK

The bottom exterior of a purse can harbor thousands of germs. Consider cleaning handbags with a disinfecting wipe to avoid transferring germs to places you don't want them, such as the kitchen counter.

University of Arizona



BREAKFAST BENEFITS

Breakfast does a mind and body good. If you're in a rush, have a quick meal, such as a bowl of instant oatmeal with raisins and a glass of low-fat milk.

American Dietetic Association



PRINTED IN HAWAII

THE DOCTOR IS ALWAYS IN

CASTLE MEDICAL CENTER

BY MELE POCHEREVA

Two years ago, Castle Medical Center joined the growing number of hospitals across the country that have added specialized acute care physicians, or hospitalists, in a continuing effort to provide patients with the highest quality care while they are hospitalized. ♦ Unlike doctors who specialize in treating specific organs, diseases or

groups of patients, hospitalists are doctors whose sole responsibility is to care for patients from admission until discharge. Castle Medical Center has nine hospitalists on staff, including Wen Yu Lee, MD, medical director of the hospitalist program. *Windward Health* asked Dr. Lee to explain the important role of these specialists in caring for patients at Castle.

Q What type of medical training do hospitalists receive?

▶ More than 90 percent of hospitalists are trained in internal medicine. Because we specialize in inpatient care, we are experienced in managing such acute health problems as congestive heart failure or pneumonia that are common among hospitalized patients.

Q In what other ways do patients benefit from hospitalist care?

▶ Continuity of care and the ongoing availability of the hospitalists are two key patient benefits.

Meet Castle's hospitalists

- Wen Yu Lee, MD, medical director
- Jennifer Chan, MD
- Martinus Dryud, DO
- Frank Haglund, MD
- Melanie Kim, MD
- John Koo, MD
- Trang Le, MD
- Laurence Rotkin, MD
- Baron Wong, MD

The average length of stay in the hospital is five days. In most cases, patients will have the same hospitalists throughout their stay, providing continuity of care by a doctor who is familiar with their medical needs.

Patients also like the fact that hospitalists are on the premises at all times. In addition to making daily rounds, we are always right there to stabilize a patient or handle any medical



Castle hospitalists Frank Haglund, MD, Laurence Rotkin, MD, and medical director Wen Yu Lee, MD

emergency that might arise. If patients or their families need to have a diagnosis or procedure explained or re-explained, they always are welcome to page the hospitalist.

Q How are hospitalists assigned to patients?

▶ Castle has hospitalists on duty 24 hours a day, seven days a week. When patients are admitted to the hospital through the emergency room and do not have a primary care physician of their own, one of the hospitalists on duty is assigned to their care.

Q What about patients who do have primary care physicians?

▶ Hospitalists are available to serve as a rapid-response team in case of distress, stepping in to manage a patient's care until the primary care physician arrives. When a patient is under the care of a hospitalist, the primary care physician is informed of any major changes in the patient's condition. We notify the physician when the patient is ready to be discharged and provide a summary of his or her hospital care and any follow-up care needed.

According to the Society of Hospital Medicine, research over the past 10 years has shown not only that hospitalists contribute to increased patient satisfaction but that hospitalist care decreases the length of time patients spend in the hospital, hospital costs and patient mortality rates.

SAVE THE DATE

COOL KAILUA NIGHTS—see page 5
A block party and health fair on Feb. 2



KEEP ANGINA PAIN AT BAY



FOR BILL LEEPER, going up stairs can be a painful experience. So can carrying out the garbage or just walking too fast.

His legs aren't the problem—it's his heart. Leeper has angina.

"It hits hard," he says. "It's a terrible pain right in my chest."

Angina occurs when your heart muscle needs more oxygen than it's getting. Sometimes angina can be mild, but other times it can stop you in your tracks.

SUPPLY AND DEMAND According to the American Heart Association (AHA), heart disease sets you up for angina by narrowing the heart's arteries.

Thus, when you put an extra demand on your heart—by climbing stairs, for example—not enough oxygen-rich blood reaches the heart muscle, and angina occurs. Emotional stress can also cause angina symptoms, as can smoking or eating a heavy meal.

With angina you may feel chest pain, or an uncomfortable pressure or squeezing sensation in your chest. Some people feel angina in their neck, jaw, shoulder, back or arm. Sweating or shortness of breath may also occur.

Since angina symptoms are triggered by specific activities or situations, people often can predict when symptoms will start.

With rest or medication, symptoms usually go away in a few minutes. This is called stable angina, and it's the most common type of angina.

However, if chest discomfort occurs unexpectedly while you are at rest and isn't relieved by medicine, it could

be unstable angina—a dangerous condition that needs immediate medical attention.

TREATING ANGINA If you have angina, it's important to take steps to avoid situations that trigger your symptoms, according to the National Heart, Lung, and Blood Institute (NHLBI).

For instance, eat small meals and learn techniques to handle stress. If exertion causes your symptoms, slow down or rest when necessary.

Having angina means you're also at risk of having a heart attack. The NHLBI recommends these healthy lifestyle choices to lower that risk: ● Stick with a diet that is low in fat and high in fruits, vegetables and fiber. ● Don't smoke. ● Get as much physical activity as your doctor recommends. ● If you're overweight, try to shed excess pounds.

Your doctor may also prescribe medicine to help relieve angina symptoms. The most common angina drug is nitroglycerin, which increases the heart's blood supply by relaxing the arteries. High blood pressure medicines can also help.

In some cases, procedures to open blocked blood vessels in the heart, such as angioplasty and coronary artery bypass surgery, may be needed to control angina.

Heart disease and angina don't go away. But most people with stable angina can continue their normal activities. And with medical care, you can minimize your symptoms and live longer.

Go Visit the AHA at www.americanheart.org for more information about angina.

Castle's "Heart Disease or Heart at Ease" workshop can help you learn how to reduce your risk for heart disease. See the calendar for more information.

Watch for signs of a heart attack

If you have angina, it's important to realize that your condition puts you at high risk of having a heart attack. That's why you need to know the symptoms of a heart attack:

■ Chest discomfort. Most heart

attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back.

■ Discomfort or pain in other areas of the upper body, such as in one or both arms, or the back, neck, jaw or stomach.

■ Shortness of breath.

■ Other signs. These may include nausea, light-headedness or breaking out in a cold sweat.

If you have chest discomfort, especially with one or more of the other signs of a heart attack, don't wait any longer than five minutes to call 911, advises the American Heart Association.

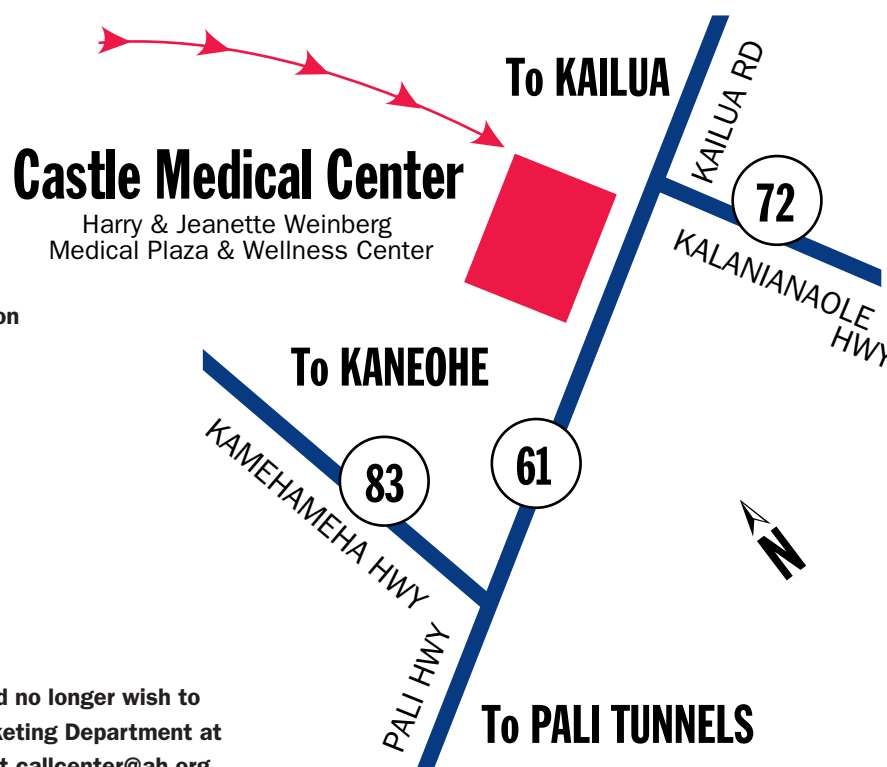
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■ Request a Castle brochure.
■ Request a physician directory.

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Kevin A. Roberts
President and CEO

Jasmin Rodriguez
Director of Marketing and Communications

Helene Waihee
Editor

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Windward Health

WINTER 2008

Relax! Castle pampers new moms

The Birth Center at Castle has always believed that mothers bringing a little one into the world deserve special treatment.

The new Pampering Mommy Program offered by licensed aesthetician Alena Roberts encourages new mothers at Castle's Birth Center to treat themselves to a complimentary facial massage to make their birthing experience more comfortable and healing. Alena has

received positive feedback and hopes that the program will continue to grow.


"I'm really excited about it," Alena says. "New moms aren't sick; they're having babies. After giving birth, it's a real contrast for them to relax and have a facial."

New mothers delivering at Castle Medical Center receive a "Pampering Mommy Menu," from which they can choose one of three complimentary services: a mini facial, a deluxe facial or a facial lymphatic massage.

The 30-minute mini facial includes a basic cleansing, a hand and arm massage, and a moisturizing mask. The one-hour deluxe facial offers a deep pore cleansing, steam, hand and arm massage, facial mask, and neck and facial massage. Moms opting for the facial lymphatic massage receive 15 minutes of relief from facial or head tension.

Alena performs the service by appointment in a special room in the Birth Center that she redecorated with curtains and other touches that add a more peaceful and spalike atmosphere.

"It's rewarding to offer service that pampers the new mom before she gets home. More times than not, my moms fall asleep on the bed—and I know I've done my job," Alena says.

 If you would like to learn more about the Pampering Mommy Program, call the Castle Birth Center at 263-5270.



"After seeing my wife go through the stress of childbirth, I really appreciate being able to see her relax," says Wade Hill, cuddling newborn son, Brenden, as his wife, Charlene, enjoys a facial from Alena.

Castle Medical Center will host Faith Community Nurse Training


Castle Medical Center will host a five-day Faith Community Nurse Training course designed to train registered nurses to serve as faith community nurses, or parish nurses, within a faith community setting. The course will be held from Jan. 28 to Feb. 1 in the hospital Ohana Room and offers 35 continuing education credits.

Carol Story, program director for Puget Sound Parish Nurse Health Ministries, will lead the training, which is endorsed by the International Parish Nurse Resource Center. The course helps nurses embrace the integration of faith and health as central to the faith community nurse role, as well as demonstrate the knowledge, attitude and skills needed to practice as a beginning faith community nurse.

Faith community nurses organize and provide health

screenings, make referrals to health care providers, act as liaisons between congregations and community services, serve as advocates for people with special needs, provide health-related education, and demonstrate the importance of the spiritual aspect of health and wholeness.

This is the eighth annual Faith Community Nurse Training in Hawai'i sponsored by Castle and the Health Ministries Association of Hawaii. Faith community nurses are working in many churches around the state as volunteers or paid staff members. The class is open to all faiths and denominations.

 For fees and registration information, please contact Sue Pignataro, faith community nurse coordinator at Castle Medical Center. Call 247-2828 or e-mail spignataro@hawaii.rr.com.



Faith community nurses bring information, screenings and support to their spiritual communities.

Mark your calendar for Faith Community Nurse Training Jan. 28 to Feb. 1 at Castle Medical Center.

Castle News



Beth Davidann, MPH

DAVIDANN DIRECTS WELLNESS & LIFESTYLE MEDICINE

Beth Davidann, MPH, has been named director of the Wellness & Lifestyle Medicine Department. She attended the University of Minnesota, where she received her master's degree in public health. She gained her

expertise in tobacco prevention and cessation from her work on both the mainland and here in Hawai'i with federal and state funded programs for tobacco prevention and cessation. Beth and her husband, Jon, a Hawai'i Pacific University professor, have one son, Eli, who is 13.



DRILL TESTS HOSPITAL'S DISASTER PREPAREDNESS

Castle Medical Center recently participated in a simulated mass casualty disaster drill with Marine Corps Base Hawai'i. The exercise gave the medical center a chance to implement the new federal Hospital Incident Command System for disaster management. The drill simulated terrorist activity and decontamination of patients.

MEDICAL CENTER ACCREDITED BY THE JOINT COMMISSION

Castle Medical Center received full accreditation from the Joint Commission after a survey last September. The Joint Commission has been accrediting hospitals for more than 50 years. Its accreditation is a nationwide seal of approval indicating that a hospital meets high performance standards. The survey helps hospitals improve performance, raise the level of patient care and demonstrate accountability.



THE HOWS AND WHYS OF CANCER

A primer on the disease



It's hard not to be familiar with the term *cancer*. After all, millions are living with or have had cancer, and it's the second leading cause of death in the

United States. ♦ But how much do you really know about this all-too-common disease? ♦ “Many people don't know a lot of details about cancer,” says Ted Gansler, MD, director of medical content for the American Cancer Society (ACS). “And that's understandable. It's a very complicated disease.”

By learning more about cancer, however, you can reduce your risk for getting the disease and you can make better decisions about treatment if you or a loved one is diagnosed with cancer.

“You don't need to know every detail,” Dr. Gansler says. “The most important things for you to know are that cancer is often preventable and if it is found early, it is often curable.”

THE BASICS OF CANCER You can get cancer at any age. But more than three-quarters of all cancers are diagnosed in people 55 and older. Half of all men and

one-third of all women in the United States will develop cancer during their lifetimes, according to the ACS.

To help you better understand cancer, the ACS, Dr. Gansler and the National Cancer Institute (NCI) offer these answers to some commonly asked questions.

Q What is cancer?

☛ Cancer is not a single disease. “It's a group of many related diseases with characteristics in common,” Dr. Gansler says.

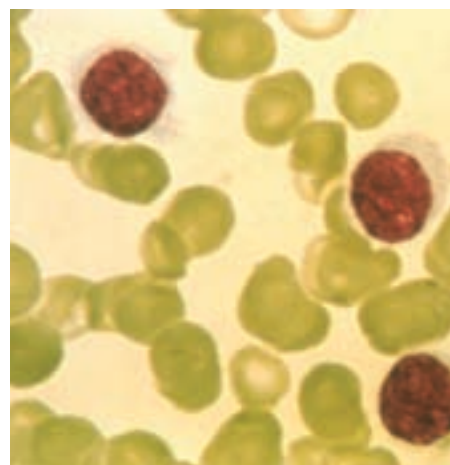
There are many kinds of cancer. But they all start because of out-of-control growth of abnormal cells. Normal body cells grow, divide and die in orderly fashion. They are then replaced by new cells.

But instead of dying, cancer cells continue to form abnormal cells. These extra cells can form a mass of tissue called a tumor.

Q What are the different kinds of cancer?

☛ Cancer can start almost anywhere in the body and falls into four general categories:

- Carcinomas, which are the most common forms of cancer, begin in the skin or in the tissues that line or cover internal organs. They include lung, breast, colon, bladder, skin and prostate cancers.
- Sarcomas, which are found in the supporting tissues of the body, such as bone,



cartilage, fat and muscle.

- Lymphomas, which start in the body's immune system.
- Leukemias, which are cancers of blood-forming cells that grow in the blood marrow and can accumulate in large numbers in the bloodstream.

Different cancers can behave very differently. For example, lung cancer grows at a different rate and responds to different treatments than breast cancer.

Q What do various cancer names mean?

☛ A variety of technical names are used for the many types of carcinomas, sarcomas, lymphomas and leukemias. The names are generally created by using Latin prefixes that stand for the location where the cancer began.

For example, the prefix *osteo* means

bone. A cancer that starts in bone is called an osteosarcoma. The prefix *adeno* means gland. A cancer that starts in the gland cells of a breast is called a breast adenocarcinoma.

Q How does cancer spread, or metastasize?

☛ A cancer can spread from the place it started in the body in several ways, including through the lymph system and through the bloodstream.

“In general, cancer—especially carcinomas—first spreads beyond the organ it started in by growing directly into adjacent organs and tissues,” says Dr. Gansler. “Then it usually spreads through the lymphatic system. Spread through the bloodstream generally occurs after lymph node spread, but there are some exceptions. Sarcomas tend to spread through the bloodstream before they spread to lymph nodes.”

Fortunately, not all cancers metastasize. Cancer can often be contained—and successfully treated—if it is detected early through screening or diagnostic tests, says Dr. Gansler.

Q What's the difference between a benign and a malignant tumor?

☛ Not all tumors are cancerous.

Benign tumors are not cancerous and do not spread to tissues around them or to other parts of the body.

Malignant tumors are cancerous and can destroy nearby tissue, enter blood vessels and spread to other parts of the body.

“Malignant tumors are much more dangerous,” Dr. Gansler says. “But benign tumors, if located in critical parts of your body such as the brain, can be dangerous too.”

Q How does cancer produce symptoms and signs?

☛ A symptom is an indication that something is not right in your body. You notice symptoms yourself.

A sign is also an indication that something is wrong with your body. But signs are defined as observations that can be made by a doctor, nurse or other medical professional.

As cancer grows, it begins to push on nearby organs, blood vessels and nerves, creating various signs and symptoms. Cancer signs and symptoms depend on where the cancer is, the size of the cancer, and how much it affects surrounding organs and body parts.

While there are many other health conditions that can cause signs and symptoms similar to cancer's, general signs and symptoms of the disease include:

- Fever.
- Fatigue.
- Pain.
- Skin changes.
- Unexplained weight loss.



In addition to the general signs and symptoms, specific cancer signs and symptoms include:

- Change in bowel habits or bladder function.
- Sores that do not heal.
- Unusual bleeding or discharge.
- Thickening or a lump in your breast or other parts of your body.
- Indigestion or trouble swallowing.
- Nagging cough or hoarseness.

It's important to see your doctor right away if you have symptoms that might be cancer.

Again, treatment is often most successful the earlier cancer is found.

Q What's the difference between tumor staging and tumor grading?

▀▀ Staging is the way doctors summarize how far cancer has spread. Cancer stages range from 0 to 4 and are usually written as Roman numbers (0, I, II, III and IV).

"The further the cancer spreads, the higher stage number it is assigned," Dr. Gansler explains.

After looking at test results, a doctor can tell the stage of a cancer. Staging cancer is a vital step in determining treatment

choices and the outlook for recovery.

Grading refers to the appearance of cancer tumors under a microscope.

"High-grade tumors look very, very abnormal," Dr. Gansler says. "Higher grade tumors tend to be more aggressive."

Q What causes cancer?

▀▀ Doctors often cannot explain why someone develops cancer. But it is known that certain risk factors can increase a person's chances of getting some types of the disease.

Common risk factors for cancer include: ● Growing older. ● Smoking or using other tobacco products. ● Going out in the sun without sunscreen. ● Having a family history of cancer. ● Drinking alcohol. ● Having poor eating habits. ● Not exercising on a regular basis. ● Being overweight.

Many risk factors for cancer can be avoided. You can reduce your risk of cancer

by adopting a healthy lifestyle and undergoing regular screening tests. If you're not sure what you should do, talk to your doctor.

A WORK IN PROGRESS Doctors know far more about cancer today than they did even a couple of decades ago. And their knowledge continues to grow.

"An enormous amount has been learned about cancer," Dr. Gansler says. "There's a lot of progress being made in treating cancer."

Surgery, radiation therapy, chemotherapy, immunotherapy and other forms of treatment have proven to be very effective in combating and controlling cancer. The result: Many people diagnosed with cancer are living longer, and many never have their cancers come back.

"If you're diagnosed with cancer, don't assume there's nothing that can be done," Dr. Gansler says. "There are many effective treatments available. And there's plenty of hope for the future."

Join Castle's free cancer support group. For information call 263-5400 or visit www.castlemed.org.

Block party and health awareness fair: Cool Kailua Nights

Feb. 2, 4 to 9:30 p.m.

Uluniu and Aulike streets in Kailua

Celebrate the best of Kailua's food, fun and spirit at this FREE community street festival and wellness fair to raise funds for families and friends affected by cancer. Some of the proceeds will benefit Castle's



Chemotherapy Clinic and the Ho'ola Cancer Exercise Wellness Program. Festivities will include food sampling, local entertainment, a health walk, a kids corner, an auction and giveaways. For more information, visit www.CoolKailuaNights.com.

Castle's Chemotherapy Clinic

Castle's Chemotherapy Clinic provides a variety of outpatient services for patients with cancer. Its approach to health and healing is patient-centered care and a comprehensive approach to wellness that tends to physical and emotional needs.

Danielle Scherman and Cool Kailua Nights

Born and raised in Kailua, Danielle Scherman has been a New York City resident since 2003. In summer 2006, her mother's breast cancer diagnosis inspired her return to Kailua to raise funds and awareness about cancer. She is the volunteer creator and director of Cool Kailua Nights.

Health experts dispel myths about cancer

You shouldn't believe everything you hear and read about cancer.

Myths and rumors about the disease are plentiful.

Here's a look at five of the most common cancer myths, with facts from the American Cancer Society and National Cancer Institute that dispel them.

Myth Treating cancer with surgery causes the disease to spread throughout your body.

Fact Surgery is a very effective treatment for cancer. It's often the first treatment a doctor may recommend for various types of cancer. Surgeons know how to safely take biopsy samples and remove tumors without causing cancer to spread.

Myth Regularly eating meat cooked on a charcoal grill won't increase your risk of cancer.

Fact You can increase your risk for cancer if you overuse your barbecue. Grilling meat can create cancer-causing substances—especially if the meat is well done or burned. It's best to limit the amount of grilled meat in your diet and to avoid burnt parts altogether.

Myth Household bug sprays can cause cancer.

Fact There is no evidence linking household pesticides with cancer. But bug sprays can be harmful if you inhale them or don't follow directions.

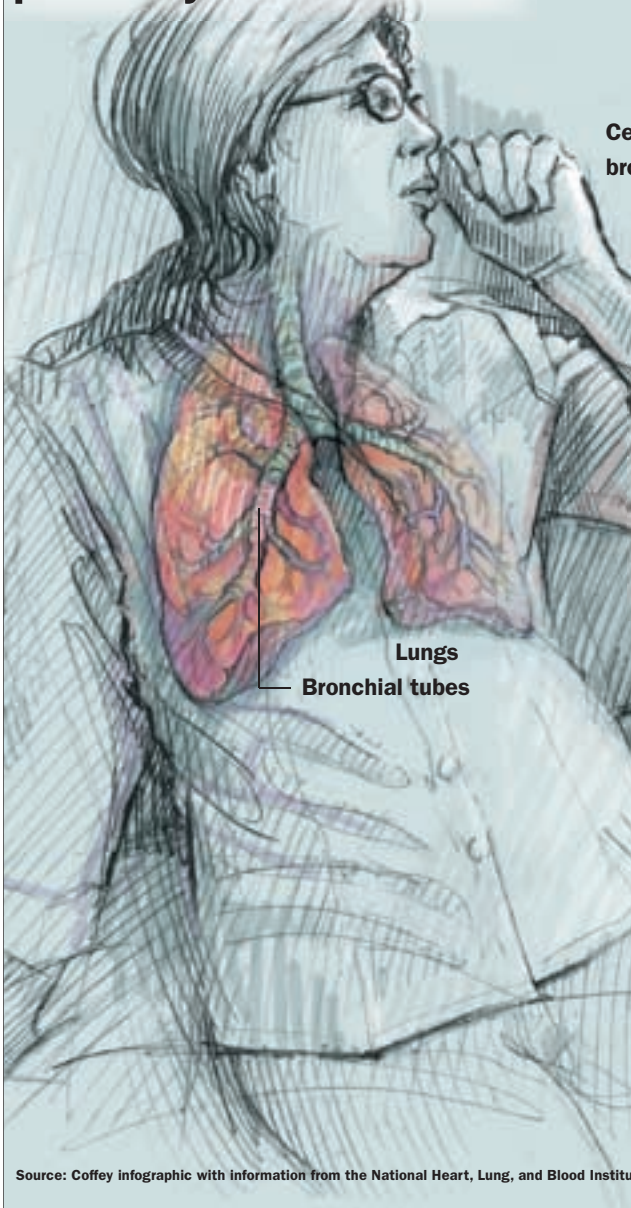
Myth Cell phones can cause cancer.

Fact No research has connected cell phone use to cancer. The danger of talking on a cell phone while driving is a more significant concern.

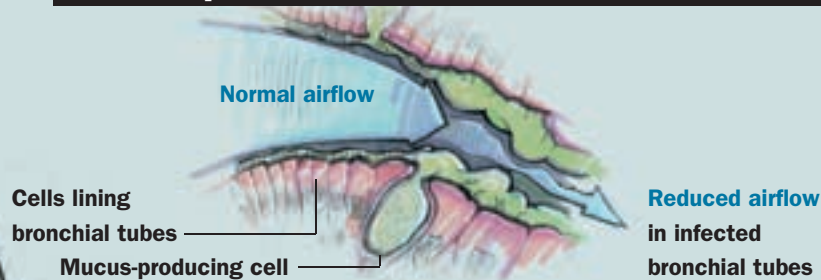
Myth Antiperspirants and deodorants can cause breast cancer.

Fact You do not face an increased risk for breast cancer if you use antiperspirants or deodorants.

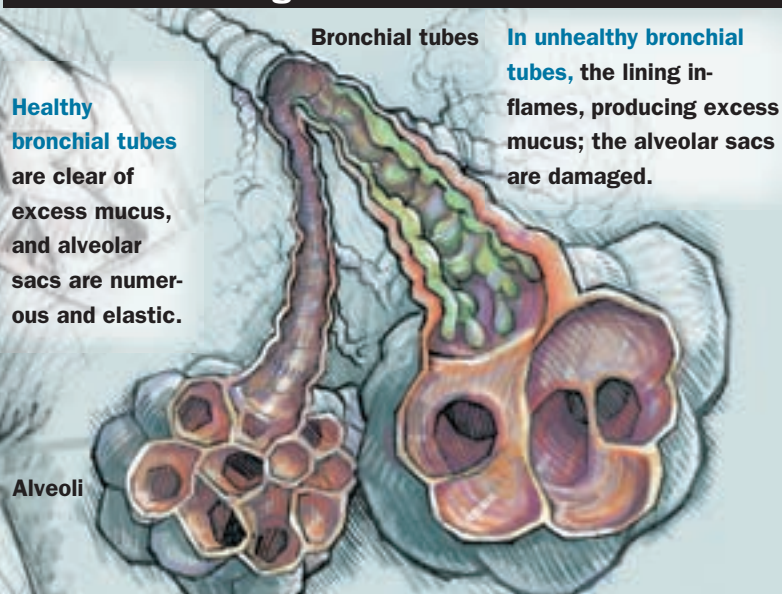
COPD: Chronic obstructive pulmonary disease



Microscopic view of bronchial tube surface



Normal vs. damaged bronchial tubes and alveoli



Normal vs. damaged oxygen exchange



Source: Coffey infographic with information from the National Heart, Lung, and Blood Institute



Breathe Free

This dynamic, eight-session stop-smoking 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 and includes all materials and ongoing group support sessions. This fee is covered by HMSA's Ready, Set, Quit! stop-smoking program.

■ Jan. 15, 22, 28 to 31, Feb 5, and 19, 7 to 8:30 p.m.

■ March 18, 25, 31, April 1 to 3, 8 and 22, 7 to 8:30 p.m.

For class information and registration, call 263-5400 or visit www.castlemed.org.



TAKING YOUR BREATH AWAY

IT SEEMS LIKE a simple thing. Air goes in, air goes out. There's nothing hard about taking a breath.

Fortunately, for most people that's the reality of respiration. But people with chronic obstructive pulmonary disease, or COPD, know that easy breathing can be only wishful thinking.

And if you're a smoker, here's something you should know: COPD could be in your future.

BARRIERS TO BREATHING COPD is a lung disease that includes two main conditions: emphysema and chronic bronchitis. Most people with COPD have both illnesses.

During a normal breath, air enters your windpipe and travels through your bronchial tubes, or airways, to your lungs. There the air enters alveoli, air sacs with very thin walls that contain small blood vessels. Oxygen moves from your alveoli into the blood in these vessels. At the same time, carbon dioxide—a byproduct of your body's metabolism—moves from your blood into your alveoli.

With chronic bronchitis, the bronchial tubes become inflamed, and considerable mucus is produced. This makes it hard for air to get in and out of the lungs.

With emphysema, the alveoli become irritated and stiff.

The walls between many of the alveoli may be destroyed, which means a few large air sacs will take the place of the many smaller air sacs found in a healthy lung. The larger sacs have less surface area. As a result, the exchange of oxygen and carbon dioxide is limited, and it becomes harder to breathe.

KNOW YOUR RISK Nearly all people with COPD are, or were at one time, smokers. But smoking is not COPD's only risk factor.

According to the American Lung Association, second-hand smoke, air pollution, heredity and a history of respiratory infections also increase your chances of getting the disease. So does long-term exposure to certain chemical fumes, vapors and dusts.

Break the smoking habit in eight sessions. Call 263-5400 to learn about the "Breathe Free" program.

Usually, COPD comes on gradually, and early on, some symptoms may be easy to discount. But if you have symptoms, you should bring them to your doctor's attention—especially if you're a smoker. Symptoms include:

- Cough.
- Increased sputum.
- Shortness of breath, especially with exercise.
- Wheezing.
- Chest tightness.
- Frequent clearing of the throat.

Doctors look at your symptoms, your history and the results of your physical exam to make a diagnosis. Breath-

ing tests are also important.

Spirometry is the most commonly used test to measure how well your lungs are working, the National Heart, Lung, and Blood Institute (NHLBI) reports.

In this test, you breathe forcefully into a hose that's connected to a machine. This machine measures how much air your lungs can hold and how fast you can blow air from your lungs.

Other lung tests as well as blood tests and chest x-rays might also be performed.

AFTER A DIAGNOSIS There is no cure for COPD. But if you have it and you smoke, quitting is the most important thing you can do for your lungs. Avoiding secondhand smoke and other lung irritants, such as air pollution, is also important.

In addition, there are things that can help you feel better and can enable you to breathe more easily. For some people, pulmonary rehab may be recommended.

This is a program in which various health care professionals help you learn how to cope with your disease. It might include education, nutrition advice, exercise training and counseling.

Your doctor may also prescribe medications.

And getting flu and pneumonia vaccinations is important because they may lessen your chances of contracting these illnesses and the complications that may come with them.

To learn more about COPD, go to the NHLBI Website, www.nhlbi.nih.gov.

MAHALO

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 Kin Wah Chop Suey
 Lucy's Grill 'n Bar
 Maui Tacos
 Maui Divers of Hawaii
 Michel's at the Colony Surf
 Oahu Waste Services, Inc.
 Otis Elevator Company
 Pacific Aviation Museum
 Pacific Beach Hotel
 Pagoda Restaurant
 Royal Hawaiian Shopping Center
 Roy's Restaurant
 Robert's Hawaii
 Standard Register
 Young Laundry & Dry Cleaning
In Kind Contributions
 3M
 Aloha Painting Company
 American Savings Bank
 Bead-It Inc.
 Coca-Cola Bottling Company
 Convergence CT
 Dakin
 Doc's Shoes
 Eggs 'n Things
 Enterprise Rent-a-Car
 Hansen Food Services
 Honolulu Star Bulletin
 Humana
 Russell Kim, DDS
 Koolau Farmers
 KSSK Radio
 Longs Drug Stores
 Pepsi Bottling Group
 Diane Pizarro
 Servco Pacific Inc.
 Servco Raynor Overhead Doors
 Frank and Jane Shuller
 Smiles Forever LLC
Golf Gifts
 Grove Farm
 Hapuna Prince Golf Course
 Kapolei Golf Course
 Kapalua Golf
 Ko Olina Golf Club
 Luana Hills Country Club
 Olomana Golf Links
 Poipu Bay Golf Course
 Princeville Golf Course
 Wailea Golf
 Waikole Golf Club and Restaurant
 Waikoloa Beach & Golf Resort
Grand Prize Donors
 ATA Airlines
 Convergence CT
 Hilton Hawaiian Village
 Lex Brodie's Tire Co.
 Mauna Kea Resort
Airline Sponsor
 go!

GIVING TO CASTLE

YOU MAKE THE DIFFERENCE

ELEANOR CRIM, MD, who passed away in July, included in her will a gift of \$250,000 to Castle Medical Center.



Eleanor Crim, MD

While she was on staff, Dr. Crim often spoke of her appreciation for the medical center and the patients who made up her practice.

"Castle understands that loving care is as important as the pills and shots we give," she said. She was part of the progress the medical center made through the years, and

her gift ensures that the progress will continue.

Among other positions at the medical center, Dr. Crim served as chief of staff of Castle in 2000. She remains the only woman to have held that position at the medical center.

HOW YOU CAN GIVE Regular, systematic support is the lifeblood of many nonprofit organizations. At Castle Medical Center, annual giving is a need fulfilled by hundreds of community members responding to letters, events, personal solicitations and touches to their hearts. A donor recognition wall, with cumulative levels of giving, stands in the main hallway of the hospital.

TYPES OF GIFTS

- **Unrestricted gifts:** Donations that can be used where the need is greatest.
- **Restricted gifts:** Donations made specifically for a service, program, department or particular area of the medical center.
- **Memorial and honorary gifts:** These gifts honor or memorialize loved ones, friends or staff members or can mark a special occasion, such as a birthday or an anniversary.
- **Major gifts:** Contributions of \$10,000 or more enable Castle Medical Center to fund vital programs and help provide resources needed to ensure that the medical center remains at the forefront of high-quality health care. Major gifts can be restricted to the hospital or to a program of your choice, and larger gifts offer named-giving opportunities, as well as other forms of donor recognition.
- **Life income gifts:** Make a major gift while meeting personal and family requirements and wishes through a charitable remainder trust, charitable gift annuity or life estate from your home.

Please consider making a gift to Castle Medical Center, either to the hospital as a whole or to one of our service departments. For your convenience we accept cash, checks, credit cards and stock transfers. Make checks payable to Castle Medical Center and mail them to: Development, Castle Medical Center, 640 Ulukahiki St., Kailua, HI, 96734. Your donation is tax-deductible to the extent allowed by law.

For additional information about opportunities for support, please call Ron Sauder, development manager, at 263-5335.



TAKE TIME FOR YOUR HEALTH

Castle Medical Center



Make your resolutions count this year. Let Castle Medical Center 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 website at www.castlemed.org.

EVENTS CALENDAR



COOKING CLASSES

Classes meet at 7 p.m. Preregistration is required. Fee: \$25 per class.

Asian New Year's Festival: Celebrating Around the World

Thursday, Jan. 24
Presented by Chef Paul Onishi.

Super Foods, Super Bodies!

Monday, Feb. 4
Presented by Chef Jennifer Flynn.

Valentine's Tea for the Loving Heart

Thursday, Feb. 14
Presented by Chef Paul Onishi.

Stay Cool in the Kitchen (raw foods)

Thursday, March 27
Presented by Chef Rebecca Woodland.

FAMILY

Lamaze Prepared Childbirth (6 sessions)

Monday, Jan. 7 to Feb. 11 or Feb. 18 to March 31 (no class March 17)
6:30 to 9:30 p.m.

Sundays, Jan. 20 to Feb. 24 (no class Feb. 17)
11 a.m. to 2 p.m., and Tuesday, Feb. 5, 6:30 to 9:30 p.m.

Sundays, Jan. 27 to March 2 (no class Feb. 17), 4:30 to 7:30 p.m., and Wednesday, Feb. 13, 6:30 to 9:30 p.m.

Sundays, March 9 to April 27 (no class March 23 or April 20), 4:30 to 7:30 p.m.

Sundays, March 30 to May 18 (no class April 20 or May 11), 11 a.m. to 2 p.m.

Fee: \$75 per couple, or \$65 if delivering at Castle.

Childbirth Basics Seminar

Jan. 8 or March 18
5 to 10 p.m.

Fee: \$55 or \$65 per couple, \$45 or \$50 for single.

General Newborn Care

Feb. 19
6 to 9 p.m.

Fee: \$25 per couple.

Infant CPR and Safety

Jan. 13, Feb. 12, March 11
6 to 9 p.m.

Does not provide certification. Fee: \$25 per couple.



Breastfeeding

Jan. 10, Feb. 7, March 13
6 to 8:30 p.m.

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

Birth Center Tour

Jan. 2, Feb. 5, March 4
6 p.m.

Call for reservation.

FITNESS

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

Personal Training

Ongoing, by appointment
Our certified fitness trainer



will work with you one-on-one to assess your current fitness level and design an individualized program to help you reach your fitness goals. Whether you are looking to improve your general health, flexibility, strength or stamina or you want to lose a few pounds, a tailored plan will help you get there. Group rates are also available. Call 263-5050 for more info.

Classes

- Freedom of Movement
- Core Strength
- Ho'ola Cancer
- Exercise Program
- Interval Training
- Longer Life
- Morning Stretch
- Osteo-cise
- Pilates
- Qigong
- Steady on Your Feet

HEALTH SCREENING & EDUCATION

HMSA HealthPass

Every first Thursday
Jan. 3, Feb. 7, March 6

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

HMSA Health Education Workshops

Thursdays, noon to 1 p.m.
Free, preregistration required.

Jan. 10: "Goodbye Diet, Hello Health!"

Journey outside the confines of weight loss and discover the joys of gaining health through practicing healthy behaviors.

Feb. 14: "Heart Disease or Heart at Ease"

Complete an assessment of your own risk, and take note of ways to minimize it.

March 13: "Healthy Eating—Island Style!"

This workshop will provide participants with essential tools and strategies that can help make healthier local food choices easier.

April, TBA: "All Pumped Up!"

JOINT CARE

Joint Care Seminars

Day seminars: Jan. 10, Feb. 20, April 3
10 to 11 a.m.

Auditorium
Evening seminars: Jan. 30, March 13
7 to 8 p.m.

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

NUTRITION

Nutrition Counseling Ongoing, by appointment

Medical nutrition therapy to help you get on a healthy diet and nutrition program for optimal health. Focuses include weight loss, diabetes (covered by many HMSA plans), heart disease/cholesterol reduction, women's wellness and supplements. Call 263-5050 for more info.

WEIGHT LOSS

Individualized Weight Management Ongoing, by appointment

This comprehensive weight-loss program includes four one-on-one nutrition counseling sessions with a registered dietitian, four one-on-one personal training sessions with a certified exercise specialist, personalized menu planning, fitness classes and body composition analysis. Call 263-5050 for more info.

Weight-Loss Surgery Seminar

Wednesdays, Jan. 16, Feb. 20, March 19
6 p.m.



Steven Fowler, MD

Learn about Castle's comprehensive surgical weight-loss program from bariatric surgeon Steven Fowler, MD,

and other members of the bariatric team, including a dietitian, nurse coordinator, and fitness and wellness specialists. Registration is required. Call 263-5400 for registration and info.

Medifast

Find details about Castle's popular weight-loss product at www.castlewellness-hp.tsfl.com. Call 263-5050 to schedule a consultation and taste testing and to learn about special discounts.

SUPPORT GROUPS

Free and open to anyone needing support.

Parkinson's

Bereavement



FEATURED EVENTS

Bone Basics: Preventing or Managing Osteoporosis

Thursday, Jan. 10, 7 to 9 p.m.

Find out how to strengthen your bones by attending a fun, interactive seminar presented by a team of Castle Medical Center health professionals. A Castle physical therapist, pharmacist and nutritionist will teach you helpful ways to reduce your risk of or manage your osteoporosis. Preregistration is required, and \$10 fee is due Tuesday, Jan. 8, by 4 p.m. Includes a cooking demonstration with recipes and tasting.