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JOURNAL OF WELLNESS AND GOOD HEALTH CARE

FALL 2009

VERA ZILBER BIRTH CENTER

YOU'LL LOVE WHAT WE'RE DELIVERING



PROUD PARENTS: Ariel and Ramses Leon were thrilled to welcome their son, Noah, at Castle Medical Center's new Vera Zilber Birth Center.

BY MELE POCHEREVA

A convenient minifridge for snacks, a soothing whirlpool tub, a wireless Internet connection and a comfy sofa-bed for an overnight guest: Welcome to the birthing suites at Castle Medical Center's Vera Zilber Birth Center, where more than

800 babies come into the world each year!

After less than a year under construction, the newly remodeled and expanded birth center now has attractive birthing rooms, each with a mountain or garden view. This family-oriented center is the only maternity unit on Oahu designed exclusively with LDRP rooms, where labor, delivery, recovery and postpartum care all take place in the patient's own comfortable suite. Following the birth, babies remain in the room with their mothers until it's time to go home. Even dads are encouraged to stay overnight during this special time.

"Castle's birth center is very much focused on the patient, making sure she has a positive experience in a safe and attractive setting with a minimum of intervention," says Susan Chapman, MD, an obstetrician/gynecologist and chair of Castle's Obstetrics/Gynecology and Pediatrics Department. "While anesthesia services are available around the clock if needed, our goal is to support mothers in as natural a delivery as possible."

Once the baby arrives, mother and child are cared for together by the same nurse, who is available to help with breastfeeding and newborn care.

"The arrival of a new baby is joyous event for families and hospital staff alike," says Tina Johnson, RN, director of Castle's Women's Services.

—Continued on page 3

Freedom Calls reach deployed dads

When the call of military duty places an expectant father in distant lands, he can still participate in the birth of his child at Castle Medical Center's birth center, thanks to the non-profit Freedom Calls Satellite Network and the ACS Computer Lab at Schofield Barracks, which provide video conferencing and other free communication services for troops serving in Iraq and Afghanistan.

With wireless Internet connectivity in each of its birthing suites, Castle was the first maternity unit on the island to make Freedom Calls available. Army couples can sign up for a webphone call through the satellite network so that dads overseas can enjoy live, two-way voice and video communication with their loved ones when the new baby is on its way.

It's a wonderful option for these separated families to talk and see each other in real time during labor.

Oh baby: Check out Castle's birth center classes

Castle's birth center offers a variety of classes each month for new and soon-to-be parents, including prenatal fitness, Lamaze child-birth classes, general newborn care, breastfeeding, and infant CPR and safety programs.

Go Information about class times, costs and registration can be found at www.castlemed.com or by calling 263-5400.

Don't forget to ask about taking a free tour of the birth center.



THINK PINK! OCTOBER

MAMMOGRAMS SAVE LIVES—see page 5. Get the word out during Breast Cancer Awareness Month!

BREATHE BETTER

'Intelligent' ventilators at Castle enhance patient safety and comfort

AMONG THE MANY patient safety initiatives at Castle Medical Center, one of the least obvious and most sophisticated is closed-loop ventilation used on life-support respirators in the Intensive Care Unit (ICU).

A respirator is a complex device to operate, with many controls and safety alarms, much like an airplane. Conventional ventilators are typically checked every two hours by a respiratory clinician who must manually key in adjustments as needed.

ADJUST AND ADAPT New automated technology called adaptive support ventilation (ASV) brings the most advanced breathing system to intensive care patients. Like today's commercial airplanes, these respirators are controlled by microprocessors and have an intelligent patient safety function, much like an autopilot. With far fewer manual adjustments to negotiate, respiratory management is greatly simplified for the ICU staff, and far fewer alarms go off.

"Adaptive support ventilators are a revolutionary approach to the management of critically ill patients," says Ron Sanderson, director of Castle's Cardiopulmonary Department. "There isn't another system on the market today that is this advanced. Our ICU nurses love ASV since the patient is more comfortable and there are far fewer alarms to disturb their workflow and a patient's rest. With most of the tedious adjustments taken care of by the respirator, ICU physicians also have more time to devote to their other tasks."

KEEPING AN EYE OUT Castle was the first hospital in



CHECK UP: Hospitalist Laurence Rotkin, MD, and Wendy Hayden, RRT, check the respiration of a patient on one of the adaptive support ventilators in Castle Medical Center's Intensive Care Unit.

Hawaii to acquire this new ventilator technology and remains the only hospital on Oahu to offer ASV to life-support patients in the ICU.

Unlike conventional equipment, ASV ventilators monitor a patient's condition breath-to-breath and automatically adjust the respiratory rate and pressure any time the patient's breathing needs changed, bringing greater patient safety and comfort.

"These high-tech machines actively support a patient when their own breathing is weak or absent but also allow a patient to breathe on his or her own whenever possible," explains ICU nurse manager Jane Anderson, RN. "From the first minute they are on the ventilator,

patients are given the freedom to breathe on their own whenever they are able, guiding them towards weaning off the machine. No conventional mode of ventilation has these capabilities."

The most recent addition to respirator patient care at Castle enables these automated ventilators to provide information directly to the patient's electronic medical record (EMR). Specially trained ICU staff members can view a patient's EMR and see exactly how the respirator machine and the patient are doing. At the appropriate time, a keystroke inputs that data, along with the time, date and name of the ICU clinician making the assessment—information that becomes a permanent part of the patient's record.

FALL FOODS

Learn to make healthy soups and have a delicious season—see page 8.

HOW TO FIND US

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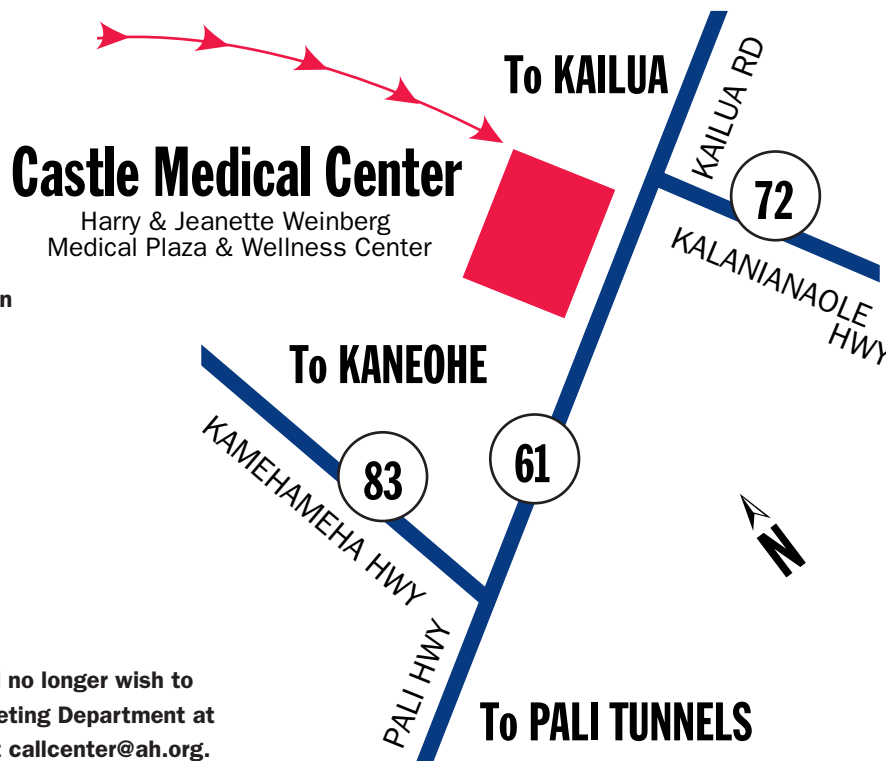
Visit our website at www.castlemed.org and click on "Contact Us." We'd be happy to hear from you!

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

write or visit us:

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Windward Health

FALL 2009



Journey to a new life

One patient's story of triumph over pain and addiction

Andi-Lee Hokoana considers herself a double winner. On May 25, the 37-year-old Wai'anae mother was discharged from Castle Medical Center (CMC) after having complicated surgery to replace her severely damaged right hip. On that day, she also celebrated one year of freedom from her addiction to pain medications.

At the age of 8, Hokoana suffered from blood poisoning that she says "ate up my whole hip." Surgeons at Shriners Hospital inserted rods and metal plates to repair the damage and strengthen her hip, but a later injury to her hip prevented complete fusion of the bone, which eventually grew over the hardware.

"The hospital I was referred to didn't have the technology to repair my hip and could not help me," Hokoana says.

Over the next three decades, Hokoana's hip continued to worsen, causing extreme pain and disability, including a curved back and one leg three inches shorter than the other.

"I went to plenty of doctors, but they all turned me away, saying it was too big of a surgery for them," she says. "Because of the pain, I turned to pain medicines and became a drug addict."

A fateful meeting Eventually Hokoana entered a clean and sober house, where she met a woman who led the Women in Recovery group.

"I told her I couldn't find a surgeon to repair my hip," Hokoana says.

The group leader referred Hokoana to her good friend Linda J. Rasmussen, MD, an orthopaedic surgeon at CMC's Joint Care Center. Dr. Rasmussen, who performed more than 300 total joint replacements last year, reassured Hokoana, "It's a big operation, but I think I can fix it."

During surgery Dr. Rasmussen was able to remove the old hardware in Hokoana's hip, but it was an extremely complicated procedure. Hokoana's acetabulum—the socket of the ball-and-socket hip joint—was missing.

"We went slowly and worked under X-rays to create a new joint," says Dr. Rasmussen.

A whole new body For the first time in 30 years, Hokoana can bend her leg, her back is not crooked, and she is nearly pain-free.

She eagerly looks forward to an active life with her three teenage sons and 2-year-old granddaughter.

"Now she has a whole new body," Dr. Rasmussen says. "She is such a nice person, and she never would have become a drug addict if she didn't have so much joint degeneration and hip pain. She would have had to go to the Mayo Clinic for this difficult operation, but we were able to do it here at Castle."

Hokoana can't thank Dr. Rasmussen enough.

"She knew how much pain I was in, and I truly believed she could help me," Hokoana says. "She saved my life."

A swinging success

Castle Medical Center's signature Chip In For Castle golf tournament was held June 29 at Mid-Pacific Country Club in Lanikai. It was a fun event for 168 golfers on a beautiful sunny day. This year the event raised \$103,000.

The annual event has raised more than \$800,000 in the past 19 years to fund important projects and services for the community, including a major renovation of the birth center, construction of the three-floor wing at the back of the hospital and the purchase of the Wellness on Wheels van.

This year funds raised will support the Going Green initiative at the hospital. Castle has taken many steps to reduce its impact on the environment. These include extensive recycling efforts, using earth-friendly materials whenever possible and a plan to introduce electric-service vehicles to replace aging gasoline-powered cars.

Team spirit The success of this annual golf tournament



is due in large part to more than 170 supporting sponsors who continue to participate each year. A very big mahalo to our top five sponsors: Ameron Hawaii; The Radiology Group; First Hawaiian Foundation; J. Kadowaki, Inc.; and Kailua Electric Service.

Another important factor is the tireless efforts of many Castle associates and volunteers. The help of community volunteers with the event is invaluable, both on the planning committee and on the day of the event.

Mark your calendar for the next Chip In For Castle, June 28, 2010!

You'll love what we're delivering

—Continued from page 1

"Every birth is announced by a cute jingle that softly chimes throughout the hospital, causing 'chicken skin' among the staff each time they hear it."

Comfort meets technology While the comforts of home are an important part of the childbirth experience at Castle, the birth center also provides a full complement of medical services and technology.

"Cordless fetal monitors allow mothers to walk around freely and even use the whirlpool during labor," Johnson says. "Any change in a baby's heart rate is immediately relayed through the monitoring system to the new, centralized nurses' station."

For babies requiring specialized care, medication or additional monitoring after birth, a fully equipped nursery and a team of pediatricians provide 24-hour, on-call coverage.

A dedicated and highly trained nursing staff is the backbone of the Vera Zilber Birth Center, where nurses have an average of 23 years' experience, says Johnson, who has worked at Castle for 19 years.

"Over time, labor and delivery nursing becomes an intuitive art," Johnson says. "Our physicians really appreciate the experience our nursing staff brings to the birth center."

Caring for kids as they grow Just as Castle Medical Center has provided Windward families with a convenient and comfortable setting in which to welcome their newest family members, Castle's affiliation with nine Windward-based pediatricians enables parents to continue receiving excellent care for their keiki after they leave the hospital.

John Nagamine, MD, a pediatrician and vice chair of Castle's Obstetrics/Gynecology and Pediatrics Department, finds the friendly atmosphere of Castle Medical Center particularly attractive, a sentiment that has been echoed by Castle physicians in many fields over the years.

"Castle is unique in that it supports physicians with a full complement of state-of-the-art diagnostic, emergency room and lab services found in big urban hospitals, but delivered within an environment with a small hospital feel," Dr. Nagamine says.

MEET OUR PROVIDERS

CHP: Castle Health Group member; BC: Board-certified

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All about mammograms

What you need to know about these important tests

Every year millions of women in the U.S. willingly bare their breasts to a stranger in the hope of learning they don't have cancer.

◆ These women undergo a mammogram, a test that can detect a breast tumor even before it can be felt. ◆ Mammograms are a crucial tool in the fight against breast cancer. That's why it's so important that all women—including those who get mammograms on a regular basis and those who don't but should—understand how and why these tests work.

What follows are some basic questions about mammograms with answers from national authorities.

Q What is a mammogram, and what is it used for?

▣▣▣ A mammogram is an x-ray of your breast. And it is the best screening tool for finding breast cancer, reports the National Women's Health Information Center (NWHIC).

The test is done with a low-dose x-ray machine.

You stand in front of the machine, and a technologist places your breasts—first one, then the other—between two plates that press the breast and flatten it. The compression may be uncomfortable, but it lasts only a few seconds.

The technologist takes x-rays of each breast. A radiologist interprets the x-rays, looking for small lumps or growths that you may not be able to feel or that may

not be causing symptoms.

If something suspicious appears on your mammogram, your doctor may order follow-up tests.

Q Why is it necessary to compress the breast during a mammogram?

▣▣▣ Flattening your breast helps the technologist produce a better picture, explains the Radiological Society of North America (RSNA).

Specifically, compression:

- Evens out breast thickness for a better view of all the tissue.
- Spreads out tissue to make spotting small abnormalities easier.
- Allows for the use of low-dose radiation.
- Holds the breast in place to eliminate blurring of the image.

Q What is the difference between screening and diagnostic mammograms?

▣▣▣ A screening mammogram is a routine test for women who don't have symptoms of breast cancer. The disease can take many years to develop and may cause no symptoms early on. A mammogram can help find cancer at its earliest stages, which can improve the chances of successful treatment.

A diagnostic mammogram is a follow-up exam. It's used to evaluate any area of concern in the breast, such as a lump. A diagnostic mammogram may be ordered after a woman or her doctor finds something that warrants further testing, or it may be done if a screening mammogram shows an abnormality.

More images of the breast are taken during a diagnostic mammogram than a screening one.



**Cool Kailua Nights Block Party
and Health Awareness Fair**
Saturday, Oct. 3, 4 to 9:30 p.m.
Kailua Town
Visit coolkailuanights.com.

Q What is the doctor looking for when he or she reads the mammogram?

There are a couple of important breast changes that the doctor will look for: calcifications and masses (lumps).

Calcifications look like small white spots on the x-ray. They are mineral deposits that may or may not be caused by cancer.

Large calcifications—known as macrocalcifications—are often related to aging, injury or inflammation. They typically don't require a biopsy (removal of a small amount of tissue) because they are usually not cancerous. About half of all women over age 50 have macrocalcifications, reports the American Cancer Society (ACS).

Tiny specks of calcium—called microcalcifications—can sometimes be a cause for concern, however, because they may signal cancer if they are grouped together in a certain way. If a mammogram reveals microcalcifications, a radiologist will carefully evaluate the shape and layout of the calcifications and may recommend a biopsy.

Masses, or lumps, in the breast can be caused by many things. For example, a mass may be a cyst (a noncancerous, fluid-filled sac), which is diagnosed with either an ultrasound or aspiration (fluid removal with a needle).

If a mass is partly solid, however, it is more than a simple cyst—it may be a tumor. The radiologist will study how the mass looks—the size and shape of it—on the mammogram. He or she will also check to see if the mass was present on past mammograms and will compare how the mass looked on those tests versus the current one.

Depending on the radiologist's findings, a doctor may take a wait-and-see approach to the mass—using periodic

mammograms to monitor it—or he or she may recommend a biopsy.

About 10 percent of women who undergo screening mammograms need more testing, such as an additional mammogram, an ultrasound or a biopsy. The good news: Most will learn that they don't have cancer, reports the ACS.

Q How often should I get a mammogram? Should I get an MRI in addition to a mammogram?

According to the ACS, women age 40 and over should have yearly screening mammograms.

If you have an increased risk of breast cancer, the ACS recommends a yearly MRI in addition to a screening mammogram. Women who have a high risk of developing breast cancer include those:

- With a BRCA1 or BRCA2 gene mutation.
- Who have not had genetic testing but have a first-degree relative (parent, sibling or child) with a BRCA1 or BRCA2 mutation.
- Who have a 20 to 25 percent lifetime risk of breast cancer based on risk assessment tools.
- Who had radiation therapy to the chest when they were between the ages of 10 and 30.
- With a genetic disease such as Li-Fraumeni syndrome, Cowden syndrome or Bannayan-Riley-Ruvalcaba syndrome or who have a first-degree relative with one of these syndromes.

If you're in one of these categories or if you think you have an increased risk of breast cancer, talk with your doctor about whether an MRI is right for you. Your doctor can use risk assessment tools to determine if you are a candidate for MRI screening.

For most women at high risk of breast cancer, MRI and mammogram screening

should begin at age 30, reports the ACS.

Q What are the benefits and risks of mammography?

As good as mammograms are at detecting breast cancer, they aren't perfect, say experts. There are risks of both false-negative and false-positive results.

A false-negative result means that a breast looks normal on a mammogram but cancer is actually present. False-negatives are rare, according to the NWHIC. They are more common in younger women because their breast tissue tends to be denser than the tissue in older women.

False-positive results, on the other hand, happen when it looks like cancer is present when it's not. Women between the ages of 40 and 49 have the highest incidence of false-positive mammograms (about 30 percent), reports the RSNA.

Q Where can I learn more about mammograms and breast cancer?

Talk to your doctor, of course. But you can also go to these websites:

- American Cancer Society, www.cancer.org.
- National Cancer Institute, www.cancer.gov.

A mammogram can help find cancer at its earliest stages. Schedule your mammogram today. Call 236-5166 for an appointment.

Breast cancer: Know the facts

Myths and misinformation about breast cancer can cause confusion and unnecessary fear. So it's important that you know the facts.

What follows is some accurate information about breast cancer from the National Cancer Institute and the Centers for Disease Control and Prevention.

National numbers

- Based on current rates, about one of every eight women born today will get breast cancer during her lifetime.
- About 210,000 women per year are diagnosed with breast cancer.
- The median age at breast cancer diagnosis in this country is 61.
- Breast cancer is the fifth leading cause of death for American women, after heart disease, stroke, lung cancer and lung diseases.
- Approximately 40,500 women in the U.S. died of breast cancer in 2008.

The risk

- Race affects breast cancer risk. White and black women have a higher risk of the disease than Asian, American Indian and Hispanic women.
- Breast cancer risk increases with age.
- Women who don't have children or who have their first child later in life (after age 30) are at increased risk of breast cancer.
- Bumping, bruising or pinching the breast cannot cause breast cancer.
- Breast cancer is not contagious.
- Taking hormone therapy drugs after menopause may increase the risk of breast cancer.
- Having cancer in one breast increases the risk of developing cancer in the other one.

What you can do

Talk to your doctor if you're concerned about your risk of breast cancer. Regular mammograms are your best screening tool for finding cancer early.

You may be able to reduce your risk of developing the disease if you eat a healthy diet, maintain a healthy weight, get regular exercise, and avoid alcohol and tobacco.



Think Pink!

In October, National Breast Cancer Awareness Month, Castle Medical Center will be at Nordstrom, Ala Moana, and selected Macy's stores encouraging shoppers to "Think Pink!" to increase awareness of the importance of screening and early detection of breast cancer.

Come and meet Castle's mammography technologists and learn how early detection can help you survive breast cancer. See films of tumors too small to detect by breast self-examination, and feel different sizes of simulated tumors

through a breast form made of lifelike synthetic tissue.

Get free Breast Cancer Awareness Month information and giveaways, and make your appointment for a lifesaving mammogram.

Stop by and see us

- Nordstrom, Ala Moana
Wednesday, Oct. 7, 1 to 5 p.m.
- Macy's, Kahala Mall
Wednesday, Oct. 14, 10 a.m. to 2 p.m.
- Macy's, Windward Mall
Wednesday, Oct. 21, 1 to 5 p.m.
- Macy's, Kailua
Wednesday, Oct. 28, 1 to 5 p.m.

MANAGING DIABETES

A HEALTHY MEAL PLAN IS A POTENT TOOL

IF YOU HAVE diabetes, you need to control your blood sugar, blood pressure, cholesterol, weight and other factors that put your health at risk.

That can seem like a pretty tall order.

But fortunately, you can whittle down those risks by following a healthy meal plan.

The right plan will help you decide what, how much and when to eat. Combine that with the medications your doctor prescribes and the right amount of exercise, and your diabetes is likely to become much more manageable.

What's more, you'll be taking powerful strides toward reducing your risk of diabetes complications, such as heart disease and stroke.

CREATING A PLAN The best meal plan is one that's individualized to help you meet your nutrition needs and diabetes goals. It should also include foods you like.

Work with your doctor, dietitian or other health care professional to design the right plan for you.

Most plans will emphasize a broad range of foods. You'll likely be encouraged to eat more whole grains, fruits and vegetables, and low-fat sources of meat and milk, and fewer added sugars and fats.

"You want to eat a variety of foods with an emphasis on those that are high in fiber and are nutrient-dense," says Sue McLaughlin, RD, CDE, a spokeswoman for the American Diabetes Association (ADA).

Sign up for a free 30-Minute Diabetes Information Session at Castle's Wellness Center. Call 263-5050.

- The ADA and other experts offer these suggestions:
- Eat plenty of vegetables and fruits—at least three daily servings of each—to boost your vitamin, mineral and fiber intake.
 - Keep track of carbohydrates. Depending on your overall meal plan, you're likely to need between six and 11 daily servings of whole grains; beans; and starchy vegetables, such as potatoes, corn and peas.
 - Get two to three servings of low-fat or nonfat milk products each day.
 - Watch fats and sweets. Liquid oils—such as olive and canola oil—are generally healthier than solid fats—such as butter or solid vegetable shortenings—which are high in saturated and trans fats. Also, consider snacks such as



Spanish pasta salad

This recipe serves a lot of people. But you can easily cut the ingredients in half for fewer servings.

Ingredients

- 4 cups cooked colorful macaroni
- 1½ cups salsa, separated
- 1 cup chopped red onion
- 2 cups chopped tomato
- 1 cup chopped red bell pepper

- 1 cup chopped green bell pepper
- 1 cup cooked black or red beans
- 1 cup cooked corn
- 1 tablespoon cilantro

Directions

1. In a bowl, mix macaroni and ½ cup salsa. Cool in refrigerator for 30 minutes; then add the rest of the ingredients.
2. Refrigerate at least 1 hour prior to serving.

Makes 14 servings.

Nutrition Facts (per serving)

Calories 110	Calories from fat 5
Percent Daily Value*	
Total fat 1g	1%
Saturated fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 290mg	12%
Total carbohydrate 23g	8%
Dietary fiber 3g	12%
Sugars 4g	
Protein 5g	
Vitamin A	15%
Vitamin C	40%
Calcium	2%
Iron	6%

Percent daily values are based on a 2,000-calorie diet. Recipe from www.fruitsandvegsmatter.gov.

potato chips, ice cream and cookies as special treats—not daily staples.

- Eat lean meat and other types of protein—such as peanut butter and low-fat cheese—but don't overdo it. Generally, 4 to 6 ounces of protein is enough for the whole day. For reference, 3 ounces of lean meat is about the size of a deck of cards.

MOVING FORWARD To get started on your new meal plan, first figure out what you're eating now, McLaughlin advises.

She recommends keeping a food diary. "Write down everything you put into your mouth. Not only the type of food, but also the portion size."

Once you're aware of your habits, it's easier to see where changes can be made.

"Start with one or two things that you're going to do differently," McLaughlin says. Eat vegetables or fruit with every meal, for example, and cut out fast food during the week.

"Set realistic goals, and remember: This is a long-term commitment," she says.



Castle Medical Center recognized by American Diabetes Association

Shanelle Veteto, associate manager of the American Diabetes Association (ADA) office in Honolulu, presented Castle Medical Center President and CEO Kevin A. Roberts with a plaque recognizing Castle's sponsorship of the ADA's 10th Annual Step Out to Fight Diabetes Walk at Kapiolani Park in March.

The walk raised more than \$500,000 to support the ADA's programs and services in Hawaii, public education and advocacy, and research for a cure, Veteto says.



CMC Marketing receives three PRSA awards

The Public Relations Society of America's (PRSA) Hawaii chapter presented the 2009 Koa Anvil and Koa Hammer awards this summer to recognize excellence in publication programs and tactics, respectively.

Castle Medical Center's Marketing Department received three Koa Hammer awards of excellence for:

- Ku I ka Mahalo—Publications (Other)
- Chip In for Castle Golf Tournament—Direct Mail/Direct Response
- Annual Quality Report—Annual Report (Non-profit Organizations)

Members of mainland chapters judge entries for the annual awards.

HELPING KIDS WITH ASTHMA

WHEN KIDS POINT to their chest and say something like, “I feel funny” or “I hurt,” it could be their way of saying, “I’m struggling to breathe, and I need some help.”

They could be among the 6.8 million children nationwide with asthma, the most common disease of the youngster years. Asthma is a chronic inflammation and irritation of the breathing tubes that carry oxygen to the lungs.

It’s a very serious disease. Asthma can result in a lot of sickness and hospital stays, and even mild symptoms can quickly become life-threatening.

But kids with asthma can lead normal, active, competitive, healthy lives—if their disease is diagnosed and controlled.

IS IT ASTHMA? Asthma can be hard to diagnose, especially in children who don’t have the words to describe when and where they hurt.

But parents can listen and watch for telltale signs, including: ● Coughing, particularly at night. ● A wheezing or whistling sound, especially when breathing out. ● Troubled breathing—such as grunting when taking a bottle or breastfeeding—or fast breathing. ● Tiredness, lethargy or irritability. ● Frequent colds.

To find out more about Castle’s Asthma Education Program or to sign up, call 263-5158.

Be sure to mention any of these possible signs of asthma to your child’s doctor. Some children have only one of these symptoms, but it may be a sign that asthma is present.

Checking for asthma doesn’t involve high-tech medical equipment. Children who are old enough can blow into a small device called a spirometer, which measures the airflow entering and leaving the lungs.

But often doctors rely on answers to questions about symptoms and whether anyone in the family has asthma or allergies.

Your child’s treatment will depend on how severe the symptoms are and how often they occur. Two types of medicines may be prescribed:



What about sports?

About 90 percent of kids who are diagnosed with asthma get symptoms when they exercise, reports the American Academy of Pediatrics (AAP). This is called exercise-induced asthma (EIA), and it is triggered when kids run, play or compete in sports.

According to the AAP, children may have EIA if they: ■ Have trouble keeping up with other children. ■ Feel short of breath enough to stop activities. ■ Cough a lot, especially when the coughing is accompanied by heavy breathing.

Good sports for people with asthma include walking; jogging; hiking; playing golf, baseball or football;

● Quick-relief medicines, which treat the noisy part of asthma—the coughing, wheezing and shortness of breath.

● Long-term control medicines, which treat the silent part of the disease—the inflammation of the airways.

Allergy shots also can help some children.

WATCH FOR TRIGGERS For many children, asthma symptoms come and go as they are exposed to things that trigger breathing problems.

For example, some children are allergic to animal fur and dander. Some are affected by cold air and exercise.

Other common asthma triggers include: ● Pollen. ● Mold. ● Cockroaches. ● Cigarette smoke. ● House-

swimming; doing gymnastics; or participating in short track and field events.

Endurance sports—those requiring longer bursts of energy—are trickier but not impossible, reports the AAP.

Doctors sometimes suggest a two-pronged approach to managing asthma symptoms in athletes:

■ Pretreatment with a fast-acting, short-term medication, such as albuterol. Taking the medication 10 to 15 minutes before exercise is recommended.

■ Long-term treatment with a controller medication to keep the airways from getting inflamed. It’s important to make sure controller medication is used regularly and consistently.

hold dust. ● Colds and the flu. ● Strong smells and perfumes.

By working with your doctor, you can reduce or eliminate triggers to help your child stay healthy.

GET HELP Again, if you suspect your child has asthma, see your doctor or allergist as soon as possible. It’s important that kids be diagnosed, receive the right medicine and use their medicine faithfully—even if they feel well.

Remember, any asthma symptom—even if it seems mild—is serious, because asthma affects the ability to breathe.

Sources: American Academy of Pediatrics; American College of Allergy, Asthma and Immunology; American Lung Association

EXPERTS ON ASTHMA

THE CARDIOPULMONARY DEPARTMENT is breaking new ground with Castle Medical Center’s Expert Asthma Patient Training Program—the first of its kind in the United States.

The program teaches asthma patients about getting asthma diagnosed, following a physician’s plan and succeeding in managing this serious disorder. Once the training is complete, the patient is certified through the state’s Hawaii Asthma Initiative to teach family, friends and those in the community what they’ve learned about asthma and its management.

Shortly after the program began, a group of visiting

Japanese physicians were so impressed that they returned to Japan and began training and certifying expert asthma patients there.

The Hawaii Asthma Initiative, a broad-based, multi-organizational, statewide community collaborative, recognized that gaps existed in asthma education in Hawaii and adopted the idea of training expert patients as a strategy to supplement existing professional asthma educators.

“This amazing program is the product of our philosophy at Castle of doing the ‘right thing’ instead of the ‘easy thing,’” says Ron Sanderson, Cardiopulmonary Department director.



THE FIRST OF MANY: On July 2, Chris Batacan and Leatrice Aki became the first two people to complete the Expert Asthma Patient Training Program, and did so with honors.

TAKE TIME

Castle Medical Center



FOR YOUR HEALTH

Fall into healthy habits this fall! Check out the opportunities at Castle Medical Center. We invite you to register for a health-promoting class or seminar or call for a physician referral. Call **263-5400**, or visit our website at www.castlemed.org.

EVENTS CALENDAR



FAMILY

Call for locations.

Prenatal Fitness

Mondays, 5 to 6 p.m.

To improve cardio capacity, overall strength and flexibility in preparation for childbirth and caring for a newborn. This is a great opportunity to connect with other expectant mothers.

Birth Center Tour

Tuesdays, Oct. 6, 20; Nov. 3, 23; Dec. 8, 22 5 p.m.

Call for reservations.

Breastfeeding

Oct. 8, Nov. 12, Dec. 9 6 to 8:30 p.m.

\$25 (or free with a childbirth class)

Taught by a certified lactation consultant.

Lamaze Prepared Childbirth

These six-class series begin:

■ **Monday, Oct. 12**

6:30 to 9:30 p.m.

■ **Sunday, Oct. 25**

4:30 to 7:30 p.m.

■ **Sunday, Nov. 8**

11 a.m. to 2 p.m.

■ **Monday, Nov. 23**

6:30 to 9:30 p.m.

■ **Sunday, Dec. 20**

3 to 6 p.m.

\$75 per couple; delivering at Castle: \$65 per couple



General Newborn Care

Tuesdays, Oct. 13, Nov. 3, Dec. 1, 6:30 to 9:30 p.m.
\$25 per couple

Infant CPR and Safety

■ **Tuesday, Oct. 20**
6:30 to 9:30 p.m.

■ **Tuesdays, Nov. 10, Dec. 15, 6 to 9 p.m.**

\$15 per couple

Does not provide certification.

Childbirth Basics Seminar

Tuesday, Nov. 17 5 to 10 p.m.

\$50 (single)/\$65 (couple); delivering at Castle: \$45 (single)/\$55 (couple)

FITNESS

Exercise Classes

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

■ **Bone Builder**

■ **Core Strength**

■ **Freedom of Movement**

■ **Interval Training**

■ **Longer Life**

■ **Pilates**

■ **Prenatal Fitness**

■ **Steady on Your Feet**

■ **Qigong**

Personal Training

Ongoing, by appointment

Assess your current fitness level and receive a tailored plan to assist with general health, weight loss or management, or sports-specific training. Group rates are available.



JOINT CARE

Joint Care Seminars

■ **Oct. 6, Nov. 17**

10 to 11 a.m.

■ **Oct. 29, Dec. 15**

6:30 to 7:30 p.m.

Orchid Room

Learn about the causes of hip and knee pain and how you can reduce pain using diet, exercise, medication or joint replacement surgery. Discover diet and exercise tips that can help reduce pain, and get information about available treatments. Call for information and registration.



NUTRITION

Your insurance may cover fees. To register or for more information, call **263-5050**.

Diabetes Interactive Group Education

This four-class series is designed to transform the way you learn about diabetes self-management.

Free 30-Minute Diabetes Information Sessions

Daytime sessions offered

An overview of Wellness Center resources that may help you manage your diabetes.

Nutrition Counseling

Ongoing, by appointment

To help you get on a healthy diet and nutrition program for optimal health. Focuses include general nutrition, vegetarian nutrition, weight loss, diabetes, renal disease, heart disease and cholesterol reduction.

SMOKING CESSATION

Breathe Free

Class series starting Tuesday, Nov. 3 7 to 8:30 p.m.

\$120 for eight sessions; fee includes all materials and ongoing group sessions

This dynamic stop-smoking program takes a total lifestyle approach to quitting smoking, and it can help you quit without gaining weight. **Insurance may cover the class fee.**



CELEBRATE THE HOLIDAY SEASON WITH US!

Castle Medical Center and its community partners will host Castle's annual Community Christmas Tree Lighting on Wednesday, Dec. 2, from 6:15 to 9 p.m. on the grounds of Castle Medical Center.

The Marine Forces Pacific Band will perform at 6:15 p.m. The program begins at 7 p.m. and includes a performance by the Honolulu Boy Choir. In addition to a visit and photo opportunity with Santa and Mrs. Claus, enjoy keiki activities at the Wellness on Wheels Van, refreshments, and trolley rides into Kailua Town, compliments of Kaneohe Ranch and the Harold K. Castle Foundation.

Free 30-Minute Stop-Smoking Sessions

■ **Tuesdays, Oct. 6, Dec. 15**

12:30 p.m.

■ **Tuesday, Nov. 10**

6:30 p.m.

An overview of resources that may help you quit smoking.

SUPPORT GROUPS

Free and open to anyone needing support.

■ **Bereavement**

■ **Cancer**

■ **Caregivers**

■ **Parkinson's disease**

WEIGHT LOSS

Weight-Loss Surgery Seminar

Wednesdays, Oct. 21, Nov. 18, Dec. 16, 6:30 p.m.

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



Steven Fowler, MD

members of the bariatric team. Registration required.

Individualized Weight Management Program

Ongoing, by appointment

Includes four one-on-one nutrition counseling sessions with a registered dietitian, four personal training sessions with a certified exercise specialist, menu planning, fitness classes and body composition analysis. Take advantage of our new free 15-minute information consultations with the dietitian and fitness trainer to find out if this program is right for you! Call **263-5050** for more information.

Take Shape for Life!™

For information about Castle's popular weight-loss program, go to www.castlewellness.tsfl.com/hp. Call **263-5050** to schedule a consultation and taste-testing and to learn about special discounts.



COOKING CLASSES

\$15 per person; \$20 per couple; \$10 for students and seniors

Delicious, light meal and recipes included. Registration and fee due two days before each class.

Super Soups

Thursday, Oct. 29 11 a.m. to 1 p.m.

Toss the can opener and enter the world of nutritious and soothing soups—perfect for any time of the year. Back by popular demand, Wellness Education's Eileen Towata brings her enthusiasm and expertise in vegetarian cooking to create a wonderful learning environment for beginners or veterans in the kitchen.



Good-for-You Goodies

Thursday, Nov. 12 6:30 p.m.

Learn how to make goodies that aren't bad for your health. Keep the flavor and lose the usual heaps of calories, saturated fats and sugar found in most desserts. This demonstration and sampling is in celebration of National Diabetes Month and in preparation for the holidays.