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Kailua, HI 96734

Castle Medical Center



Exceptional Medicine by Exceptional People

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# Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

SUMMER 2010

## PALLIATIVE CARE

# IMPROVING QUALITY OF LIFE

Palliative care has long been associated with hospice care—bringing pain relief and other end-of-life comfort to those with life expectancies of six months or less. ♦ Today this interdisciplinary medical specialty is becoming more widespread as hospitals seek to improve the quality of life for critically ill patients for the duration of an illness, regardless of the prognosis. Castle Medical Center is pleased to join the growing number of hospitals nationwide that offer inpatient palliative care programs.

“As the baby boomer generation ages, the number of people with complex, chronic medical issues is rising rapidly,” says Alan Cheung, MD, vice president of medical affairs at Castle. “Some of these patients suffer from prolonged illnesses, such as severe dementia, end-stage heart and lung disease, and metastatic cancers, for which there is no cure. If a patient’s illness cannot be improved, palliative care can bring physical, psychological and spiritual relief to the patient and family members alike.”

**PATIENT-CENTERED CARE** Unlike hospice care, palliative care services can begin at any stage of a long-term, life-threatening illness, responding to a patient’s needs, and are often offered in conjunction with appropriate treatments. In addition to managing pain and symptoms,

**If you or a loved one could benefit from palliative care, talk to your doctor.**



Castle’s Palliative Care Services (PCS) team works with patients, primary care physicians and families to coordinate often complex and difficult care options and provide practical and emotional support.

Such care can help reduce long, costly hospital stays and redundant, often futile medical interventions that may only prolong suffering. Patient-centered palliative care seeks to find a balance between managing and treating chronic illness so that patients and their families have the best possible experience over the long term.

“The most advanced technology and treatments do not always bring the best outcomes for patients,” says Emese Somogyi-Zalud, MD, medical director for Castle’s PCS. “When a cure is not possible, we have to be able to offer appropriate care. Quality of life is what’s most important, and that often means a ‘high-human-touch, low-tech’ approach.”

Castle’s PCS team is available Monday through Friday from 8 a.m. to 8 p.m. for new patient consultations. Primary care physicians refer their patients to the program, and then the PCS team performs a comprehensive assessment of patient and family needs. Collaborating closely



## Meet the medical director

**Emese Somogyi-Zalud, MD, medical director for Castle’s Palliative Care Services, is board-certified in internal, geriatric and palliative care medicine. She has been an associate professor at the**

**University of Hawaii John A. Burns School of Medicine and a leader in end-of-life palliative care in Hawaii for many years.**

with the attending physician, the team makes recommendations for care, coordinates and facilitates family conferences as needed, and plans weekly conferences with Castle’s clinical staff.

“While we cannot always cure everyone, we can strive to relieve often and comfort always,” Dr. Cheung says. “This new service is another way for Castle Medical Center and our medical staff to care for the community.”



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**See page 6**



# PREVENTING INFECTIONS AT CASTLE MEDICAL CENTER

**BACTERIA AND VIRUSES** that cause infections—such as pneumonia, colds or strep throat—threaten people outside of the hospital every day.

But when you're in the hospital, you may be at a higher-than-normal risk for some infections. Your immune system may be weakened by illness or certain treatments. In addition, other people in the hospital may carry dangerous germs.

That's why the risk of health care-associated infections (HAIs)—infections acquired in a health care setting—is a serious concern. Five to 10 percent of patients who have been treated in a U.S. hospital get an HAI, estimates the American Hospital Association.

The goal is for all patients to stay infection-free. So we take special steps to prevent infections from spreading.

**PREVENTIVE MEASURES** To limit the risk of infection, our doctors and nurses use hand sanitizer before and after caring for each patient, and special care is taken to keep rooms and equipment clean and sterile.

To prevent HAIs during surgery, our hospital staff

members also:

- Thoroughly clean their hands and arms up to their elbows just before surgery.
- Wear special hair covers, masks, gowns and gloves.
- Use electric clippers (not a razor) to remove hair from patients before surgery.
- Give patients antibiotics about an hour before surgery starts.
- Thoroughly clean a patient's skin at the surgery site with special germ-killing soap.

**Our doctors and nurses are careful to use hand sanitizer before and after caring for each patient.**

If a person already has an infection, our hospital may:

- When possible, keep the patient from sharing a room, except with another infected person.
- Ask caregivers and visitors to wear gowns and gloves when with the patient.

While prevention is our priority, we strive to provide the best possible treatment and care for all infections—regardless of whether an infection was acquired in the hospital or elsewhere.



## Visiting guide

When you're visiting someone in the hospital, consider bringing along get-well wishes and cheerful stories. But leave the germs outside.

People in the hospital can be vulnerable to infection, so it's important that visitors take thoughtful precautions. Here are some tips

for visitors from the Association for Professionals in Infection Control and Epidemiology:

- Stay home if you're sick or have had symptoms of illness within the last three days.
- Check with hospital staff before bringing food, flowers or children to the patient's room.
- Read and follow any instructions posted outside the patient's room.

- Do not sit on the patient's bed or handle hospital equipment.
- To help prevent carrying germs into or out of the room, wash your hands with soap and water or use hand sanitizer before and after visiting. Also wash your hands if you use the bathroom, eat or drink, sneeze, cough, or touch your nose or mouth while visiting.

## LIVING WITH DIABETES?

Try this three-point plan for better health. See page 7.

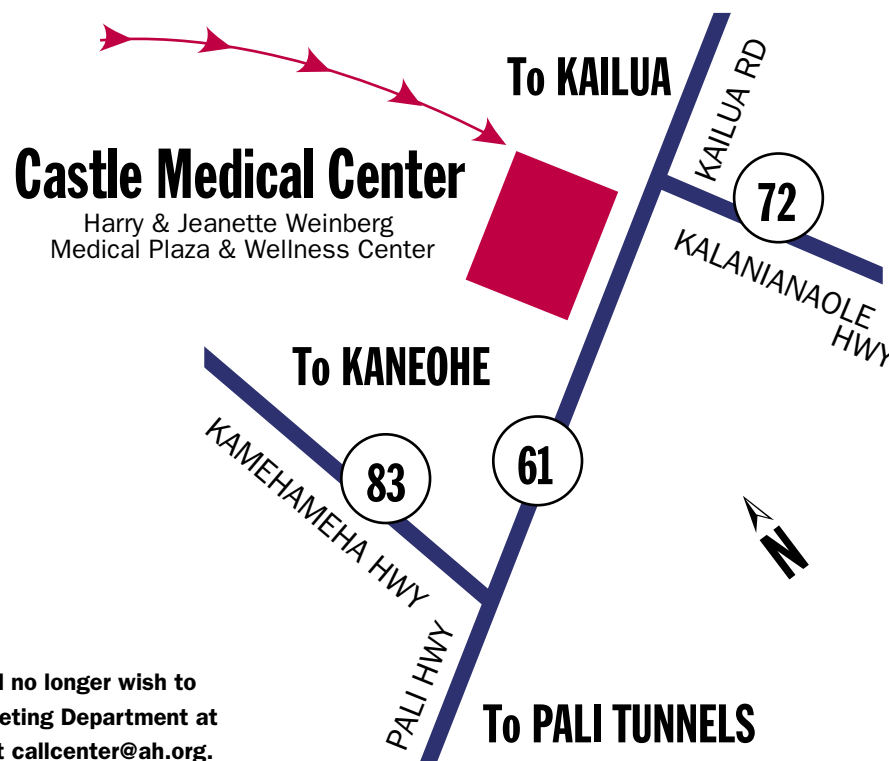
## HOW TO FIND US

call us:  
808-263-5500

e-mail us:  
Visit our website at [castlemed.org](http://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 is published quarterly as a community service for the friends and patrons of CASTLE MEDICAL CENTER, 640 Ulukahiki St., Kailua, HI 96734, telephone: 808-263-5163, website: [castlemed.org](http://castlemed.org).

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

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WindwardHealth

SUMMER 2010





## Castle goes digital with patient image records

Beginning Aug. 2, Castle Medical Center will offer Windward Oahu the latest in health care technology, going digital with its new, state-of-the-art patient record system—generally known as the picture archiving and communications system (PACS)—that digitally acquires, stores and retrieves diagnostic images. Castle recently acquired this innovative system, called Centricity, from GE Healthcare.

“The new PACS system brings Castle

Medical Center another giant step forward into the digital age of health care,” says Brian Matsusaka, director of Imaging Services. “Digitally acquiring and storing these images allows clinicians to access and view these images on any PC or workstation on our network. We will also have a web solution that will allow clinicians to view these images remotely from their office or home.”

The computerization of patient records

mirrors the way medical image technology is going, helping Castle stay on the cutting edge of patient care and making it easier than ever to connect specialists and physicians to the critical diagnostic information they need.

**How PACS works** This advanced digital technology replaces film. Digitally acquired images, such as those from X-rays, computed tomography (CT) or magnetic resonance imaging (MRI) exams, go directly to our PACS storage/archive and can be retrieved on command and viewed, allowing physicians to make decisions and begin patient treatment much more quickly. In addition to decreased wait time for patients, the new technology includes electronic tools that assist in detailed analysis.

“The ability to view diagnostic images quickly on our computer network brings critical information right to the physicians at the point where they are making decisions and administering care,” Matsusaka says. “In the near future, we will not be required to retrieve these films—these radiology images are just a click away, helping us to provide better care for our patients and improved efficiencies throughout our hospital. It will significantly improve workflow and productivity and expedite and enhance patient care.”

Physicians anywhere on the island may now refer their Windward patients to Castle for imaging services, knowing that they can view these studies on their computer in their home or office.

## Castle News



### TEA AND A TOUR

Castle Medical Center is excited about upcoming renovation plans, and we hope you will be too!

Whether you are new to the

Windward community or are a longtime neighbor and friend, we would love the opportunity to share our goals for the future with you at “Tea and a Tour.”

Come for a tour of the hospital, and afterward we’ll enjoy tea and delicious snacks at the Bistro.

To make an appointment, call the Development Department at **263-5335**. We look forward to seeing you!



**Dale Northrop, vice president of finance and CFO**

### NORTHROP HONORED IN CFO OF THE YEAR AWARDS

Castle Vice President of Finance and Chief Financial Officer (CFO) Dale Northrop was honored as a finalist in the Non-

profit 501(C)(3), Public Agency category, for *Pacific Business News*’ 2010 CFO of the Year awards. The awards were presented at a dinner at the Halekulani Grand Ballroom, recognizing financial professionals in Hawaii for outstanding performance in their roles as financial stewards.

In the nine years that Northrop has been CFO at Castle, the hospital has been profitable, and last year CMC had the most profitable year of its 46-year history.



**Keith Holderbaum, bed control coordinator**

### HOLDERBAUM RECOGNIZED WITH DISTINGUISHED SERVICE AWARD

Keith Holderbaum, bed control coordinator, received the Healthcare Association of Hawai’i’s (HAH)

first Distinguished Service Award at an awards dinner held recently at the Hale Koa Hotel. The HAH awards honor those who go above and beyond in delivering care to individuals and communities.

## The results are in

### Castle gets top marks from medical staff and employees



Professional Research Consultants (PRC), a marketing research organization whose mission is to help health care organizations achieve excellence through patient, physician and employee surveys, recently recognized

Castle Medical Center (CMC) with 17 awards based on the medical staff and employee perception surveys they conducted in 2009.

**Medical staff perception awards** CMC received two 5-star awards for scoring in the top 10 percent of PRC’s national medical staff perception database for 2008 in:

- Emergency Services.
- Medical records.

CMC received seven 4-star awards for scoring in the top 25 percent of PRC’s

national medical staff perception database for 2008 in:

- Administration.
- A place to practice medicine.
- Laboratory Services.
- Nursing care.
- Quality of care.
- Radiology Services.
- Surgical Services.

These results are based on the percentage of physicians who rated CMC excellent in answer to 13 questions. The 5-star award winners are listed alphabetically in the best practice resource section of [www.PRCEasyView.com](http://www.PRCEasyView.com), giving CMC yearlong recognition and allowing CMC to serve as a benchmark for all PRC clients.

**Employee perception awards** CMC received eight 4-star awards for scoring in the top 25 percent of PRC’s national employee perception database for 2008 in:

- Teamwork between departments.
- Communication.



- Teamwork within each department.
- A place to work.
- Senior leadership.
- Overall empowerment.
- Training and professional development.
- Total compensation package.

These awards are based on the percentage of employees who rated the hospital excellent in 10 select standard PRC categories.





# WE'RE GROWING TO MEET YOUR NEEDS

BY MELE POCHEREVA

Castle Medical Center has grown with the Windward community for nearly five decades. Since opening in 1963 with 72 beds and 14 bassinets, we have expanded our campus, patient services and outreach programs over the years to become a state-of-the-art, full-service medical center—and Windward Oahu's primary health care facility.

Our commitment to providing innovative health care is always a work in progress as new medical procedures, therapies and technology become available and community needs continue to change and grow. And, while the Windward population has grown at a relatively slow pace, it is becoming an increasingly older population with



**LEFT: Hospital President and CEO Kevin A. Roberts and oncologist Tay-Ing Yang, MD, visit the first floor of the Harry & Jeanette Weinberg Patient Care Wing, which will be expanded in the first phase of Castle's three-year, \$23 million construction project. The area will house a new, larger inpatient pharmacy and a new chemotherapy center.**

**RIGHT: Patients will enjoy soothing views of the Koolau Mountains when the new chemotherapy center is complete.**



## Castle partners with cancer research organization

Castle Medical Center is growing, and that growth includes medical research. Most recently, Castle joined the minority-based Community Clinical Oncology Program (CCOP) at the University of Hawaii's Cancer Research Center of Hawaii.

"The program gives patients the opportunity to participate in more than 50 clinical trials being conducted for the prevention and treatment of a broad range of cancers," says Jonathan Cho, MD, a Castle oncologist and the principle investigator for the program. "What this means for our patients is more choices and greater access to state-of-the-art therapies and medications being tested here in their communities, instead of having to travel to the mainland, away from their family support system, to participate in these studies."

Tay-Ing Yang, MD, also an oncologist at Castle, agrees that the program will be beneficial to his patients, some of whom have already enrolled in clinical trials through CCOP.

"Oncology services at Castle have seen a lot of growth in the last 10 years," says Dr. Yang, who opened his Windward practice 27 years ago. "Today there are more facilities for patient treatment, we have more knowledge about cancer prevention, and our patients have greater access to the latest

technology and treatment without having to travel to town for these services."

CCOPs are funded by the National Cancer Institute and have been established throughout the country. They form the infrastructure that connects academic centers and research groups with community hospitals and physicians, who in turn conduct the clinical trials in their communities. With minority-based CCOPs, more than 40 percent of the populations they serve qualify as minorities; clinical trials are open to all patients, however.

"Castle's chief of staff and CEO were extremely supportive of our efforts to qualify as a participating site," Dr. Cho says. Following a required process of training for physicians, nurses and other support staff, Castle is now one of 13 sites within the state eligible to participate in the program.

"We are thrilled to be working with Dr. Cho and other cancer research experts here in Hawaii," says Kevin A. Roberts, Castle's president and CEO. "Expansion into this area, together with our plans for a new chemotherapy treatment center, is another example of our passion to ensure that residents in Windward Oahu have advanced, top-rated technologies available right here in this community."

## Growth at Castle would not be possible without a solid foundation of excellence.

a greater need for health care services and programs.

**MOVIN' ON UP** "This is a trend we have monitored over the past five or so years," says Castle President and CEO Kevin A. Roberts. "And we have exciting plans for a series of major renovations and expansions that will meet our community's needs now and into the foreseeable future. Many steps still need to be taken before the project begins, but we are hopeful that construction can start before the year is over."

Castle's previous capital upgrade, a \$15.5 million undertaking that was completed in 2007, included the Harry & Jeanette Weinberg Patient Care Wing. The addition of this new wing significantly improved the space and comfort of inpatient

facilities in the main hospital building.

The new projects, including replacement of some infrastructure, estimated to cost about \$23 million, will be phased over the next three years. All of the work will take place within Castle's existing space.

The first phase will include expanding the first floor of the Harry & Jeanette Weinberg Patient Care Wing, which will house a new, larger inpatient pharmacy and a new chemotherapy center, which will offer patients soothing views of the Koolau Mountains. Simultaneously, the Ambulatory Surgery Center and recovery room will be remodeled.

Phase two will focus on redesigning and expanding the Emergency Department from 18 to 26 beds and remodeling and expanding the Imaging Center. The final phase will create a new, women-focused

Imaging Center with outpatient X-ray, mammography and ultrasound technology available in one convenient area.

Some services, such as finance, billing and medical records, will be relocated off-site to accommodate the expanded clinical services.

"We have already provided an overview of these projects to the Kailua Neighborhood Board, and they were excited to see the hospital growing and improving services," Roberts says. "We are developing opportunities to support Castle and will start to share them among members of the community. And as in the past, we believe many will choose to make significant gifts to help advance our mission."

### BUILDING ON OUR ACCOMPLISHMENTS

The growth and expansion plans now under way at Castle would not be possible without a solid foundation of excellence upon which to build. In recent years, Castle has been recognized with many quality and satisfaction awards, including:

## Expanding access to cancer treatment



Castle Medical Center oncologist Jonathan Cho, MD, is the principal investigator for the Community Clinical Oncology Program at the University of Hawaii's Cancer

Research Center of Hawaii. Dr. Cho says the program, which Castle partners in, gives minority cancer patients more choices and greater access to state-of-the-art therapies and medications.

- Best Value Hospital in Hawaii (combining quality, satisfaction and efficiency) two years in a row by Data Advantage LLC.
- Rated by Castle associates as a "Best Place to Work" five times in *Hawaii Business* magazine.
- Rated in the top 10 percent by our doctors of places to practice medicine.
- Frequently rated in the top 25 percent and above by our patients for inpatient care, emergency care and childbirth experience.
- Surgical Weight Loss Institute's recognition as a Center of Excellence in 2009 by the American Society for Metabolic and Bariatric Surgery.
- Hip and knee joint replacement program's recognition as a Blue Distinction® Center in 2009 by HMSA Blue Cross/Blue Shield—the first center so recognized in Hawaii.
- Last year's gold performance achievement award in heart disease from the American Heart Association.
- Recognition for Outstanding Organization in Tobacco Control by the Coalition for a Tobacco-Free Hawai'i.

Castle also enhanced its childbirth program in 2008 by renovating and enlarging its facilities to create the Vera Zilber Birth Center in 2008, in honor of a generous donation from the Zilber Family Foundation and a gift from the late Eleanor Crim, MD. Last year, in partnership with 15 Windward surgeons, the new Windward Surgery Center opened to provide ambulatory surgery services.

"The growth we've seen in the need for our services, coupled with the quality and efficiency of services provided by more than 1,000 associates and 248 physicians in nearly 40 specialties and subspecialties, and capped by a stable financial outlook, have all come together to make Castle's newest undertaking possible," Roberts says. "As we go forward with our expansion program, we will remain focused on health care as sacred work that is deeply connected to our faith-driven mission statement of caring for our community, sharing God's love."



QUITTING SMOKING

# BREAK THROUGH THE BARRIERS

There's no denying that it's tough to quit smoking. ♦ But there's also no denying that giving up cigarettes is one of the most important things you can do for your health. ♦ That can be your main motivation for quitting. But a little education can help as well.

Perhaps you smoke for reasons you don't think about. Or you continue smoking for reasons you do give thought to—like the fear of gaining weight if you quit. By thinking about why you light up, you'll help break down barriers that keep you from becoming smoke-free.

Following are some frequently cited reasons people smoke and some tips from the National Cancer Institute and American Cancer Society for addressing them.

**You smoke to relieve stress.** Smoking temporarily changes brain chemistry, making you less anxious and more relaxed. But there are alternative stress-busters that are much better for you.

**What you can do:** Think about what causes your stress and how it affects you. For example, does worrying about work give you a headache? Do relationship difficulties keep you awake at night? Once you've identified what causes your stress, you can turn your attention to finding stress-busting techniques that are healthier than smoking. One suggestion is to locate a book on dealing with stress. Try practicing the various stress-easing suggestions it offers until you find a few that help you feel better.

**You smoke because you're bored.** Sometimes, smoking is simply a way to pass time.

**What you can do:** An easy way to tackle boredom is to always have something to do:

- Try a different location. Going outside may be good—provided it's not to a place you associate with smoking.
- Carry something with you—a book or a crossword puzzle, for example—to occupy yourself during downtime. Simply holding something, such as your cell phone, will make it harder to pick up a cigarette.
- Use your senses as a distraction. Note sounds around you or shapes of things you pass.

**You smoke because others around you do.** Being with smokers can make you want to light up.

**What you can do:** Spend time in places where smoking isn't allowed. Tell people close to you that you need their support, and offer examples of things they can do to help you—like not smoking in your presence. If others do light up when you're around, excuse yourself and don't return until their cigarettes are out.

**You smoke because you enjoy it after meals.** Smoking urges can be strong after certain meals and after consuming specific foods and drinks.

**What you can do:** Think about the foods that make you crave cigarettes, and avoid them. After a meal, it can be helpful to keep your hands busy by peeling an orange or cracking some nuts for dessert. Or you can cap off a meal by taking a walk or brushing your teeth. You might even try washing your dishes by hand. Lighting up is pretty tough with wet fingers!

**You smoke because you crave cigarettes.** Urges will lessen with time. Until they do, have a strategy for dealing with them.

**Call 263-5050 for stop-smoking resources, including classes, individual counseling, nicotine patches and lozenges.**

**What you can do:** Stay focused on your reasons for quitting, and try chewing on gum or a carrot stick when you have the desire to put something in your mouth. It may be helpful to wear a rubber band around your wrist and to snap it against your skin when an urge to smoke arises. Use this technique to remind yourself of all of the unpleasant things associated with smoking. Saying “No!” out loud or telling yourself “I'm too strong to give in” may do the trick too.

**You smoke because you think you'll gain weight if you stop.** Sometimes people do gain weight when they quit smoking. But there are ways to lower this risk.

**What you can do:** Choose foods that are low in calories and fat. Crunchy foods, like rice cakes or pretzels, and those that take a long time to eat can be good. Other strategies include drinking water between meals and getting more exercise. Physical activity can both lower stress and reduce cigarette cravings.

**A FRESH BEGINNING** However you choose to get smoke-free, the important thing is that you do. Your doctor can provide more advice and tools to help you. With willpower—and a good plan—you can become one of the millions of Americans who have successfully kicked the habit.

## Resources to help you quit

**Castle Medical Center** offers classes to help you stop smoking. Individual counseling is also available.

For more information about additional class locations and access to free nicotine patches and lozenges, call **263-5050**. Classes include:

**Breathe Free**

New classes start July 30 and Sept. 14 and run from 7 to 8:30 p.m.

This eight-session program takes a total lifestyle approach to quitting smoking.

Class fee includes all materials and ongoing group support sessions.



Fee may be covered by scholarship funds, HMSA's Ready Set, Quit! stop-smoking program and other insurance carriers.

**Stop-Smoking Info Sessions**

These are free 30-minute overviews of community resources that can help you quit smoking. Call **263-5050** for details.







# Diabetes

## A three-point plan for good health

If someone took a family photo of diabetes risks, high blood sugar would be standing out in front, getting all the attention and crowding everyone else out of the picture. But standing in the background are two other major players: high blood pressure and poor cholesterol. ♦ The truth is, if you have diabetes and want to protect your health, you need to give equal attention to controlling all three of these risks.

**TRIO OF TROUBLE** Together or separately, this troublesome trio of problems can damage blood vessels throughout the body, explains Sue McLaughlin, BS, RD, CDE, president of health care and education for the American Diabetes Association (ADA).

High blood sugar can damage small blood vessels, leading to kidney damage and vision loss, McLaughlin says.

Meanwhile, high blood pressure can cause increased pressure in blood vessel walls, while high levels of LDL cholesterol—the bad type—can cause narrowing of the walls, both of which increase the risk for heart attack and stroke.

“That’s why it’s so important to keep all these levels within goal ranges,” she says.

That may seem like a tall order. But, fortunately, making a few changes in your health habits can help reduce your risk for all three of these problems at once:

**Learn your ABCs.** These tests will help you learn if your levels are too high:

- **A1C.** This is a measure of your average blood sugar over the past two to three months. The goal for most people is below 7 percent. The ADA recommends getting the test at least two times each year.

- **Blood pressure.** For people with diabetes, high blood pressure starts at 130/80 mm Hg, a lower level than for the general public, advises the ADA. Have your blood pressure measured at each checkup. And test your blood pressure at home if advised by your health care provider.

- **Cholesterol.** LDL cholesterol should be under 100 mg/dL of blood. Triglycerides, another harmful type of blood fat, should be under 150 mg/dL. And levels of HDL cholesterol—the good type—should be over 40 mg/dL in men and above 50 mg/dL in women. Have your cholesterol measured at least once yearly, advises the ADA.

Write down your ABC results so that you can keep track of changes over time.

**Eat smart.** Making wise choices about

foods can have a big impact on your blood sugar, blood pressure and cholesterol levels. Try to:

- Cut back on high-cholesterol foods, such as egg yolks and high-fat meat, poultry and dairy products.

- Choose low-fat or nonfat dairy items and lean cuts of meat.

- Eat lots of fruits and vegetables and whole-grain breads and cereals.

- Choose good fats that can help lower cholesterol. You can find them in fish—such as albacore tuna, herring, mackerel, rainbow trout and salmon—and in olive oil, canola oil and nuts.

- Use low-fat cooking methods. Bake, roast or grill foods instead of frying them.

- Season food with herbs instead of salt.

**Move more.** Regular exercise burns calories and helps keep blood sugar, blood pressure and cholesterol low. If you’ve been inactive, start with five minutes of exercise daily and work your way up to at least 30 minutes on most days of the week. Brisk walking is a great way to start.

**Take your meds.** Your doctor may prescribe medications to help control blood sugar, blood pressure or cholesterol. Be sure to use these as directed. They’ll help you stay healthy. Also ask your doctor if you should take daily aspirin to help prevent a heart attack or stroke.

**If you smoke, try hard to quit.** Among

**Our Wellness Center can help you manage your diabetes. To sign up for a free information session, call 263-5050.**

people with diabetes, those who smoke are three times more likely to die of cardiovascular disease than those who don’t smoke, according to the ADA. Your doctor can prescribe medications or suggest programs that can help you quit smoking for good.

**Finally, keep at it.** “Behavior and lifestyle changes take a lot of work but are worth it,” McLaughlin says. Don’t try changing all of your health habits overnight. Make changes gradually, and seek support from friends, family and your health care team.

And remember, adds McLaughlin, “Any change in the right direction is helpful.”

Controlling your diabetes risks will help you live a healthy, active life.

## Shedding extra pounds helps control diabetes

Sometimes, just a little is enough.

Consider diabetes and weight loss. Studies show that losing only a few extra pounds if you’re overweight can lead to big improvements in your health.

According to the American Diabetes Association (ADA), losing as few as 10 to 15 pounds can help lower your blood sugar and blood pressure and improve your cholesterol levels. You may even be able to cut back on the amount of diabetes medications you take.

Your doctor can help you develop a safe weight-loss plan. The ADA also offers these tips:

- **Eat slowly.** Turn off the TV and radio during meals, and pay attention to your appetite. Stop eating when you start to feel full.
- **Eat something before you go to parties.** That way you’ll be less likely to overeat fatty foods.

- **Don’t go grocery shopping on an empty stomach, and buy only what’s on your shopping list.**

- **Don’t skip meals.** You may overeat at your next one.

- **Don’t deprive yourself.** It’s still OK to treat yourself to foods such as desserts or fast-food items that aren’t necessarily considered healthful. But don’t eat them very often, and only have small portions.

- **Work exercise into your day.** Bike or walk instead of driving. Take the stairs instead of the elevator. Do something active instead of watching TV.



# TAKE TIME FOR YOUR HEALTH

Castle Medical Center



We want you to have a safe and fun summer, and Castle Medical Center's health programs can help. 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 [castlemed.org](http://castlemed.org) and click on "Classes."

## EVENTS CALENDAR



### FAMILY

Call for locations.

#### Birth Center Tour

Tuesdays, July 6, 20;  
Aug. 3, 17; Sept. 7, 21  
5 p.m.

Call for a reservation.

#### Breastfeeding

■ Thursdays, July 1, 22;  
Aug. 12

■ Tuesday, Aug. 31

■ Wednesday, Sept. 22  
6 to 8:30 p.m.

\$25 (or free with a child-birth class)

Taught by a certified lactation consultant.

#### Childbirth Basics Seminar

■ Tuesday, July 27

■ Monday, Sept. 13

5 to 10 p.m.

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

\$45 (single)/\$55 (couple)

#### General Newborn Care

Tuesdays, July 6, Aug. 3,  
Sept. 7

6:30 to 9:30 p.m.

\$25 per couple



#### Infant CPR and Safety

■ Tuesdays, July 20,  
Aug. 17

6:30 to 9:30 p.m.

■ Thursday, Sept. 16

6 to 9 p.m.

\$15 per person

Does not provide certification.

#### Lamaze Prepared Childbirth

These six-class series begin:

■ Mondays, July 19 or  
Sept. 20

6:30 to 9:30 p.m.

■ Sundays, July 11 or  
Sept. 12

3 to 6 p.m.

■ Sunday, Aug. 22

11 a.m. to 2 p.m.

\$75 per couple; delivering at Castle: \$65 per 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
- Lunch Crunch
- Pilates
- Qigong
- Steady on Your Feet
- Stretch and Balance

#### 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. Call 263-5050 for more information.

### NUTRITION

#### Diabetes Info Session

Free 30-minute session that provides an overview of Wellness Center resources that may help you manage your diabetes. Call 263-5050 for more information.

#### Diabetes Interactive Group Education

Morning and evening sessions available

This four-class series is designed to transform the way you learn about diabetes self-management. To register or for class dates, call 263-5050.

#### Nutrition Counseling

Ongoing, by appointment

To help you get on a healthy diet and nutrition program for optimal health.

Focuses include weight loss, diabetes (covered by many HMSA plans and Medicare Part B), heart disease and cholesterol reduction, and wellness specific to women and men. Call 263-5050 for more information.

### SCREENINGS

#### HMSA HealthPass

Thursdays, July 1, Aug. 5,  
Sept. 2

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 an appointment.

### WEIGHT LOSS

#### Individualized Weight Program

Ongoing, by appointment

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. Take advantage of our, free 15-minute information consultations with a dietitian and fitness trainer to discuss if this program is right for you! Call 263-5050 for more information.

#### Take Shape For Life!

Learn about Castle's popular weight-loss product at [www.castlewellness.tsfl.com/hp](http://www.castlewellness.tsfl.com/hp). Call 263-5050 to schedule a consultation and taste testing and to learn about special discounts.

#### Weight-Loss Surgery Seminar

Wednesdays, July 21,  
Aug. 18, Sept. 15  
6:30 p.m.

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. Preregistration required.

### JOINT CARE

#### Joint Care Seminars

Day:  
July 9,  
Aug. 24  
10 to 11 a.m.  
Evening:  
July 27,  
Sept. 14  
6:30 to 7:30 p.m.



#### Orchid Room

Learn options to reduce hip and knee pain through diet, exercise, medication or joint replacement surgery.

### SUPPORT GROUPS

Free and open to the public.

- Bereavement Support Groups
- Cancer Support Group
- Caregivers' Support Group
- Parkinson's Support Group
- Mental Illness Caregivers' Support Group (N.A.M.I.)

### FREE WORKSHOPS

Presented by HMSA at the Castle Wellness & Lifestyle Medicine Center. Light refreshments provided.

#### Mind Your Muscles, Thursday, July 15, noon

Focuses on conditioning your muscles to improve fitness. Learn basic muscle anatomy and how to improve strength and flexibility. Receive a free resistance band, and perform strength-training exercises along with some stretches.



#### Functional Training: A Focus on Everyday Activities

Thursday, Aug. 19, noon

Are typical resistance and flexibility exercises all we need to help keep our muscles and bones strong and reduce the risk of injuries? Learn the origin of functional movements, identify differences between traditional and functional exercises, and learn how to integrate the two.

#### Understanding Depression When Caring for Loved Ones

Thursday, Sept. 16, noon

Depression is common among older adults, often affecting quality of life. However, early treatment can be up to 90 percent effective. Learn to identify the signs and symptoms of depression, the factors to help control illnesses caused by depression, and about caring for the caregiver.

### COOKING CLASSES

Delicious samples and recipes included! Fee: \$15 per class. Discounts: Students and seniors (65+) with ID: \$10; \$20 per couple. Preregistration and fee required two days before each class.

#### Colorful Creations

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

Be inspired by nature's palette of colors. Eileen Towata uses a variety of raw and cooked plant foods to create eye-catching and taste bud-pleasing dishes. Get a new appreciation for the garden's beautiful bounty.



#### Lunch Box Makeover

Thursday, Aug. 26, 6:30 p.m.  
Quick and creative solutions to the lunch box blues that will enhance your health while entertaining your taste buds. Come and be inspired by chef Rebecca Woodland to a life beyond PB&J sandwiches.



#### Five Superstar Foods

Thursday, Sept. 23, 6:30 p.m.  
Quinoa, kale, broccoli, soybeans and sweet potatoes are five superstar foods that are nutrient-dense and rich in flavor. Chef Paul Onishi uses these foods to create dishes that are out of this world.

