

**AWARD-WINNING CARE**

Castle Medical Center has been recognized for our commitment to a higher standard of stroke care.

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# Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SUMMER 2012

## In Sickness & In Health

Castle Medical Center



## SEMINARS

Castle Wellness & Lifestyle Medicine Center

6:30 to 7:30 p.m.  
Check-in begins at 6 p.m.

Castle Medical Center's In Sickness & In Health monthly seminars provide expert health and wellness education from leading health care professionals. The seminars are free and open to the public. Light, healthy refreshments will be served. Space is limited, and preregistration is required. Call 263-5400 or visit [castlemed.org](http://castlemed.org). ♦ Castle Medical Center is part of the Adventist Health system, is a leading provider of health care in the state of Hawaii, and is well-known nationally for its wellness and prevention programs.



David A. Kaminskas, MD, Neurology



Kore Liow, MD, FACP, FAAN, Neurology



Denis Mee-Lee, MD, Psychiatry



Leigh-Ann Frattarelli, MD, MPH, Gynecology

### Living with Headaches

Thursday, July 12

Headaches are one of the most common neurological disorders. If not managed properly, they can be disruptive and cause loss of productivity. However, recent advances have shown that most headaches can be handled with correct diagnosis and management, including both medical treatment and nonmedical therapies, like exercise and nutrition.

In this free workshop, our

experts will share the latest treatment options, including new medications, Botox injections, occipital nerve injections and pain blocks. Hawaii's leading neuroscience experts and specialists will tell you how you can improve your brain health.

This seminar is part of Castle Medical Center's continuing commitment to providing the most advanced and innovative neuroscience care to Hawaii residents.

### Help for Depression

Thursday, Aug. 16

Depression is more than feeling sad sometimes. It involves intense feelings of sadness and other symptoms, like losing interest in things you enjoy, that interfere with your life. It is a medical illness—not a sign of weakness. And it's treatable.

Do you know the common

depression symptoms? Do you know about the different types of depression? This seminar will help you talk more openly with your doctor about this illness, recognize the warning signs of serious depression and prevent complications.

Discover the symptoms and treatment of depression in men, women and the elderly, and learn about treatment-resistant depression.

### Hot flashes, weight gain, depression—oh my!

### Surviving Menopause

Thursday, Sept. 20

Menopause is a normal, natural event associated with reduced functioning of the ovaries due to aging, resulting in lower levels of estrogen and other hormones. During the menopause transition, in addition to irregular menstrual periods, some women experience symptoms such

as hot flashes and difficulty sleeping. The severity of these changes varies from woman to woman.

Join us for an evening with one of our Windward Oahu menopause experts and learn the answers to common questions about menopause and its symptoms, perimenopause, hormone therapy, finding a menopause specialist, and more.

## HEALTH BITS



### OPEN-HEART SURGERY IS COMING SOON

Castle Medical Center (CMC) recently received approval to provide open-heart surgery, making it the only Windward facility able to deliver this service.

"We're looking to start the program to fill the gap that's been left by the closure of Hawai'i Medical Center East and to serve the Windward community," says Vice President of Finance/Chief Financial Officer Wendi Barber. She notes that the new program complements the full range of care already available at CMC.

The total cost for the necessary operating room renovations, training and upgrades is estimated to be \$3 million. CMC also plans to hire specialized nurses and professional staff.

"The medical center is moving forward and looking forward to performing the first surgeries," Barber says.

Cardiac surgeon Henry Louie, MD, who practiced at Hawai'i Medical Center and who had approached Castle Medical Center previously about the possibility of acquiring a certificate of need for the open-heart surgery program, says he is considering moving his practice to the medical center.



## CASTLE TALK NEWS, VIEWS &amp; TIPS

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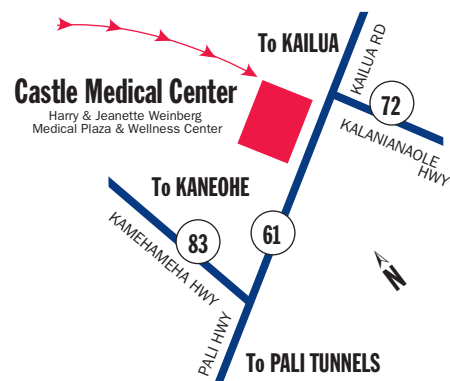
**WRITE OR VISIT US:**

Castle Medical Center, 640 Ulukahiki St., Kailua, HI 96734-4498

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Visit us at  
[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  
2012**

## Happy associates, happy patients

### Castle makes Hawaii's Best Places to Work Hall of Fame

Castle Medical Center (CMC) was among 18 companies on *Hawaii Business* magazine's Best Places to Work 2012 list that have been on the list for at least five of the eight years since the program began. The magazine published the names of the outstanding companies under the heading "Hall of Fame."

CMC has made the list seven times and this year placed third in the Large

Companies category.

In anonymous surveys conducted as part of the Best Places to Work selection process, associates said they enjoyed coming to work at CMC, even though they regularly encounter people dealing with illness, pain and loss.

President and CEO Kathy Raethel says she has felt the same way from the start: "When I first walked in, I felt something

different. There's an atmosphere that's friendly and welcoming. It's a place where people are comfortable."

The second-largest employer on the Windward side, CMC opened its doors in January 1963.

"One associate has been here for 45 years, and five have more than 40 years of service," Raethel says. "It's a place where people come and want to stay. Me included."



**THEY'VE EARNED IT!** As a thank-you and congratulations to the associates, Vice President of Finance/Chief Financial Officer Wendi Barber (left), President and CEO Kathy Raethel, and Director of Human Resources Adele Hoe served up free cupcakes with icing and decorations in Castle's Bistro restaurant.

## Windward Health wins gold Aster Award

Castle Medical Center received a gold Aster Award for the Winter 2012 issue of *Windward Health*. The Aster Awards Program is an elite competition recognizing the nation's most talented health care marketing professionals for excellence in advertising. It is sponsored by *Healthcare Marketing Report* magazine.

A national panel of judges reviewed all entries based on creativity, quality, message effectiveness, graphic design and overall impact. Nearly 4,000 entries were

received from across the United States, as well as Canada and South America, making this year the largest health care advertising awards competition to date.

Awards were issued for entries that received marks from judges placing them in the top 16 percent of the nation for advertising excellence. Only the top five percent of entrants receive gold awards, and 12 percent of entrants received silver awards.

*Windward Health* is produced with Coffey Communications, Inc., in



Walla Walla, Washington.

Go to [www.hmrpublicationsgroup.com](http://www.hmrpublicationsgroup.com) to see the list of winning entries.





## CASTLE TALK NEWS, VIEWS &amp; TIPS

## Castle Medical Center receives Patriot Award

Recently the Department of Defense's Employer Support of the Guard and Reserve (ESGR) organization honored Castle Medical Center (CMC) with a Patriot Award in recognition of its outstanding support of the hospital's military associates. CMC was nominated for the award by emergency room nurse Maria Moreno-Chow, CDR, USNR. Hospital President and CEO Kathy Raethel accepted the award on behalf of CMC.

In nominating CMC, Moreno-Chow wrote, "My employer has made it possible for me to work full time in the Emergency Department while serving my country as a reservist. [CMC] usually hires someone to fill in for me when I'm on military

orders without penalizing me as a reservist. I've been mobilized twice since 2003, and most recently in 2011 returned from Afghanistan."

Maria said CMC's support was in part responsible for her ability to advance her military career, and for the awards and recognitions she has received as a reservist.

"This organization rewards my military commitment by contributing to my benefits during my absence and pays tribute to my work in the local and regional newsletter," Moreno-Chow wrote, giving kudos to the hospital for the employee benefits she continued to receive during her deployments.



**PATRIOTS:** CMC President and CEO Kathy Raethel, with Maria Moreno-Chow, CDR, USNR, accepted the Patriot Award from (left) Cmdr. Michael Joyner, commanding officer, Navy Operational Support Center (NOSC), Pearl Harbor; Ensign Saul Gomez, Senior Enlisted Advisor; and Lt. Timothy Harper, executive officer.

## Castle surgeons consult with Porgera Hospital via Skype



**WORLD-CLASS CARE:** Kevin Higashigawa, MD, greets Larry Derbes, MD (left), and Moises Granada, MD, and his patient at Porgera Hospital.

The world is getting smaller—and that's a good thing for those who need the expertise of Castle Medical Center (CMC). This spring, CMC cardiac surgeon Larry Derbes, MD, and orthopedic surgeon Kevin Higashigawa, MD, used Skype to consult with a patient and surgeon at Porgera Hospital in Papua New Guinea.

Moises Granada, MD, CEO of Porgera Hospital, had a patient who had sustained trauma from a falling tree some time ago and was experiencing considerable recurring pain in his chest. The patient also

participated in the consult, providing his history and indicating the location of the recurring pain.

Dr. Higashigawa was able to determine that the patient's pain was not caused by an orthopedic problem, and Dr. Derbes and Dr. Granada are continuing follow-up via email.

Thankful for the support of the CMC surgeons, Dr. Granada later emailed, "The patient was very glad, and I explained to him further what Dr. Derbes thought could be the cause of the chest pain."

## Stepping up stroke care

Castle Medical Center (CMC) has received the American Heart Association/American Stroke Association's Get With The Guidelines—Stroke Silver Quality Achievement Award. The award recognizes CMC's commitment and success

in implementing a higher standard of stroke care by ensuring that stroke patients receive treatment according to nationally accepted standards and recommendations.

To receive the Get With The Guidelines—

Stroke Silver Quality Achievement Award, CMC consistently complied with the requirements in the Get With The Guidelines—Stroke program for at least one year.

According to the American Heart Association, about 5.7 million people in the U.S. are living with heart failure. Statistics also show that each year more than 292,200 people will die of heart failure.



The American Heart Association and American Stroke Association recognize CMC for achieving at least one year of 85 percent or higher adherence to all Get with the Guidelines program quality indicators to improve quality of patient care and outcomes.

## Mahalo, Watumull family!

Castle Medical Center has received another generous donation from the Jhamamdas Watumull Fund from Indru and Gulab Watumull.

The \$10,000 gift was dedicated to the recently completed Family Consultation Room in the birth center. This intimate room is used for lactation assistance with new parents and hearing tests for newborns.

The Family Consultation Room is the fifth hospital area bearing the Watumull name, including three waiting areas and the Gift Gallery.



**FAMILY LEGACY:** Attending the dedication of the birth center's Watumull Family Room are (from left) Tanya, Gulab, Jo Jo, Indru and Vik Watumull; President and CEO Kathy Raethel; Director of Development John Keene; and J. D. Watumull.

## I LOVE KAILUA TOWN PARTY Safety first

Castle Medical Center (CMC) offered health screenings and health and wellness information to hundreds of people at a free health fair at the annual I Love Kailua Town Party.

Most popular at CMC's tent were the free bike helmets and fittings for children. CMC neurologists oversaw the helmet fittings, and the free helmets were provided through gifts from Hawaii Pacific Neuroscience and Hilton and Kathy Raethel, CMC president and CEO. Drawings were held for two children's bikes and three gift packs of an iPod Shuffle and adult bike helmet.



# 8 things to know about breast cancer

Sir Francis Bacon said it best: Knowledge is power. ♦ That holds true for numerous things in life, including breast cancer—a disease many women fear more than any other. ♦ If you worry about breast cancer, learning more about the disease may help ease some of those concerns. And if you or someone you love is ever diagnosed with breast cancer, knowledge can help you make informed decisions about treatment. ♦ What follows is an overview of some of the important things to know about breast cancer. You can find out more by talking to your



doctor or visiting the website of the American Cancer Society, [www.cancer.org](http://www.cancer.org).

**1 THE NUMBERS** Breast cancer is one of the most common cancers among women in this country.

Approximately 200,000 women are diagnosed with breast cancer every year. More than 40,000 die from it.

But there has been good progress over the last several decades in both detecting and treating breast cancer, says Debbie Saslow, PhD, director of Breast and Gynecologic Cancer for the American Cancer Society (ACS).

“When it’s found in its earliest stages, the five-year survival rate for breast cancer is now 97 percent,” says Dr. Saslow. “For breast cancer overall, the survival rate is at 90 percent.”

**2 DIFFERENT TYPES OF BREAST CANCER** Cancer begins in cells. Cells normally follow a regular pattern of growth, Dr. Saslow says. They grow, divide and form new cells. And when cells become old or damaged, they die.

But sometimes the process goes wrong. Cells multiply too quickly, and old or damaged cells don’t die. The excess cells form an abnormal mass that becomes cancer.

In the case of breast cancer, that abnormal mass can be considered either noninvasive or invasive.

Noninvasive breast cancer means the disease is confined to the area where it began, such as in a duct or a milk-producing lobule.

Invasive breast cancer occurs when the cancer cells break away from the original tumor. These cells can enter blood or lymph vessels and travel to other parts of the body. They can attach to tissue elsewhere and form new tumors.

**3 THE ROLE OF RECEPTORS** The hormone estrogen fuels the growth of about two-thirds of breast cancers, Dr. Saslow says. This type of cancer is called estrogen receptor-positive, or ER-positive.

“Receptors are on cells, sort of like antibodies,” she explains. “Estrogen binds to the receptor and sets off the abnormal growth pattern.”

Not all receptors bind to estrogen. Some may bind to the hormone progesterone and are progesterone receptor-positive.

About 25 percent of breast cancers are HER2-positive, which means they have too much HER2/neu protein or too many copies of its gene. These cancers tend to grow and spread faster than other types of breast cancer. “It’s an aggressive type of breast cancer,” Dr. Saslow says.

**4 SIGNS AND SYMPTOMS** In its earliest stages, breast cancer may not have any signs or symptoms.

As it grows, however, it can cause changes that are both visible and palpable, such as:

- A new lump or thickening in or near the breast or underarm area.
- A dimpling or puckering of the skin.
- Pain in the breast or nipple.
- Flaky, red or swollen skin anywhere on the breast.
- A nipple that suddenly turns inward.
- Blood or other discharge from the nipple (not related to nursing).

Any of the above could be caused by something other than cancer, but it’s best to let your doctor check it out.

**5 WHEN BREAST CANCER IS FOUND** How breast cancer is treated can depend on a number of things like

With our full-field digital mammography unit, high-resolution monitors and the MammoPad for additional comfort, we can take care of your breast health needs. Call 263-5166 for information or to schedule an appointment for your mammogram.

its size and whether it has invaded nearby tissues or spread to other parts of the body. This evaluation process is called staging.

Your doctor may take a sample of cells to find out if the cancer is positive for estrogen receptors, progesterone receptors or HER2.

Treatment can include surgery, radiation, chemotherapy or a targeted medication. Sometimes one type of treatment is followed by another.

For example, HER2-positive breast cancer can be treated with a drug called Herceptin. Herceptin blocks the receptors from binding to the protein needed for growth.

The medication tamoxifen does the same for ER-positive breast cancer.

**6 OPTIONS FOR SURGERY** Forty years ago, breast cancer meant removal of one or both breasts—a radical mastectomy.





## Can you lower your risk for breast cancer?

Cancer is cell growth gone out of control. But that doesn't mean you have no control over whether or not you get cancer.

According to the American College of Obstetricians and Gynecologists, close to half of all cancer deaths could be prevented if everyone adopted healthy behaviors, such as eating a nutritious diet, getting regular exercise and not smoking.

When the topic narrows to breast cancer, Debbie Saslow, PhD, an expert on the disease, prefers not to use the word *prevention*.

There aren't specific actions you can take that will prevent you from getting breast cancer, she explains.

However, you can take steps to reduce your risk for developing the disease, says Dr. Saslow, who is the director of Breast and Gynecologic Cancer for the American Cancer Society.

### What increases your risk?

Some things raise your likelihood of developing breast cancer.

Older age is one. The federal Office on Women's Health (OWH)

calls this the strongest risk factor and notes that most women who develop the disease are older than 50.

Other factors that increase your risk for breast cancer include:

- Having certain mutations of the genes BRCA1 or BRCA2.

- Having a family history of breast cancer, especially in close relatives like a mom, sister or daughter.

- Being overweight or obese.

- Not having children or having your first child after age 30.

- Beginning puberty before age 12.

- Going through menopause after age 55.

If you see yourself somewhere on that list, don't be alarmed.

Having a risk factor doesn't mean that you'll get breast cancer. In fact, many women with one or more risk factors never develop the disease, notes the OWH.

### How can you lower your risk?

Dr. Saslow, the American Institute for Cancer Research and other experts say you can reduce your risk for breast cancer if you:

- **Exercise.** Regular physical activity can

lower your risk for getting breast cancer. In women who have had breast cancer, exercise reduces the risk for a recurrence, Dr. Saslow says. "We know that exercise during adolescent and teen years also is important," she adds. One reason: It influences how breasts develop over the years.

**Avoid weight gain.** Increased levels of estrogen are linked to breast cancer. Excess fat during menopause can keep hormone levels higher longer, adding to risk.

**Breastfeed your baby.** Women who breastfeed have a lower incidence of breast cancer compared to women who don't.

Women who are at particularly high risk for breast cancer may want to talk with their doctor about additional steps they can take to lower their risk. For example, tamoxifen is a drug used to treat breast cancer. But it also can be prescribed to help women at high risk avoid the disease.

Women who suspect or know they carry a BRCA gene mutation may want to discuss their options with a genetic counselor.

Today, thanks to better screening and earlier detection, women frequently have the option of removing the tumor with a lumpectomy. "In these cases, life expectancy is identical, whether you choose mastectomy or lumpectomy," Dr. Saslow says. "The survival rates are the same."

Yet the number of mastectomies is on the rise.

According to Dr. Saslow, there may be several forces at work, including:

- Access to radiation treatment. "A lumpectomy is almost always followed by radiation," she says. Not one treatment, but a series of treatments. That can make lumpectomy a difficult, and expensive, option when the nearest treatment facility is far away.

- Fear of recurrence. "If you choose to save the breast with a lumpectomy, there is a slightly higher risk of getting a second tumor," Dr. Saslow says. It's almost never fatal, she adds, but instead is found quickly on follow-up mammograms and successfully treated. Still,

"it's understandable that some women want to avoid that possibility," she says. "It isn't always a lack of knowledge that is causing more mastectomies. Instead, it's women making personal choices for their own lives."

**7 THE IMPORTANCE OF SCREENING** According to the Centers for Disease Control and Prevention, mammograms remain the best way for breast cancer to be found early, when it's most easily treated.

Today's technology can find a tumor up to three years before it can be felt—which usually doesn't happen until it's about the size of a pea.

The ACS recommends women keep the following schedules for mammograms and clinical breast exams:

- At age 20, begin having your breasts examined by a medical professional at least every three years.
- At age 40, begin having a screening mammogram and a clinical breast exam every year.

Depending on your personal risk factors, your doctor might suggest earlier or more frequent screenings.

**8 A POSITIVE PROGNOSIS** There's been a lot of progress made in diagnosing and treating breast cancer over the years, Dr. Saslow says.

Therapies like Herceptin and tamoxifen represent big steps forward. Research continues to find that women can survive with less radical surgery. A recent study found that many women could avoid the sometimes-debilitating effects of mass lymph node removal without affecting their survival.

"We only look at five-year survival rates for breast cancer because treatment keeps improving," Dr. Saslow says. "Since the 1990s, mortality has improved about 2 percent every year.

"The prognosis for breast cancer just keeps getting better."

# PROSTATE HEALTH

## A GUY'S GUIDE TO COMMON PROBLEMS

**L**ately, you've been leaving the bathroom light on when you go to bed. You're hardly afraid of the dark. It's just that you're pretty sure you'll be headed to the bathroom—yet again—sometime in the night. ♦ Or perhaps you're having other problems when you urinate or have noticed some rather uncomfortable feelings in your very personal zone. ♦ Could it be your prostate? In fact, urinary symptoms—and many other signs and symptoms you shouldn't ignore—often do signal a prostate problem. Since such problems can be bothersome, it's good to know treatments are available. And because a prostate condition can also be quite serious, it's always important to let your doctor know about your symptoms.

**TROUBLE BELOW** Your prostate gland is located in your lower pelvis, below the bladder. As part of the reproductive system, it helps make semen. It also surrounds the urethra, the tube through which semen and urine flow. That helps explain why some prostate problems can make it difficult to urinate or can cause frequent urination.

When you were younger, you probably never had an issue with your prostate—and probably gave it little thought. But as you age, things can start to go wrong.

Here is information about the most common prostate problems you may face.

**ENLARGED PROSTATE** In his early years, a man's prostate is about the size of a walnut. But by the time he reaches 60, the gland may be nearly the size of a lemon, reports the National Institutes of Health (NIH). As it grows, the prostate can push against the bladder and urethra, slowing or stopping urine flow—a condition called benign prostatic hyperplasia, or BPH.

You might have BPH if you:

- Have trouble starting a urine stream or only dribble when you do go.
- Urinate a lot, often at night.
- Feel as though your bladder hasn't quite emptied after you urinate.
- Have a strong, sudden urge to go.
- Have a weak or slow urine stream.

If your BPH symptoms are only mild, you and your doctor might decide that regular checkups are enough for



**Worried that you may have an issue with your prostate? We can help you find a doctor to answer your questions. Call 263-5400 for a physician referral.**

right now—that you don't need to treat the condition yet.

However, if your symptoms are particularly bothersome or they're severe enough to cause bladder damage or other complications, medicines and surgery can help.

Drugs called alpha blockers relax the muscles near the prostate, making it easier to urinate. Others, called 5-alpha reductase inhibitors, help shrink the prostate.

Surgeries to relieve BPH include:

- Transurethral resection of the prostate (TURP). An instrument passed through the urethra is used to trim away excess prostate tissue and improve urine flow.
- Transurethral incision of the prostate. The doctor makes cuts in the prostate tissue to relieve pressure but doesn't trim the excess tissue.
- Other procedures—such as using radio waves, electrical energy, microwaves or lasers—to remove excess tissue.

Each procedure has pros and cons, as well as potential side effects. That's also true for BPH medicines. You and your doctor should discuss these when considering treatment.

**PROSTATITIS** This condition, an inflammation of the prostate, can affect men of all ages. Sometimes bacteria are to blame, but usually there's no obvious cause.

Three types of prostatitis can cause urinary symptoms or pain:

- Acute bacterial prostatitis is the least common form and the easiest to diagnose and treat. It comes on suddenly, often causing chills, a high fever and blood in the urine.
- Chronic bacterial prostatitis triggers urinary tract infections that go away and return, possibly due to a defect in the prostate that allows bacteria to thrive.
- Chronic prostatitis/chronic pelvic pain syndrome is the most common type of prostatitis and the least understood. Often, infection-fighting cells are present in urine and other fluids, yet no bacteria are found, notes the NIH. Symptoms—such as pain in your lower back, groin or penis—come and go.

Bacterial prostatitis is treated with antibiotics, which

—Continued on page 7



## CASTLE TALK NEWS, VIEWS &amp; TIPS

## Save the date!

*National Food Day Fair  
on Sunday, Oct. 28*

Castle Medical Center, in partnership with the Hawaii Dietetic Association, is hosting an all-day National Food Day Fair on Oct. 28 to celebrate food, health and local produce. The fair includes educational programs, lectures, cooking classes and a farmer's market. Local chefs on-site will prepare recipes for sampling.

Join us for this event highlighting local foods, farmers and chefs. Listen to food, agriculture and public health advocates speak on a variety of topics including land use, farming, food distribution from ground to garbage, and the importance of locally grown whole foods to the health of your family.



## Harvest some good health in the garden

When you plant a garden, you're sowing the seeds of good health—and the harvest is yours to enjoy.

Gardening gets you outdoors, and it's great fun to grow your own food or tend to lovely blooms.

If the idea has been growing on you lately, here's some more incentive: Gardening can help boost three important areas of health—exercise, nutrition and emotional well-being.

**You can burn up to 300 calories an hour exercising your green thumb.**

**Get a workout** Gardening activities—including digging, shoveling and raking—can help strengthen and tone muscles. Plus, gardening can help improve your stamina and flexibility.

Watching your weight? You'll like this too: You can burn up to 300 calories an hour exercising your green thumb.

**Cultivate a better diet** Does growing a garden mean you'll eat more veggies? Studies suggest that you will—and that you'll enjoy a wider variety too, the



**EAT WHAT YOU GROW!** Get more tips on healthy cooking at our Eating Well for Life classes. See page 8.

American Institute for Cancer Research (AICR) reports. That's good news, since most of us don't eat enough fruits and vegetables, which provide essential vitamins and minerals plus beneficial fiber.

In addition to their nutritional punch, fruits and veggies contain disease-fighting substances that may help protect against some cancers, according to the AICR.

Sure, you can buy nutritious food at

the supermarket. But it's hard to beat the pride and freshness gained from plucking homegrown produce.

**Brighten your mood** Gardening is a good way to relax, and it may have a healing effect. Somewhere between the rows of tomatoes and squash, the stressful feelings of the day might start to fade away.

Additional sources: American Council on Exercise; U.S. Department of Health and Human Services

## Prostate health

—Continued from page 6

may need to be taken for several months if you have the chronic form. For nonbacterial forms, you need to work closely with your doctor to figure out the best treatment for you. Medicines to relieve pain or to relax the prostate, along with warm baths and dietary changes, may help you feel better.

**Prostate cancer** Aside from skin cancer, this is the most common cancer in American men. Being older than 50 increases your risk, as does being African American or having a father or brother who was diagnosed with the disease.

Prostate cancer often grows slowly and may not cause symptoms for years. When symptoms do occur, they can include:

- A frequent urge to urinate, especially at night.
- A weak or interrupted urine stream.
- Painful urination or ejaculation.
- Blood in the urine or semen.
- Lingering back, hip or pelvic pain.

It's important to remember that these symptoms are much like those of BPH and prostatitis. Still, if you're having symptoms, it's time to see your doctor.

**Finding prostate problems** Your doctor can perform a variety of tests to help diagnose a possible prostate problem—either one you noticed or one found during a routine test or exam. Often, this starts with a medical history followed by a digital rectal exam. For this brief exam, the doctor inserts a gloved finger into the rectum to check the prostate for abnormalities, such as lumps, enlargement or tender spots.

Other tests may include:

- A blood test to check for elevated levels of prostate-specific antigen (PSA), a protein made by prostate cells. PSA levels can be high because of cancer, BPH or other noncancerous problems.
- Urine tests to check for infections.
- Ultrasound exams to take images of your prostate.
- Cytoscopy—an exam that lets your doctor see inside the urethra and bladder.

● Biopsy. If cancer is suspected, a biopsy may be used to confirm the disease. An ultrasound probe inserted in the rectum is used to guide a needle that removes tiny pieces of prostate tissue so they can be examined under a microscope.

The PSA test may also be used to screen for prostate cancer in men whose age, race or family history puts them at high risk for the disease. According to experts, it's not clear if PSA screening saves lives or if it might lead to unnecessary treatment of nonlife-threatening cancers and the side effects that may result. Talk with your doctor about your prostate cancer risk and the pros and cons of screening.

**What if it's cancer?** Most prostate changes aren't cancer. When men are diagnosed with the disease, deciding how to treat it is complex and involves many factors, including the stage of the cancer and a man's age and overall health. Options include:

- Watchful waiting—monitoring but not treating a slow-growing cancer unless it

starts to cause problems.

- Surgery to remove the prostate along with nearby tissue.
- Radiation therapy aimed from outside the body or in tiny seeds placed in the body near the prostate.
- Hormone therapy—drugs used to help control the cancer or prevent its return.

**Don't keep quiet** Remember, if you have any of the problems discussed here—or other concerns about your prostate—let your doctor know. Prostate problems are common and usually treatable. The first step is to find out what's going on down there.

Additional sources: National Cancer Institute; National Institute on Aging





# TAKE TIME FOR YOUR HEALTH

Castle Medical Center

Adventist  
Health

sign up  
online  
castlemed.org

Take time for yourself this summer with Castle Medical Center's health programs. 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."



## FAMILY

### Giving Birth: The Castle Experience

Four sessions.

Thursdays: Begins Aug. 2 or Sept. 6, 6 to 8 p.m.

'Ohana Room

Learn about the birth experience from a knowledgeable labor and delivery nurse who will cover a wide range of topics, from preparing for the hospital to caring for yourself and your baby. Suggested for couples in their third trimester that plan to give birth at Castle.

### Lamaze™ Prepared Childbirth

Six sessions.

■ Beginning Sundays, July 8 or Aug. 26, 9 a.m. to noon; or July 29 or Sept. 16, 2 to 5 p.m.

■ Beginning Monday, Aug. 20, 5:30 to 8:30 p.m.

Fee: \$75; \$65 if delivering at Castle.

### The Bradley Method®

Mondays, Aug. 27 to Nov. 12, 6:30 to 8:30 p.m.

A comprehensive 12-week course of education in pregnancy, labor and natural childbirth. Fee: \$300 for two people.

### Infant CPR and Safety

Tuesdays, July 31, Aug. 28 or Sept. 11,

5:30 to 8:30 p.m.

Fee: \$25 per couple.

### General Newborn Care

Tuesdays, July 17, Aug. 21 or Sept. 4, 5:30 to 8:30 p.m.

Fee: \$25 per couple.

### Breastfeeding

Wednesdays, July 18, Aug. 29 or Sept. 19, 6 to 8:30 p.m.

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

### Peacefully Pregnant

Tuesday, July 24, 5:30 to 8:30 p.m.

Attend this three-hour class to help dispel common myths that lead many couples to fear what is really a normal, natural event. Includes discussion, short films and a workbook. Fee: \$25 per couple.

### Birth Center Tour

Thursdays, 5 p.m.

Call for reservations.

### New Mothers Hui

Wednesdays, 10:30 to 11:30 a.m.

'Ohana Room

A support group for new moms led by an internationally certified lactation consultant/perinatal RN. Free, no registration required.

## FITNESS

### Exercise Classes

Registration and fitness assessment are required (may include a medical clearance).

- Bone Builder
- Core Strength
- Exercise for Life
- Interval Training
- Longer Life
- Lunch Crunch
- Pilates
- Qigong
- Steady on Your Feet
- Total Body Workout

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

## NUTRITION

### Nutrition Counseling

Ongoing, by appointment

Focuses include weight loss, heart disease and cholesterol reduction, and women's and men's wellness. Call 263-5050 for more information.



Allison Chan, RD  
Diabetes Educator

## DIABETES EDUCATION

Morning and evening group appointments available. Individual appointments also available, if unable to attend group.

A diabetes educator provides tailored guidance in the management of diabetes, including nutrition, incorporating physical activity, monitoring blood glucose, preventing complications, using medications safely, and lifestyle changes. Most health insurance covers fee. Call 263-5050 to learn more information or schedule an appointment.

## TOBACCO TREATMENT

### One-on-one Coaching

Expert guidance to help you stop smoking. Free nicotine patches, gum and lozenges available to participants. Call 263-5050 to schedule an appointment.

### Live Well...

#### Tobacco-Free Group

Tuesdays, 6 to 7 p.m.

A tobacco treatment specialist leads the "talk story" group, which is open to ex-smokers, those thinking about quitting, and supportive family and friends. Free, and no registration is required.

## WEIGHT MANAGEMENT

### Individual Weight Management

Includes eight one-on-one nutrition counseling sessions with a registered dietitian

and certified fitness trainer. Free 15-minute information session. Call 263-5050.

### Take Shape for Life Program Using Medifast Products

Call 263-5050 to schedule a consultation and taste testing.

### Weight-Loss Surgery Seminar

■ Saturday, July 14, 7 to 8:30 p.m.

■ Wednesdays, Aug. 8 and Sept. 19, 6:30 to 8 p.m.

Learn about Castle's comprehensive Surgical Weight Loss Program from bariatric surgeon Steven Fowler, MD, and other members of the bariatric team. Registration is required. Call 263-5400.

## SUPPORT GROUPS

Free and open to the public.

### Alzheimer's Caregiver Support Group

### Bereavement Support Groups

### Cancer Support Group

### Mental Illness Caregivers' Support Group (N.A.M.I.)

### Parkinson's Disease Support Group

### Caregivers' Support Group

### Sleep apnea (A.W.A.K.E.)

## WELL-BEING

### Look Good...

### Feel Better

July 9 and Sept. 10, 2 p.m. Wellness Center Auditorium

An American Cancer Society program that provides cancer patients with beauty advice and tips on skin care, make-up and more. Call 595-7544.

### Massage

■ Standard Rate: \$15 per 15 minutes or \$30 per 30 minutes

■ Discounts available.

■ Punch Card: 5 massages for \$60

■ Gift certificates available Call 263-5050.



## EAT WELL for LIFE CLASSES

Healthy food prep demonstrations with tasty samples!

Learn practical food choice tips and see how to make simple recipes that will inspire you to eat well for life. Samples and written recipes are provided. All foods prepared and served are made with nonanimal food products. Does not include hands-on food preparation by participants. Price: \$15/person; \$10/person for CMC employees, volunteers, students (with ID) and seniors (age 65+); or \$20 per couple.

### Thursdays, day class, 11:30 a.m. to 1 p.m.

#### Eat Well for Blood Pressure Control, July 12

Eating healthy foods is important for keeping your blood pressure in a healthy zone. Add some new food preparation techniques and great recipes to your action plan for achieving healthy blood pressure.

#### Eat Well for Eye Health, Aug. 2

See and taste for yourself how easy it is to incorporate vision-enhancing foods into everyday eating. This eye-opening class will have you chomping on more than just carrots!

#### Eat Well On A Budget, Sept. 6

Yes, it's true—you can eat healthfully and not break the bank! Learn cost-saving tips that help you prepare tasty, nutritious and affordable meals.

### Wednesdays, evening class, 6:30 to 8 p.m.

#### Eat Well with Pesto Pizzazz! July 25

Your taste buds will be delighted to discover that pesto is not just for pasta! Enjoy delicious herb-based sauces, dressings and marinades with flavors from around the globe.

#### Eat Well with Kid-Friendly Lunches and Snacks, Aug. 22

Now that keiki are heading back to school, gather some great lunch and snack ideas that your kids (or grandkids!) will love and that build a healthy foundation for learning.

#### Eat Well for Women's Health, Sept. 26

Food can have a big impact on a woman's energy, mood and appearance. Be inspired to create fun, fast and fresh foods that enhance well-being.

