

# Windward

Castle Medical Center

Adventist  
Health

Exceptional Medicine  
by Exceptional People

# HEALTH

Spring 2014



## TV ad shows Castle's new open-heart program

**RECENTLY** Castle Medical Center launched a television commercial featuring the advanced technology and experienced staff in Castle's new cardiovascular operating room.

Our cardiovascular operating room team stands ready to care for your heart. The team, shown here, includes, from left, Renely Siemann, RN; Lindsey Dang, PA; cardiothoracic surgeon Henry Louie, MD,

FACS; Emma Buquing, surgical technician; and Shilpa Nair, perfusionist.

The 30-second spot is airing on TV stations KHON2, KGMB and KHNL.



### MISSED IT? WATCH ONLINE

You can find the TV ad at:  
[www.castlemed.org/heart](http://www.castlemed.org/heart).



## INSIDE THIS ISSUE

**Page 2:** Say aloha to Liza Lee, MBA, our new development officer

**INSERT:** Your Heart Matters



From left: ICU nurses Leesa Souza, Allison McNeely, Susan Armstrong, Darlene Rothe, Ryan Price, Brianna Sasovetz and Ruth Kovaks took part in the November training on the CRRT Prismaflex machine.

## CRRT offers “best practice” level of care at Castle

**FOR THE PAST** three years, in order to better respond to the needs of critically ill patients, Castle Medical Center’s ICU has been providing continuous renal replacement therapy (CRRT) to our critically ill patients with acute kidney injury (AKI). With the addition of CMC’s open-heart program, having CRRT available allows ICU nurses to offer a “best practice” level of care to all of our patients.

### What is CRRT and AKI?

The goal of any CRRT therapy is to replace, as much as possible, lost kidney function in critically ill patients who have AKI. AKI causes a sudden drop or complete shutdown of the renal system, which means the kidneys can no longer remove waste products or excess fluid from the body. It is associated with

increased mortality rate that can be as high as 90 percent.

Many patients who survive end up on hemodialysis permanently. This has a serious impact on their lives, and it financially affects our health care system.

### Worthwhile results

CRRT is provided in the Intensive Care Unit with the Prismaflex machine. The Prismaflex does the work of the kidneys while the patient heals by preventing the negative effects of toxins and excess fluid. It is one of the primary therapies that even unstable patients—those with shock or severe fluid overload—can more easily tolerate.

Since the addition of CRRT to CMC’s ICU, some AKI patients have completely recovered and have full kidney function.

## Donated computers traveled to the Philippines

**LAST SPRING** six students from Hawaiian Mission Academy and 10 adults set out on a mission trip to Quezon City in the Philippines. The group included Pastor Jesse Seibel, Director of Youth Ministries at the Hawai’i Conference of Seventh-day Adventists; Rod Seibel, co-owner of First Quality Building & Design; and Russell Kim, DDS.

In the seven days the group spent at the Commonwealth Christian Academy, they repaired and restored the school’s library and operated a dental clinic for the community. And with the generous donation of out-of-use computers from Castle Medical Center’s IT department, they built a computer lab for the school.

To date, CMC has donated approximately 100 computers to SaveGreenIt, LLC, a nonprofit company that uses the



Jorge Gurrola, CIO, SaveGreenIt

computers to train high school students to repair and rebuild computers. The company then sends these computers to other organizations and third-world countries to be of use there.

Jorge Gurrola, SaveGreenIt’s chief information officer, worked with the students at Hawaiian Mission Academy and accompanied them on the mission trip to the Philippines.



The group from Hawaiian Mission Academy repaired and restored the Commonwealth Christian Academy library and operated a dental clinic in Quezon City.

## Liza Lee new development officer



Liza Lee, MBA

Welcome to Liza Lee, MBA, who recently joined Castle Medical Center as development officer.

Lee comes to Castle from The Children’s Alliance of Hawai’i, Inc., where she was the director of development. Her responsibilities included:

- ▶ Donor renewals, gift acceptance policies and appeal mailer development.
- ▶ Policy and process development (gift

acceptance and planned giving).

- ▶ Creating a resource development plan.
- ▶ Researching foundation and individual prospects.

Prior to that, Lee was the director of special projects at Saint Louis School in Honolulu.

Lee attended the University of the Philippines, where she graduated with double majors in psychology and philosophy. While there, she was on the Dean’s List and was a College

Scholar. She holds a master’s degree in business administration from the University of Phoenix.

Lee is a board member of the Association of Fundraising Professionals, a member of the Notre Dame Hawai’i Club, and a member of the Roman Catholic Diocese of Honolulu’s Stewardship and Development Commission.

Lee and her husband, Tim, have two children, Matthew, a junior at the University of Notre Dame, and Samantha, a sophomore at Sacred Hearts Academy.

We are delighted to welcome Lee to Castle.

# Because matters of the heart matter



**"I asked all of [the staff], 'Do you like working at Castle?' Every single one said 'yes.' To me, that translates to giving care and love to the patient. I would not go anywhere else!"**

—Carl Sakata,  
heart patient

## Carl Sakata: A grateful heart after aortic valve replacement

Carl Sakata, 86, and his wife, Ellen, have lived in their Olomana home for 56 years. When Sakata learned he needed aortic valve replacement surgery, a procedure in which a patient's failing aortic valve is replaced with an artificial heart valve, the decision to do it at Castle came naturally.

"We live close to the Castle, and I like what they've done," Sakata says. "Through the years we've used their services—in fact, Ellen just had knee surgery at Castle—and they live up exactly to their motto."

Sakata is retired from the Budget Office of the Department of Education, and Ellen taught

kindergarten at Kailua Elementary for many years before she retired. Like other retired island couples, they love visiting their children, taking trips to Las Vegas and traveling.

Sakata has been under the care of Michael Y. Yee, MD, since his heart attack 10 years ago. Last year after returning from a trip to Las Vegas, Sakata noticed he was short of breath. Dr. Yee did an angiogram and quickly referred him to Henry W. Louie, MD, FACS, cardiothoracic surgeon.

On Nov. 27, 2013, the day before Thanksgiving, Sakata underwent open-heart surgery in Castle's

brand-new cardiovascular operating suite.

"The staff at Castle are the best in the world—they are so caring and supportive," Sakata says. "I asked all of them, 'Do you like working at Castle?' Every single one said 'yes.' To me, that translates to giving care and love to the patient. I would not go anywhere else!"

Two months after his surgery, Sakata takes regular walks around his neighborhood. And he and Ellen are planning another Las Vegas trip and will be at their grandson's August wedding on the mainland.

## Meet our cardiovascular team



808-531-3311

**Henry W. Louie, MD, FACS**, specializes in cardiothoracic surgery. He completed residencies in cardiothoracic surgery and general surgery at the UCLA School of Medicine, Los Angeles, where he was awarded a fellowship in cardiothoracic surgery. He is board-certified by the American Board of Thoracic Surgery.



808-261-0765

**Albert Ing, MD**, specializes in cardiology. He completed his residency in internal medicine and was awarded a fellowship in cardiology at Temple University Hospital, Episcopal Campus, in Philadelphia. Dr. Ing is board-certified by the American Board of Internal Medicine, and he is board-qualified for a subspecialty certificate in cardiovascular disease.



808-261-2441

**Maria A. Markarian, DO, FACC**, specializes in cardiology, interventional cardiology and internal medicine. She completed her residency in internal medicine at the College of Osteopathic Medicine of the Pacific, Western University of Health Sciences, Pomona, Calif., where she was awarded a fellowship in cardiovascular disease. Dr. Markarian is board-certified by the American Osteopathic Board of Internal Medicine, with subspecialty certificates in cardiology and in interventional cardiology.



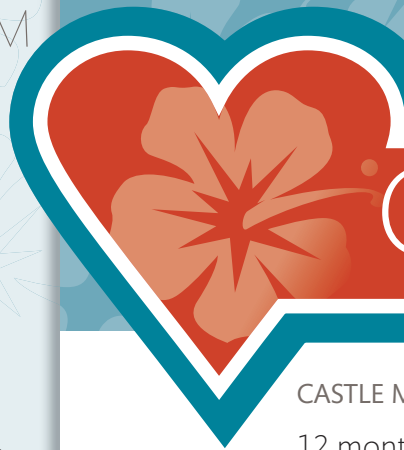
808-261-2441

**Sonny J. H. Wong, MD, FACC**, specializes in cardiology and internal medicine. He completed his residency at the University of Nevada, Las Vegas, where he was awarded a fellowship in cardiovascular disease by the American Board of Internal Medicine, with a subspecialty certificate in cardiovascular disease.



808-261-0765

**Michael Y. Yee, MD**, specializes in cardiology, interventional cardiology and internal medicine. He completed his residency at Jersey Shore Medical Center, in Neptune, N.Y. Dr. Yee was awarded a fellowship in cardiology at Mt. Sinai Medical Center in Miami. He is board-certified by the American Board of Internal Medicine, with a subspecialty certificate in cardiovascular disease.



# Complete cardiac

CASTLE MEDICAL CENTER (CMC) has made tremendous advances in the past 12 months to help our community live longer, healthier and better with the opening of our Cardiovascular Services.

### Why a heart program on the Windward side?

Hawaii Medical Center's (HMC) East and West hospitals closed their doors on 'Oahu in January 2012. Prior to the closing of HMC East, cardiothoracic surgeon Henry W. Louie, MD, FACS, performed hundreds of open-heart surgery procedures at the HMC campus.

Once the closing of the hospital was announced, Dr. Louie approached Castle Medical Center about the concept of expanding CMC's cardiovascular offerings to include open-heart surgery.

### A rich history of caring for heart patients

More than 18 years ago, Castle Medical Center opened its invasive Cardiac Catheterization Laboratory. The progression to advanced cardiovascular care was a natural and easy one

## The Cardiovascular Operating Room

Our new, state-of-the-art Cardiovascular Operating Room (CVOR) is equipped with the newest and finest CV equipment in the state of Hawai'i. Its advanced technology makes this dedicated operating room more efficient for our cardiothoracic surgeons and nursing staff. It has the best optics and lighting system in the industry.

The new technologies make the room safer and add greatly expanded new capability for all types of thoracic surgical work, including open-heart surgery and heart-lung bypass procedures.



## The Hybrid-Endovascular Room



Our brand-new Philips FD-20 Endovascular or Hybrid Room is the home for advanced endovascular and cardiovascular procedures. The hybrid room, as its name implies, is a combination of an operating room and a cardiac or endovascular catheterization laboratory.

The technology in this specialized room can accommodate many procedures, including those as complex as open-heart surgery. It also functions as a complete cath lab and allows us to double the number of rooms for performing cardiac catheter-based procedures and care for heart attack patients.

The hybrid room has the newest state-of-the-art optics for visualizing the entire vascular system in 3-D mode. Its technology

makes complex procedures—such as abdominal aortic aneurism repair and extremity revascularization—easier and safer to accomplish.

The hybrid room has been recognized as the finest in the state by multiple specialists, and we believe it is the first true hybrid OR/cath lab (architecturally designed for both specialties from the ground up) in the state.

# care for Windward 'Oahu

given CMC's decades of cardiovascular experience. CMC's medical staff includes the most experienced, board-certified cardiologists in the state, who live and work on the Windward side. These excellent practitioners of cardiovascular care have been dedicated to caring for patients with heart disease in our local community.

As research indicates, the best practice for cardiovascular care is rapid treatment, especially in a cardiac emergency. Science has clearly shown a direct benefit to the value of time in a coronary emergency. The medical industry has recently stated that "time saved is heart muscle saved" during coronary emergencies. With its long history of excellent cardiac care, CMC is very proud to now offer the Windward community open-heart surgery so that comprehensive cardiac care can be delivered right here on the Windward side.

Having already anticipated and assessed the growing medical and hospital facility needs of Windward 'Oahu communities, CMC executive staff members had drawn up plans for extensive renovations in multiyear phases. With the strength and the backing of Adventist Health, a multimillion-dollar renovation of CMC had already begun. With the closing of HMC, these renovations included expanding cardiovascular services to include open-heart surgery.



## Richard Kong: Beating the odds after bypass

Six years ago Richard Kong and his wife, Clementine, learned that he needed open-heart surgery. At that time, tests revealed that he had had a stroke and a massive heart attack.

"We were referred to Queens Medical Center," Clementine says. "They told him he needed surgery but that he only had a 50/50 chance of survival, so he decided against it."

In the fall of last year, Kong's health

began to seriously decline. "Eventually, we were referred to Dr. Yee," Clementine says.

After reviewing his medical records and test results, Michael Y. Yee, MD, told Kong that he could not wait any longer to have surgery and had him admitted immediately to Castle's ICU.

"I was so afraid, and I knew I couldn't live if something happened to him," Clementine says. "But there was such beautiful teamwork with the staff, and they explained everything. When Dr. Louie came to see us, he said 'Mrs. Kong, don't worry; I will take care of him like he's my own family.' I was so comforted!"

The Kongs celebrated their 50th wedding anniversary on Nov. 30, 2013, the day before Kong was discharged. "We love going to Vegas," Clementine says. "For our anniversary, our daughter gave us belly packs with money for our next trip!"

Seven days after his bypass, Kong was discharged. Following a recovery that his wife calls "miraculous," Kong walks every day, spends time in the yard and, at age 79, plans to go back to working part-time at the Hawai'i State Veteran's Cemetery.

"I couldn't fly before," Kong says, "but pretty soon I can, and we're going to Vegas!"



## Hinano Akaka:

## On the road again after triple bypass surgery

In 1971 Hinano Akaka went to work at the University of Hawai'i's Pacific Biosciences Research Center in Manoa as a technician under Nobel laureate Georg Von Békésy. During his 42 years at the university, Akaka developed the habit of running up Manoa Road or swimming during his lunch hour.

"I was heavier then, and I was able to lose a lot of weight by exercising during my lunch hour," Akaka says. He continued to swim and walk even after he retired.

In the mid-1980s, as he aged, Akaka noticed that he was slowing down and just wasn't feeling well. He went to see Castle Medical Center cardiologist Michael Y. Yee, MD, and had an angiogram done.

"Dr. Yee told me there was some blockage, but at that time he put me on medication and a modified diet," Akaka says. Over the next 20 years, Dr. Yee regularly monitored Akaka's heart, adjusting his medication as needed.

Last year Akaka, 75, noticed pain in his shoulders and hand after swimming at the Kailua YMCA. In September he was walking to the Zoology Department and again had pain in his shoulder and hand, so he made an appointment with Dr. Yee. His angiogram showed severe blockage. Akaka was referred to cardiovascular surgeon Dr. Louie, who scheduled him for triple bypass heart surgery at Castle on Dec. 18, 2013.

During the procedure, blood vessels were taken from another area of Akaka's body and grafted onto existing heart vessels before and after the blockages to route blood around his blocked vessels.

"Thursday morning after surgery, I was able to walk around the nursing floor—I did it twice, after breakfast and after lunch," Akaka says with a smile. He was discharged on Sunday morning, and on Monday he walked a quarter of a mile up the street next to his home. Five weeks after his surgery, while he still has not returned to swimming, Akaka walks two miles a day and gardens.

"I was glad to be able to go to Castle," Akaka says. "It's just 10 minutes away from my home, and it's easy for me to visit my cardiologist."

Akaka credits his quick recovery to the care he received at Castle and his exercise routine.

"I am looking forward to being able to swim again!" he says.

# Own your health



**FEWER AND FEWER** people are dying from heart disease. In fact, in the past 10 years, the number of deaths due to cardiovascular diseases (CVD) and stroke per 100,000 people has dropped more than 29 percent according to the Centers for Disease Control and Prevention. That is a huge change for the nation's leading cause of death in both men and women!

People are making great effort regarding their health by:

- Seeing their physicians.
- Getting CVD health and wellness education.
- Knowing their blood pressure and cholesterol numbers.
- Taking medicine.
- Becoming aware of health risks.
- Practicing cardiac interventions.
- Stopping smoking.

What you are doing for your health is truly working and making a big difference!

However, 800,000 people per year still die from CVD.

It is believed that more than 200,000 of these deaths could be avoided if more people made healthy changes and took advantage of the health care delivery system. It is extremely important for us to own our health if we want to be healthy, or at least healthier.

## The ABCS of heart health

Talk with a health care provider about the ABCS of heart health to help control blood pressure and high cholesterol, including taking medications as directed:

- A** Aspirin when appropriate.
- B** Blood pressure control.
- C** Cholesterol management.
- S** Smoking cessation.

If you don't smoke, don't start. If you do smoke, get help to quit.

▶ Try going for a brisk 10-minute walk—three times a day, five days a week.

▶ Eat a heart-healthy diet, high in fruits and vegetables and low in sodium and trans fats.

▶ Work to maintain a healthy weight.

▶ Know the signs and symptoms of heart attack and stroke, and get early help as needed.

▶ We also know that controlling blood pressure helps control many other disease processes, such as stroke, kidney damage, atherosclerosis, peripheral vascular disease (or PAD, a disease of the leg arteries) and even vision problems. Just try to visualize the body's tiniest arteries and the impact of high blood pressure upon them.

## Symptoms of heart attack

According to the American Heart Association, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.



If you have any of these signs, don't wait longer than five minutes before calling for help. Don't drive yourself, but call 911 and get to a hospital right away.

### These are signs to watch for that can signal a heart attack:

- ▶ Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- ▶ Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ▶ Shortness of breath with or without chest discomfort.
- ▶ Breaking out in a cold sweat, nausea or lightheadedness.



- ▶ Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- ▶ Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- ▶ Shortness of breath with or without chest discomfort.
- ▶ Breaking out in a cold sweat, nausea, vomiting or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea or vomiting, and back or jaw pain.

## Risk factors for CVD

- ▶ **Smoking.**
- ▶ **High blood pressure** (blood pressure above 140/90; this is usually due to an excessive amount of sodium intake).
- ▶ **Obesity** (a body mass index, or BMI, of greater than 30; or a waist circumference greater than 40 inches in a male or 38 inches in a female).
- ▶ **High cholesterol** (total cholesterol above 200).
- ▶ **Physical inactivity.**
- ▶ **Uncontrolled diabetes.**

## An ounce of prevention

It is wonderful that we have this new, multimillion-dollar equipment on the Windward side to care for you! It is reassuring to know that we are here 24/7 and 365 days a year.

But we hope you never need us.

Heart disease is often insidious or sneaky. Most people who have been angiographically studied with the condition of angina or heart pains are, almost always, 75 to 80 percent blocked in one or more coronary arteries.

If we started a wellness and health journey when arteries were only 30 or 40 percent blocked, it would make all the difference in the world.

The most important part of this journey starts with regular checkups and screenings by your primary health care provider.

If you need help finding a physician, or for information and classes on beginning your journey to a healthier lifestyle, call **263-5400**.



# TAKE TIME FOR YOUR HEALTH

## events calendar

Castle Medical Center



Take time for yourself 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."

### EAT WELL FOR LIFE

**Thursdays, 6 to 7 p.m.**

Instructor Eileen Towata, PhD, shares practical food choice tips and simple recipes to inspire you to eat well for life. These are demonstration classes and do not include hands-on food preparation by participants. Includes samples and written recipes. Registration required. Class fee: \$10. Payment is due two days prior to class.

#### **April 24: Fresh Herbs for Fresh Flavor**

Ease up on that saltshaker and boost the flavor of your food by learning to use fresh herbs. Get tips for growing your own too.

#### **May 22: Carbs Worth Eating**

Come understand which carbs are best for you whether you are trying to lose weight, stay on a controlled carbohydrate diet (those with diabetes) or simply want to eat healthier.

#### **June 26: Adding Zest With Citrus**

The zest and other parts of various citrus will be starring in tonight's recipes. Discover the versatility of these fruits in adding some zip to your recipes.

### FAMILY

We offer tours of our birth center and classes in: Giving Birth at Castle; Lamaze; the Bradley Method; Infant Safety; General Newborn Care; Breastfeeding; Car Seat Safety; and Healthy Pregnancy. Visit [castlemed.org](http://castlemed.org) or call for dates and registration.

### New FITNESS

Call **263-5400** or visit [castlemed.org](http://castlemed.org) for information on all our fitness classes.

#### **Exercise Classes**

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

- ▶ Bone Builder.
- ▶ Core Strength.
- ▶ Interval Training.
- ▶ Longer Life.
- ▶ Lunch Crunch.
- ▶ Pilates.
- ▶ Qigong.
- ▶ Steady on Your Feet.

#### **Moves for the Month**

**First Tuesdays, April 1, May 6, June 3, 11 a.m. to 12:30 p.m.**

This 1½-hour class is for active, healthy adults and includes aerobic exercise, strengthening work and stretching/relaxation. Class handouts help you continue the program on your own

for the rest of the month. Free body composition testing; preparation details at [castlemed.org/wellness.htm](http://castlemed.org/wellness.htm). New program each month and body composition retesting. Bring a mat/towel for floor work. Monthly fee: \$15. Fitness class registration form must be completed prior to attending (available online or at the Wellness Center).

#### **Paddler Performance**

**Wednesday, April 23, 5:30 to 7 p.m.**

Love paddling but hate the tensions and tight spots it creates? Learn how to use foam rollers, other small props, and targeted stretching to feel better after a long haul in the ocean. Additionally, get smart ideas for how and when to fuel your body for optimal performance. Fee: \$15.

### KIDNEY DISEASE EDUCATION

#### **Aloha Kidney Classes (6 weeks)**

**Tuesdays, beginning April 15 or June 3, 5 to 7 p.m.**

Hawai'i has one of the highest rates of kidney failure in the nation. Aloha Kidney is a new education class for patients with chronic kidney disease. To register, call **585-8404**.

### JOINT CARE

#### **Joint Care Seminars**

**Thursdays, April 3, May 1 or June 5, 6 to 7 p.m., Wellness Auditorium**

Orthopaedic surgeon Linda J. Rasmussen, MD, discusses treatments to manage joint pain, including total knee and total hip replacement and MAKOpasty, a partial knee resurfacing option.

Call **263-5400** or visit [castlemed.org](http://castlemed.org) to register for a diabetes and nutrition class.

### SUPPORT GROUPS

Free and open to the public. Call **263-5400** or visit [castlemed.org](http://castlemed.org) for details.

- ▶ Alzheimer's Caregivers. ▶ Bereavement.
- ▶ Caregivers. ▶ Parkinson's Disease. ▶ NAMI.
- ▶ Tobacco Cessation.

#### **Mommy and Me Hui**

**Fridays, 11:15 a.m. to 12:30 p.m. Wellness Center**

Free support group for moms. Talk with lactation consultant Tami DeLeon and fitness trainer Cindy Carvalho about a variety of baby-related topics, including exercising to get back into shape. No registration required.

### SURGICAL WEIGHT LOSS

#### **Weight-Loss Surgery Seminar**

**Wednesday, April 16 or June 18, 6:30 to 8 p.m.**

**Saturday, May 10, 7 to 8:30 p.m. Wellness Center Auditorium**

Learn about Castle's comprehensive Surgical Weight Loss Program from bariatric surgeon Steven Fowler, MD, and other bariatric team members. Registration required; call **263-5400**.

### EVENTS

#### **Combating Common Diseases With Plants**

**Monday, June 9, 7 to 8:30 p.m.**

Join renowned physician, author and professional speaker Michael Gregor, MD, for this free seminar brought to you in partnership with the Vegetarian Society of Hawai'i. Preregistration required.

▶ Visit the hospital's Bistro before the seminar for a special **\$10 vegan buffet** from **5 to 6:30 p.m.**

#### **Look Good...Feel Better**

**Monday, May 12, 1:30 to 3:30 p.m.**

A free program to help individuals with cancer look good, improve their self-esteem and thereby manage their treatment and recovery with greater confidence.

### ELECTRONIC SMOKING DEVICES

## What you should know

BY ALLIE HALL, RN, MPH, TTS

**LAST YEAR** 785 Castle patients received tobacco treatment services, which included medication to ease withdrawal during their stay, counseling to encourage them to remain tobacco-free, and access to personalized coaching and support after discharge.

More and more of our patients say that they have switched to e-cigarettes, or electronic smoking devices (ESD), which are growing in popularity. ESDs use battery power to heat nicotine cartridges into a vapor that the user can inhale, or vape.

Major tobacco companies own

most e-cigarette businesses now and are heavily marketing vaping as a cool alternative to smoking, with kid-friendly flavors and celebrity spokespeople who entice youth to try vaping. Last year Hawai'i Governor Neill Abercrombie signed a law making it illegal for minors to buy ESDs.

While some studies find e-cigarettes to be modestly effective at helping smokers quit short-term, the long-term effects of ESD use and how well they help people to "stay quit" remains unknown.

Furthermore, ESDs are currently unregulated. There is a lack of manufacturing standards and quality control. The Food and Drug Administration reports receiving many consumer complaints

regarding adverse effects. Because of insufficient data on health risks and use, the World Health Organization strongly advises consumers not to use e-cigarettes.

#### **CMC's stance on ESDs**

Castle Medical Center encourages tobacco users to consider options that will help them to quit using e-cigarettes too, with free coaching by tobacco treatment specialists, an individualized quit plan and group support. We can help you reach your smoking-cessation goals.



For more information, contact the Wellness and Lifestyle Medicine Center at [castlemed.org](http://castlemed.org) or call **263-5050**.

*Castle Medical Center has a campus-wide tobacco-free policy that bans the use of all tobacco products, including e-cigarettes.*

# How to find us

## CALL US:

808-263-5500

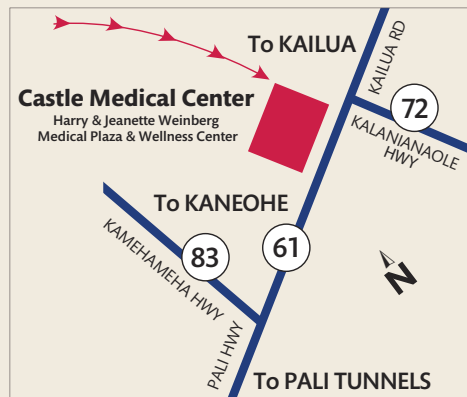
## EMAIL US:

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:

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



If you wish to be removed from this mailing list and no longer wish to receive *Windward Health*, please write to the Marketing Department at 640 Ulukahiki St., Kailua, HI 96734, or email us at [callcenter@ah.org](mailto:callcenter@ah.org).

 Visit us at  
[castlemed.org](http://castlemed.org).

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**SPRING  
2014**



## Castle Medical Center



640 Ulukahiki St.  
Kailua, HI 96734

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Honolulu, HI  
Permit No. 985



## Seminars

6 to 7:30 p.m.  
Castle Wellness & Lifestyle Medicine  
Center Auditorium

These **free** monthly seminars provide expert health and wellness education from leading health care professionals. Healthy refreshments will be served.



Registration is required.  
Call **263-5400** or visit  
[castlemed.org](http://castlemed.org).



**Doug Williams, MPAS, PA-C**  
Kenner  
Dermatology  
Center

### Skin, Glorious Skin!

**Thursday, June 12**  
Skin is the largest organ of the body and plays a vital role in our overall wellness and health. Hear the latest updates on dermatological and anti-aging skin care therapy. Learn about the premature aging effects related to sun damage.



**Susan Chapman, MD**

### Bone Health: How Do We "Stand Up" for Ourselves?

**Thursday, May 8**  
Hear an interdisciplinary panel discussion on osteoporosis and what you can do to protect your bones. Bone health and prevention is vital for all ages, from 9 to 99 years old. Panel includes physician Susan Chapman, MD; physical therapist Glynnis Hooker, MSPT; pharmacist Stephanie Lam; and Nicole Kerr, MPH, RD, director of Wellness & Lifestyle Medicine.

*Exceptional Medicine by Exceptional People*