

Windward

Castle Medical Center

Adventist
Health

Exceptional Medicine
by Exceptional People

HEALTH

Summer 2014



Castle
Urgent Care is
now open!



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The Castle Urgent Care clinic is open!

THE NEW Castle Urgent Care opened at Castle Professional Center in Kaneohe in April. Shortly after, the clinic held a blessing and an open house for the community.

Castle Urgent Care provides a great service for people of all ages on the Windward side who do not have a life-threatening condition but cannot get a same-day appointment with their doctor, do not have a primary care doctor or are visiting from out of town.

Castle Urgent Care FAQs

Q What services are available at the clinic?

A Castle Urgent Care is ready to help patients with nonemergency health care needs such as:

- ▶ Illness and injury care.
- ▶ Lab/EKG/X-ray.
- ▶ Injured worker care/return to work clearance.
- ▶ Minor trauma and wound care.
- ▶ Sports physicals.
- ▶ Tuberculosis tests.
- ▶ Vaccinations for flu, hepatitis, meningitis and others.

Treatment is available for adults and children of all ages, including infants. No appointment is necessary; walk-ins are welcome. Hours are 8 a.m. to 10 p.m., seven days a week.

Q What is the difference between the Castle Urgent Care and the hospital's ER?

A The emergency room treats life-threatening medical conditions, such as chest pains, severe wounds or amputations. Castle Urgent Care treats conditions that need immediate attention but are not life- or limb-threatening.

Q Can the clinic handle requests for medication refills?

A Requests for refills must be accompanied by an office visit and will be evaluated on an individual basis.

Q What types of providers are at the clinic?

A Castle Urgent Care utilizes board-certified family practice physicians,



Castle Urgent Care remained open during the recent open house and blessing, but a number of staff members took time out for a photo. Pictured are (front row, from left) Alison Kono; Shelean Roylance; (back row, from left) Tami Stewart; Kaulana Souza; Brianne Ichiki; Scott Miscovich, MD; Rene Pagaoa; Nichole Souza; Alana Odom; Chynna Mertens; and Kelly Tuamoheloa.

certified physician assistants, and family nurse practitioners. Patients sign a consent form at the start of their visit to send office visit notes to their primary care provider.

Q How long do patients have to wait to be seen?

A Patients are typically seen within one hour. Occasionally patients may experience a longer wait time. Every effort is made to staff the clinic appropriately to keep wait times at a minimum.

Q Does the clinic take insurance, and what forms of payment do they accept?

A Castle Urgent Care accepts most major insurance plans. A copy of the insurance card is needed at the time of the visit to verify coverage. Cash, checks and credit cards are also welcome. Your co-pay will depend on your insurance.

Q How much does it cost for those without insurance?

A Fees vary based on the treatment, but Castle Urgent Care offers a discount plan to cash-paying clients.



Quality counts at CMC

2014 Outstanding Patient Experience Award

Castle Medical Center (CMC) recently received the 2014 Healthgrades Outstanding Patient Experience Award for the second consecutive year. This distinction places CMC among the top 10 percent of hospitals in the nation for patient experience. The 2014 award recognizes CMC for outstanding performance in the delivery of positive experiences for patients during their hospital stay.



Quality achievement award for stroke care

CMC has received the Get With The Guidelines®-Stroke Gold Quality Achievement Award from the American Heart Association and the American Stroke Association. This marks the third year that CMC has been recognized with a quality achievement award. CMC earned the award by meeting quality-achievement measures for the rapid diagnosis and treatment of stroke patients, including proper use of medications and risk-reduction therapies.



2014 Healthstrong™ Hospital

CMC was recently named a 2014 Healthstrong™ Hospital by iVantage Health Analytics. Their analysis is based on a composite score related to competitive strength, market size and growth, population risk, cost, charges, quality outcomes, patient perception, and financial stability. CMC ranked in the top 500 out of 4,400 eligible hospitals.



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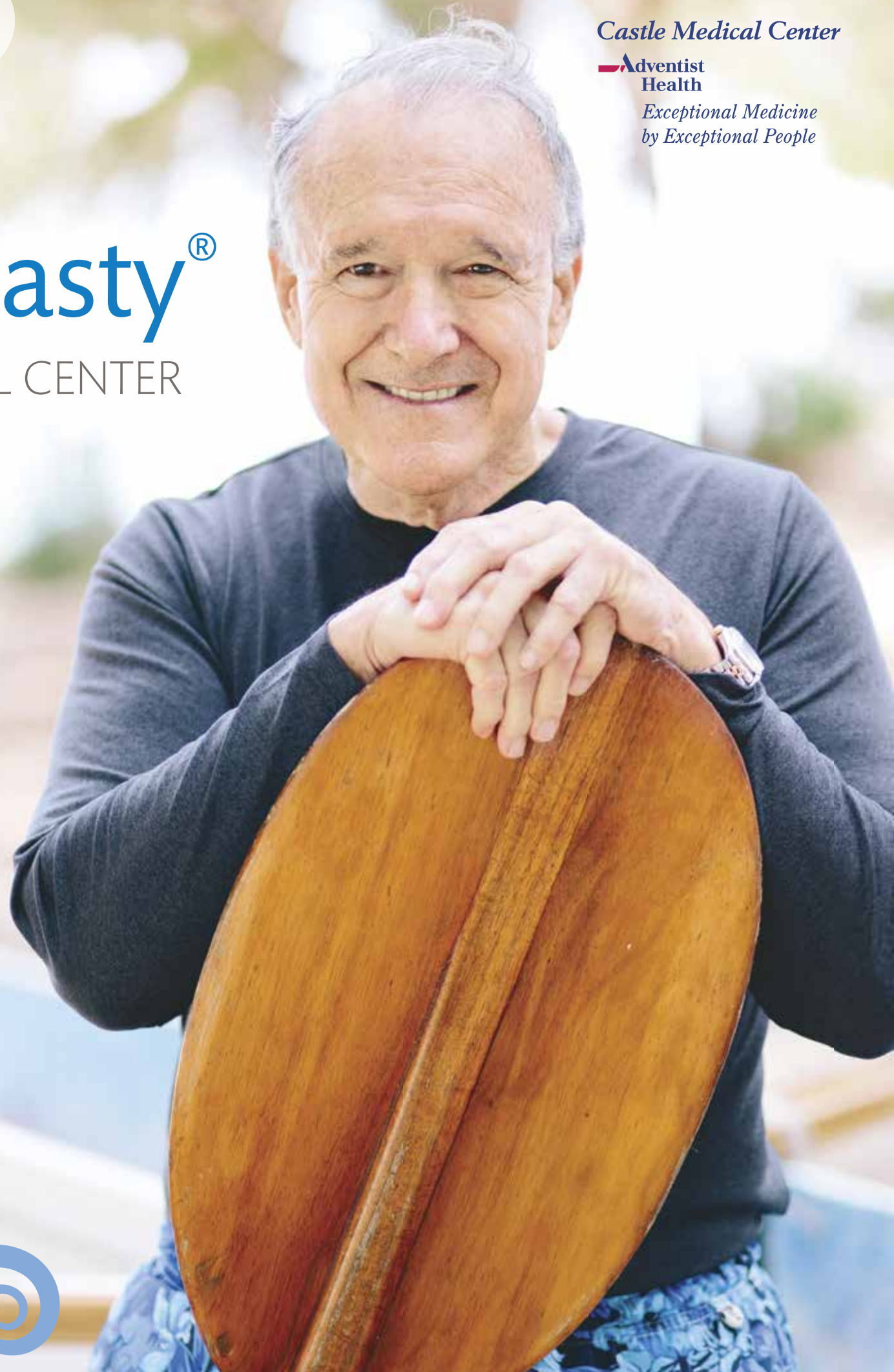
*Exceptional Medicine
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MAKOplasty®

AT CASTLE MEDICAL CENTER

Former Hawai'i senator Fred Hemmings, Hawai'i's first world surfing champion, holds what he calls the "last Hawai'ian paddle." He used the paddle, which is made out of Hawai'ian Koa and has a broader blade, in the 1975 Moloka'i Hoe paddling for the Outrigger Canoe Club. "That was the first year the Tahitians competed in the race," Hemmings says. "Their paddles were lighter and had a smaller blade. We won the race, but after that year everyone went to a smaller, lighter paddle."

Today Hemmings is an author and much-sought-after keynote speaker. Thanks to MAKOplasty at Castle Medical Center, he remains actively involved in ocean sports.



The MAKOplasty® EXPERIENCE

High-tech joint repair helps patients heal faster

BY MELE POCHEREVA

YOU'VE HEARD THE SAYING: "Less is more." It's a principle that rings true for those who have undergone MAKOplasty, an innovative, partial knee resurfacing procedure now offered at Castle Medical Center (CMC). Less invasive than total knee replacement surgery, MAKOplasty is performed robotically through a small incision, resulting in less time in the hospital and a more speedy recovery, among other benefits.

"MAKOplasty is the newest addition to Castle Medical Center's multidisciplinary joint care program, which has always focused on delivering excellent care and results for our patients," explains Carol Enderle, DNP, APRN-BC, director of Surgical Service Line. "Using best practices in health care, Castle is the only hospital in the state of Hawai'i to offer this robotic knee and hip program. And our staff is specifically trained to offer orthopedic patients compassionate, quality care."

Enderle says that CMC's joint care program has consistently ranked in the top 10 percentile for patient satisfaction. "Our physicians, nurses, nursing assistants, physical therapist, occupational therapist and Case Management collaborate to ensure that the patient stay is seamless," Enderle adds. "We offer private rooms dedicated to the surgical and orthopedic patient, in a friendly, caring environment."

Since Castle began offering MAKOplasty, the hospital has done more than 90 procedures.

How MAKOplasty works

For people with arthritis in only one or two compartments of the knee, MAKOplasty is an exciting alternative to total knee replacement surgery. Titanium implants, custom-sized for the patient and precisely fitted, are used to replace the affected areas of the knee joint. First,

a computed tomography (CT) image of the joint provides the data needed to create a computerized, three-dimensional plan that will be used during the preparation of the implant area and positioning. Then, through a small 4- to 6-inch incision over the knee and small incisions in both the femur (thigh bone) and tibia (shin), the surgeon uses a sophisticated robotic arm to gently resurface the joint and prepare the implant area according to the presurgical plan programmed into the robotic device.

The robotic arm gives the surgeon visual, auditory and even tactile feedback to ensure the procedure is followed precisely as planned. When the resurfacing is complete, the components are secured with bone cement in optimal position, perfectly integrating the implant with the bone.

By replacing just the damaged areas of the knee joint with a patient-specific implant, the surgeon is able to preserve the healthy bone and tissue, including the four ligaments that connect the femur to the tibia and fibula. The result is often a more natural-feeling knee and less implant loosening or wear and tear in the long run.

Reduced blood loss during surgery, reduced scarring and minimal hospitalization are other significant benefits of MAKOplasty.

"Our patients' experience following MAKOplasty has been so remarkable and rewarding, as most are able to return to normal daily activities almost immediately following surgery," notes orthopaedic surgeon Linda Rasmussen, MD. "Our nurses and staff specialize in joint care, and they play an important role in caring for our patients throughout their brief hospital stay."

Castle Medical Center is the only hospital in Hawai'i to offer MAKOplasty.



Linda J. Rasmussen, MD

Dr. Rasmussen received her medical degree from the University of Washington School of Medicine, Seattle. She completed her residency at San Francisco Orthopedic Residency Training Program, San Francisco. She is board-certified by the American Board of Orthopedic Surgery, is a member of Castle Health Group, and has been on the medical staff at Castle Medical Center for more than 20 years. On a recent patient survey, Dr. Rasmussen ranked in the top 10 percentile in the nation for patient satisfaction. She can be reached at **261-4658** (Kailua) or **235-6474** (Kaneohe).

OUR PATIENTS' STORIES



Fred Hemmings

Former state senator Fred Hemmings has been an athlete for much of his life, playing football in high school, where he “blew out” his left knee; racing outrigger canoes and surfing professionally; and, later, running marathons.

Back in the 1970s, Hemmings used to run around Diamond Head almost every day in a friendly five-mile competition with a running pal. “It was maniacal,” he says, adding, “I once ran through [Maui’s] Haleakala Crater in a day, down Sliding Sands trail, then back up the switchback trail.”

Osteoarthritis on his mother’s side, compounded by the old football injury and overuse of his joints with years of pounding the pavement, led to a total knee replacement at CMC in 2008. “Being heavysed didn’t help,” Hemmings notes. He also has had his right hip replaced.

Last year he returned to CMC for MAKOplasty® on his right knee, finding that the less intrusive procedure resulted in a considerably faster recovery.

“My right knee is like new,” he says. “It’s no longer painful, and it works just as well as my left knee with the total joint replacement.” Although Hemmings’s jogging days are over, he now gets a cardio and endorphin workout on his elliptical trainer and a paddling machine, and he remains mindful of his nutrition.



Tami Alcoran

Like Hemmings, Tami Alcoran was an athlete for much of her life. Seven years ago, she underwent total knee replacement surgery on her right knee, spending a week recovering in the hospital before going home for further recovery.

Earlier this year, she had MAKOplasty surgery to replace her left kneecap. She spent one night in the hospital and two days on crutches, and in a week she was back at work. “I’m not one to sit around at home,” confides the former soccer player.

Indeed, having given up soccer after playing for 20 years in high school and a women’s league, Alcoran was determined to get back in shape before she turned 50 by going on hikes and joining a boot camp fitness program. As she increased her exercise routine, her knee pain worsened to the point of waking her up at night.

Fortunately, she was a good candidate for Castle’s new partial knee replacement procedure, an option not available seven years ago.

Alcoran’s MAKOplasty experience was totally different from her earlier procedure. “When I woke up from surgery, there was no pain at all,” Alcoran recalls. “I stayed overnight at Castle, then went home and started physical therapy the next day. I was on pain medication for only a day.”

Once her knee is healed and she has completed her physical therapy, Alcoran plans to return to her exercise program. “My goal is to be healthy when I turn 50!”



Richard Knox

“I’m a ‘yes’ vote for MAKOplasty,” says Richard Knox, who had a total replacement of his right knee in March 2013, followed by MAKOplasty on his left knee last October.

The need for the total knee replacement came out of the blue, Knox explains, describing how the pain in his right knee began as he was walking down the driveway and soon became totally paralyzing. “I ended up in the emergency room, worried I’d never walk again.”

When arthroscopic surgery failed to alleviate the pain, he went in for total knee replacement surgery—and a difficult recovery.

It was Knox’s left knee, however, that had given him problems since the 1970s, perhaps from an old gymnastics injury during college. “I had X-rays taken back then, but the problem wasn’t serious enough for surgery, so we left it alone.”

Fast forward to 2013, when Knox was recovering from the full knee replacement and asked Dr. Rasmussen to take another look at the nagging pain in his left knee. “By then, I was a candidate for MAKOplasty,” Knox says.

“The incision was half the size, and recovery has taken less than half the time of my other knee,” Knox marvels. “I’m quite ambulatory today and walk at least a mile and a half on my treadmill three times a week. I recommend getting help early when you’re still a candidate for MAKOplasty.”

What you need to know about MAKOplasty®

ESTABLISHED IN 1997, Castle Medical Center's Joint Care Center was the first such center in Hawai'i dedicated to hip and knee replacement procedures. Today it is the only center in the state offering MAKOplasty. Available to neighbor island residents as well as those on 'Oahu, the center provides individualized patient education prior to and following surgery to ensure patients have the best possible experience and outcome, consistent with Castle's commitment to best practices in patient care.

The MAKOplasty partial knee resurfacing procedure offers the following benefits:

- ▶ Improved surgical outcomes.
- ▶ Less implant wear and loosening.
- ▶ Joint resurfacing.
- ▶ Bone and tissue sparing.
- ▶ Smaller incision.
- ▶ Less scarring.
- ▶ Reduced blood loss.
- ▶ Minimal hospitalization.
- ▶ Rapid recovery.



The MAKOplasty RIO system

Recovery time

The recovery time for any operation varies. Here is a comparison of typical recovery times for partial versus total knee replacement.



	Total knee replacement	Partial knee replacement
Hospital stay	2 days	1 day
Outpatient rehab	3 to 9 months	1 to 2 months
Time using walker or crutches	6 weeks	2 weeks
Time off work	6 to 12 weeks	2 to 3 weeks
Complete recovery	3 to 9 months	1 to 2 months

Return to activities

Returning to sport or leisure activities is an important goal of many patients after knee resurfacing, and the ability to return to sport is highly variable. In general, return to sport is easier and more predictable after partial knee replacement than total knee replacement.



Return to work

Return to work after knee repair is highly variable; indeed, many patients are retired at the time of their surgery. However, usually two to three months off before returning to work is recommended after total knee replacement. Alternatively, the partial knee replacement is considered a back-to-work operation. Patients are encouraged to go back to work two to three weeks after a partial knee replacement.



Cost to patient

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Insurance covers both partial and total knee replacement. However, there are hidden costs to the procedures. Obviously, since partial knee replacement results in a much quicker return to work, less time for rehabilitation and less pain medication requirement, the cost to the patient is significantly lower.

What is the lifespan of a MAKOplasty implant?

All implants have a life expectancy that depends on several factors, including the patient's weight, activity level, bone stock and compliance with the physician's orders. Proper implant alignment and precise positioning during surgery are also very important factors that can improve the life expectancy of an implant. With MAKOplasty, implants can be optimally aligned and positioned to ensure the longest benefit. And because very little bone is removed during a MAKOplasty procedure, the implants can be replaced with another procedure such as a total knee replacement, if necessary.



Linda Rasmussen, MD, with RIO, a highly advanced, surgeon-controlled robotic arm system used in MAKOplasty procedures.



Free informational seminars

If you are living with hip or knee pain, attend one of Castle Medical Center's free monthly seminars, led by Linda Rasmussen, MD, orthopaedic surgeon. Learn how MAKOplasty can relieve pain caused by joint degeneration due to osteoarthritis, and hear testimonials from patients who have had the procedure. You also will learn about total knee and total hip replacement surgeries available at our Joint Care Center.

Aug. 7, Sept. 4, 6 to 7 p.m.
Wellness Auditorium

For a schedule of upcoming seminars on 'Oahu or the Neighbor Islands and to register, call **808-263-5400** or visit **castlemed.org**.





TAKE TIME FOR YOUR HEALTH

events calendar

sign up
online
castlemed.org

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 and click on "Classes."

Castle Medical Center
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Health



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 vegan food 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.

July 24: Salad Season!

Although salads are perfect for any day of the year, they're especially tasty on warm summer days. Enjoy new ideas for using leafy greens and other fresh ingredients in this class.

Aug. 28: Quality Carbs

Learn how to choose carbohydrates with nutritional value *and* good taste! Discover how to manage your weight, manage diabetes or simply eat healthier, by controlling carbohydrates and portions.

Sept. 25: Breakfast, Lunch and Dinner—Vegan Style

Wondering what to eat when doing without meat? Learn quick and easy ways to pull together plant-based meals.

FAMILY

We offer tours of our birth center and classes, including Giving Birth at Castle, Lamaze, the Bradley Method, Infant Safety, General Newborn Care, Breastfeeding, Car Seat Safety, and Healthy Pregnancy. Visit castlemed.org or call for dates and registration.

FITNESS

Call **263-5400** or visit 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.

Mind Your Spine

New Tuesday, Aug. 12, 1 to 2:30 p.m.
Wednesday, Aug. 20, 5:30 to 7 p.m.

This workshop will focus on exercises to strengthen the muscles of the back and regain a more balanced posture. Includes floor exercises. Bring a mat and towel. For more information, contact the Wellness Center at **263-5050** with your questions. Presented by Eileen Towata, PhD, PMA®-certified Pilates teacher. Fee: \$15.

KIDNEY DISEASE EDUCATION

Aloha Kidney Classes (6 weeks)

Tuesdays, beginning July 22 or Sept. 9, 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, Aug. 7 or Sept. 4, 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.

DIABETES AND NUTRITION

Call **263-5400** or visit 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 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; open to the public.

SURGICAL WEIGHT LOSS

Weight-Loss Surgery Seminar

Wednesdays, July 16 or Sept. 17, 6:30 to 8 p.m., or Saturday, Aug. 9, 7 to 8:30 p.m.

Wellness 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

No More Heart Attacks

Wednesday, July 9, 6:30 to 8 p.m.

Join Maui-based nutritional biochemist Steve Blake, ScD, to learn how clogged arteries develop and how to stop and even reverse this arterial clogging. Find out which foods can lower your risk of heart disease. Discover the health aspects of omega-3 fatty acids. Learn the latest research to help you choose heart-safe lifestyle options. Free.

Look Good...Feel Better

Monday, July 14, 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.

Three Simple Ways to Take Charge of Your Health

Tuesday, Sept. 2, 5:30 to 7 p.m.

This Castle Medical Center and AARP free pau hana event will teach you how to take charge of your health.

- 1. Core muscle strength.** Learn why it's important and participate in gentle exercises that can help.
- 2. Kale: the super food.** Watch a cooking demonstration, sample the delicious results and bring your questions.
- 3. Health insurance.** It's a big part of maintaining good health. Get a brief update on open enrollment in Medicare and the Hawai'i Health Connector.

To register, call **877-926-8300** or visit aarp.cvent.com/castlehealth.



Correction

IN OUR SPRING ISSUE, Carl Sakata's wife was misidentified in our feature story on Castle Medical Center's Cardiovascular Services. Mrs. Sakata's first name is **Jean**, not Ellen. We apologize for the error.

How to find us

CALL US:

808-263-5500

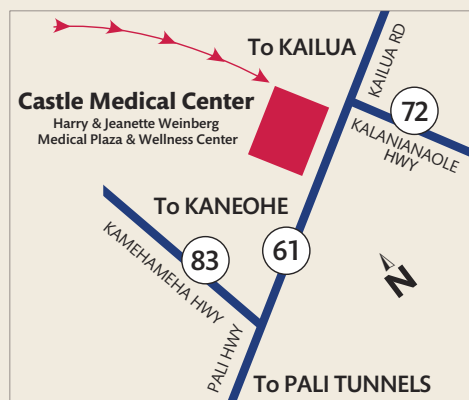
EMAIL US:

Visit our website at 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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 Visit us at
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SUMMER
2014



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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.

Living with Arthritis & Diabetes

Thursday, July 10

Orthopaedic surgeon and joint replacement specialist Linda Rasmussen, MD, shares the "secrets" of keeping arthritis pain under control with exercise and by avoiding certain foods and enjoying other foods that promote joint health. Registered dietitian Amanda O'Neill speaks on healthy options to control your blood sugar.



Linda Rasmussen,
MD, orthopaedic
surgery



Amanda
O'Neill, RD,
CSSD

Urinary Leakage: It's No Laughing Matter

Thursday, Aug. 14

If "tears" run down your leg when you laugh, it's time to get control! Get information on what causes urinary leakage and modern treatment options.



Susan Chapman,
MD, obstetrics-
gynecology



Emilie Stickley,
MD, obstetrics-
gynecology

Brain Injury and Wounded Warriors

Thursday, Sept. 11

A discussion on brain injury, from concussions in our keiki to blast injuries in our veterans.



Robert Sloan, MD,
physical medicine
and rehabilitation

CELEBRATE WORLD BREASTFEEDING WEEK

Breastfeeding: A Winning Goal—For Life

Friday, Aug. 15, 10 a.m. to 12:30 p.m.
Registration and refreshments, 9:30 a.m.
Castle Medical Center

CASTLE MEDICAL CENTER (CMC) is excited to partner with the state Department of Health (DOH) in providing this seminar, "Breastfeeding: A Winning Goal—For Life." Especially for expecting or new moms, the seminar includes a keynote address by pediatrician Brigit Reis, MD, breakout sessions on a variety of topics that outline the benefits and management of breastfeeding, and a Q&A session with a panel of breastfeeding experts and mothers.

Hear an update on Hawai'i's "Baby Friendly" initiative from Heidi Hansen-Smith, DOH Healthy Hawai'i Initiative. Attend a breakout session led by CMC director of Nutritional Services Ruby Hayasaka, MS, MA, RD, and president of the Hawai'i Dietetic Association, titled "Food Myths About Hapai and Breastfeeding Moms."



To register, call **263-5400** or
visit castlemed.org.

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