

Windward

Castle Medical Center

Adventist
Health

Exceptional Medicine
by Exceptional People

HEALTH

Winter 2014

WEIGHT MANAGEMENT PROGRAM

Tailored for you

BY MELE POCHEREVA

WEIGHT MANAGEMENT is not about diet; it's about making small changes throughout one's lifetime. That's the foundation of the Individual Weight Management Program at Castle's Wellness & Lifestyle Medicine Center, where a team of experts guides those seeking practical and effective strategies to control their weight and make healthy lifestyle changes.

"We want to empower people to make good choices," says Nicole Kerr, MPH, RD, director of Wellness & Lifestyle Medicine. "Because there is no 'one-size-fits-all' weight-loss program, Castle offers a variety of options."

At the recommendation of a friend, Linda Feliciano chose to enroll in the Individual Weight Management Program last summer, a decision that set her on a "fantastic journey" that is helping her lose weight and reap other health benefits.

"The fitness trainer taught me some awesome exercises and encouraged me to walk more, a simple activity that used to tire me," Feliciano explains. "And I adjusted my diet to 1200 calories a day, starting with a good breakfast."

A convenient smartphone app helps Feliciano track her daily exercise regimen and calorie intake. Since she is diabetic, the program's registered dietitian made sure she began to check her blood sugar every day.

"Documenting everything I eat has made me very aware of food portions and calories," Feliciano says, "and having to weigh in at Castle once a week makes me accountable to myself."

—Continued on back page

Linda Feliciano and Wellness Center dietitian Amanda O'Neill are thrilled with her progress.



INSIDE THIS ISSUE

Page 2: Advanced Heart Care for Windward 'Oahu

INSERT: Special Surgical Weight Loss Institute



Building brighter futures

Advanced heart care for Windward 'Oahu

CASTLE MEDICAL CENTER (CMC) recently announced the opening of its Open Heart Cardiovascular Operating Room (CVOR) and the first “hybrid” operating room in Hawai‘i. Both the CVOR and the hybrid cardiovascular room represent a cost of over \$9 million.

A special type of OR

The CVOR is designed to perform open-heart surgical procedures that require the use of perfusion or heart-lung machines. It can also be used for other high-tech or demanding operating procedures of an advanced nature. Its state-of-the-art specialized cameras and operative booms make it the finest and newest CVOR in the state of Hawai‘i.

Exclusive hybrid CVOR

Castle’s one-of-a-kind hybrid cardiovascular operating room is designed to meet the increased demands of multiple procedures that are based on small endovascular catheters. The equipment’s backbone is a new, state-of-the-art Philips FD 20 Cardiovascular Catheterization Lab.

The new Cath Lab performs cardiovascular procedures with brilliant two- and three-dimensional optics to guide cardiologists, endovascular surgeons, interventional radiologists, cardiovascular surgeons and general surgeons.

In addition to these specialized procedures, the hybrid room is designed to also meet the needs for select open sur-

What else is in the works?

Others in a series of ongoing multi-million-dollar projects include:

Behavioral health. The entire behavioral health unit is being remodeled. Everything from the layout to the paint and the finishes has been designed in a way to enhance the healing environment of this unit. The work should be completed in March.

Emergency room expansion. The most significant construction project this year is the expansion of Castle Medical Center’s Emergency Department. What was once a 12-bed emergency room grew to 18 beds in 1995, and the current expansion will add an additional eight beds for a total of 26. It will include several enhancements that will decrease our already short wait times. The emergency room will remain open

and fully functional throughout the construction project.

Emergency infrastructure. We take seriously our role in the community in the event of an emergency or disaster. The hospital has invested in an additional emergency power generator and upgraded air handlers so that in the event of a disaster, the hospital critical systems can continue functioning without interruption.

As we look back on 50 years in the Windward community, we are continuing to build brighter, healthier futures for the communities we serve. And as we embrace plans to expand our services and treat and prevent heart conditions in our patients, we will remain dedicated to our mission of caring for our community, sharing God’s love.

gical procedures. The new surgery lights, cameras, booms and video integration make it the first multipurpose room of its kind for the Windward community, and the combination of technologies allows CMC to meet the needs of its specialized physicians for decades to come.

Procedures that can be done in this room include:

- ▶ Cardiac catheterization and intervention.

- ▶ Endovascular surgical procedures and intervention.
- ▶ Open-heart surgery.
- ▶ Limb-saving surgical procedures (to help avoid the need for amputation).
- ▶ Laparoscopic procedures.
- ▶ General surgical procedures.
- ▶ Electrophysiology procedures.

The hybrid cardiovascular room has been specially designed from the ground up with hybrid technology that few hospitals in the nation have.

A great honor

Castle Medical Center Earns Top Performer on Key Quality Measures® Recognition from The Joint Commission



conditions. The clinical processes focus on care for heart attack, pneumonia, surgery, children’s asthma, stroke and venous thromboembolism, as well as inpatient psychiatric services.

CMC was recognized for its achievement on the following measure sets: heart attack, heart failure and pneumonia. The ratings are based on an aggregation of accountability measure data reported to The Joint Commission during the 2012 calendar year.

Each accountability measure represents

an evidence-based practice—examples include giving aspirin at arrival for heart attack patients, giving antibiotics one hour before surgery, or providing a home management plan of care for children with asthma.

“We understand that what matters most to patients at Castle Medical Center is safe, effective care,” says Kathy Raethel, president and CEO. “That’s why Castle has made a commitment to accreditation and to positive patient outcomes through evidence-based care processes. Castle Medical Center is proud to receive the distinction of being a Joint Commission *Top Performer on Key Quality Measures*®.”

Exciting developments

Castle Medical Center (CMC) administration announced recently that CMC has purchased both Kailua Professional Center buildings on Aulike Street in Kailua. “We believe that these buildings will help us develop and strengthen our physician integration strategies as well as our presence in Kailua Town,” hospital President and CEO Kathy Raethel says.

Surgical Weight Loss Institute



INSIDE

Find out how the Surgical Weight Loss Institute helped Mark Cantor (pictured) and Robert Paik on their journeys to better health.



Castle Medical Center



Exceptional Medicine
by Exceptional People



JOURNEY

to better health with weight-loss surgery

BY MELE POCHEREVA

SINCE 2006, CASTLE MEDICAL CENTER'S (CMC) Surgical Weight Loss Institute has been changing lives with its comprehensive, multidisciplinary approach to significant and sustained weight loss. The Institute, under the direction of Medical Director Steven Fowler, MD, was the first nationally recognized Bariatric Surgery Center of Excellence program in the state. This designation was earned through a successful track record of high-quality patient care, safety and favorable outcomes in bariatric surgery.

Mark Cantor



before



after



“Morbid obesity and its associated life-threatening illnesses continue to be a significant health issue in Hawai‘i,” noted Dr. Fowler, a board-certified surgeon who specializes in bariatric surgery. “Research has shown that even a 10 percent reduction in body weight, sustained over time, can greatly reduce—or even eliminate—obesity-related health risks like diabetes, hypertension, sleep apnea and liver disease.”

Recent changes in Medicare coverage have made weight-loss surgery more accessible by reversing the requirement that these procedures be done at Centers of Excellence. However, it’s important for patients to have confidence in the quality of care they receive, cautions Carol Enderle, DNP, APRN-BC, the clinical director of CMC’s Surgical Weight Loss Institute. “As a Center of Excellence, Dr. Fowler and his team of surgical weight-loss professionals have dedicated themselves to patient quality and safety since we opened our doors.”

Mark recently ran the Susan Komen 5K in Honolulu with his personal trainer Candace Sakamoto.

Choosing a procedure that’s right for you

Bariatric surgery, which modifies the stomach or intestines to physically limit one’s food intake, has become less invasive and much safer as new procedures have been developed over the past decade.

At the Surgical Weight Loss Institute, patients have a choice of three procedures, all of which are performed laparoscopically, through small incisions using a camera and instruments. Less painful and minimally invasive, these procedures also result in fewer complications and quicker recovery.

Gastric bypass surgery usually leads to the greatest long-term weight loss—60 to 70 percent of excess weight—and is often recommended for those with multiple obesity-related diseases. Considered the gold standard for surgical weight loss, it requires cutting the stomach to make it smaller and restrict food intake. Then, a section of the small intestine is bypassed so that calories and food nutrients have less time to be absorbed by the body.

The laparoscopic adjustable band, or Lap Band, is a restrictive band placed around the top part of the stomach to create a smaller pouch for food intake, making a person feel full sooner. This procedure can lead to the loss of about 40 percent of excess weight during the first year after surgery.

A more recent procedure is the vertical sleeve gastrectomy, or gastric sleeve,



TAKE THE FIRST STEP

Learn about the Surgical Weight Loss Institute or register for one of the free informational seminars at castlemed.org.

which typically results in the loss of 50 to 60 percent of excess weight. Similar to a gastric bypass, but without bypassing the small intestine, this procedure removes 85 percent of the stomach to limit food capacity. It has a lower risk of complications and a reduced need for ongoing nutritional supplements.

Each of these procedures offers unique benefits and associated risks. Determining which procedure is ideal for each individual is a decision the patient makes in consultation with his or her physician, based on an evaluation and recommendations by Castle's bariatric team.

Support for a lifetime

While weight-loss surgery is an all-important first step in the journey to better health, keeping the weight off requires significant lifestyle changes. After surgery, Castle patients receive 12 months of follow-up care from a team of bariatric specialists that includes registered dietitians, clinical psychologists, exercise specialists, nurses and program managers.

They provide the tools needed to make a successful transition to a healthy, new life through nutrition counseling, fitness classes, group and individual counseling sessions, and peer support groups. Even after the 12 months, patients can receive annual follow-up visits for life.

"I needed to change my life"

Robert Paik tells a familiar story: Overweight since he was a child, he was always the "chubby kid." Over the years he tried to lose weight with diet products, without much success. But he didn't worry about it.

Originally from California, Paik relocated to Hawaii in 2007 after graduating from college and spending a year working at various jobs.

"I moved to Hawaii to make a new start, try a new lifestyle," Paik explains. "I wanted to be a chef." After working at several restaurants, he enrolled in culinary classes.

At 240 pounds, Paik's weight wasn't as much a concern as learning that he

had dangerously high blood pressure. "It was shaving years off my life," he says. "Although I was borderline eligible for weight-loss surgery, my high blood pressure was a risk factor, so my doctor suggested bariatric surgery. I needed to do something drastic to change my life."

Paik attended one of Castle's free surgical weight-loss seminars to get more information, but it would be six months before he decided to have gastric sleeve surgery. First, he got into a good exercise routine and started eating healthier meals.

Paik began working with a dietitian from Castle's Wellness Center, took up weightlifting and added more cardio activities like running and swimming to his exercise routine.

"I also committed to one outdoor activity each week, apart from my usual activities, like hiking or stand-up paddling," Paik explains.

"I had my surgical procedure on November 7, 2012, and haven't looked back since," says Paik. "I lost 100 pounds by June 2013 and lowered my body fat from 31 percent to about 21 percent. Since surgery, I also have continued exercising and weightlifting, to keep up my muscle mass as I lose weight."

"You saved my life"

Mark Cantor had been heavy all of his adult life, enduring the physical limitations and medical complications that came with the extra weight, including insulin-dependent diabetes and high blood pressure.

His frequent travel schedule—both for work and pleasure—became a main motivation to have gastric bypass surgery. Airline travel not only was embarrassing but was physically painful. Cantor also saw that the medical problems caused by his weight were shortening his life.

"At age 48, I was told my metabolic age was 70. I felt so old," he recalls. "I was so restricted by my size that getting up from a chair in front of the TV to go to the kitchen was exercise for me."

Cantor had concerns about whether weight-loss surgery would be successful,

The health risks of obesity

Obesity is one of the major causes of preventable death in the United States and is a major factor in increasing the chance of developing serious medical conditions. Obesity is a complex, chronic disease that affects nearly 1 out of every 3 American adults. Locally, 22 percent of Hawaii's population is defined as obese. Approximately half a million residents of Hawai'i are considered overweight.

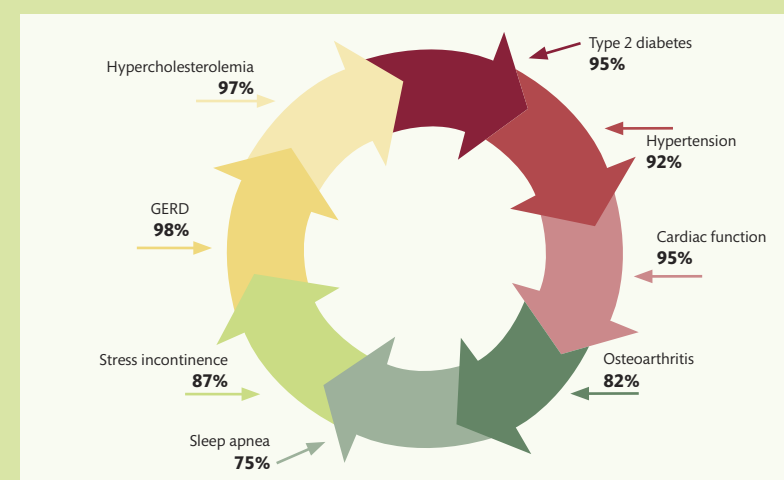
Obesity puts a person at greater risk for developing the following health problems: ▶ Arthritis. ▶ Asthma. ▶ Cancer. ▶ Depression. ▶ Diabetes. ▶ Fatty liver. ▶ Gastric reflux. ▶ Heart disease. ▶ High blood pressure. ▶ Infertility. ▶ Osteoarthritis. ▶ Pulmonary embolus. ▶ Respiratory problems. ▶ Skin ulcers. ▶ Sleep apnea. ▶ Urinary incontinence.

But fortunately, obesity can be treated by various types of weight-loss surgery.

Free

Info sessions on the neighboring islands.

Conditions resolved or improved after bariatric surgery



Robert Paik

before



and he also worried that the lifestyle changes he would need to make would be so restrictive that they would take the pleasure out of eating the things he enjoyed.

“Dr. Fowler and his staff spent a lot of time with me, explaining the procedure, answering my questions and concerns,” Cantor said. “They made me feel that it not only was the right thing to do, but that they would be there to support me all the way through. And I had a lot of support from my wife, who wanted me to be around longer.”

Cantor experienced significant weight loss soon after his surgery, which kept him motivated. He lost 75 pounds within the first six months and plans to lose another 25. Even more encouraging, he was able to stop taking insulin and medication for high blood pressure just five weeks after surgery.

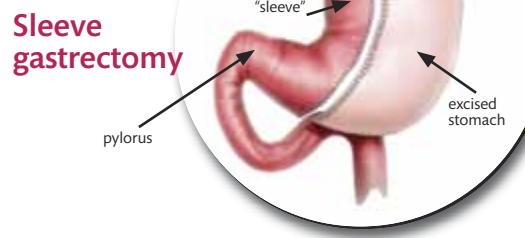
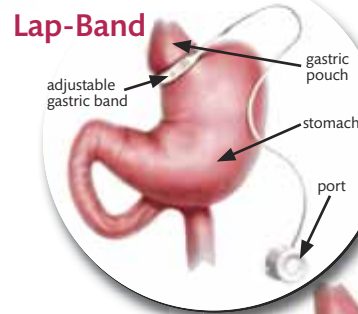
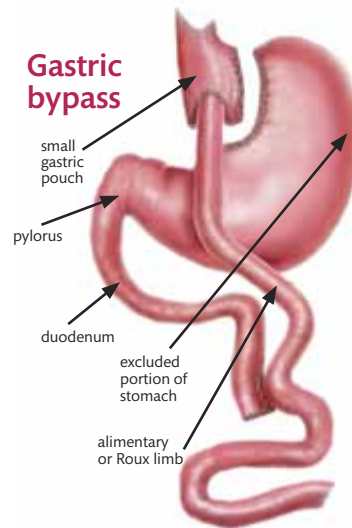
“I couldn’t have done it alone,” he says. “I had tried that already. Castle told me ‘You can do this, and we can help you do it.’ And they did, with a completely nonjudgmental, forward-looking approach. We set interim goals and they helped me piece by piece, one step at a time.”

Cantor’s fear of dietary restrictions has been replaced with the benefits of no longer being in pain and being able to shop for clothes in regular sizes. “Now I eat because I have to; food is no longer a primary focus of my life,” Cantor says, adding that even exercise is enjoyable.

“My first day after surgery, I walked a mile. It was so painful that I thought I’d have to call an ambulance,” Cantor recalls. Now he works out at a gym four to six days a week and is running 5K races. “I couldn’t even walk 5K six months ago,” he says. “I’m not setting track records, but my time is now under forty minutes. I’m gearing up for the next Great Aloha Run, which is just under 10K. Not very long ago, that was unimaginable.”

Today, Cantor says, he can live without chocolate cake, but he couldn’t live without being able to do physical activity. He’s down to his high school weight and back to his favorite hobby: working on vintage cars.

And, he adds, “I no longer feel that my life is approaching an end. I told Dr. Fowler and his staff, ‘you saved my life.’ It doesn’t get much better than that, right?”



Why Castle Medical Center?

- ▶ The Surgical Weight Loss Institute is a designated Center Of Excellence (COE) and a designated Blue Cross Center of Distinction.
- ▶ Our program is comprehensive.
- ▶ We offer bypass, sleeve and band procedures.
- ▶ Our surgeon is on-island and emergency coverage is always available. He has a high volume, dedicated practice, maintains an ‘Oahu office, and makes trips to the outer islands monthly/quarterly. He is the only local surgeon performing single incision laparoscopic surgery (SILS) for Sleeve and Band.
- ▶ We maintain support groups on all islands.
- ▶ The time to surgery can be two months from Quick Start.
- ▶ We accept HMSA, MDX, DMBA, UHA, HMA, HMAA, Medicare insurances and cash pay.

BMI Chart

If your BMI is 35 or more, you have a six times greater risk of developing diabetes than a person of normal weight, and more than twice the risk of gallstones, high blood pressure or arthritis.

BMI-associated disease risk		
WEIGHT CATEGORY	BMI (kg/m ²)	RISK
normal weight	18.5-24.9	normal
overweight	25-29.9	increased
obesity	30-34.9	high
severe obesity	35-39.9	very high
morbid obesity	≥ 40	extremely high



IS YOUR NUMBER TOO HIGH?
For more information on the Surgical Weight Loss Institute, or to register for a Weight-Loss Surgery Seminar, call **263-5400** or visit **castlemed.org**.

Height	Weight (pounds)																												
	154	165	176	187	198	209	220	231	243	254	265	276	287	298	309	320	331	342	353	364	375	386	397	408	419	430	441	452	463
4'9"	33	36	38	40	43	45	48	50	52	55	57	59	62	64	67	69	71	74	76	78	81	83	86	88	90	93	95	98	100
4'11"	31	33	36	38	40	42	44	47	49	51	53	56	58	60	62	64	67	69	71	73	76	78	80	82	84	87	89	91	93
5'1"	29	31	33	35	37	40	42	44	46	48	50	52	54	56	58	60	62	65	67	69	71	73	75	77	79	81	83	85	87
5'3"	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	64	66	68	70	72	74	76	78	80	82
5'5"	26	28	29	31	33	35	37	39	40	42	44	46	48	50	51	53	55	57	59	61	62	64	66	68	70	72	73	75	77
5'7"	24	26	28	29	31	33	35	36	38	40	42	43	45	47	48	50	52	54	55	57	59	61	62	64	66	67	69	71	73
5'9"	23	24	26	28	29	31	33	34	36	38	39	41	42	44	46	47	49	51	52	54	56	57	59	60	62	64	65	67	69
5'11"	22	23	25	26	28	29	31	32	34	35	37	39	40	42	43	45	46	48	49	51	52	54	56	57	59	60	62	63	65
6'1"	20	22	23	25	26	28	29	31	32	34	35	37	38	39	41	42	44	45	47	48	50	51	53	54	56	57	58	60	61
6'3"	19	21	22	24	25	26	28	29	30	32	33	35	36	37	39	40	42	43	44	46	47	48	50	51	53	54	55	57	58



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 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.

Jan. 16: Plant Power on Your Plate

Whether you are an athlete or just seeking to be more active, learn how to put delicious and nutritious foods on your plate. Meet registered dietitian and sports nutrition expert Amanda O'Neill at an informal, optional Q&A session at 5:30 p.m., before the cooking demonstration.

Feb. 27: Dining and Diabetes

A plant-based diet is a powerful tool to manage or prevent diabetes. Come and enjoy a carbohydrate-controlled meal and learn portion control.

March 27: Go for the Greens

Discover the nutritional goodness and delicious flavor of different greens in both raw and cooked 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 or call for dates and registration.

New FITNESS

Join Cindy Carvalho or Eileen Towata for these new single-session fitness classes. Fee: \$18. All classes are 90 minutes and involve floor work. Please bring a mat or large towel.

Hips & Knees

Sunday, March 9, 1 to 2:30 p.m., or Tuesday, March 11, 1 to 2:30 p.m.

LEVEL 1: Learn proper performance techniques and alignment awareness to help keep hips and knees pain-free.

Sunday, March 23, 1 to 2:30 p.m., or Tuesday, March 25, 1 to 2:30 p.m.

LEVEL 2: Session continues work from Level 1 and incorporates the use of resistance bands. Bands available: \$8.

Home Gym

Wednesday, Jan. 15, 5:30 to 7 p.m.

Circuit class incorporates inexpensive equipment for aerobic and strength training for home workouts and relaxation techniques.

Fit & Fantastic Feet

Sunday, Feb. 16, 1 to 2:30 p.m., or Wednesday, Feb. 19, 5:30 to 7 p.m.

Foot exercises and self-massage techniques for healthy feet and a happier you.

Call for information and registration for diabetes, tobacco treatment and nutrition classes.

JOINT CARE

Joint Care Seminars

Jan. 9, Feb. 6 and March 6, 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 MAKOplasty, a partial knee resurfacing option.

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.

SURGICAL WEIGHT LOSS

Weight-Loss Surgery Seminar

Saturday, Jan. 11, Feb. 15 or March 15, 7 to 8:30 p.m.

Wednesday, Jan. 22 or March 26, 6:30 to 8 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**.

FREE EVENTS

Aging Safely at Home

Tuesday, Feb. 11, 5:30 to 7 p.m.

Presented by AARP and Castle Wellness & Lifestyle Medicine.

Aloha Kidney Classes

Tuesdays, beginning Jan. 7, 5 to 7 p.m.

New education class for patients with chronic kidney disease. To register call **585-8404**.

Look Good...Feel Better

Monday, Jan. 13, 1:30 to 3:30 p.m.

Presented by the American Cancer Society to help individuals with cancer improve self-esteem and thereby manage their treatment and recovery.

CLIP AND SAVE

CARPAL TUNNEL SYNDROME

When a wrist goes wrong

THERE'S SOMETHING strange going on with your hand lately. Sometimes it tingles and burns. And maybe you wake up some mornings to find your hand numb. These can be signs of carpal tunnel syndrome.

What is it?

The carpal tunnel is a narrow space in the wrist that contains the median nerve, which controls feeling and movement in parts of the hand. If certain tissues there become swollen, it squeezes the median nerve inside. And compressing that nerve can cause a lot of problems in a hand, such as:

- ▶ Tingling, numbness or pain.

- ▶ Pain that travels up the wrist.
- ▶ Hands that feel swollen but look normal.
- ▶ A weak grip.

What causes it?

Some people are born with a smaller carpal tunnel. Other things that may increase risk include previous wrist injuries; fluid retention; repetitive work tasks; and medical problems, such as diabetes.

"If you're having symptoms of carpal tunnel syndrome, talk to your doctor," Minh Nguyen, MD, hand specialist, advises. "Left untreated, the condition can worsen to the point of permanent nerve

damage, possibly affecting feeling in your hand. Also, your doctor must rule out other possible causes of your symptoms."

How is it treated?

If you do have carpal tunnel syndrome, treatment options may include:

- ▶ Taking medications for swelling and pain.
- ▶ Wearing a splint or brace that straightens the wrist.
- ▶ Resting your wrist, which might involve changing tasks that worsen your symptoms.
- ▶ Getting steroid injections in the wrist for temporary relief.

If these steps don't help, surgery may be recommended to free up space for the median nerve.

Sources: American Academy of Orthopaedic Surgeons; American College of Rheumatology; National Institute of Neurological Disorders and Stroke



LEARN MORE

Dr. Nguyen and all of our five orthopaedic surgeons can be reached at **261-4658** (Kailua) or **235-6474** (Kaneohe) and are members of Castle Health Group.



How to find us

CALL US:

808-263-5500

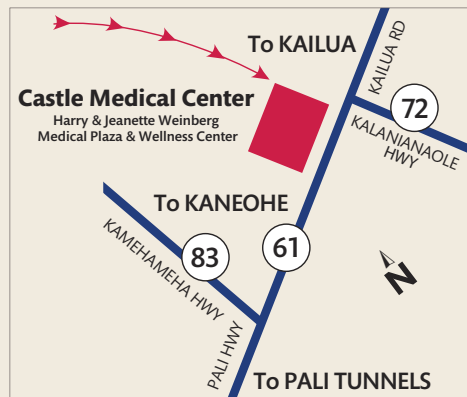
EMAIL US:

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:

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.

 Visit us at
castlemed.org.

WINDWARD HEALTH is published quarterly as a community service for the friends and patrons of CASTLE MEDICAL CENTER, 640 Ulukahiki St., Kailua, HI 96734, telephone: 808-263-5163, website: castlemed.org.

Kathryn Raethel
President and CEO

Jasmin Rodriguez
Director of Marketing and Communications

Helene Waihee
Editor

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.

Models may be used in photos and illustrations.

Copyright © 2013
Coffey Communications, Inc.
CMM30000

WINTER
2014



Castle Medical Center



640 Ulukahiki St.
Kailua, HI 96734

Nonprofit Org.
U.S. Postage
PAID
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.



Jamil Sulieman, MD

Waking Up to a New Year

Thursday, Jan. 9

Insomnia and sleep apnea are major sleep disorders that affect not only our sleep but many other medical illnesses too. Jamil Sulieman, MD, will give attendees a better understanding of what these problems are and how to treat them.

▶ **Jamil Sulieman, MD**
Sleep Medicine & Pulmonary Specialist



Maria Wilson, MD

Don't Stress About Respiratory Distress

Thursday, Feb. 13

Get the facts about how air quality, vog, secondhand smoke and yes, third-hand smoke, affect our breathing. CMC's tobacco treatment specialists will be on hand to discuss the health concerns with "vaping" and the e-cigarette rage. Leave with strategies to breathe easier and live healthier.

▶ **Maria Wilson, MD**
Internal Medicine



John Nagamine, MD

The Risks of Not Vaccinating Your Children: Is It Worth It?

Thursday, March 13

Are they safe? What are the side effects? Come hear the latest updates on childhood vaccinations.

▶ **John Nagamine, MD**
Pediatrics

A weight management program

—Continued from front page

"My goal is to lose 66 pounds by next summer."

Within three-and-a-half months of starting the program, Feliciano had lost 31 pounds—nearly halfway to her weight-loss goal. She also is excited that she no longer has to take medications for diabetes and high cholesterol.

"I feel better now; my friends and co-workers see the progress I've made; and I'm able to get back into clothes I haven't worn for a long time," she says.

One-on-one support

When you join Castle's Individual Weight Management Program, you can look forward to the support of a multidisciplinary team of experts to

help you adopt new diet and exercise routines. The program includes 10 hours of individualized, one-on-one sessions, scheduled over a six-month period. Your first and last sessions are with a lifestyle coach.

In between are four sessions with a registered dietitian who will show you how to monitor food intake, decipher nutrition labels and modify recipes, as well as provide other nutrition tips. You also receive four personal training sessions with a certified fitness trainer who will assess your endurance and flexibility, then tailor an exercise program just for you, with coaching along the way. An added benefit is two months of free fitness classes at Castle's Wellness Center.



IT COULD BE FOR YOU
Learn about Castle's Individual Weight Management Program by calling **263-5050**.

Throughout the program, weekly weigh-ins and body-fat measurements track your progress. For any additional follow-up or support, your wellness team is available by email.

Also recommended, though optional and requiring a physician's referral, is a before-and-after total body composition analysis with Castle's new CoreScan® DEXA (dual X-ray absorptiometry) scanner.

"Think of our program as an investment in you," says Kerr. "It's an investment that delivers the high value of personalized, one-on-one attention for a relatively low cost."