

# Windward

Adventist Health  
Castle

## HEALTH

Winter 2020



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**Insert:** We're bringing primary and specialty care closer to you

**Page 3:** For Your Health calendar—attend a free Joint and Spine Care seminar by Dr. Lau or Dr. Ganesh

#### **New physicians to meet your needs**

Our top-quality surgeons are ready to care for you. Pictured, from left: Chris Lau, MD, and Devin Ganesh, MD, are orthopedic surgeons who recently joined Adventist Health Castle's medical staff. Steven Fowler, MD, medical director of Castle's bariatric program, is also now accepting general surgery patients. *Story on page 2.*



## AH Castle welcomes two orthopedic specialists

Two orthopedic surgeons joined Adventist Health Castle's medical staff in recent months.



**Devin Ganesh, MD**, is double fellowship-trained in shoulder, elbow and hand surgery, including arthroscopy and shoulder replacement surgery. He is the newest addition to the Windward Orthopaedic Group of physicians in Kailua. Dr. Ganesh can be reached for appointments at **261-4658**.

After receiving an undergraduate degree from the University of Miami, Coral Gables, Florida, Dr. Ganesh earned his doctor of medicine degree from the University of Miami Miller School of Medicine and completed his orthopedic residency at Orlando Health. He also completed a shoulder and elbow fellowship at the University of Washington and a hand fellowship at New York University Langone Health.

Outside of work, Dr. Ganesh enjoys playing guitar and leading an active lifestyle that includes surfing with his wife and hiking.

"I am most interested in getting my patients back to the activities they love most," he says.



**Christopher Lau, MD**, is with Orthopedic Associates of Hawai'i, which recently expanded its services to Windward O'ahu with offices in the Castle Professional Center in Kaneohe. "We believe that convenience, comfort and accessibility are integral to better health care," he says.

Dr. Lau can be reached for appointments at **521-8151**.

Dr. Lau's practice focuses on sports-related injuries; nonoperative back treatment; and arthroscopic shoulder, hip, knee and ankle procedures. He also is trained in open shoulder and hip procedures, total shoulder, and hip arthroplasty.

Dr. Lau received his undergraduate degree from the University of Southern California. He returned home to Hawai'i to earn his medical degree from the University of Hawai'i John A. Burns School of Medicine, where he also completed his orthopedic surgery residency. He received specialty training in advanced arthroscopic surgery and sports medicine at Southern California Orthopedic Institute.

His active lifestyle includes running, lifting, swimming, body surfing and hiking.

AH Castle welcomes these two providers, who bring Windward O'ahu residents greater access to specialty care close to home.

### Meet our other board-certified orthopedic specialists



- **Robert Medoff, MD**, specializes in wrist and hand surgery and arthroscopic surgery. He can be reached at **261-4658**.



- **Linda Rasmussen, MD**, specializes in total joint, knee and hip replacement and robotic-assisted knee replacements. She can be reached at **261-4658**.



- **Brandee Black, MD**, specializes in orthopedics and sports medicine. She can be reached at **261-4658**.

## AH Castle's Kaneohe laboratory's earlier hours more convenient

The Adventist Health Castle Kaneohe Laboratory located at the Castle Professional Center in Kaneohe, 46-001 Kamehameha Highway, Suite 104, is now open longer hours to accommodate your blood draw and lab testing needs. The earlier hours allow you to complete your testing before work or end your fasting sooner. The new hours are Monday through Friday, 5:30 a.m. to 12:30 p.m. and 1 to 5:30 p.m., and Saturday, 7 a.m. to 12:30 p.m. They are closed holidays. To contact the Kaneohe laboratory, call **263-5025**.

AH Castle Laboratory Services offers a full spectrum of services at both locations, the Kaneohe Laboratory and at the medical center, 640 Ulukahiki St., which offers continuous inpatient hours and daily outpatient hours from 6:30 a.m. to 5 p.m. To contact the Kailua laboratory, call **263-5148**.

## Quality counts: Surgical services at Adventist Health Castle

There are many factors to consider when choosing a hospital for a surgical procedure, from health plan coverage to the hospital's experience and success rate with the procedure. One of the most important questions you should ask is, "Does the hospital meet national quality standards?"

AH Castle has earned multiple quality awards in recent years. In 2017, Castle became the first organization in Hawai'i to receive the prestigious Malcolm Baldrige National Quality Award, the highest level of national recognition for performance excellence, based on a broad review of our delivery of health care services, patient safety and experience, financial responsibility, and other measures. The overall rating score of our surgical floor's patient experience has been in the top 10% since the national HCAHPS (Hospital Consumer Assessment of Healthcare Providers and Systems) survey started in 2011.

AH Castle also excels in these surgical specialties:

**Joint and Spine Center (orthopedic surgery, including hip and knee replacements and spine surgery, and the only hospital on O'ahu to offer robotics for knee replacements):**

- Blue Cross/Blue Shield national Blue Distinction Center designation of excellence

**The Hawai'i Center for Metabolic and Bariatric Surgery (weight-loss surgery):**

- Blue Cross/Blue Shield national Blue Distinction Center designation of excellence
- Women's Choice Award® as one of America's Best Hospitals for Bariatric Surgery
- First in the state to achieve certification as a designated Metabolic and Bariatric Surgery Accreditation Quality Improvement Program

The Joint and Spine Center can be reached at **263-5220** and The Hawai'i Center for Metabolic and Bariatric Surgery can be reached at **263-5176**.



**Steven Fowler, MD**, is accepting new patients

AH Castle's weight-loss surgery center was the first of its kind in Hawai'i when it opened under the direction of Steven Fowler, MD, in 2006. Dr. Fowler attended medical school at the Boston University of Medicine. He completed an internship and residency at Cedars-Sinai Medical Center and a fellowship at the University of California, San Francisco. He is certified by the American Board of Surgery. Widely recognized for his excellence as a bariatric surgeon, Dr. Fowler also offers a range of general surgical procedures and welcomes new patients. Dr. Fowler's office is located in the Weinberg Medical Plaza on AH Castle's campus, and he can be reached for appointments at **263-5009**.





# Changing LIVES FOR THE BETTER

**AS A POST-TRANSPLANT PATIENT,** Lā'ie resident Linda Martin says life would be much more challenging without nurse practitioner Ryan Tenn, MSN, AGPCNP-BC, and the team at Adventist Health Castle's Health Clinic of Lā'ie.

"Castle's satellite clinics are wonderful for those of us living an hour or more away from town doctors," Linda says, "especially when we are in need of regular or urgent medical care."

Read inside about AH Castle's expanding services and what it means to patients like Linda and Leitu Karnuth, who live on the Windward side.



# Grateful for a second chance— and AH Castle's team in Lā'ie

**NEWLY RETIRED AND HALFWAY INTO TWO WEEKS** of cruising along the Pacific Coast with her husband, Ken, Linda Martin knew something was terribly wrong with her: She could hardly walk and seemed to always have a racing pulse and shortness of breath.

The night before they reached Santa Barbara, Linda knew she needed to get off the ship and seek medical attention. She and Ken were on the first tender boat ashore the next morning and caught a taxi to the nearest hospital.

"[Because I was] 58 years old and in excellent condition, the triage nurse seemed somewhat skeptical when I told her I thought I was having a heart attack," Linda says.

By then, pain in her chest was radiating down her left arm and into her jaw. The nurse hadn't even finished putting on all of the EKG leads when it became apparent that Linda's cardiac symptoms required immediate attention.

## Shocking diagnosis

"After several blood draws, X-rays, EKGs and other tests, the emergency room doctor walked in and said those terrible words that nobody should ever hear," Linda recalls. "We've found out what's wrong with you; you have leukemia. That's why you're having these symptoms."

Linda was diagnosed with acute myeloid leukemia (AML), plus "genetic mutations," causing it to be particularly virulent, with a 10% survival rate. It was Oct. 3, 2016. She would spend the next 10½ months in California hospitals, where she underwent back-to-back chemotherapy treatments and then, with the help of her oncologist, found a specialist in stem cell transplants for AML patients—her only hope for preventing a recurrence of the disease.

After being accepted for a transplant, Linda faced the challenge of finding the right stem cell donor. She has no siblings, and the U.S. and worldwide databases yielded no significant match. Her son Matthew, though not an ideal match, became her donor.

## Hard to believe

Following the transplant, Linda spent another 150 days in the hospital, many of them grueling as her body adapted to her son's foreign cells. At the end of the ordeal, she could hardly believe her good fortune when her oncologist gave her the news: The transplant was a success,



and there was no residual disease present. Oct. 3, 2019, marked three years since Linda's diagnosis.

## Finding follow-up care close to home

Although Linda is leukemia-free, the Lā'ie resident takes immune-suppressant drugs and requires regular blood work to monitor GVH (graft vs. host) symptoms that indicate her body is rejecting the transplant.

"I'm not so much in need of an oncologist as I am someone who understands GVH symptoms and complications of a stem cell transplant," says Linda.

That person turned out to be Ryan Tenn, MSN, AGPCNP-BC, a nurse practitioner at Castle Health Clinic of Lā'ie, who does Linda's blood draws and consults with her mainland oncologist when needed.

"After my first meeting with Ryan, he took two days to learn about leukemia and transplant patients," Linda says. "He is enthusiastic, a good listener, and he's not afraid to say, 'Let me research this some more; come back tomorrow.'"

"Life for me here in Lā'ie post-transplant would have been very different and much more challenging if not for Ryan and the team just down the street," Linda acknowledges. "Castle's satellite clinics are wonderful for those of us living an hour or more away from town doctors, especially when we are in need of regular or urgent medical care. It's so convenient, and open on Saturdays too!"

## Be a donor—save a life

Linda has another message to share. "Please consider being a stem cell donor," she says. "I was lucky to get a second chance."



**GIVE LIFE.** It's easy to save someone's life with a simple, noninvasive procedure similar to a dialysis treatment. Learn more at [BeTheMatch.com](https://www.BetheMatch.com).



# Our clinic services are expanding!

BY MELE POCHEREVA

## IT HAS BEEN NEARLY FIVE YEARS

since Adventist Health Castle launched an initiative to make primary care more accessible to Windward communities, in response to findings of a statewide health needs assessment conducted by the Healthcare Association of Hawai'i and its member hospitals.

Since then, that initiative has resulted in five new clinics in Lā'ie, Kaneohe and Kailua, and the successful recruitment of new primary care providers at these locations. Many of these providers are accepting new patients and accept most insurance plans, including Quest and Medicare.

## Meeting people's needs

Patient needs also are a driving factor in efforts to expand specialist services within the clinics, according to Derek Dickard, director of the Castle Physician Network.

"At Castle we conduct an annual needs assessment of the community to help identify what specialties are needed," Derek explains. "We want to make sure that we are offering the services our patients deserve. We look at the population that we serve, how much demand there is for a specific type of specialist and how many providers we have. If there is more demand than available providers, we make every effort to recruit appropriate specialists to the Windward side."

Specialist services are especially appreciated at Castle Health Clinic of Lā'ie, whose patients otherwise would

have to travel a considerable distance for specialist care. The Lā'ie clinic has offered OB-GYN services for several years, in partnership with Pali Women's Group, whose Lā'ie providers include Allison Moore, MD; Tricia Song, MD; and Kara Berlin, FNP, a nurse practitioner.

Now residents in this rural North Shore community also have access to specialists Jamala Munir, MD, cardiology; Brijit Reis, MD, pediatrics; Darin Wright, MD, ear, nose and throat; and, most recently, Christopher Lau, MD, orthopedic surgery.

## Castle introduces specialty clinics

Complementing AH Castle's five primary care clinics are two new specialty clinics in Lā'ie. They include an ear, nose and throat clinic and Lā'ie's first dental clinic, which opened at the Lā'ie Shopping Center in December, offering family dentistry services. Until then, Lindsey Lau, DDS, was seeing patients at offices at the nearby Castle Health Clinic.

In Kailua, the Outpatient Clinic in The Harry & Jeanette Weinberg Medical Plaza & Wellness Center has become a multispecialty hub for Castle-affiliated providers in the areas of cardiology (Jamala Munir, MD), general and bariatric surgery (Steven Fowler, MD), and otolaryngology (Darin Wright, MD).

"All of us at AH Castle are proud of the great care our patients receive through our integrated network of primary care providers and specialists," Derek says. "With many of these providers accepting new patients, quality health care in Windward O'ahu is more accessible than ever."

"Life for me here in Lā'ie post-transplant would have been very different and much more challenging if not for Ryan and the team just down the street."

—Linda Martin

## Meet Ryan Tenn, MSN, AGPCNP-BC

After receiving an undergraduate degree in nursing from Hawai'i Pacific University, Ryan Tenn, MSN, AGPCNP-BC, worked in a Honolulu hospital for five years. That experience led him to graduate school at the University of Hawai'i at Manoa, where he earned a master's degree with advanced training as a nurse practitioner.

"I wanted to get into preventive care to keep people out of the hospital," Ryan explains. "As a nurse practitioner in a clinic setting, I can manage patients' care and keep them healthy."

As a certified adult nurse practitioner (ANP), Ryan sees patients who are 13 years and older. He is trained to provide routine care, prescribe medications and manage chronic illnesses, such as diabetes, hypertension and chronic obstructive pulmonary disease (COPD).

The Lā'ie clinic accepts walk-in patients, including urgent care, and Ryan leaves time in his schedule to accommodate them.



## Castle Primary Care

Kailua Clinic I . . . . .	<b>263-5015</b>
Kailua Clinic II . . . . .	<b>263-5018</b>
Kaneohe Clinic . . . . .	<b>263-5019</b>
Kaneohe Clinic II . . . . .	<b>263-5020</b>
Lā'ie Rural Health Clinic . . . . .	<b>263-5017</b>



# Former coach appreciates lifestyle coaching

**LEITU KARNUTH GOT AN UNEXPECTED SURPRISE** when he showed up for an appointment at Castle Primary Care of Kaneohe a couple of years ago. He hadn't been feeling well, and the primary care physician he usually saw was on vacation, so he agreed to see one of the clinic's other physicians.

Imagine Leitu's surprise when Ben Roney, MD, walked into the exam room and greeted him with, "Hi, Coach!" He immediately recognized Dr. Roney as one of the former basketball players he had coached at Iolani School, and a friendship was reignited. Leitu's wife had been a patient of Peter Roney, MD, an ophthalmologist and Dr. Ben Roney's father, so the two families knew each other well.

"My next goal, with Dr. Roney's help, is to get off all my medications."

—Leitu Karnuth

As part of Leitu's examination that day, Dr. Roney recommended a blood test. "I liked how thorough and clear he was in explaining my numbers," Leitu recalls. "He also told me, 'Coach, you could go at any time.'"

## Changes for the better

This candid warning was a call to action. With Dr. Roney as his new health care partner, Leitu has made positive lifestyle changes, including a more plant-based diet, regular workouts at a fitness center and regular health checkups.

"My numbers are all good now, and I have gone from 330 pounds to 280," he reports. "My next goal, with Dr. Roney's help, is to get off all my medications."

Leitu is a worship leader and Sunday school teacher at his church in Kahaluu and says that, as a Christian, he is always looking for God's plan.

"Ben was an answered prayer," he says. "I'm really blessed to have him as a doctor."



## Meet Ben Roney, MD

Ben Roney, MD, joined Adventist Health Castle in 2016, returning home to Hawai'i after practicing in Kentucky, where he had received his medical degree at the University of Louisville School of Medicine and completed his internship and family medicine residency at the University of Kentucky in Lexington.

The ability to establish relationships with his patients for years—and generations—makes family medicine an appealing specialty for Dr. Roney who, together with his wife, lives in a multi-generational home with their three children and Dr. Roney's father, Peter Roney, MD.





# TAKE TIME FOR YOUR HEALTH

## events calendar



Take time for yourself with Adventist Health Castle'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 [adventisthealthcastle.org](http://adventisthealthcastle.org) and click on "Classes and Events," under "Patient Resources."

Facebook: [castlewellnesshawaii](https://www.facebook.com/castlewellnesshawaii)

Twitter: [@808wellness](https://twitter.com/@808wellness)

sign up online

[adventisthealthcastle.org](http://adventisthealthcastle.org)

Instagram: [@castlewellnesshawaii](https://www.instagram.com/castlewellnesshawaii)

### FAMILY

Take a tour of the birth center or sign up for classes:

- Giving Birth at Castle.
- Lamaze.
- The Bradley Method.
- Infant Safety.
- General Newborn Care.
- Breastfeeding.
- Car Seat Safety.
- Healthy Pregnancy.



Visit [adventisthealthcastle.org](http://adventisthealthcastle.org) or call **263-5400** for dates and registration.

### FITNESS

Visit [adventisthealthcastle.org](http://adventisthealthcastle.org) or call **263-5050** for information on all fitness classes.

#### Exercise Classes

Registration and fitness assessment are required. (Medical clearance may be needed.)

- Balance Training.
- Core Conditioning.
- Functional Fitness.
- Interval Training.
- Longer Life.
- Lunch Crunch.
- Stretch & Roll.

#### Healthy Weight and Your Child

Mondays and Wednesdays, Jan. 13 through May 13

5:15 to 7:30 p.m.

Families attend a twice-weekly 25-session program to learn about healthy eating, physical activity, portion control, internal and external triggers, food label reading, and goal setting and

rewards. To enroll, a child must be 7 to 13 years old, carry excess weight (BMI of 95th percentile or more), and attend with a parent or guardian. Fee: \$80/family for 25 sessions. Financial assistance is available. This program is provided in partnership with YMCA of Honolulu and Hawai'i Pacific Health. Call **548-0951** or email [ngibeau@ymcahonolulu.org](mailto:ngibeau@ymcahonolulu.org) to register with Noel Gibeau.

### MASSAGE

Relax and rejuvenate! Standard rate: \$1 per minute; \$68 per 75 minutes. AH Castle Kailua and Kaneohe locations. Gift cards available.

Massage therapy is an effective stress management tool that provides your body with the relaxation it needs to stay strong and healthy. Castle offers licensed massage therapist services in a relaxed setting.

Adventist Health Castle Wellness & Lifestyle Medicine Center offers two licensed massage therapists, Violet and Carolyn. Massages are available mornings and afternoons from Monday through Thursday and every other Friday. Call **263-5050**.

### SUPPORT GROUPS

Free and open to the public. Call **263-5050** or visit [adventisthealthcastle.org](http://adventisthealthcastle.org) for details:

- Alzheimer's Caregivers.
- Hospice Hawai'i.
- Mama Hui.
- NAMI.
- Parkinson's Disease.
- Pulmonary Fibrosis.
- Aloha Kidney.

### TOBACCO TREATMENT

#### Free counseling, by appointment

Thinking about cutting back on tobacco or electronic cigarette use? Contact one of our certified tobacco treatment specialists (CTTS) for one-on-one coaching; expert guidance; and to learn about nicotine patches, gums and lozenges, which are available to eligible participants. Call **263-5050** to schedule an appointment.

### DIABETES CARE

#### AH Castle Wellness Center Castle Professional Center

Our accredited program by the American Association of Diabetes Educators is led by certified diabetes educators. Sessions provide knowledge and skills for people who want to manage their type 2 diabetes and prevent complications. Learn how to eat healthy, be active, monitor blood sugar levels, take medication, solve problems, reduce risks for other health conditions and cope with the disease. Five-week group classes in Kailua, beginning March 31 and April 2, and in Kaneohe, beginning Feb. 18 and 20. Call **263-5050** to register.

### EAT WELL FOR LIFE

Fourth Thursday of each month,  
6 to 7:15 p.m.

\$12/class per person.

Call **263-5050** to register.

#### Adventist Health Castle Wellness & Lifestyle Medicine Center Auditorium

All classes are vegan and are demonstration-style, and food allergies are not accommodated. Generous samples and written recipes are provided. Registration closes one week prior to class; prepayment is required. No refunds.



#### Jan. 23 Anti-Inflammatory Foods Never Have To Be Anticlimactic

Heather Lawitzke, Happy Foods Kitchen

Kick inflammation to the curb and take off running with some powerful anti-inflammatory dishes. On the menu: Chana masala with kale served over quinoa with pumpkin and flax seeds, a side of roasted turmeric cauliflower, and coconut-mango chia seed pudding.



#### Feb. 27 Italian Date Night Dinner

Chef Nina Pullella, Nina

#### Cucina Health

Food is love made edible. Learn from Chef Pullella how to cook a special meal for yourself and your loved ones with these whole food, plant-based versions of Italian classics: Stuffed eggplant parmigiana and bruschetta. Includes recipes for a fresh roasted plum tomato sauce, creamy cashew mozzarella and walnut Parmesan.



#### March 26 Thai Me Up—You're Bound to Like it

Uala Leaf Café chef,

#### Windward Community College

Thai cuisine can be a healthy food option that can provide numerous health benefits and immune-boosting powers. Learn how to make several Thai dishes with fresh herbs and spices.

### JOINT & SPINE SEMINARS

• Jan. 16: Hip and Knee Replacements and Revisions; NAVIO robotic assisted partial and total knee replacement: Linda Rasmussen, MD

• Feb. 6: Common Medical Problems of the Hand and Wrist: Devin Ganesh, MD

• Feb. 20: Neck and Back Pain: William Beringer, DO



• March 5: Rotator Cuff: Surgical and Nonsurgical Treatment Options: Chris Lau, MD

• March 19: Sports and Exercise Injuries: Brandee Black, MD

All seminars are on Thursdays from 6 to 7 p.m. Learn from orthopedic surgeons Linda Rasmussen, MD; Devin Ganesh, MD; Christopher Lau, MD; and Brandee Black, MD, about treatments to manage sports and exercise injuries as well as hip, knee, hand, wrist and shoulder pain. Learn from neurosurgeon William Beringer, DO, about treatment options for neck and back pain, including minimally invasive surgical options. To register, call **263-5220**.

### WEIGHT LOSS

#### Weight-Loss Surgery Seminars

Sessions are held in the Adventist Health Castle Wellness & Lifestyle Medicine Center Auditorium unless otherwise noted.

- Wednesday, Jan. 22 or March 18, 6:30 to 8 p.m., or Saturday, Feb. 29, 7 to 8:30 p.m.

Learn about Castle's Comprehensive Metabolic and Bariatric Surgery Program from our bariatric surgeon and other bariatric team members. Registration required. Call **263-5176**.



Second Thursday monthly, 6 to 7 p.m., Castle Wellness Center Auditorium (unless otherwise indicated). To register, call **263-5050**. Free seminars provide expert health and wellness education from leading health care professionals. Healthy refreshments will be served.

Jan. 16 ('Ohana Room)

**Lifestyle and Integrative Medicine—a paradigm shift in health care**

**James Campbell, PA**



It is time to reset our thinking and behaviors so that being healthy is our default. Learn how unhealthy lifestyle choices have contributed to the rapidly increasing manifestation of preventable chronic illnesses. James is director of Lifestyle Medicine and the Brain Health and Wellness Center at Hawai'i Pacific Neuroscience.

Feb. 13

**Lifestyle Changes for Heart Health**

**Jamalah Munir, MD, FACC**



Heart disease is the leading cause of death in America, and it can take years to develop. Learn from interventional cardiologist Dr. Munir what you can do to prevent heart disease and take charge of your health.

March 12

**Optimizing Oral Health with Simple Lifestyle Changes**

**Russell Kim, DDS**



Oral health is often overlooked when you are considering your overall health. Learn from Dr. Kim the links between poor oral health and heart disease, diabetes and other conditions, and find out what you can do about it. Dr. Kim has had a family dentistry practice in Kaneohe for the past 27 years, and he made *Honolulu Magazine's* list of Hawai'i's Best Dentists for 2020.



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# Youth vaping: What you need to know

BY SAMANTHA ZURO, WELLNESS & LIFESTYLE MEDICINE CENTER

“If you can see, taste or smell it, it’s probably not good for your lungs,” warns Takkin Lo, MD, MPH, about the heated liquid in e-cigarettes and vaping products. A pulmonologist at Adventist Health Castle, Dr. Lo is used to seeing lungs damaged and diseased from chronic cigarette smoking. With vaping, he says, lung injuries are acute—beginning weeks or even days after starting to vape.

Two years ago, Dr. Lo treated his first case of lung damage tied to vaping. Within recent months, Dr. Lo has cared for four more, three of whom were youth. They arrived with coughing, shortness of breath, chest pain, nausea, vomiting, diarrhea, fever and weight loss.

The outbreak of vaping-associated lung injury is a serious public health concern nationwide. As of November 2019, the Centers for Disease Control and Prevention (CDC)

reports 2,172 cases from 49 states, Washington, D.C., and two U.S. territories—with 42 deaths.

**Hawai'i's particular risk**

Hawai'i has double the national average in youth vaping. While only 4.7% of adults report vaping, 26% of public high school students do, with numbers up to 34% on neighboring islands.

“We must recognize that this vaping outbreak is affecting a precious population on the island,” says Dr. Lo. “By allowing this to continue, we are cutting their lives short.”

**A timely response**

The Hawai'i State Department of Health recommends that:

- If you use e-cigarettes or vaping



products, stop immediately. If you don't, don't start.

- If you choose to continue using vaping devices, do not use off-market products.
- Children and youth should never use e-cigarettes and vaping devices.
- If you are experiencing symptoms of lung injury, see a health care provider immediately.
- If you are using vaping devices to kick a cigarette habit, do not return to smoking cigarettes.

**Info** If you need help to quit or cut down, contact the Live Well Tobacco Free Program at Adventist Health Castle for free support at **263-5050** or [adventisthealth.org/castle/health-and-wellness/wellness-center](http://adventisthealth.org/castle/health-and-wellness/wellness-center). Or call the Hawai'i Tobacco Quitline at **1-800-QUIT-NOW (1-800-784-8669)**.

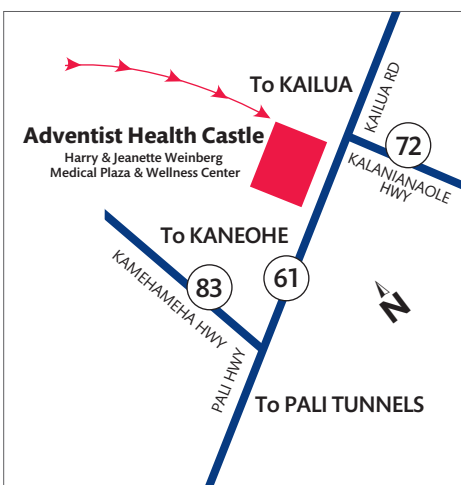
**How to find us**  
Call us: 263-5500

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

**Email us:** Visit [adventisthealthcastle.org](http://adventisthealthcastle.org), and click on “Contact Us.” We’d be happy to hear from you!

- Send us a comment.
- Request an AH Castle brochure.
- Request a physician directory.

**Write or visit us:** Adventist Health Castle, 640 Ulukahiki St., Kailua, HI 96734-4498



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**Kathryn Raethel**  
President  
**Jasmin Rodriguez**  
Director of Marketing & Communications  
**Helene Waihee**  
Editor

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