

Windward HEALTH

Adventist Health
Castle

Spring 2019



Aloha! Robin Matsukawa, MD; Changhua Wang, MD; and Ben Roney, MD, at Castle's Kaneohe Primary Care Clinics are three of nine board-certified primary care physicians now providing comprehensive services at Adventist Health Castle's five primary care clinics in Kailua, Kaneohe and Laie. New patients of all ages are welcome.



INSIDE THIS ISSUE

Insert: Our growing primary care clinics—new patients welcome!

Page 2: Make the most of your HMSA plan

Community connections



In the pink to promote breast cancer awareness and research
Adventist Health Castle marked National Breast Cancer Awareness Month, October, by lighting its 60-foot Norfolk pine tree in pink.

To promote awareness and research, Castle mammographers visited Macy's at Windward Mall and Nordstrom at Ala Moana to educate shoppers on the importance of early detection in surviving breast cancer. In addition, Imaging and Wellness associates, along with family and friends, participated in the Susan G. Komen Race for the Cure at Kapi'olani Park and staffed a Castle booth with breast cancer educational materials and giveaways.



Castle provides stroke education to seniors Cheryl Pedigo, RN, Cardiovascular Services educator, spoke at the Hawai'i Community Action Program's Kupuna Program in the fall to provide education on stroke and cardiovascular disease. The class, attended by 20 kupuna (seniors), also had their blood pressure checked, completed

Stroke Risk Assessment Scorecards, and participated in a Q & A session following the presentation.



Castle cares for the homeless

The Institute for Human Services (IHS) has leased two homes in Kailua to create a Tutu Bert's home on the Windward side. IHS leases several of these homes on O'ahu as a respite for medically fragile homeless who have been discharged from the hospital and need a temporary place to recover. The homes are called Tutu (the Hawaiian word for "grandma") Bert's in memory of Roberta DuTeil, the wife of IHS' founder. The home in Kailua recently provided an opportunity for Castle associates to live God's love by completing much-needed yard work. They helped weed, plant, and distribute gravel and mulch. "It was hard, sacred work that was definitely part of our mission," says Jesse Seibel, director of Mission Integration and Spiritual Care.



Achievements and accolades

AH Castle honored with two AHA 2018 Gold Awards

THE AMERICAN HEART ASSOCIATION (AHA) in January presented Adventist Health Castle with two 2018 Gold Awards.

The AHA in conjunction with the American Medical Association recognized AH Castle with the Gold Award for the Target: BP Recognition Program, which celebrates physician practices and health systems that treat patients with hypertension and achieve blood pressure control rates at or above 70 percent within the populations they serve.

The AHA also honored Castle with a Gold Award for Workplace Health Achievement, which scores organizations on 55 individual best practices organized into seven categories: leadership; engagement; programs; policies and environment; partnerships; communications; and reporting outcomes. Scores are also based on the objective, unbiased, science-based assessment of overall workplace heart health using aggregate data. Castle received a Gold Award in the Worksite Size 750-4999 category.



Kathy Raethel



Laura Westphal

Raethel and Westphal featured in *Hawai'i Business Magazine*

Hawai'i Business Magazine recognized Castle President Kathy Raethel and Patient Care Executive Laura Westphal in an article about the increasing numbers of women in Hawai'i companies who are in senior leadership positions. AH Castle and Hawaiian Electric Industries were two featured businesses run by female CEOs. Read the entire article at hawaiibusiness.com/wahine-moving-up.

Open enrollment: Make the most of your HMSA plan

IF YOU HAVE an HMSA plan, you should know that open enrollment is a great time to make sure your plan still fits your needs. You may not need to do anything, but if you got married, had a baby or experienced other significant life changes, open enrollment is the perfect time to update your plan.

Tips for open enrollment

- Start early. Give yourself time to weigh your options.
- Do your homework. Check your plan and evaluate your needs.
- Remember to look at other benefits your employer may offer, such as a flexible spending account, life insurance, disability insurance, 401(k), etc.
- Do your math and be realistic about your budget.

Remember to look at your total health care costs, not just your premium or how much you pay for health care each month. If you want to know more about your HMSA plan or open enrollment, check with your Human Performance Department, or call HMSA at **948-6079** on O'ahu or **800-776-4672** toll-free on the Neighbor Islands, Monday through Friday, 8 a.m. to 5 p.m.



Our growing primary care clinics



NEW PATIENTS WELCOME!

The Castle Health Clinic of Laie staff of highly trained specialists offer comprehensive, convenient health services and accept most types of insurance, including Quest and Medicare. Pictured above, from left, are Kara Berlin, FNP; Brandy Makekau, medical assistant; and Michelle Estioko, patient access representative.



Other specialists, from left, include Marc Shlachter, MD; Darin Wright, MD; and Ryan Tenn, MSN, AGPCNP.

Our growing primary care clinics— New patients welcome!

BY MELE POCHEREVA

Adventist Health Castle's network of primary care providers and services is growing as we strive to keep pace with the need for convenient, high-quality health care in Windward O'ahu.

With nine board-certified primary care physicians now providing comprehensive services at AH Castle's five primary care clinics in Kailua, Kaneohe and Laie, we welcome new patients of all ages. Our providers accept most types of health insurance, including Quest and Medicare.

"Nationwide the need for primary care providers is on the rise due in large part to the aging baby boomer generation and longer life expectancy among Americans—two factors that contribute to greater demand for health care services," explains Derek Dickard, who oversees the operations of AH Castle's primary care clinics as director of the Castle Physician Network. "Several years ago, Castle took a close look at the health care needs of Windward O'ahu communities and found that we could make a positive impact by providing greater access to primary care services. We opened our first primary care clinic in Laie in 2015, and have steadily recruited more doctors to the Windward side, opened four more clinics and added new services."

Expanded services at our Laie clinic

Serving a large rural population that encompasses communities from Ka'a'awa to Haleiwa, Castle Health Clinic of Laie—under the guidance of Marc Shlachter, MD, a family medicine physician—is dedicated to providing comprehensive care to patients of all ages, from infants to seniors.

In the past year, the clinic has added new services, including OB-GYN, ENT and pediatric specialists, and has just added family dental services.

Partners in sickness and in health

Primary care providers (PCPs) play an important role as partners in helping you achieve and maintain optimal health. Their comprehensive training enables them to diagnose and treat a wide range

of medical problems, help you manage chronic illnesses, prescribe routine preventive care and screenings, and coordinate care with specialists when needed.

When a non-emergency medical issue arises, a PCP is often a patient's first contact and, for many people, their personal doctor becomes a trusted counselor and advocate who provides a continuity of health care services over a lifetime.

The best time to choose a PCP is before you get sick so that you have time to find a doctor who not only meets your needs and expectations, but who also puts you at ease when discussing your health concerns and questions.

Here are some of the other things you may want to consider when looking for a PCP:

- Are the office location and hours convenient?
- Does the provider accept your health insurance plan?
- Is it easy to schedule appointments, even on short notice, when you're sick?
- Does the provider take time to explain tests and treatment options?

Fostering a positive patient-provider relationship is as important to your providers as it is to you. Understanding your lifestyle, medical history and potential hereditary health factors, for example, helps your provider guide you toward appropriate screenings, preventive care and healthy habits. Routine wellness exams help your provider monitor and detect changes in existing health conditions as well as uncover and treat medical issues you may not have noticed—before they become more serious.

It is the vision of AH Castle to transform the health experience of our community by improving health, enhancing interactions and making care more accessible for Windward O'ahu residents.

Castle's commitment to providing patient-centered health care extends throughout our medical center, affiliated physician network and our five primary care clinics.



The role of our nurse practitioners








Our nurse practitioners (NPs) are skilled health care professionals who have completed graduate-level education and have the clinical knowledge and skills to provide direct patient care. They can prescribe medications, follow clinical guidelines, and provide preventive education and chronic illness care. With their highly specialized training, our NPs work in collaboration with our physicians to enable our clinics to extend hours and provide high-quality, convenient care.



7 ways to make the most of your doctor visits

Some of life's most important moments take place in a doctor's office. That's because your checkups and other appointments with your provider are a time to focus on your most precious possession: your good health.

Yet doctors must see a lot of patients, and appointments can pass by more quickly than the both of you may like. So why not make the most of your valuable time together? Here are some tips that can help make your next visit a productive one:

-  **Do some prep work.** Before your appointment, write down your questions or concerns. That way you won't forget what you wanted to ask or talk about. For instance, if you want to discuss a new symptom you're having, think about some details in advance, such as what makes the symptom better or worse. Write your questions or concerns in a notebook or store them in your smartphone. Just don't forget to bring your notebook or phone to your appointment!
-  **Be candid.** Your doctor needs honest information to take the best care of you. So it's important to open up, even if it embarrasses you. Your doctor won't be upset or shocked at your habits. Being open and honest is important when it comes to anything that might affect your health and well-being, such as:
 - Your smoking or drinking habits.
 - Your sex life.
 - Your emotional well-being, including feelings of depression or anxiety over stressful changes in your life like divorce or job loss.
-  **Ask about screenings and adult vaccines.** Depending on your age and other factors, it could be time to update your shots or get a potentially lifesaving cancer screening test. So if your doctor doesn't mention such things, ask what screening tests or immunizations you may need.
-  **Speak up if something isn't clear.** If you don't understand any part of your doctor's instructions or advice, don't just nod your head. Ask your doctor to explain these things until they're crystal clear. You can repeat your doctor's instructions out loud to see if you got them right. *OK, so I need to take this medicine with meals, correct?*
-  **Make a medicine list and share it.** Your doctor needs to know everything you're taking—even any vitamins, herbs or over-the-counter medicines. This is important because some medicines can interfere with treatments or trigger a dangerous reaction. Make a list of all your meds and supplements, or bag them up and take them to your appointment.
-  **Bring some help.** Is it hard to remember your doctor's instructions? Consider bringing a loved one or a close friend to your appointment for a second set of ears. They can take notes and help you recall things your doctor said. Another option: Ask your doctor if it's OK to record the visit.
-  **Get some expert advice.** A doctor appointment is a chance to get advice that could literally change your life. Do yourself a favor and take advantage of that opportunity. For instance, are you thinking of losing weight, changing your diet or quitting smoking? Ask your doctor the best ways to accomplish your goals.



Find your nearest Castle primary care clinic

Our providers accept most major insurance plans, including Quest and Medicare.

Castle Health Clinic of Laie Laie Shopping Center 55-510 Kamehameha Highway, Suite 5 263-5017

Services provided:

- Primary care, all ages.
- OB-GYN services.
- ENT services.
- Pediatric services.
- Dental services.
- Pregnancy tests, flu shots, pneumonia shots, flu tests, strep tests, blood sugar checks, A1C checks.



Alison Moore, MD-MS, FACOG, OB-GYN (Pali Women's Health Center)



Brijit Reis, MD, pediatric services (Pali Women's Health Center)



Marc Shlachter, MD, family practice



Tricia Song, MD, FACOG, OB-GYN (Pali Women's Health Center)



Darin Wright, MD, ENT specialist



Kara Berlin, FNP, nurse practitioner



Ryan Tenn, MSN, AGPCNP-BC, nurse practitioner



Alisha Wallace, PA-C, OB-GYN (Pali Women's Health Center)

Castle Primary Care of Kailua 30 Aulike St., Suite 501 263-5015

Services provided:

- Primary care, ages 18 and older.
- Pregnancy tests, flu shots, pneumonia shots, flu tests, strep tests, blood sugar checks.



Angela Jung McCarthy, MD, internal medicine



Howard Keller, MD, internal medicine



Maria Wilson, MD, internal medicine



Alice Mendykowski, FNP, nurse practitioner (Phone: 263-5050)

Castle Primary Care of Kailua 2 30 Aulike St., Suite 303 263-5018

Services provided:

- Primary care, ages 18 and older.
- Pregnancy tests, flu shots, pneumonia shots, flu tests, strep tests, blood sugar checks.



Clara Yong, MD, internal medicine



Alice Mendykowski, FNP, nurse practitioner (Phone: 263-5050)

Castle Primary Care of Kaneohe Castle Professional Center 46-001 Kamehameha Highway, Suite 303 263-5019

Services provided:

- Primary care, ages 18 and older.
- Pregnancy tests, flu shots, pneumonia shots, flu tests, strep tests, blood sugar checks, A1C checks.
- Convenient access to physical therapy, lab and imaging services, and pharmacy.



Benjamin Roney, MD, family practice



Joseph Tsai, MD, internal medicine



Alice Mendykowski, FNP, nurse practitioner (Phone: 263-5050)

Castle Primary Care of Kaneohe 2 Castle Professional Center 46-001 Kamehameha Highway, Suite 311 263-5020

Services provided:

- Primary care, ages 18 and older.



Robin Matsukawa, MD, internal medicine



Changhua Wang, MD, internal medicine



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 our website at adventisthealthcastle.org and click on "Classes and Events."

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

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

Click  sign up online

adventisthealthcastle.org

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

FITNESS

Call **263-5050** or visit adventisthealthcastle.org for information on all fitness classes.

Exercise Classes

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

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



MASSAGE

Relax and rejuvenate! Standard rate: \$15 per 15 minutes or \$30 per 30 minutes. Punch Card: 5 massages for \$68; Gift Certificates available.

To schedule your massage, please call the Wellness Center at **263-5050**. Castle Wellness Center is equipped with two licensed massage therapists, Violet and Carolyn. Massages are available during the day Monday through Thursday and every other Friday.

TOBACCO TREATMENT

Free counseling by appointment

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



JOINT & SPINE SEMINARS

- April 4: Neck and Back Pain: Will Beringer, DO
- May 2: Hip and Knee Replacements and Revisions; NAVIO Robotic-assisted partial and total knee replacement: Linda Rasmussen, MD
- June 6: Shoulder Pain: Surgical and Nonsurgical Options for Care: Brandee Black, MD



Learn from orthopaedic surgeons Linda Rasmussen, MD, and Brandee Black, MD, about treatments to manage knee, hip and shoulder pain, including surgical and nonsurgical options. Learn treatment options for neck and back pain, including minimally invasive surgical options, from neurosurgeon Will Beringer, DO. To register, call **263-5220**.

SUPPORT GROUPS

Free and open to the public. Call **263-5050** or visit adventisthealthcastle.org for details:

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

WEIGHT LOSS

Weight-Loss Surgery Seminars

Sessions are held in the Castle Wellness Center Auditorium unless otherwise noted.

- Wednesday, April 17, 6:30 to 8 p.m.
- Wednesday, May 15, 6:30 to 8 p.m.
- Wednesday, June 12, 6:30 to 8 p.m.

Learn about Castle's Comprehensive Metabolic and Bariatric Surgery Program from our bariatric surgeon, Steven Fowler, MD, and other bariatric team members. Registration required. Call **263-5400**.



EAT WELL FOR LIFE

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

\$12/class per person. Call 263-5050 to register. AH Castle Wellness & Lifestyle Medicine Center Auditorium

Travel the world of plant-based cuisine. All classes are vegan and are demonstration-style. Generous samples and written recipes are provided. This is a group food demonstration and food allergies are not accommodated. Registration one week prior to class and prepayment are required. No refunds. Maximum capacity is 40 participants.

April 25

Easy, Delicious, Affordable Weekly Vegan Meal Prep

Hannah Vernon

Learn Chef Hannah Vernon's tips and tricks to enjoy eating healthy all week long. Do-it-yourself fast and easy meal prep that is nourishing, plant-based and protein-packed. Even the pickiest eaters will enjoy these dishes. Hannah is the founder and head chef of Homecooked with Love, LLC, a sustainable catering and weekly meal prep business on O'ahu.

May 23

Superfood Recipes with All Foods Grown in Hawai'i

Hannah Vernon

Chef Hannah is sharing recipes featuring superfoods like olena (turmeric), moringa leaf, ginger, fresh coconut meat and more. There will be sweet and savory recipes to enjoy. Hannah's goal is to help educate the community on what it means to source locally, eat responsibly, and the powerful benefits this has on the islands, our community and your body. Plus, eating healthy can be delicious.

June 27

Plant-Based Nutrition for Vibrancy and Vitality

Holly Harding, AADP, INHC

Discover how to build balanced, nutrient-rich, plant-based, tasty, vegan meals with vitamins and nutrients to boost vibrancy and vitality. You'll learn about local and international spices and flavors to replace less healthy, less nutrient-filled options. Cook Holly has studied 100+ dietary theories, including the psychology of eating, and created The H Lyfe Method to help people eat healthy.

CLIP AND SAVE

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 or call **263-5400** for dates and registration.

640 Ulukahiki St.
 Kailua, HI 96734

In Sickness & In Health

Second Thursday monthly, 6 to 7 p.m.
 Castle Wellness & Lifestyle Medicine Center Auditorium
 For class registration, call **263-5050**.

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



April 11
Water, Other Fluids, and Fatal Heart Disease and Stroke: The Adventist Health Study
 Jacqueline (Chan) Mee-Lee, DrPH

Examine the evidence showing how something as simple as drinking more water can lower your risk of fatal heart disease and stroke, and which other beverages can lower or raise your risk for these diseases. Dr. Chan was one of five experts involved in the Adventist Health Study related to hydration that was featured in the May 2002 issue of the *American Journal of Epidemiology*.



May 9
Healthy Habits for Stroke Prevention
 Jason Viereck, MD

Dr. Viereck is the director of the Stroke and Neurological Restoration Center, Hawai'i Pacific Neuroscience. Discover what you can do to prevent stroke and heart attack. Learn what to watch for and what to talk to your doctor about related to your health and stroke prevention.



June 13
Lifestyles of the "Rich in Health" and "Blue Zone Famous" Adventists
 Robin Matsukawa, MD,
 Internal Medicine

Before Blue Zones, there was and still is the Adventist Lifestyle. Come learn about the basics of Adventist Health and have a NEW START in life. Dr. Matsukawa is board-certified in internal medicine and has been practicing since 2010. His special interests include evidence-based primary care medicine and whole person care.

'I feel like I have new purpose!'

Wellness Center offers hope for those with diabetes

Diabetes is on the rise, and one out of every two adults in Hawai'i has either prediabetes or type 2 diabetes. Castle's Wellness & Lifestyle Medicine Center in Kailua and Kaneohe offers the Diabetes Self-Management Education (DSME) Program for those with diabetes. This program consists of five weekly two-hour classes, which are offered Tuesday



evenings or Thursday mornings. For those unable to make the classes, the Wellness Center offers individual consultation. The program covers seven self-care behaviors:

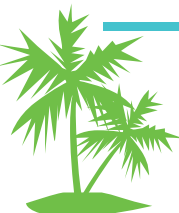
- Healthy eating.
- Being active.
- Monitoring.
- Taking medication.
- Problem solving.
- Reducing risks.
- Healthy coping.

Terry Akamu has been managing his diabetes at the Wellness Center for years,

attending the five-week program twice and following up after every A1C test. However, he was noticeably slowing down and seemed in poor spirits. Unable to continue his normal exercise routine because of balance problems that came with his aging process, Terry decided to join the Wellness Center's fitness classes. He devotedly attends three times a week. "I feel like I have new purpose!" Terry says. "And my mental health has improved dramatically."

Castle's DSME also includes two hours of healthy eating facilitated by Amanda McFarland, a registered dietitian and certified diabetes educator (CDE). It integrates direct referrals for tobacco treatment, fitness classes, surgical weight-loss programs, behavioral health counseling, ophthalmology and podiatry. In addition, Castle's program provides medical management if needed, from Anela Tamashiro, a nurse practitioner and CDE. Referrals from family and friends are the most effective at producing the best attendance and outcomes, and patients are encouraged to bring their family members to the appointments.

Info Terry's is just one of many success stories happening daily at the Wellness & Lifestyle Medicine Center. To find out more or sign up for a class, visit adventisthealthcastle.org or call **263-5051**.



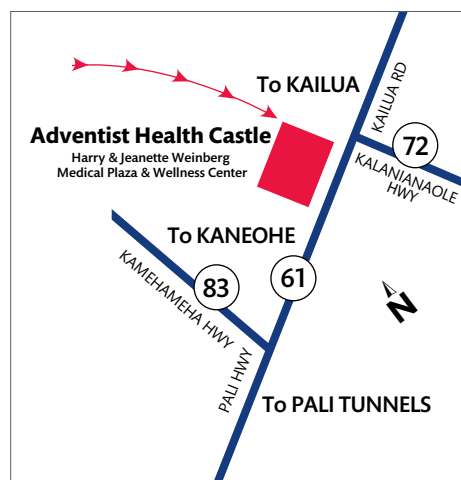
How to find us
 Call us: 263-5500

Visit us at adventisthealthcastle.org

Email us: Visit 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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