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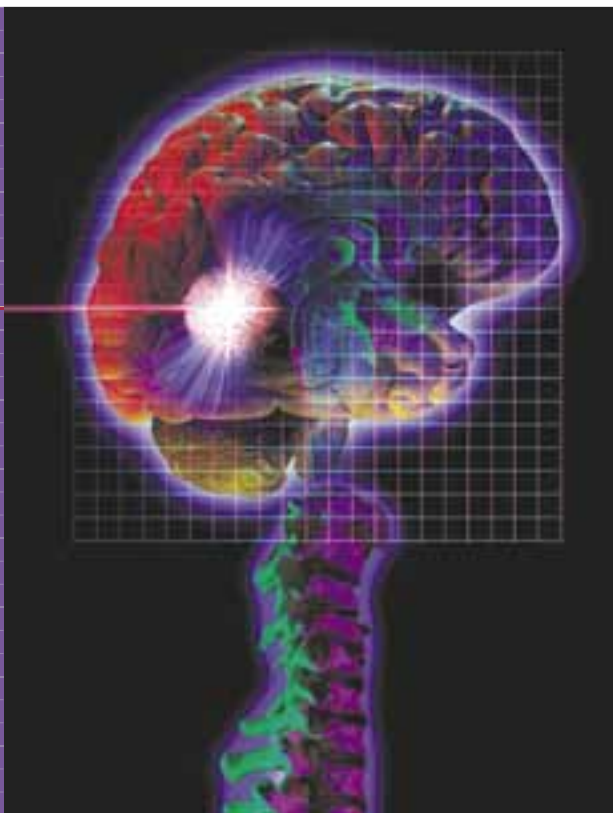
Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

WINTER 2011

SAFER SURGERY

CASTLE'S INTRAOPERATIVE
MONITORING IMPROVES
NEUROLOGICAL OUTCOMES



SAVING HEARTS— AND MINDS

*Castle introduces cool therapy to
reduce damage from cardiac arrest*

More than 300,000 Americans a year experience sudden cardiac arrest—a complete cessation of activity that can result from a massive heart attack and other conditions—and the vast majority never make it to the hospital. Minutes after the heart stops beating, the brain begins to die from lack of oxygen. Manual chest compressions can keep some blood flowing, but unless the heart is restarted quickly, the patient will not survive. When circulation is restored, however, inflammation and other reactions usually cause permanent neurological damage.

Castle Medical Center recently joined a growing number of hospitals across the nation using a special body-cooling therapy called therapeutic hypothermia to prevent brain injury and improve patients' chances of survival.

The therapy at Castle uses a cooling system that allows insertion of a cooling catheter into a large vein in the body. A machine is then able to cool the body very safely and precisely to an appropriate temperature. The benefit of the cooling system over other methods—such as infusing cold fluids and applying ice packs, which are effective—is the ability to exactly control temperature.

NEW USE OF OLD KNOWLEDGE “Hypothermia as a treatment for survivors of cardiac arrest is a new application of an old medical realization,” says Castle Emergency Room (ER) physician William Scruggs, MD. “We’ve known for a long time that people who appear to drown in ice-cold waters can sometimes be revived

—Continued on page 3

Castle Medical Center now offers Hawaii's patients and surgeons the first intraoperative monitoring (IOM) system, supervised and monitored live by an on-site physician specializing in neurophysiology. The service began in August. ♦ Surgeons, anesthesiologists and neurophysiologists work together during surgery using IOM to gain real-time assessment of neurological function involving the brain, spinal cord and related nerve structures. They gather

information by tracking neurophysiologic signals, such as with an electromyograph (EMG) and an electroencephalograph (EEG). IOM has emerged as an important tool in preventing neurological deficits and improving surgical outcomes, and it is becoming the standard of care.



Kore Liow, MD,
FACP, FAAN

The American Academy of Neurology has recognized IOM as an effective and essential element for preventing complications and for identifying neural structures during complex surgical procedures. It has been proven to reduce the incidence of surgically induced neurological deficits by more than

50 percent and greatly improve surgical outcomes.

The Castle IOM team is headed by Kore Liow, MD, FACP, FAAN, a neurologist and clinical neurophysiologist. Before coming to Castle, Dr. Liow served for 10 years as director of the Neurophysiologic Laboratory and Intraoperative Monitoring Program at the 1,000-bed tertiary care hospital at the University of Kansas School of Medicine in Wichita, where he also served as professor of neurology.

The team also includes a Castle-based and experienced IOM technologist, who has performed more than 500 IOM procedures.

The Castle IOM team will be on-site at the hospital, and physicians can schedule procedures by calling Perioperative Services at 263-5170.



**SURGICAL
EXCELLENCE**

CMC a Blue Distinction® Center for Bariatric Surgery **See page 3**



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CONGRATULATIONS: From left are Kevin A. Roberts, Castle Medical Center president and CEO; David Na'ai, MD; Larry Dodds, executive vice president and chief operating officer; and Keith Doram, MD, vice president and chief medical officer, Adventist Health.

Rasmussen named 2010 HMA Physician of the Year

Castle Medical Center orthopedic surgeon Linda Rasmussen, MD, was named the Hawaii Medical Association's (HMA) 2010 Physician of the Year.

The HMA presented the award to Dr. Rasmussen at its annual Ola Pono Ike Medical Gala, held at the Sheraton Waikiki, in recognition of her outstanding service to the community and continual advocacy for physicians and patients.

Dr. Rasmussen currently serves as

Hawaii representative to the American Academy of Orthopedic Surgery's Board of Councilors and is the co-chairwoman of the HMA's Legislative Committee. She initiated Save Our Doctors Hawaii, a nonprofit coalition of patients and concerned citizens addressing Hawaii's physician shortage.

She is also a volunteer surgeon at Shriners Hospital for Children and the team physician for the Kalaheo High School football team.

Dr. Na'ai receives AH Physician of the Year Mission Award

In October at its annual Physician Leadership Symposium in Sacramento, Calif., Adventist Health awarded the Physician of the Year Mission Award to 15 physicians.

The award recognizes the compassionate work of those who distinguish themselves from the ordinary. The honorees were selected by their hospitals and were chosen as exemplary health care providers because they embody the organization's mission and focus on whole-person care.

David Na'ai, MD, a nephrology and internal medicine specialist, was chosen by Castle Medical Center to receive the award for his work within the native Hawaiian community. In addition to seeing patients at The Harry & Jeanette Weinberg Outpatient

Clinic, Dr. Na'ai has gone the extra distance to help the underserved community of Waimanalo, where few medical subspecialists are available. For the past five years, he has dedicated two days a month to seeing patients at the Waimanalo Health Center, regardless of their ability to pay.

"Our mission finds its most poignant expression through the work of our physicians," says Paul Crampton, assistant vice president for mission and spiritual care at Adventist Health. "There is more to the care we provide than simply treating a symptom or curing a disease. The work of health care reaches out to alleviate suffering, affirm dignity and promote wellness in the communities we serve."



OUTSTANDING SERVICE: Castle Medical Center associates, friends and family were on hand to congratulate Linda Rasmussen, MD (with lei), on her award.

HAVING HEART TROUBLES?

Find out what CMC can do for you. See page 4.

HOW TO FIND US

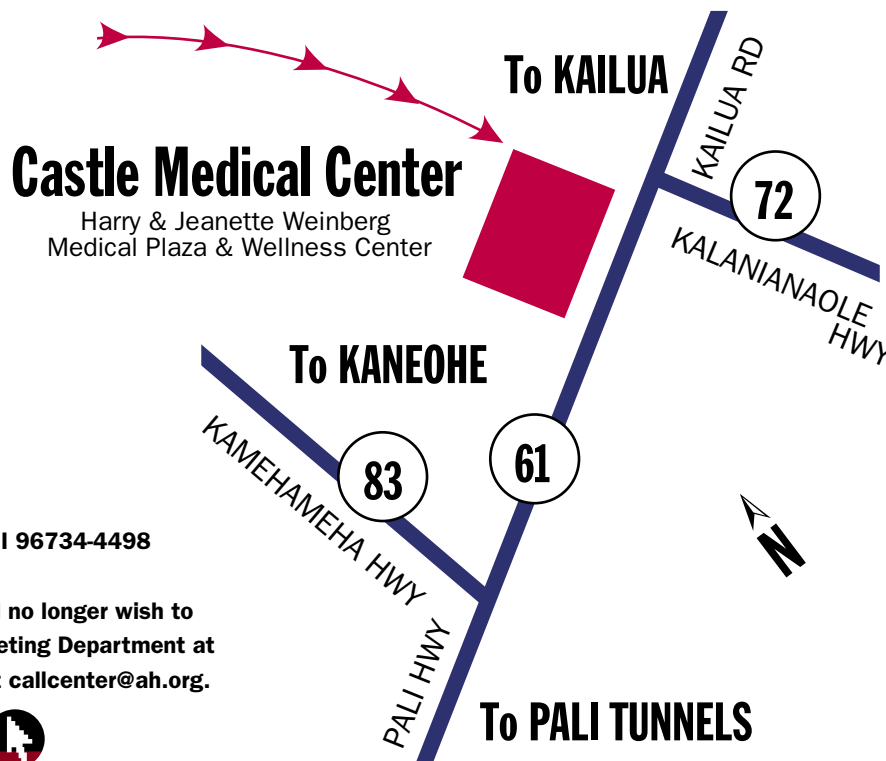
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Windward Health

WINTER 2011

Overweight? You can trust us to help

Castle Medical Center designated a Blue Distinction® Center for Bariatric Surgery

Hawaii Medical Service Association (HMSA), as the local Blue Cross and Blue Shield licensee, has designated Castle Medical Center as a Blue Distinction® Center for Bariatric Surgery under the Blue Cross Blue Shield Association's program. To date, more than 230 facilities nationwide have received this designation.

Obesity is widely recognized as a contributor to serious health risks. According to the Agency for Healthcare Research and Quality, the total number of bariatric surgeries increased 400 percent from 1998 to 2004. Bariatric surgery may help some people reduce extreme obesity and its associated health risks, and Blue Distinction provides objective information to help people make informed decisions when choosing a provider.

Castle Medical Center's approach to assessing, improving and supporting the metabolic needs of its patients is holistic and comprehensive. The Surgical Weight Loss Institute provides interdisciplinary experts (nurses, psychologists, dietitians

and physical therapists) in combination with exceptional bariatric surgical interventions to ensure that patients and families are supported throughout the entire process and set up for long-term success.

"Blue Distinction puts a high value on research and evidence-based health and medical information," says Allan Korn, MD, Blue Cross and Blue Shield Association chief medical officer. "Blue Distinction centers show our commitment to working with doctors and hospitals in communities across the country to identify leading institutions that meet clinically validated quality standards and deliver better overall outcomes in patient care."

What does it take? To be designated as a Blue Distinction® Center for Bariatric Surgery, Castle met the selection criteria posted at www.BCBS.com, which include:

- An established bariatric surgery program, actively performing these procedures for the most recent 12-month period

and performing a required minimum volume of 125 such surgeries annually.

- A bariatric surgery team with the appropriate experience.
- An acute care inpatient facility, including intensive care and emergency services.
- Full accreditation by a CMS-deemed national accreditation organization.
- A comprehensive quality management program.

The Blue Cross and Blue Shield companies award the Blue Distinction designation to medical facilities that have demonstrated expertise in delivering quality health care. The designation is based on rigorous, evidence-based selection criteria established in collaboration with expert physicians' and medical organizations' recommendations.



ON YOUR TEAM: Castle Medical Center's Surgical Weight Loss Institute's team of experts includes Steven Fowler, MD, medical director and bariatric surgeon; Joanne Reid, director (on his right); and Nancy Valla, manager (on his left). To learn more about Castle's Surgical Weight Loss Institute, call 263-5400.

Best doctors in Hawaii

Castle physicians come highly recommended by their peers

Honolulu Magazine recently published its annual list of "Best Doctors in Hawaii." The list is compiled by Best Doctors Inc., a research firm that first surveys physicians nationwide to recommend their peers and then further surveys and scrutinizes the physicians identified in that initial survey.

Best Doctors does not pay physicians to be on the list, nor can doctors purchase a place on the list. The firm releases its list to regional magazines such as *Honolulu Magazine* for free, in order to raise awareness. The firm's paying customers are those in search of specialists through employee benefit plans and insurance programs.

CONGRATULATIONS TO THESE CASTLE MEDICAL CENTER PHYSICIANS WHO MADE THE LIST!

- Mary Ann Antonelli, MD,** rheumatology
- John Aoki, MD,** family practice
- Michiko Bruno, MD,** neurology
- Peter Bryant-Greenwood, MD,** pathology
- Barry Carlton, MD,** psychiatry
- Alan Cheung, MD,** general surgery, vascular surgery
- Stephen Chinn, MD,** urology
- Jonathan Cho, MD,** oncology, hematology
- Collin Dang, MD, FACS,** cardiothoracic surgery
- Robert DiMauro, MD,** radiology
- John Frattarelli, MD,** fertility medicine

- Maimona Ghows, MD,** anesthesiology
- Robert Jao, MD,** gastroenterology, hepatology
- Jeffery Harpstrite, MD,** orthopedic surgery
- Philip Hellreich, MD,** dermatology
- Dan Heslinga, MD,** family practice
- Malcolm Ing, MD,** ophthalmology
- Kevin Kimata, MD,** neurology
- Jeffrey J. K. Lee, MD, FACS,** orthopedic surgery, spine surgery
- Whitney Limm, MD,** general surgery
- Kore Liow, MD, FACP, FAAN,** neurology
- Elna Masuda, MD,** vascular surgery
- John McDonnell, MD,** allergy and immunology
- Paul Morris, MD,** cardiothoracic surgery

- David Na'ai, MD,** nephrology
- Thomas Namiki, MD,** pathology
- David Ono, MD,** nephrology
- James Pearce, MD,** neurology, pain management, sleep disorders medicine
- Garry Peers, MD,** urology
- Francis Pien, MD, MPH,** infectious disease, internal medicine
- Tae Rho, MD,** radiology
- Marc Shlachter, MD,** family practice
- Glenn Stahl, MD,** family practice
- Jared Sugihara, MD,** nephrology
- Thomas Tasaki, MD,** nephrology
- Naoki Tsai, MD,** gastroenterology, hepatology
- Linda Wong, MD,** general surgery

Saving hearts and minds

—Continued from page 1

and return to a functional neurologic status even after extremely long periods of time without a heartbeat or spontaneous breathing.

"The cells of the brain and body are damaged when the heart is not beating because they do not receive the oxygen and nutrients they need to survive," Dr. Scruggs continues. "When the heart is restarted, the body can overreact to this damage and create an inflammatory response that can actually cause further damage to those sensitive cells. This may be why it is so common for people to be so mentally impaired if they do survive the initial cardiac arrest. By cooling the body, we are trying to limit the inflammatory response and the damage it can cause to the cells of the brain."

A TEAM EFFORT Intensive Care Unit Nurse Manager Laura Baker says that her staff and the ER staff are working together as a team to provide therapy at Castle.

"We are enthusiastic that this therapy is available to help improve the quality of life for this at-risk population," Baker says.

"Intravascular cooling and therapeutic hypothermia are very advanced technologies and techniques and at the forefront of medicine today," Dr. Scruggs adds. "They are part of our continuing efforts to bring the very best medicine has to offer to Windward Oahu."



COOL TEAM: From left are Christopher Len, RN; Laura Baker, RN; Erik Anderson, RN; and Maile Hirasuna, RN, with the Alsius Thermoguard unit that has already been used twice since the new therapy arrived at Castle.

DIAGNOSING HEART DISEASE

In order to get a complete picture of your heart's health, your doctor might want you to have two or more tests.

Tests that can get to the heart of the matter

Hearth disease is a big deal. For many of us, it's the No. 1 threat to our health. ♦ So if your doctor thinks you're at risk for the disease—or that you already have it—chances are you're going to undergo some testing, which will help determine if you need treatment. ♦ No solitary test can tell your doctor whether or not you have heart disease. In order to get a complete picture of your heart's health, your doctor might want you to have two or more tests.

If that makes you a little apprehensive, maybe this will help you breathe a bit easier: Most of the tests for diagnosing and evaluating heart disease are painless. In fact, many of them don't require even a needle stick in your arm. But each one you undergo is like a puzzle piece, giving your doctor more information to guide your treatment.

Below are some common tests used to diagnose heart disease, followed by a brief description of how and why each test is done. The information comes from several groups, including the American Heart Association (AHA), the National Institutes of Health, and the Centers for Disease Control and Prevention.

Of course, the most important source

Am I having a heart attack?

The fear of embarrassment can keep you from doing a lot of things.

It might stop you from singing karaoke, for example. Or it could convince you not to make your skating debut on the ice rink in the center of the mall.

But it should never stop

you from getting medical help if you think you might be having a heart attack.

According to the National Heart, Lung, and Blood Institute, people often delay calling for emergency help after a heart attack starts. One major reason: fear of being embarrassed if it turns out to be a false alarm.

Getting help at the first sign of a heart attack is the

essence of the motto “Better safe than sorry.” Quick treatment is so critical to surviving a heart attack that health experts urge you to call 911 for an ambulance rather than ride to the hospital in a private car.

You should call 911 within five minutes of having any of these signs of a heart attack:

- Feeling pressure, squeezing, fullness or pain in the

center of the chest.

- Having discomfort in one or both arms, the back, the neck, the jaw, or the stomach.
- Feeling short of breath.
- Feeling nauseous or lightheaded or breaking out in a cold sweat.

You should get medical help even if your symptoms disappear after a few minutes.

Additional source: American Heart Association

of information is your doctor. Each step of the way, you can ask him or her questions about the benefits and risks any test holds for you.

NONINVASIVE TESTS Tests that are noninvasive don't require putting needles, dyes, tubes or other materials into your body, notes the AHA. Some frequently used ones include:

- **Chest x-ray.**

How it's done: A technician places you in front of a machine that holds x-ray film. You'll be asked to hold your breath while the machine takes a radiographic picture of your chest. You might have several x-rays taken from different angles.

What it can find: A chest x-ray can give your doctor a look at your heart, lungs and bones. It can't actually see inside your heart, but it can show its shape and size. An x-ray also can determine if your lungs are filling with fluid as a result of a heart attack.

- **Electrocardiogram (called an ECG or EKG).**

How it's done: You lie down on a table. Small patches holding electrodes are put on your body to measure your heart's electrical activity. Your heartbeats show up as lines on a monitor, and they also are printed out on paper.

What it can find: According to the AHA, an ECG can show three major electrical signals—or waves—produced by your heart. Each wave represents a different part of your heartbeat. Some of the information your doctor can glean from an ECG includes: ● Problems with blood flow to the heart. ● An abnormal heart rhythm. ● Evidence of a heart attack. ● Enlargement of the heart muscle.

- **Ambulatory ECG (or Holter monitoring).**

How it's done: You wear a small recording device that measures your heart's electrical activity throughout the day. It can monitor your heart continuously or intermittently for days or months.

What it can find: The goal is similar to that of a resting ECG, except that this test shows how your heart works for longer periods of time and under real-life

conditions—when you're under stress or asleep, for example.

- **Stress test (or exercise ECG).**

How it's done: Electrode patches on your chest record your heart's activity while you exercise, usually on a treadmill. The speed and angle of the treadmill change to increase the workload on your heart. Taking this test is much like walking briskly or jogging up a hill.

What it can find: A stress ECG tells your doctor how your heart handles workloads. It can help your doctor find out why you have chest pain, assess your risk for a heart attack or determine a level of exercise that is safe for you.

- **Echocardiography.**

How it's done: As you lie on a table, a technician moves a handheld probe over your chest. The probe uses sound waves to make a video record of your heart in action.

What it can find: Your doctor will be able to see your heart's size and shape plus how well blood pumps through it with every beat. The test can reveal problems with heart valves and whether part of your heart muscle is weak and not working as it should.

INVASIVE TESTS Some of these tests require only a quick needle stick. Others—like transesophageal echocardiography—use special probes and can take a half-hour or more. Examples of invasive tests include:

- **Blood test.**

How it's done: A technician takes a sample of blood from a vein.

What it can find: Abnormal levels of certain proteins, fats and other substances in the blood can be a sign of heart disease. Some blood tests also can confirm that you've had a heart attack—or suggest that you are at risk for one.

- **Thallium stress test (myocardial perfusion imaging).**

How it's done: A small amount of a radioactive dye, called thallium, is injected into your arm as you exercise on a treadmill. A special camera takes pictures as the dye moves through your bloodstream and into your heart. This test is much like

a stress ECG but with images.

What it can find: The thallium test measures the blood supply to different parts of your heart. If an area isn't getting enough blood, that can indicate atherosclerosis—narrowing of the arteries due to fatty plaque buildup.

- **Cardiac catheterization.**

How it's done: According to the AHA, several procedures fall into this group. In general, however, a thin tube called a catheter is inserted into an artery in your groin or arm. The catheter is then threaded into your heart and surrounding arteries. A dye may be injected to better view heart function and blood flow on special x-rays. Most catheterizations are done in a hospital setting.

What it can find: Catheterization is one of the most valuable tests for diagnosing heart disease, according to the AHA. It allows your doctor to measure blood pressure or take blood samples within the heart itself. It can find blockages in the arteries.

- **Transesophageal echocardiography (TEE).**

How it's done: As you lie on a table, a technician guides a tube down your throat and into your esophagus. A probe at the end of the tube uses high-frequency sound waves to produce an ultrasound image of your heart.

What it can find: Similar to noninvasive echocardiography, this test offers a closer, more detailed look at your heart's structure and function, according to the AHA.

WHEN TESTING IS DONE The results of your tests will help your doctor decide your course of treatment.

He or she might suggest lifestyle changes that can help your heart, such as quitting smoking, switching to a heart-healthy diet, losing weight or increasing your exercise.

You might be given medication to lower blood pressure or cholesterol levels.

If testing finds a blockage in an artery, you might need a surgical procedure to reopen it.

Be sure to ask your doctor questions about any test you have or what the results mean for your health and heart.

Meet our cardiologists

All are members of Castle Health Group.
Eckhart Diestel, MD, FACC, FSCAI



- **Medical school:** Rijksuniversiteit Gent, Ghent, Belgium
- **Residency:** St. Vincent Hospital and Health Center, Indianapolis, Ind., in internal medicine

- **Fellowships:** Texas Tech University, Lubbock, Texas, in cardiology; Case Western Reserve University, Cleveland, Ohio, in interventional cardiology
- **Board certification:** American Board of Internal Medicine, with subspecialty certificates in cardiovascular disease and in interventional cardiology.
- **Phone:** 542-4418

Maria A. Markarian, DO, FACC



- **Medical school:** College of Osteopathic Medicine of the Pacific, Western University of Health Sciences, Pomona, Calif.
- **Residency:** Detroit

Osteopathic Hospital/Bi-County Community Hospital, Detroit, Mich., in internal medicine

- **Fellowships:** Michigan State University College of Osteopathic Medicine, East Lansing, Mich., in cardiovascular disease
- **Board certification:** American Osteopathic Board of Internal Medicine, with subspecialty certificates in cardiology and in interventional cardiology
- **Phone:** 261-2441

Sonny J. H. Wong, MD, FACC



- **Medical school:** Otago University Medical School, Dunedin, New Zealand
- **Residency:** University of Nevada, Las Vegas
- **Fellowships:** University of Nevada, Las Vegas

■ **Board certification:** American Board of Internal Medicine, with a subspecialty certificate in cardiovascular disease

- **Phone:** 261-2441

Michael Y. Yee, MD



- **Medical school:** American University of the Caribbean School of Medicine, Montserrat
- **Residency:** Jersey Shore Medical Center, Neptune, N.Y.

- **Fellowships:** Mt. Sinai Medical Center, Miami, Fla.
- **Board certification:** American Board of Internal Medicine, with a subspecialty certificate in cardiovascular disease
- **Phone:** 261-0765

MISSION ACCOMPLISHED

CMC answers the call to serve in Papua New Guinea

A TEAM FROM Castle Medical Center completed a medical mission trip in the fall to Porgera Hospital in Papua New Guinea. On the team were George Nardin, MD, Castle Medical Center chief of staff; Kara Carlyle, occupational therapist; Rachel Dick, RN; Rick Yenke, biomedical engineer; Kathy Raethel, RN, vice president for Patient Care; and Kevin A. Roberts, RN, president and CEO.

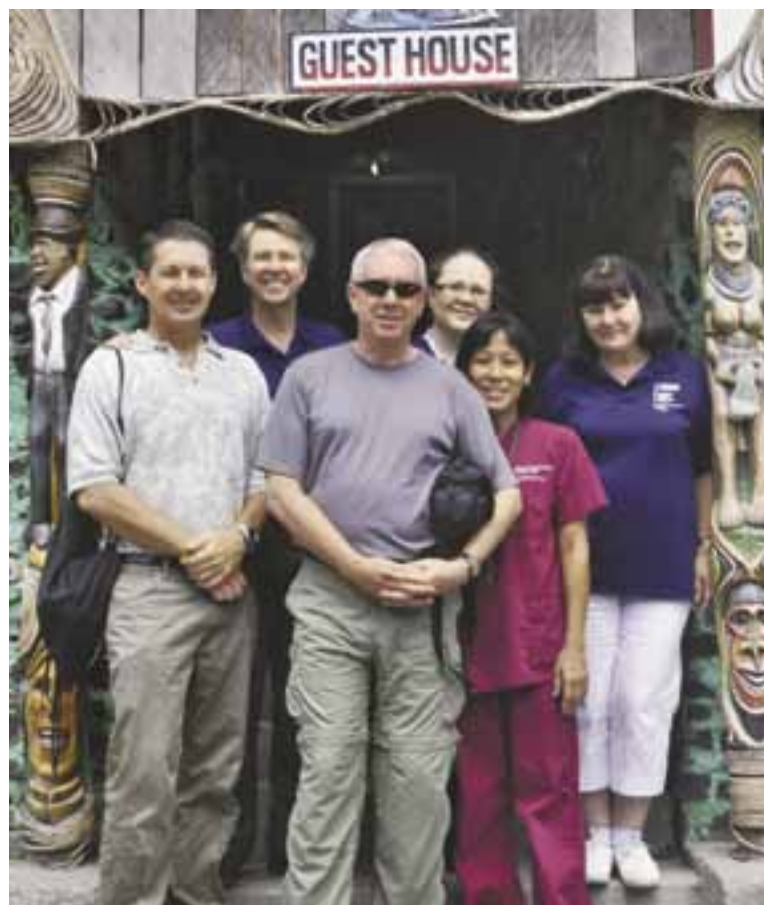
For the trip, the team took 27 boxes of supplies and equipment, which included baby carriers, clothing, polo shirts for the entire hospital staff imprinted with the Porgera Hospital and Castle Medical Center logos, and 300 knit caps that came from all over the world via the Ravelry website, which was coordinated by Alena Roberts.

Hawaiian Airlines donated transportation of all excess baggage for the group from Honolulu to Manila.

By the end of the trip the team was able to:

- Complete nearly 400 eye exams.
- Fit approximately 100 pairs of prescription glasses.
- Perform three cataract removal/lens implant surgeries.
- Perform rehabilitative therapies on patients.
- Repair many pieces of equipment.
- Facilitate better maintenance practices.

Castle Medical Center is considering future support activities for Porgera Hospital. Those may include coordinating delivery of essential equipment and supplies and sending medical teams from the hospital for routine visits.



PAPUA NEW GUINEA MISSION TEAM: From left are Rick Yenke; Kevin Roberts, RN; George Nardin, MD; Rachel Dick, RN; Kara Carlyle, OT; and Kathy Raethel, RN.



MEET JOHN KEENE, DIRECTOR OF DEVELOPMENT



John Keene

JOHN KEENE RECENTLY joined Castle Medical Center as the director of development. He is responsible for all development activities, including capital campaigns, annual giving, donor relations, fundraising events and planned giving. He was previously the foundation programs director for the St. Francis Healthcare Foundation of Hawaii.

Before becoming a professional development officer, Keene was a speech-language pathologist. He attended the University of Hawaii at Manoa John A. Burns School of Medicine and received his graduate degree in 1996. Keene received his bachelor of science degree from Valparaiso University in Indiana in 1994.

Keene's interests include spending time with his family, reading a good book, and enjoying a great laugh. One of his favorite quotes is by Dr. Martin Luther King:

"The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands at times of challenge and controversy."

Keene and his lovely wife, Maya, live in Kailua. They have three beautiful children: Mie, Keio and Kaihei.

Keene is passionate about helping people. As one way of giving back to the community, he serves on a variety of boards and committees, including:

- Association of Fundraising Professionals—Aloha Chapter as a member of the Communications Committee and the Resource Development Committee as well as of the Steering Committee for the Conference of Nonprofit Communities of Hawaii 2010.
- Rotary Club of Honolulu.

- Castle Home Care Advisory Committee.
- State Health Planning and Development Agency—Windward Oahu.
- St. Clement's School—Na 'Ohana organization board member.

"Life is a gift, and what we do with this gift is central to our legacy," Keene says, explaining why he is so excited about his new role at Castle.

"Consider for a moment that each of us is allotted only 24 hours each day to live. How are we honoring this gift? Are we truly being good stewards of it? When I think about the fact that Castle is saving lives daily, building a healthy future for everyone, and there when we need it most, I realize being a part of Castle Medical Center is one of the greatest gifts of all. 'Caring for our community. Sharing God's love.' Now that's a mission we can all support!"

20th Chip-in-for-Castle Charity Golf Tournament

MAHALO

NUI LOA TO OUR GENEROUS SPONSORS!

Together, we raised \$82,742 to benefit Castle Medical Center's Chemotherapy Clinic and the patients it serves. See you at the next tournament: Aug. 15, 2011!



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HAVE YOU CONSIDERED?

Giving to Castle Medical Center

YOU CAN SUPPORT Castle Medical Center and people seeking care during their times of greatest need in many ways. With more than 115,000 treatments provided to patients last year and \$5.6 million provided in charity care, it's no wonder more and more people are choosing to support our health care programs and services benefiting the people of Windward Oahu and beyond. As the only hospital in Hawaii known for *Exceptional Medicine by Exceptional People*, we are here for you when you and your family need us most.

Mahalo for your support!

TYPES OF GIFTS


● **Restricted gifts.** Donations made specifically for a service, program, department or particular area of the medical center.

● **Memorial and honorary gifts.** These gifts will honor or memorialize loved ones, friends or staff members, or they can mark a special occasion, such as a birthday or an anniversary.

● **Major gifts.** Contributions of \$10,000 or more enable Castle Medical Center to fund vital programs and assist in providing resources needed to ensure that the medical center remains at the forefront of high-quality health care delivery. Major gifts can be restricted to the hospital or to a program of your choice, and larger gifts offer name-giving opportunities, as well as other forms of donor recognition.

● **Life income gifts.** Make a major gift while meeting personal and family requirements and wishes through a charitable remainder trust, charitable gift annuity or life estate from your home.


Please consider making a gift to Castle Medical Center, either to the hospital as a whole or to one of our service departments. For your convenience, we accept cash, checks, credit cards and stock transfers. Checks should be made payable to Castle Medical Center and can be mailed to: Development, Castle Medical Center, 640 Ulukahiki St., Kailua, HI 96734. Your donation is tax-deductible to the extent allowed by law.

For more information, call the Development Office at 263-5335 or visit us online at castlemed.org and click  on the "Giving Opportunities" link to download a donation form.

Growing to meet your needs

It is official. Castle Medical Center's capital upgrade project is under way.

Phase 1 of this three-year project begins with expanding the first floor of the Harry & Jeannette Weinberg Patient Care Wing. The new chemotherapy center will offer patients and families calming views of the Ko'olau Mountains while care is being provided. In addition, the new and significantly expanded inpatient pharmacy will assist us in meeting the growing medical needs of our patients. Attention will then be focused on remodeling the ambulatory surgery center and recovery room.

If you or someone you know would like to support this project, call the Castle Medical Center Development Office  today at 263-5335 to make your gift or to sign up for the popular "Tea and Tour" of our facility.

If you or your company would like to participate in our next tournament, scheduled for Aug. 15, 2011, please call the Development Department at 263-5335.

TAKE TIME FOR YOUR HEALTH

Castle Medical Center



Start the new year off right 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."

EVENTS CALENDAR



FAMILY

Call for locations.

Birth Center Tour

Tuesdays, Jan. 4 or 18;
Feb. 1 or 15; March 1 or 15
5 p.m.

Call for a reservation.

Breastfeeding

■ Thursdays, Jan. 13,
Feb. 10 or March 3
■ Tuesday, March 29
6 to 8:30 p.m.

\$25 (or free with a child-birth class)

Taught by a certified lactation consultant.

Childbirth Basics Seminar

■ Thursday, Jan. 6
■ Tuesday, March 8
5 to 10 p.m.

\$50 (single)/\$65 (couple);
delivering at Castle: \$45
(single)/\$55 (couple)

General Newborn Care

Tuesdays, Jan. 4, Feb. 1 or
March 1

6:30 to 9:30 p.m.

\$25 per couple

Infant CPR and Safety

Tuesdays, Jan. 18, Feb. 15
or March 15

6 to 9 p.m.

\$15 per person

Does not provide
certification.

Lamaze Prepared Childbirth

These six-class series begin:

■ Sundays, Jan. 2, Feb. 13
or March 27

10 a.m. to 1 p.m.

■ Sundays, Jan. 23 or
March 6

3 to 6 p.m.

■ Mondays, Feb. 7 or
March 28

6:30 to 9:30 p.m.

\$75 per couple; delivering
at Castle: \$65 per couple

FITNESS

Exercise Classes

Registration required (may
include a medical clear-
ance and physical therapy
screening).

- Bone Builder
- Core Strength
- Freedom of Movement
- Interval Training
- Longer Life
- Lunch Crunch/Express
- Smart Start
- Mom and Baby
- Pilates/Express
- Qigong
- Steady on Your Feet
- Stretch and Balance

Fitness Training

Ongoing, by appointment

Assess your current fitness
level and design a tailored
plan to help you reach your
fitness goals, whether you
want to improve your health,
flexibility, strength and
stamina or just want to lose
a few pounds. Group rates
are available. Call 263-5050
for more information.



NUTRITION

Diabetes Info Session

Free 30-minute session
that provides an overview of
Wellness Center resources
to help you manage your
diabetes. Call 263-5050
for more information.

Diabetes Interactive Group Education

**Morning and evening
sessions available**
This four-class series is
designed to transform the
way you learn about diabe-
tes self-management. Fee
may be covered by your
insurance. To register or for
class dates, call 263-5050.



Nutrition Counseling

Ongoing, by appointment

To help you get on a
healthy diet and nutrition
program for optimal health.
Focuses include weight
loss, diabetes (covered
by many HMSA plans and
Medicare Part B), heart
disease and cholesterol
reduction, and wellness
specific to women and
men. Call 263-5050 for
more information.



SMOKING CESSATION

Individual and Group Stop-Smoking Services

Group classes begin Tues-
days, Jan. 4 and March 8
6 to 7:30 p.m.

For more information, in-
cluding additional group
locations and access to
free nicotine replacement
therapy for program partici-
pants, and to register, call
263-5400. Call 263-5050
for individual appointments.

SCREENINGS

HMSA HealthPass

Thursdays, Jan. 6, Feb. 3
or March 3

An in-depth assessment
of your current lifestyle
and health risks. Body
measurements and blood
screening included to cre-
ate a personalized health
guide. Free to HMSA mem-
bers. Call 948-6456 to
schedule an appointment.

WEIGHT LOSS

Lifestyle Weight Management Seminar

Thursday, Jan. 13
6 to 7 p.m.



Presented by
Patricia Avila,
MD, along with
a dietitian and
fitness trainer.

Reach your

New Year's healthy lifestyle
goals with this free seminar
about weight management
through lifestyle changes.

Individualized Weight-Management Program

Ongoing, by appointment

Includes four one-on-one
nutrition counseling ses-
sions with a registered
dietitian, four one-on-one
personal training sessions
with a certified exercise
specialist, personalized
menu planning, fitness
classes and body composi-
tion analysis. Take advan-
tage of our free 15-minute
information consultations
with a dietitian and fitness
trainer to discuss if this
program is right for you.

Take Shape For Life!

Take shape for life using
Medifast products. Learn
more at www.castlewellness.tsfl.com/hp. Call 263-5050
to schedule a consultation
with taste testing.

Weight-Loss Surgery Seminar

■ Saturdays, Jan. 8 or
March 5
7 p.m.

■ Wednesdays, Jan. 26,
Feb. 9 or March 16
6:30 p.m.

All sessions held in the
Wellness Center Auditorium
except for Jan. 26, which
will be held in the hospital
auditorium

Learn about Castle's com-
prehensive surgical weight-
loss program from bariatric
surgeon Steven Fowler, MD,
and other members of the
bariatric team. Registration
is required; call 263-5400.



COOKING CLASSES

Delicious samples and reci-
pes included! Fee: \$15 per
class. Discounts: Students
and seniors (65+) with ID
\$10; \$20 per couple.
Preregistration and fee
required two days before
each class.

Marvelous Mediterranean

Wednesday, Jan. 26
6:30 p.m.

Drawing from the cuisines
of Spain, Italy, North Africa,
Israel, Turkey, Greece and
the south of France, expe-
rienced chef and cookbook
author Rebecca Woodland
weaves a luscious tapestry
of rich tastes from fresh
produce. This demonstra-
tion class offers delicious
samples to inspire you to
do it yourself at home.

Eat, Love and Live Longer

Wednesday, Feb. 23
6:30 p.m.

Presented by
Rebecca Woodland

Learn about unique food
combinations that are
heart-healthy and incredi-
bly yummy. Learn how to
create the perfect meal for
those you love and want to
be with for a long time.

Glorious Green

Thursday, March 10
11 a.m.

Presented by Eileen
Towata, Wellness Educator
Celebrate St. Patrick's
Day as well as the coming
of spring with shades of
green! Enjoy light and lovely
asparagus and add other
stars of the season for a
fresh—and flavorful—array
of plant-based dishes.

JOINT CARE

Joint Care Seminars

Day:

Feb. 1 or
March 29
10 to 11 a.m.

Evening:
Jan. 11 or
March 1
6:30 to
7:30 p.m.

Orchid Room

Learn options to reduce
hip and knee pain through
diet, exercise, medication
or joint replacement
surgery.



SUPPORT GROUPS

Free and open to the public.

- Bereavement Support Groups
- Cancer Support Group
- Caregivers' Support Group
- Parkinson's Support Group
- Mental Illness Caregivers' Support Group (N.A.M.I.)
- New Moms' Support Group



Marvelous Mediterranean



Chef Rebecca Woodland



Wellness educator
Eileen Towata