

VOTE FOR CASTLE MEDICAL CENTER OCT. 12 TO 26

We've entered the Pink Glove Dance Video contest. Go to pinkglovedance.com to vote for our video!

Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • FALL 2012

LET'S TALK FOOD!

We're celebrating national Food Day

When it comes to food, Grandpa said it best, "Lucky we live Hawaii!" ♦ From pineapples to Okinawan sweet potatoes, the diversity of foods we enjoy in Hawaii is a reflection of the astonishing variety of people who call these islands home. Blessed with an abundance of food resources, we recognize the power of food to bring us together—whether for a baby luau or pau hana meals with friends.

♦ Castle Medical Center and the Hawai'i Dietetic

Association proudly support local produce and our local farmers and invite the whole family to the "Let's Talk Food Fair" on Sunday, Oct. 28, at 10 a.m.

"Let's Talk Food" supports a national movement to reduce hunger; promote safer, healthier diets; and support sustainable and organic farms. Through fun, hands-on activities, "Let's Talk Food" will focus on education and promotion of local produce, healthy whole foods and the importance of local food production.

Don't miss these activities:

- Farmers market.
- Vegetarian food demonstrations and informational displays at the Castle Wellness Center.
- Bistro Rooftop Farm Tour.
- Children's activities.
- Mini-fair for disaster

preparedness presented by the Kailua Disaster Preparedness Subcommittee.

Food Day celebrates a nationwide movement for healthy, affordable and sustainable food. It is organized by the Center for Science in the Public Interest, which advocates for nutrition and health, food safety, alcohol policy, and sound science.

Festival of Flavors

A delicious event featuring local chefs and restaurants. Call 263-5400 for more information.



HEALTH BITS

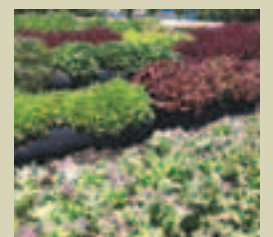
TAKE A WINDOW TOUR OF OUR ROOFTOP FARM!

At the "Let's Talk Food Fair," take a window tour of our new rooftop farm on the second and third floors of Castle Medical Center (CMC).

Castle recently installed the FarmRoof system, an innovative farming system by Alan Joaquin, president and founder, that uses mesh tubes filled with a proprietary blend of certified organic soil that bursts into greens and crops on unused roof space.

Ruby Hayasaka, Nutrition Services Department director, proposed the farm to Castle's corporate office in California, Adventist Health, which released funds for the project.

Patients, associates and medical staff can enjoy seeing beautiful growing produce and eating healthy, delicious produce within hours of its harvest.



Turn to page 7 to see Castle Medical Center's upcoming special events.



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HOW TO FIND US

CALL US:
808-263-5500

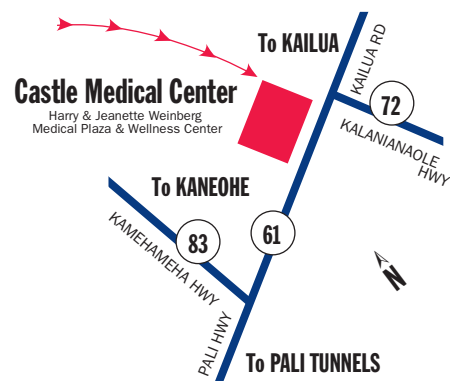
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Visit our website at castlemed.org and click on "Contact Us." We'd be happy to hear from you!

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

WRITE OR VISIT US:
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Visit us at
castlemed.org



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

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**FALL
2012**

WINDWARD SIDE HEALTH CARE

Coalition formed to ensure seamless care

In October 2011, Mountain Pacific Quality Health Hawai'i held its annual Quality Conference. Jane Brock, MD, MSPH, a keynote speaker, spoke on the spirit of collaboration and shared ideas about building communities across all settings.

Following Dr. Brock's talk, breakout groups focused on opportunities to bridge gaps, improve communication and reduce hospital readmissions.

"The conference brought awareness of the need for our health care organizations to come together as a community to reduce readmissions, improve handoffs and communication and patient/family involvement and education—it was a call to action," says Maggie Okey, Integrate Care for Populations and Communities project manager for Mountain Pacific.

Out of those discussions, Castle Medical Center and health care agencies on Windward side formed the Windward Partners Coalition. With a goal of building community partnerships, the group meets monthly to address patient needs

and fill the gaps that occur when patients move from one care setting to another. These transitions include patients moving from primary care to specialty physicians; moving or transferring patients from the emergency department to intensive care or surgery; or when patients are discharged from the hospital to home, assisted living arrangements or skilled nursing facilities.

"As a member of the Windward Partners Coalition, Pohai Nani appreciates the opportunity to dialogue with Castle Medical Center and other community health care providers in this collaborative effort to improve senior health and the way health care is delivered in the Windward community," says Pohai Nani Administrator Beryl Muramatsu, NHA, LSW.

Case Management Manager Patricia Boehm says that the group is continuing to build their community partners and address patient needs. The coalition is, she says, "a community in action!"



HEALTH CARE REFORM

What's happening throughout 2012

Health care reform is in the news. But that doesn't mean we all know what the new law, called the Affordable Care Act, means.

Here's a brief summary of some aspects of the law that are due to take effect in 2012:

1. Coordinated care between facilities. (January 2012) Health care providers will receive financial incentives for creating or joining voluntary groups called Accountable Care Organizations (ACOs).

ACOs make it easier for doctors, hospitals and other providers—such as laboratories and long-term care facilities—to work together. By coordinating patient care, ACOs can help save both doctors and patients time and money and help reduce medical errors. Providers that meet these goals would receive some of the money they helped save.

ACOs are required to track and publicly report patient outcomes and experiences.

2. Better access to health care for all. (March 2012) Many groups of Americans, including low-income people and certain racial and ethnic groups, have poorer health

outcomes than others.

This law requires any new or ongoing federal health program to collect and report racial, ethnic and language data to help identify and reduce health disparities, such as insurance discrimination and unequal access to care.

3. Less paperwork and lower administrative costs. (October 2012) In an effort to reduce paperwork, medical errors and administrative costs, a series of changes will go into effect that will standardize billing and will require health plans to begin using secure, confidential, electronic health records.

4. Improved hospital care. (October 2012) The law will create a Value-Based Purchasing (VBP) program for Medicare. Each hospital's performance will be scored based on a set of quality measures, including patient outcomes and patient satisfaction.

Hospitals will be required to report the information publicly and will receive financial incentives based on quality of care rather than the number of services provided.

Source: U.S. Department of Health and Human Services

CASTLE RECOGNIZED NATIONALLY BY AHA

Castle Medical Center was listed in the American Heart Association's (AHA) *U.S. News & World Report* recognition ad recently. The ad featured award-winning health care organizations across the nation that participate in the AHA's quality

improvement programs.

Castle received the AHA's Silver Award in recognition of at least 12 months of 85 percent or higher adherence to all achievement measures applicable to heart failure and/or stroke. Castle delivers patient care based on these latest scientific

AHA guidelines, which are shown to raise patients' survival rates and lower their risk of readmission for the same problem.

As an AHA award-winning medical center, Castle is also featured on an interactive map on the homepages of the AHA and American Stroke Association websites.

CASTLE TALK NEWS, VIEWS & TIPS

High-tech boost for education

As a member of the Hawaii Business Roundtable, Castle Medical Center contributed \$2,700 toward the purchase of 192 iPads earmarked



for schools that voluntarily participate in the state Department of Education's teacher evaluation pilot program.

"Outside of family factors, effective teaching has the single most significant impact on students' learning; this is true across socioeconomic levels," says Gov. Neil Abercrombie. "It is encouraging to see Hawaii's business leaders investing in the education of their companies' future managers and team members by getting behind a pilot program that advances local student achievement and supports our teachers through a performance management system."

Hawaii Business Roundtable is a statewide public policy organization whose mission is to promote the overall economic vitality and social health of Hawaii. Since its founding in 1983, its members have shared a commitment to a common goal: a better future for the people of Hawaii.

CMC in Top 250—again

Hawaii Business magazine once again has recognized Castle Medical Center as one of the Top 250 companies in Hawaii for 2012.



Inclusion on the list is determined by:

- Rank (a company's placement on the list by total gross sales).
- Gross annual sales.
- Employees.
- Parent company.

The annual list was published in the August edition of *Hawaii Business*.

Our mission in action

In 2010, Castle Medical Center (CMC) began providing support to Porgera Hospital in Papua New Guinea. Porgera Hospital was built 15 years ago by the government as a requirement for establishing a mine in that remote area. The hospital sat empty for a few years until Seventh-day Adventists came to staff it in 1998, and it is now funded by the Porgera Development Agency. The hospital is staffed by many Seventh-day Adventists.

A CMC team recently completed the third mission trip to Porgera, continuing efforts to deliver care, repair equipment, perform ophthalmologic procedures, assist with rehabilitation and nursing education, perform vision checks, and reach out to the broader community. They also took with them laptop computers, donated by the Adventist Health corporate office, which were given to hospital departments and a local school.

The mission team included Castle President and CEO Kathy Raethel, RN; ophthalmologist George Nardin, MD; Rick Yenke, director of Bio Medical Services; Rachel Dick, RN, Perioperative Services; and Kara Carlyle, Rehab Services.



SMILING EYES: Many of the patients George Nardin, MD, examined were fitted with glasses donated by Castle Medical Center staff and others.

PRSA HAWAII KOA ANVIL AWARDS

Quality recognized

The Public Relations Society of America Hawaii Chapter (PRSA Hawaii) recognized the top Hawaii public relations campaigns and tactics of 2011 at the 29th annual Koa Anvil Awards dinner at the Hawaii Prince Hotel Waikiki and Golf Club. Castle Medical Center's (CMC) Marketing Department won 11 awards.

PRSA presents awards in two main categories:

Koa Anvil Awards: Complete public relations programs incorporating sound research, planning, execution and evaluation.

Koa Hammer Awards: Outstanding public relations tactics that are part of a communications campaign, including research and writing.

CMC received two Koa Anvil awards:

- Award of Excellence—Public Service (Non-Profit): *In Sickness & In Health*.
- Award of Excellence—Internal Communications (more than 250 employees): *Ulupono Magazine*.

CMC received nine Koa Hammer awards:

- Award of Excellence—Web Site External: Castle Medical Center website.
- Award of Excellence—Audio Programs: *In Sickness & In Health* (Radio).
- Award of Excellence—Newsletters

Internal Audiences Primarily: *Castle MD*.

- Award of Excellence—Newsletters Internal Audiences Primarily: *Kū I Ka Mahalo*.

External Audiences Primarily: *Windward Health*.

- Award of Excellence—Magazines Internal Audiences Primarily: *Ulupono Magazine*.

Others: *Annual Quality Report*.

- Award of Excellence—Annual Reports Non-Profit: *Castle Annual Quality Report*.
- Award of Excellence—Direct Mail/Direct Response: *Windward Health*.



PRC Excellence in Healthcare Awards



Castle Medical Center (CMC) received seventeen 2012 Excellence in Healthcare Awards from Professional Research Consultants, Inc. (PRC). PRC presented the annual awards at a banquet held at the Hyatt Regency Scottsdale Resort and Spa at Gainey Ranch in Arizona in June.

PRC partners with health care organizations to provide meaningful information and resources through annual surveys to support their efforts to improve health care for their patients, their physicians and their associates. PRC's Excellence in Healthcare Awards are based on survey results and presented at their annual conference.

CMC received two 5-Star Medical Staff Loyalty Awards. The 5-Star designation is given to hospitals who score in the top 10 percent (i.e., at or above the 90th percentile) of PRC's national database for the prior year. It is based on the percentage of physicians who rate the facility "Excellent" for any of 13 select standard categories. CMC received 5-Star Awards in the following categories:

- Nursing care.
- Surgical services.

CMC received nine 4-Star Employee Perception Awards. The 4-Star Award is given to hospitals that score between the 75th and 89.9th percentile of PRC's national employee perception database for the prior year and is based on the percentage of associates who rate their hospital "Excellent" for any of 10 select standard PRC categories. CMC received awards in the following categories:

- As a place to work.
- Communication.
- Senior leadership.
- Teamwork between departments.
- Immediate supervisor.
- Teamwork within department.
- Overall empowerment.
- Training and professional development.
- Degree people treated fairly.

CMC received six 4-Star Medical Staff Loyalty Awards in the following categories:

- Administration.
- As a place to practice medicine.
- Emergency services.
- Laboratory services.
- Patient safety.
- Quality of care.

PRC is in its 32nd year of providing marketing research for hospitals across the United States.

10 WORST AND

Keeping your foods simple and in their most natural state is the easiest way to stay on a healthy diet. ♦ The worst foods list includes frozen and canned commercially produced entrées and vegetables and desserts with added salt, sugar and fat. ♦ Processed meats and canned soups often top the list of high-salt, high-fat foods. ♦ Restaurant

entrées that use sauces and gravies or that are fried are likely to be high in fat, salt and calories. Ethnic foods often use cheese, salt, shoyu, sauces, gravy, cream and sweet glazes, placing them among the worst foods. Remember that all ethnic cuisines and most restaurants have healthier, delicious selections.

When cooking at home, look for recipes with few and more natural ingredients, such as fresh fruit, herbs, and fresh chilies for seasonings rather than fat, salt and sugar.

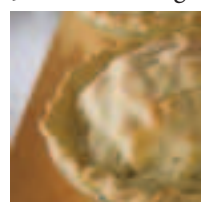
You can eat out while keeping on a healthy program by making simpler selections—avoid added fat, gravies, sauces, glazes and dressings. Enjoy eating in good health!



WORST FOODS

1 ARTERY CRUST

Judging by the label, **Marie Callender's (16.5 ounces) Chicken Pot Pie** has “only” 520 calories, 11 grams of saturated fat, and



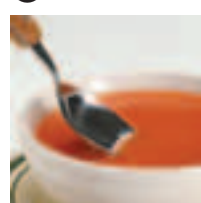
800 mg of sodium. But look again. Those numbers are for only half a pie. Eat the entire pie, as most people probably do,

and you're talking 1,040 calories, 22 grams of saturated fat (more than a day's worth), and 1,600 mg of sodium (an entire day's worth).

2 TRIPLE BYPASS

Can't decide what to pick from a restaurant menu? No worries. Now you can order not just one entrée, but two...or three... all at once. **Olive Garden's Tour of Italy**—Homemade Lasagna, Lightly Breaded Chicken Parmigiana, and Creamy Fettuccine Alfredo—comes with 1,450 calories, 33 grams of saturated fat, and 3,830 milligrams of sodium. Add a breadstick (150 calories and 400 mg of sodium) and a plate of Garden-Fresh Salad with dressing (350 calories and 1,930 mg of sodium) and you'll consume almost 2,000 calories (an entire day's worth) and 6,160 mg of sodium.

3 SALT'S ON!



On average, a cup of **Campbell's Condensed Soup** has 760 mg of sodium. That's half a day's worth...assuming you

eat only one of the 2½ servings that the label says the can makes.

Campbell's Healthy Request and Select Harvest, Progresso Reduced Sodium, and Healthy Choice slash the sodium to the 400s. Look for lower sodium lines in the 100s to 300s by Amy's, Imagine Foods, Pacific Natural Foods, and Tabatchnick.

4 TORTILLA TERROR

Interested in a **Chipotle Chicken Burrito** (tortilla, rice, pinto beans, cheese, chicken, sour cream, and salsa)? Think of its 970 calories and 18 grams of saturated fat as three 6-inch Subway BLT Classic Subs! Skipping the cheese or sour cream cuts the saturated fat to 6 grams, but you still end up with 750 calories and more than a day's worth of sodium. Yikes!

5 FACTORY REJECT

People don't expect light desserts at **The Cheesecake Factory**. But the **Chocolate Tower Truffle Cake** kicks things up a notch. If it weren't served on its side, this one would stand over 6 inches tall. And upright or not, the slab of cake still weighs in at three-quarters of a pound. What do you get for all that heft? Just 1,760 calories and 2½ days' worth of saturated fat (50 grams), mostly from chocolate, sugar, cream, white flour and butter.

6 BURIAL GRANDS

No one thinks of cinnamon rolls as health food. But each **Pillsbury Grands! Cinnabon Cinnamon Roll with Icing** has 310 calories and 2 grams of saturated fat plus 2½ grams of trans fat (more than a



day's worth) and 5 teaspoons of sugar.

Companies are dumping their partially hydrogenated oils left and right, yet Pillsbury still makes most of its rolls and biscuits with the stuff.

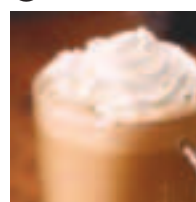
7 TRANSGRESSION

“Excellent source of ALA Omega 3,” declares the **Land O'Lakes Margarine** box. Who knew that Land O'Lakes stick margarine was so heart healthy? It isn't.

Each tablespoon of the spread has 2½ grams of trans fat (more than an entire day's limit) and 2 grams of saturated fat. And beware of other trans-filled sticks by Blue Bonnet, Parkay, Country Crock, and Fleischmann's. At least those brands don't imply that a bit of ALA outweighs the harm caused by the margarine's trans and saturated fats.

Shopping tip: Look for tub margarines—most have little or no trans fat.

8 STARBUCKS ON STEROIDS



The **Starbucks Venti (20 ounces) White Chocolate Mocha** with 2 percent milk and whipped cream is more than a mere cup of coffee. It's worse than a McDonald's Quarter Pounder with Cheese. Few people have room in their diets for the

580 calories and 15 grams of saturated fat that this hefty beverage supplies. But you can lose 130 calories and almost two-thirds of the bad fat if you order it with nonfat milk and no whipped cream.

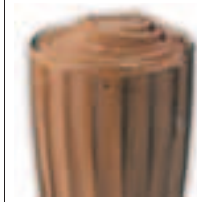
9 EXTREME ICE CREAM

An average half-cup serving of **Häagen-Dazs ice cream** squeezes half a day's saturated fat and a third of a day's cholesterol into your artery walls and makes a nearly 300-calorie downpayment on your next set of fat cells—if you can stop at a petite half-cup!



10 STONE COLD

Cold Stone Creamery's Oh Fudge! Shake (chocolate ice cream, milk and fudge syrup) starts at 1,250 calories for the “Like It” (16 ounces) size. That's more than a large (32 ounces) McDonald's McCafe Chocolate Triple Thick Shake. The “Love It” (20 ounces) has 1,660 calories and the “Gotta Have It” (24 ounces) reaches 1,920 calories (just about an entire day's worth) and 69 grams of saturated fat (3½ days' worth). That's the saturated fat content of two 16-ounce T-bone steaks plus a buttered baked potato, all blended into a handy 24-ounce cup.



BEST FOODS

AT LEAST ONE WILL SURPRISE YOU...



BEST FOODS

1 SWEET POTATOES



A nutritional all-star—one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium and fiber. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

2 MANGOES

Just one cup of mango supplies 100 percent of a day's vitamin C, one-third of a day's vitamin A, a decent dose of blood-pressure-lowering potassium, and 3 grams of fiber.

Bonus: Mango is one of the fruits least likely to have pesticide residues.

3 UNSWEETENED GREEK YOGURT

Nonfat, plain Greek yogurt has a pleasant tartness that's a perfect foil for the natural sweetness of berries, bananas or your favorite breakfast cereal. It's strained, so even the fat-free versions are thick and creamy.



And the lost liquid means that the yogurt that's left has twice the protein of ordinary yogurt—about 17 grams in 6 ounces of plain Greek yogurt.

4 BROCCOLI

It has lots of vitamin C, carotenoids, vitamin K and folic acid. Steam it just enough so that it's still firm, and add a sprinkle of red pepper flakes and a spritz of lemon juice.

5 WILD SALMON



The omega-3 fats in fatty fish like salmon can help reduce the risk of sudden-death heart attacks. And wild-caught salmon has less PCB contaminants than farmed salmon.

6 CRISPBREADS



Whole-grain rye crackers, like Wasa, Kavli, and Ryvita—usually called crispbreads—are loaded with fiber and often fat-free. Drizzle with a little honey and sprinkle with cinnamon to satisfy your sweet tooth.

7 GARBANZO BEANS

All beans are good beans. They're rich in protein, fiber, iron, magnesium, potassium and zinc.



But garbanzos stand out because they're so versatile. Just drain, rinse and toss a handful on your green salad; throw them into vegetable stews, curries and soups; mix them with brown rice, whole wheat couscous, bulgur or other whole grains.

8 WATERMELON

Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has one-third of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 80 fat-free, salt-free calories. And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.



9 BUTTERNUT SQUASH



Steam a sliced squash or buy peeled, diced butternut squash at the supermarket that's ready to go into the oven, a stir-fry or a soup. It's an easy way to get lots of vitamins A and C and fiber.

10 LEAFY GREENS

Don't miss out on powerhouse greens like kale, collards, spinach, turnip greens, mustard greens and Swiss chard. These stand-out leafy greens are jam-packed with vitamins A, C and K; folate; potassium; magnesium; calcium; iron; lutein; and fiber.



Serve with a splash of lemon juice or red wine vinegar.

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Goodbye, gluten

Celiac disease can lead to dine-out disaster. Solution: Tips from our dietitians for dining out on a gluten-free diet:

Plan ahead

- Search the Internet for dining establishments that identify gluten-free menu selections.
- Study a variety of restaurant and take-out menus and ingredients.
- Call in advance to ask about gluten-free options.
- Network with others that follow a gluten-free diet.

Before ordering

Explain directly to the manager or chef that even a small amount of gluten will seriously damage your health, and ask that they help you order your meal.

- Foods labeled wheat-free may not be gluten-free. Spelt, rye, barley and oats are not gluten-free.
- Order simply prepared food with plain salt and pepper as seasoning. Beware of garnishes, sauces, seasonings and condiments—many have a gluten ingredient.
- Don't share utensils, food or dips. Gluten from chips, bread or utensils may slip into your food.
- Salads must not be tossed in the same bowl that has previously held gluten-containing ingredients.
- Utensils, cutting boards and gloves must not have been used to prepare food with gluten. Aprons may have small amounts of gluten on them and must be changed before handling gluten-free food.
- Pregrated cheese may have wheat flour added to prevent shreds from sticking to each other.
- Do not eat food if you cannot verify all the ingredients included. Remember, in celiac disease, consuming even a small amount of gluten damages your intestine.



If you would like to speak with one of our dietitians, call 263-5357.

SMOKING CESSATION



BREATHING EASIER, WITH HELP FROM CMC

IN MARCH OF this year, Elizabeth Ai was admitted to Castle Medical Center (CMC) because she could not breathe. Ai had chronic obstructive pulmonary disease (COPD), hypertension and diabetes. Complicating her health challenges, Ai, a native Hawaiian great-grandmother, had smoked at least a pack of cigarettes a day for the past 50 years.

Hospitalist John Koo, MD, and the nurses who cared for her explained to Ai how crucial quitting tobacco was to her overall health and contacted the Wellness Center. Tobacco Treatment Specialist Allie Yamada met with Ai and enrolled her in the Wellness Center's grant-funded tobacco treatment program, which is partially funded through a grant from the Hawai'i Community Foundation. Dr. Koo prescribed the nicotine patch, and Ai was able to take home a supply free of charge.

"I feel wonderful," says Ai, who has now been tobacco-free for five months. "My chest feels so clear, and I haven't had to take my asthma medicine."

Ai continues to receive tobacco treatment services and the nicotine patch on an outpatient basis through the Wellness Center, as well as outpatient respiratory therapy services through the Cardiopulmonary Department.

"This is exactly how our process for inpatient coaching

for tobacco treatment is designed to work," Yamada says. "Our cutting-edge, comprehensive program provides bedside coaching for tobacco treatment to patients who are hospitalized, assists them with a personalized quit plan that may or may not include tobacco treatment medications, and upon enrollment in the tobacco treatment program, supports them with services and follow-up for up to one year after the patient quits smoking."

It is also a perfect example, Yamada says, of how CMC's Wellness Center and other hospital departments work together to provide a personalized continuum of care for CMC's patients and their families, which results in better outcomes for CMC patients and positively affects the health of their family, extended family and friends.

"Quitting was really hard," says Ai, who has had nightmares about smoking again. "I still sometimes look at someone smoking and want a puff. But I want others to know that if I can quit, they can too."

Now that she's quit, Ai has more energy and is most proud of the fact that her great-grandchildren have noticed that she no longer smokes. And with the money she is saving by not smoking, she is planning a trip to the mainland to visit her son and his family.



A BREATH OF RELIEF: Elizabeth Ai (left) is breathing better than she has in 50 years, thanks to Tobacco Treatment Specialist Allie Yamada and the comprehensive care she received at Castle Medical Center.



COPD AND LUNG CANCER:

TWO REASONS TO GIVE UP SMOKING

IF YOU'VE SMOKED a cigarette recently, you might think that the health risks of smoking won't affect you until much later in life—and that they may not be serious.

But, in reality, every time you light up, you are putting yourself at risk for two deadly diseases: lung cancer and chronic obstructive pulmonary disease (COPD).

Treatments can help relieve symptoms and slow the progress of both lung cancer and COPD. But the single best way to help your lungs, both now and for years to come, is to join the ranks of ex-smokers. It's never too late to quit—no matter how long you've been smoking.

TWO DISEASES, ONE MAIN CAUSE Lung cancer begins when cells in the lungs start to develop abnormally and then multiply and clump together into a tumor.

COPD is the umbrella term for the diseases emphysema

and chronic bronchitis, which often develop together. With emphysema, the lung's air sacs are damaged, causing shortness of breath. That means less and less oxygen is transferred into the bloodstream, depleting nourishment to the body and its organs. Chronic bronchitis inflames and scars the lungs and the lining of the airways, also affecting the ability of the person to take in—and let out—a breath.

Although there are other causes for COPD and lung cancer, smoking is by far the main culprit. It's linked to about 87 percent of lung cancer deaths and up to 90 percent of COPD deaths, according to the American Lung Association.

In addition:

- Lung cancer is the leading cause of cancer death in both men and women in the U.S. It causes more deaths

than the next three most common cancers (colon, breast and prostate) combined.

- Lung cancer often isn't detected until it's in an advanced stage. Over half of people with lung cancer die within a year after their diagnosis.

- COPD is the third leading cause of death in the U.S.
- COPD's symptoms—wheezing, tightness in the chest, shortness of breath, a nagging cough that produces mucus—are often ignored by people with the disease for years. However, treatments can help improve a person's quality of life once COPD is diagnosed, so make an appointment with your doctor if you have the symptoms.

Castle Medical Center has an intensive stop-smoking program for individuals who want to quit smoking. For information about our program, call 263-5050.





SPECIAL EVENTS

2012 CASTLE MEDICAL CENTER CHRISTMAS TREE LIGHTING

28th ceremony scheduled for Wednesday, Dec. 5

CASTLE MEDICAL CENTER'S (CMC) 28th annual Community Christmas Tree Lighting Ceremony will take place on Wednesday, Dec. 5. This event—a beloved family tradition for Windward Oahu—has grown larger and more exciting each year and promises to be spectacular this year.

Plans include the colorful decorations, bright lights, holiday concerts and trolley rides that have made this a must-attend event for Oahu residents.

EVENT HIGHLIGHTS

- Pre-ceremony Christmas concert at 6:15 p.m. by the Marine Forces Pacific Band.
- Formal ceremony that includes performances by Hōkū Award winners Barrett and Tara Awai, the lighting of the tree, and the arrival of Santa at 7 p.m.
- CMC's 60-foot Christmas tree, festooned with thousands of lights.
- Lit trees and holiday decorations throughout the medical center's campus.
- Trolley rides into Kailua to see the Christmas lights, compliments of Kaneohe Ranch and the Castle Foundation.
- Performance by Kailua High School's Junior ROTC.
- Photo opportunities with Santa and Mrs. Claus, Nana Bear and a cast of other keiki-friendly characters.
- Activities for the children at the Wellness on Wheels van.
- A special holiday concert by Vaihi at 7:30 p.m.
- Free popcorn, Christmas cookies and beverages (while they last).

Arrive at CMC early with your picnic supper and grab a prime spot on the lawn with your family. No time to cook? No problem! Light meal options will be available for purchase at the Bistro tent.



PARKING AND SHUTTLE ADVISORY

- Event parking has been reserved at Kailua High School with shuttle buses running regularly from 5 p.m.
- Trolleys will run between the hospital and the Kailua Town Center (front of Macy's) beginning at 5 p.m.
- No parking will be available on Manu Aloha Street (adjacent to Castle's Emergency Room).

This event is made possible by generous sponsorships from Kaneohe Ranch, the Harold K.L. Castle Foundation, First Hawaiian Bank, Ameron Hawai'i, Aloha Party Rentals and Supplies, Starbucks, and other community partners.

For updates, visit castlemed.org or call 263-5400.



SEMINARS

Castle Wellness & Lifestyle
Medicine Center Auditorium

6:30 to 8 p.m.

Check-in begins at 6 p.m.

Castle Medical Center's In Sickness & In Health monthly seminars provide expert health and wellness education from leading health care professionals. Seminars are free and open to the public. Healthy refreshments will be served. Space is limited, and preregistration is required. Call 263-5400 or visit castlemed.org.



Ryan L. Albritton,
MD, Radiology

Advances in Breast Cancer Detection

THURSDAY, OCT. 18

Ryan L. Albritton, MD, is certified in diagnostic radiology with focused subspecialty training in magnetic resonance. Learn about the myths and facts surrounding the latest breast cancer detection technologies. Even though men don't have breasts like women, they do have breast tissue and can get breast cancer. Find out if you are at risk, or simply come to support a loved one.



John McDonnell,
MD, Allergy/
Immunology
and Internal
Medicine

Take a Breath: Asthma Care for All

THURSDAY, NOV. 15

Asthma, a lung disease that causes wheezing, breathlessness, chest tightness and coughing, can limit a person's quality of life. According to the Centers for Disease Control and Prevention, the number of people diagnosed with asthma continues to grow each year. One in 12 (or 25 million) U.S. residents have asthma. The good news: Those with asthma can control their symptoms and prevent asthma attacks by avoiding triggers and using prescribed medicines.

John McDonnell, MD, will explain why this condition occurs and how to treat it through healthy lifestyle choices and proper use of medication. Attendees will also hear success stories from those who have improved their asthma management skills through Castle Medical Center's Expert Asthma Patient program.

Onstage



Celebrity emcee

Dawn O'Brien is a media personality on the radio, TV, web and print. She hosts *The Dawn of a New Day* morning show on The FISH, 95.5 FM, live every weekday.

O'Brien is a freelance writer, editor and accomplished motivational speaker. She holds a master's degree in speech and

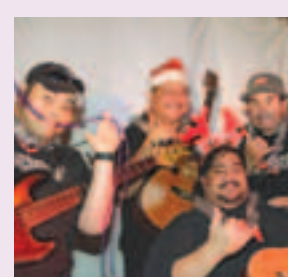
taught at the University of Hawaii Manoa before accepting a position at New Hope Oahu assisting Pastor Wayne Cordiero with written resources and co-hosting the TV talk show *Connecting Point*. O'Brien has devoted herself full-time to radio since 2007.



Special performance

Barrett and Tara Awai, in addition to being Hōkū Award-winning musicians, are Christians who share an

amazing testimony about family and forgiveness. Barrett heads the Fellowship of Christian Athletes, and Tara is privileged to care for their children. The couple have two CD releases, *Kalana* and *Golden Streets*. Their vocal stylings and harmonious blends will enchant you!



Vaihi in concert

Vaihi is composed of four Hawaiian country boys who began their quest to sing and entertain more than

12 years ago in a small garage in La'ie. From the humble beginnings of their first gig (one microphone and one amplifier for a barbecue at the Temple View Apartments in La'ie), Aaron Ka'ono, Samuela Langi Jr., Bruce Naluai and Peter Lakatani now perform nationally and internationally while continuing to bring a distinctive backyard flavor to all of their performances.

Their recordings, much of which is their original music, have gained popularity both in Hawaii and Japan as well as internationally. They are currently working on special projects in their studio, Mauka Studio Production, for their company, Vaihi Entertainment LLC.

TAKE TIME FOR YOUR HEALTH

Castle Medical Center

Adventist
Health

sign up
online
castlemed.org

Take time for yourself this fall 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."



FAMILY

Giving Birth: The Castle Experience

Four sessions.

Beginning Thursdays,
Oct. 4, Nov. 1 or Dec. 6,
6 to 8 p.m.

'Ohana Room

Learn about the birth experience from a knowledgeable labor and delivery nurse who will cover a wide range of topics, from preparing for the hospital to caring for you and your baby. This class is suggested for couples in their third trimester that plan to give birth at Castle.

Lamaze™ Prepared Childbirth

Six sessions.

Beginning Sundays,
Oct. 14 or Dec. 2, 9 a.m. to noon, or Nov. 11 or Dec. 23, 2 to 5 p.m.

Beginning Monday,
Oct. 8 or Nov. 19, 5:30 to 8:30 p.m.

Fee: \$75; \$65 if delivering at Castle.

The Bradley Method®

Mondays, Nov. 19 to Feb. 11, 2013, 6:30 to 8:30 p.m.

A comprehensive 12-week course of education in pregnancy, labor and natural childbirth. Fee: \$300 for two people.

Infant CPR and Safety

Tuesdays, Oct. 16 or Nov. 20, 5:30 to 8:30 p.m.
Fee: \$25 per couple.

General Newborn Care

Tuesdays, Oct. 2 or 30 or Dec. 11, 5:30 to 8:30 p.m.

Fee: \$25 per couple.

Breastfeeding

Wednesdays, Oct. 17, Nov. 14 or Dec. 5,
6 to 8:30 p.m.

Taught by a certified lactation consultant. Fee: \$25 (free with a childbirth class).

Birth Center Tour

Weekly, 5 p.m.

Call for a reservation.

Healthy Pregnancy Class

Wednesdays, Oct. 24, Nov. 28 or Dec. 12, 5 p.m.

Free class for couples to prepare for a healthy pregnancy. Topics include prenatal nutrition, exercises and education. No registration required.

New Mothers Hui

Wednesdays, 10:30 to 11:30 a.m.

'Ohana Room

A support group led by an internationally certified lactation consultant/perinatal RN. Free, no registration.

FITNESS

Exercise Classes

Registration and fitness assessment required (may include a medical clearance and physical therapy screening).

- Bone Builder
- Core Strength
- Exercise for Life
- Interval Training
- Longer Life
- Lunch Crunch
- Pilates
- Qigong
- Steady on Your Feet
- Total Body Workout

Fitness Training

Ongoing, by appointment

Our certified fitness trainer will assess your current fitness level and tailor a plan to help you reach your fitness goals, whether you want to improve your health, flexibility, strength and stamina or just lose a few pounds. Group rates are available. Call 263-5050 to learn more.

JOINT CARE

Joint Care Seminars

Wednesday, Oct. 10, Nov. 14 or Dec. 12, 6 p.m.,
Pikake Room

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

MASSAGE



Licensed massage therapists Carolyn Miyagi and Kelly Rasmussen

Relax and revive through seated or table massage by a licensed massage therapist.

Standard rate: \$15 per 15 minutes; \$30 for 30 minutes

CMC employees rate: \$12 for 15 minutes; \$24 for 30 minutes

Punch card: \$60 for 5 massages

Gift certificates available. Call 263-5050 for an appointment.

NUTRITION

Nutrition Counseling

Ongoing, by appointment

Get expert guidance from a registered dietitian to help you eat well for optimal health. May address weight loss, high blood pressure, chronic kidney disease and cholesterol reduction. Call 263-5050 for more information.

SUPPORT GROUPS

Free and open to the public.

- Alzheimer's Caregivers
- AWAKE (sleep apnea)
- Bereavement
- Cancer
- Caregivers
- Mental Illness Caregivers (NAMI)
- Parkinson's Disease

TOBACCO TREATMENT



Kanani Kilbey and Allie Yamada, tobacco treatment specialists

One-On-One Coaching

Expert guidance for stop smoking. Free nicotine patches, gum, and lozenges available to participants. Call 263-5050 to schedule an appointment.

Live Well...

Tobacco-Free Group

Tuesdays, 6 to 7 p.m.

Free, and no registration is required. Led by a tobacco treatment specialist, the "talk story" group is open to ex-smokers, those who are thinking about quitting and supportive family and friends.

WEIGHT MANAGEMENT

Individualized Weight Management

Ongoing, by appointment

Includes eight one-on-one nutrition counseling sessions with a registered dietitian and a certified fitness trainer. Free 15-minute information sessions. Call 263-5050.

Take Shape For Life!

Call 263-5050 to schedule a consultation and taste testing.

Weight-Loss Surgery Seminar

Saturday, Oct. 13, 7 to 8:30 p.m.

Wednesdays, Nov. 14 and Dec. 12, 6:30 to 8 p.m.

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



EAT WELL for LIFE CLASSES

Healthy food prep demonstrations with tasty samples!

Learn practical food choice tips and see how to make simple recipes that will inspire you to eat well for life.

All foods prepared and served are made with nonanimal food products. Please note that these are demonstration classes and do not include hands-on food preparation by participants. Samples and written recipes are provided. Price: \$15/person; \$10/person for CMC employees, volunteers, students (with ID) and seniors (age 65+); or \$20 per couple.

Thursdays,
11:30 a.m. to 1 p.m.

Food and Your Mood,
Oct. 4

Instructor Eileen Towata will teach ways to transform traditional comfort foods (including dessert!) to make them healthier and satisfying. Learn to be mindful about your food selections and dining experiences.

Eat Well to Prevent and Control Diabetes, Nov. 1

Learn the power of plant foods in fighting one of Hawaii's major diseases from instructor Eileen Towata. Great recipes and tips for weight management included.

Wednesdays,
6:30 to 8 p.m.

French Country
Cooking, Oct. 24

Experience a delicious journey to France with instructor Rebecca Woodland, who will share innovative food preparation techniques that use a bounty of farm-fresh produce. Enjoy healthy French cuisine without all the heavy creams and butter.

Eat Well for the Holidays, Nov. 28

Instructor Eileen Towata will help you meet the challenge of providing a tasty yet healthy buffet for friends and family. Learn strategies for pulling it all together as well as food safety tips.

DIABETES

Diabetes Education

A diabetes educator provides tailored guidance in the management of diabetes, addressing nutrition, incorporating physical activity, monitoring blood glucose, preventing complications, using medications safely, and lifestyle changes. Most insurance companies cover the cost of appointments. Call 263-5050 for more information.



Allison Chan,
RD, Diabetes
Educator