

**IN SICKNESS & IN HEALTH SEMINARS FOR A HEALTHIER YOU!**

Meet face-to-face with health professionals you can trust, and get the information you need.

**PAGE 3**

# Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE • SPRING 2012

## Eating healthy

### Important at any age

BY RUBY HAYASAKA, MS, MA, RD

Everyone wants to live the best possible life—free of disease, full of energy and mentally sharp. A good way to start is by eating a balanced diet based on simple rules for healthier choices.



**SMART FOOD CHOICES** Start with a variety of healthy core foods. These foods for all ages include:

- Fruits and vegetables in their most natural state (without adding excessive salt, sugar and fat).
- Whole grains (as a hot side dish, in breads, as a cereal or in treats).
- Protein from legumes, fish, lean meat and poultry.
- Low-fat dairy products.
- Moderate amounts of “healthy fats” (monounsaturated fats and polyunsaturated fats) from nuts and seeds, and vegetable fat from avocados and olives.

Throughout your life cycle, choosing core foods builds strong, lean bodies and helps prevent chronic diseases, such as diabetes, heart disease and cancer. The earlier you start making healthy food choices the better, but it’s never too late to start.

#### HEALTHY TIPS FOR ALL AGES

**In your 20s** **Eat smart!** Research and plan ahead. Investigate nutrition information for fast-food restaurants to make the best choices. Drink water instead of soda and other beverages. Keep dressings to a minimum by ordering them on the side. Take time to socialize rather than gulping food and beverages.

**In your 30s** **Every healthy food choice matters!** The healthy food choices you make today will positively affect your overall life. Set realistic goals by taking small steps. Everyone falters, but don’t let one misstep set you back.

**In your 40s** **Simplify!** No need to obsess about calories or portion sizes—instead focus on color, variety, freshness and foods you enjoy from core healthy foods. Invite friends and loved ones to join you in living healthy. Share recipes, go to farmers markets, and

prepare and eat meals together.

**In your 50s** **Listen to your body!** Think about the changes happening in your body, and take note of the amount and types of foods you eat. What feels like hunger may really be a need for water, exercise or rest. Eat slowly and in moderation. Turning 50 brings on special challenges, such as an increased need for calcium. Talk to your doctor about calcium, vitamin D and magnesium supplementation to prevent osteoporosis.

**In your 60s** **Focus on nutrient density!** Eat foods that are packed full of nutrients to meet your nutrition requirements for health. In other words, get the biggest bang for your buck. Whole foods in their most natural state are usually higher in nutrient density than processed foods, which often add salt, sugar, fat and other refined ingredients, diluting the nutrients per serving.

**In your 70s** **...and beyond: Eat sharp!** Research shows that eating a healthy diet may prevent the onset of dementia and Alzheimer’s disease. Nutrients that appear to be related to preventing dementia include vitamins C, E and B. Excess calories, high cholesterol and high blood pressure appear to increase risk for dementia. Getting good nutrition and exercise not only controls weight and muscle loss but also helps protect from chronic disease, stroke, broken hips or other bones, and dementia.

Along with making healthy food choices, drinking an adequate amount of water (6 to 8 cups per day for most people), getting daily exercise and having a spiritual connection will ensure a better quality of life. A well-nourished, strong body can handle everything better.

*Ruby Hayasaka is director of Nutritional Services at Castle Medical Center. She also serves on the board of the Hawaii Dietetic Association.*

### HEALTH BITS

#### OFFERING MORE THAN MEDICINE

Castle Medical Center offers Hawaii communities much more than just medicine.

The Bistro restaurant uses the freshest ingredients from local farmers to provide diners with tasty and healthy vegetarian meal options.

The Castle Wellness & Lifestyle Medicine Center in The Harry & Jeanette Weinberg Medical Plaza offers classes on nutrition, exercise and disease prevention. To register

for a class or for a physician referral, call **263-5400** or visit [castlemed.org](http://castlemed.org).



#### TOWN PARTY

Visit us at the “I Love Kailua” Town Party in Kailua Town **Sunday, April 22, 11 a.m. to 4 p.m.**

Free screenings, Ask a Doctor booth, health information and giveaways!



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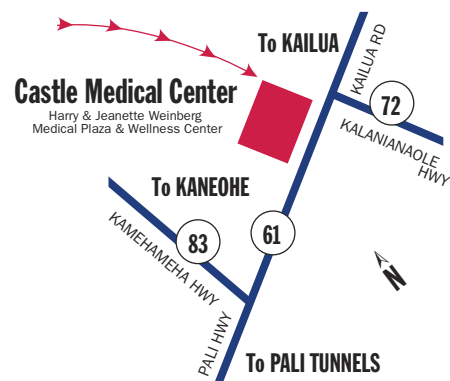
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WindwardHealth

SPRING  
2012

## CMC fights cancer in the workplace



Castle Medical Center (CMC) recently received CEO Cancer Gold Standard™ accreditation, recognizing our extraordinary commitment to the health of our associates and their families.

"Health care providers have the privilege and responsibility to set an example for prevention and treatment of diseases like cancer," says Kathryn Raethel, hospital president and CEO. "We are proud to have met this high standard for our employees."

As part of Castle Medical Center's commitment to the health of our associates as well as of our community, Castle offers free tobacco treatment services for all associates and their eligible, covered dependents through the Wellness & Lifestyle Medicine Center, which is staffed by certified tobacco treatment specialists. In addition, we maintain and sustain a culture that supports healthy food choices and physical activity.

Christopher A. Viehbacher, chief executive officer of Sanofi, chairs the CEO Roundtable on Cancer, a nonprofit organization that created the CEO Cancer Gold Standard in collaboration with the National Cancer Institute, many of its designated cancer centers, and leading nonprofit health organizations and professionals. More than 2 million employees and family members benefit from the vision and leadership of employers who have chosen to become Gold Standard accredited.

The CEO Cancer Gold Standard calls for companies to evaluate their health benefits and corporate culture and take extensive, concrete actions in five areas of health and wellness to fight cancer in the workplace. To earn Gold Standard accreditation, a company must establish programs to reduce cancer risk by: ● Discouraging tobacco use. ● Encouraging physical activity. ● Promoting a healthy diet and good nutrition. ● Detecting cancer at its earliest stages, when outcomes may be more favorable. ● Providing access to high-quality care, including participation in cancer clinical trials.



## JOURNAL DIGEST

### KEEPING OUR COMMUNITIES WELL—NEAR AND FAR

#### Second annual Hawaii Neuroscience Symposium held

Castle Medical Center recently sponsored the second annual Hawaii Neuroscience Symposium "Preparing for the 'Silver Tsunami' of Hawaii," which addressed how dementia will affect health care in Hawaii. The event, which was for physicians, was held at the Ko'olau Golf Club in Kaneohe and included presentations by health experts and leaders, exhibits, and a dinner. Attendees included 53 physicians from throughout Hawaii and representation from 16 hospitals and community health organizations throughout the state.



**STAYING SHARP:** Eileen Towata (left), wellness educator, and Beth Davidann, director of Wellness & Lifestyle Medicine, set up a display about healthy choices that may help delay the onset of dementia.

#### 2011 Read and Run for Literacy

CMC was a co-sponsor of the 2011 Read and Run for Literacy. The event is a 1-mile fun run that raises funds



for Windward schools to promote the love of reading aloud and being physically active. Eileen Towata, CMC wellness educator, led the crowd in a pre-run warm-up and helped facilitate post-run learning activities for kids and their families. CMC's Nana Bear provided lots of hugs and high fives for participants.

**FUN RUN:** Kanani Kilbey, Wellness Center tobacco treatment specialist, and her daughter Kealana DeLary, 9, participated in the fun run. Kealana attends Puohala Elementary School, which will benefit from the event.

#### Collaboration improves health care in Palau

Recently CMC donated hospital beds and bedside laptop carts to the Hawaii-based nonprofit



organization Reach Out Pacific (REPAC). The beds and carts were shipped to Belau National Hospital in Palau. CMC regularly donates equipment it no longer uses to REPAC, whose mission is to improve health care and education throughout the Pacific. Since its establishment in 2005, REPAC has helped numerous Micronesian organizations, providing more than \$1.2 million worth of much-needed supplies.

FEATURE



SEMINARS

Castle Wellness & Lifestyle Medicine Center

6:30 to 7:30 p.m.

Check-in begins at 6 p.m.

Castle Medical Center is expanding its health and wellness education efforts through a new series of monthly In Sickness & In Health seminars, presented by physicians and health care professionals at the Wellness & Lifestyle Medicine Center. ♦ Each seminar will share information to help you achieve a healthy body, mind and spirit through better lifestyle choices and excellent health care services. ♦ “Strong community outreach is an important part of our tradition of care here at Castle Medical Center,” says Kathryn Raethel, CMC president and CEO, about the new program. “While we strive to reinvest in and upgrade our facilities to offer quality diagnostic, surgical and treatment services, we are also committed to building healthier communities through health education programs.” ♦ The seminars are free and open to the public. Light, healthy refreshments will be served. Space is limited and registration is required. Call 263-5400 or visit [castlemed.org](http://castlemed.org).

Stop Prediabetes in Its Tracks



Kimberly Lund, DO, family practitioner



Brijit Reis, MD, pediatrician

Thursday, April 12

Dr. Lund and Dr. Reis show you how to prevent diabetes from controlling your life or the life of someone you love—from kids to adults. Learn about prediabetes and metabolic syndrome and how to take charge of your lifestyle choices to help reverse diabetes and other chronic illnesses.

Girls to Women: Healthy at Every Age



Jean-Paul Clark, MD, OB-GYN



Li-Duen Clark, MD, OB-GYN



Susan Chapman, MD, OB-GYN

Thursday, May 17

Windward obstetricians, gynecologists and midwives teach you to care for yourself and other women in your life. Topics include: transitioning your daughter from pediatrician to gynecologist; childbearing and pregnancy; pelvic pain and abnormal bleeding; menopause; and women’s health and preventive screening exams.

Successful Strategies for Controlling Diabetes



Steven Lum, MD, endocrinologist



Ruby Hayasaka, registered dietitian

Thursday, June 21

These diabetes experts will be on hand to share tips for improved nutrition and physical activity, review how medications work, and explain the importance of regular checkups and screenings. Be inspired by Ruby Hayasaka’s personal success story!



Marios Voulgaridis, MD, hospitalist

Oahu physician recognized for excellence, compassion

Marios Voulgaridis, MD, was recognized recently for living the mission of Adventist Health at the annual Physician Leadership Symposium in Sacramento, Calif. The Physician Leadership Symposium brought together physician leaders and other key hospital and corporate administrators and staff from across the four-state system.

The Physicians of the Year awards were presented at a dinner at the symposium. The award recognizes the compassionate work of those who distinguish themselves from the ordinary.

“The attention Dr. Voulgaridis gives to the smallest detail is impressive, but even more inspiring is his attention to the personal and emotional needs of his patients,” says David Na’ai, MD, Castle Medical Center chief of staff. “I have observed him reassuring an elderly woman with a gentle touch on the shoulder and kind words. I have heard numerous anecdotes about his reaching above and beyond for his patients by doing things as simple as helping to cut up a patient’s dinner entrée when they could not do it themselves.”

## | FEATURE |



# don't fear

hold you back  
*Symptoms you  
shouldn't ignore*

# a

slight pain in the abdomen. An ache in the lower back. A hoarseness in the voice that doesn't go away. ♦ Most of us have noticed a minor symptom like one of these at some time in our lives. And, for various reasons, it didn't spur us to make an appointment with the doctor. ♦ Maybe we hoped that, if we ignored it, the symptom would go away. Maybe we assumed it was caused by something unimportant, not worthy of a checkup. ♦ You're feeling

tired? It's probably because you're not getting enough sleep.

A lump under your armpit? It's probably just a cyst.

Or maybe you were afraid it wasn't just a cyst, and that fear kept you from calling the doctor.

Most minor symptoms aren't a sign of a serious disease. But that still doesn't mean you shouldn't run them by your doctor.

**CHECK IT OUT** "Generally, when someone calls my office with a complaint like being tired, they are going to be advised to come in for a checkup," says J. Fred Ralston Jr., MD, FACP, a past president of the American College of Physicians (ACP). "Seeing them face to face, I can ask questions to find out what is going on."

Maybe the person is depressed, says Dr. Ralston, or perhaps he or she is overweight and out of shape.

"Or I may find out that they have heart disease," he says.

Whatever the outcome, the visit isn't going to be a waste. If it looks like the person is tired because of excess weight, the doctor may talk about eating a healthy diet and increasing activity levels.

"These lifestyle changes can help the current problem of fatigue and make it less likely that the person will have heart disease in the future," he says.

And if it turns out the fatigue is an early warning sign of heart disease? Then both doctor and patient can get an early jump on treatment that can either stop or slow the progression of the disease.

To make sure you and your doctor head off dangerous problems as soon as possible, it can help to know the early symptoms of four common diseases: cancer, heart disease, diabetes and chronic obstructive pulmonary disease (COPD). They are among the leading causes of death in the U.S.

Keep in mind that having one or more of these symptoms doesn't mean you have a serious disease. But it's a good idea to let your doctor give you that reassuring news.

**CANCER'S WARNING SIGNS** Symptoms of cancer can depend on many things—including where in the body the disease is, how big a tumor might be and whether the cancer has spread.

For instance, a tumor pressing on an organ can cause pain. Cancer can also sap the body's energy supply, resulting in fatigue. And the disease can weaken the immune system,



leading to recurrent infections.

The ACP, American Cancer Society and other experts list the following common symptoms of cancer. Some are general to cancer as a whole; others are specific to certain types:

- Unexplained weight loss, such as 10 pounds or more.
- Fatigue that doesn't improve with rest.
- Pain.
- Change in bowel or bladder habits.
- Sores that don't heal.
- Change in the appearance of skin.
- Unusual bleeding or discharge.
- Thickening or a lump in a breast, testicle or other area of the body.
- Hoarseness, nagging cough or trouble swallowing.

**SYMPTOMS OF HEART DISEASE** Heart disease is a broad term for several different diseases that affect the heart, including coronary artery disease (CAD), the No. 1 killer of both men and women in the U.S.

With CAD, plaque builds up in the arteries that supply the heart with blood. This can cause the arteries to narrow, reducing or even blocking blood flow to the heart.

The most common symptom of CAD is angina—a type of chest pain or discomfort that tends to get worse with activity and

go away with rest. Angina pain may also be felt in the shoulders, arms, neck, jaw or back.

Another common symptom of CAD is shortness of breath, which happens when CAD triggers heart failure. With heart failure, the heart doesn't pump blood as well as it should.

Finally, some people with CAD display no signs of the disease until they have a heart attack. Call 911 immediately if you have any of these symptoms of a heart attack:

- Chest pain or pressure.
- Discomfort in one or both arms, the back of the neck, the jaw or the stomach.
- Shortness of breath.
- Light-headedness.
- Nausea or vomiting.
- Breaking into a cold sweat.

**DANGER SIGNS OF DIABETES** There are several types of diabetes. The most common form is type 2.

There is no cure for diabetes, but treating it early can help prevent or reduce



the risk of serious complications—like damage to the eyes, nerves, heart and kidneys.

Symptoms of diabetes include:

- Frequent urination.
- Extreme thirst or hunger.
- Unusual weight loss.
- Extreme fatigue and irritability.
- Frequent infections, especially of the gums, skin or bladder.
- Blurred vision.
- Tingling in the hands or feet.
- Sores that are slow to heal.

**SYMPTOMS OF COPD** COPD is a progressive lung disease. It is almost always linked to a current or past smoking habit.

With COPD, air sacs in the lungs become damaged. They may lose their elasticity and shape, no longer inflating and deflating like they should. The airways also become constantly inflamed and irritated, which makes breathing difficult.

The disease develops slowly. But treatment and lifestyle changes can help you stay active and feel better longer, according to the National Institutes of Health.

If you have any of the following symptoms, ask your doctor about a spirometry test to check your breathing:

- Cough and mucus production that lasts for more than one month.
- Wheezing.
- Shortness of breath, especially with activity.
- Frequent colds, flu or other respiratory illness.

These warning signs of COPD should also encourage you to quit smoking now and reduce the damage to your lungs.

**TAKE NOTES TO YOUR CHECKUP** No matter what your symptoms, it might be helpful to write them down before you talk with your doctor.

Be sure to note when the symptoms started, whether they came on gradually or suddenly, and whether they're continuous or intermittent. Also, let your doctor know if you tried to relieve your symptoms—and what did, or did not, work.

And remember this: "You know your body better than anyone else does," says Dr. Ralston. "And if you think it isn't acting right, it is never a bad thing to call your doctor."



## improving HEART CARE PowerChart ECG gives results faster

Castle Medical Center has initiated a new system for obtaining and managing electrocardiograms (ECG or EKG) from heart patients.

PowerChart ECG is an interface between five new state-of-the-art ECG machines (Mortara ELI 350) and Castle's electronic medical record (EMR). The new system will improve cardiology work flow by making patients' ECG results appear in their EMR within about one minute and be immediately accessible to physicians and others who need to see the data.

Having preliminary ECGs available quickly should significantly decrease the time it takes to get final ECG reports signed by the cardiologists and emergency room physicians and into patients' charts.

"PowerChart ECG provides a simpler solution to physicians who depend on ECGs for treating their patients," says Ron Sanderson, director of CMC's Cardiopulmonary Department. "What once took hours will now only take seconds. Our patients can receive better care because now the ECG will be included in the EMR, providing our physicians with more complete information to make better clinical decisions."

The EMR also includes information on allergies, medications, labs, and previous cardiology and noncardiology tests.

Castle associates acquiring ECG machines and clinical personnel who use this information in their work will benefit by the ease and speed of this new system, Sanderson says.

Adventist Health (AH), the integrated health system that CMC belongs to, has encouraged the use of PowerChart ECG in all of its hospitals, and the system has gone live at several AH medical centers. However, Castle is the first to go live that already has computerized physician order entry (CPOE), which necessitated considerable adjustments by the team at CMC and AH Information Systems.

Sanderson says initiating PowerChart ECG at Castle was made possible through the combined efforts of many hospital departments and CMC physicians.

**Minor symptoms aren't usually serious. But you should still run them by your doctor. For a physician referral, call 263-5400.**

FEATURE

**21ST CHIP  
IN FOR  
CASTLE  
CHARITY  
GOLF  
TOURNAMENT**

**MAHALO NUI LOA**

**TO OUR GENEROUS SPONSORS!**

We extend a sincere mahalo to all who participated in and contributed to the success of our Chip in for Castle charity golf tournament. We look forward to your continued support at the 22nd Chip in tournament on Aug. 13 at the picturesque Mid-Pacific Country Club!

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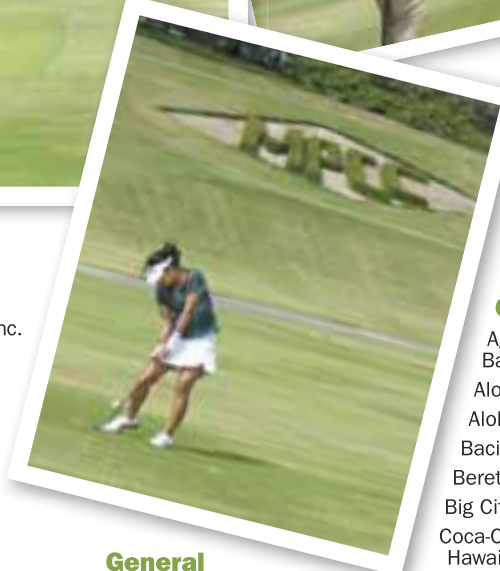
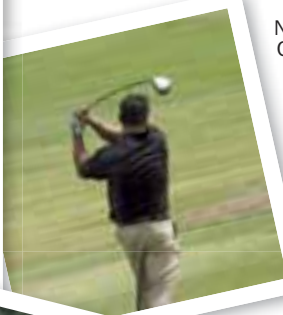
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**If you or your company would like to participate in our next tournament, scheduled for Aug. 13, please call John Keene, tournament director, or Kate Tschudin, tournament coordinator, at 263-5335.**



## FROZEN SHOULDER

### A PAINFUL, COMMON CONDITION

Painful. Stiff. Difficult or nearly impossible to move. ♦ Do those words describe one of your shoulders? If so, then you may have a condition called adhesive capsulitis—better known as frozen shoulder. ♦ “The term *frozen shoulder* covers all kinds of problems associated with

stiffness in the shoulder,” says Anand Murthi, MD, an orthopedic surgeon and spokesman for the American Academy of Orthopaedic Surgeons (AAOS). “Frozen shoulder is one of the most common shoulder problems.”

**WHAT IS IT?** Frozen shoulder occurs when the connective tissue that surrounds your shoulder joint thickens and becomes tight. Over time, your shoulder becomes very hard to move.

“You usually feel a dull, aching pain in the front of your shoulder or your upper arm,” Dr. Murthi says. “You also have a significant loss of range of motion.”

According to the AAOS, the causes of frozen shoulder are not fully understood. But some factors can increase your risk.

“People with diabetes face the greatest risk of getting frozen shoulder,” Dr. Murthi says. “We don’t know for sure why that is.”

Overall, frozen shoulder affects about 20 percent of all people with diabetes, compared to 5 percent of people without the disease, reports the American Diabetes Association.

You also face an increased risk of frozen shoulder if you:

- Are a woman.
- Are between the ages of 40 and 60.

- Have injured your shoulder.
- Have had your shoulder immobilized following surgery.
- Have other medical problems such as hypothyroidism, hyperthyroidism, Parkinson’s disease or heart disease.

**A THREE-STEP PROCESS** According to the AAOS, frozen shoulder generally develops in three stages:

**1** In the freezing stage, your shoulder becomes more and more painful. As the pain worsens, you begin to lose range of motion in your shoulder. The freezing stage can last anywhere from six weeks to nine months.

**2** Once the shoulder is frozen, your pain may actually improve. But the shoulder may remain stiff for up to six months in this stage, making daily activities very difficult.

**3** The final phase of frozen shoulder is the thawing stage. With treatment, your shoulder strength should return to close to normal. This stage may take up to two years.

**WHEN TO SEEK HELP** When you get to the point that you’re in a lot of pain and have trouble moving your shoulder, it’s time to get help.

“If you notice the pain is getting worse and you can’t do things like tuck in your shirt or reach your wallet in your

back pocket, you need to see a doctor,” Dr. Murthi says.

After discussing your symptoms and medical history, your doctor will examine your shoulder—moving it carefully in all directions to see if movement is limited and when pain occurs.

Your doctor may also order x-rays or magnetic resonance imaging (MRI) or ultrasound exams to make sure you have frozen shoulder and not other causes of stiffness and pain, such as arthritis, according to the AAOS.

**THERAPY TIME** Once you have been diagnosed with frozen shoulder, there are several ways to treat the condition.

“Frozen shoulder can be successfully treated,” Dr. Murthi says. “The most important thing you can do is get into a supervised physical therapy program. You should see a physical therapist two or three times a week. It’s also important to do shoulder exercises at home.”

Other types of treatment may include:

- Taking over-the-counter anti-inflammatory medicines.
- Getting a cortisone injection.
- Using heating pads.
- Undergoing electrical stimulation of muscles and nerves.

If none of these types of treatment relieve pain or improve motion, you may need to have surgery.

### Why live with shoulder pain?

Can you reach as far as you want to? Or comfortably comb your hair, scratch your back, use a vacuum or sleep on your side?

If you can’t do the simple things you once did, you may be suffering from a shoulder condition. There are reliable, effective solutions. Join us to learn how you can address chronic pain and regain motion.

You are invited to attend a free seminar on shoulder pain and the latest treatment options. Your spouse or guest is welcome to attend. Light refreshments will be served.



**Solutions for Chronic Shoulder Pain—Your**

**Questions Answered**

**Thursday, April 19**

**6:30 to 7:30 p.m.**

**Check-in: 6 p.m.**

**Wellness Auditorium**

**642 Ulukahiki St., Kailua**

**Presenter: Galen Kam, MD**

**Space is limited. Call 263-5400 today to register, or visit [castlemed.org](http://castlemed.org).**



**Galen Kam, MD,**  
orthopedic surgeon,  
shoulder and elbow  
specialist

**Is moving your shoulder causing you a lot of pain? Get help. Call 263-5400 for a referral to an orthopedic surgeon.**

# TAKE TIME FOR YOUR HEALTH

sign up  
online  
castlemed.org

Take time for yourself this spring 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](http://castlemed.org) and click on "Classes."

## FAMILY

### Giving Birth: The Castle Experience

Four sessions.

Beginning Thursdays, April 5, May 3 or June 7, 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, April 15, 9 a.m. to noon, or May 6, 2 to 5 p.m.

■ Beginning Monday, June 4, 5:30 to 8:30 p.m. Fee: \$75; \$65 if delivering at Castle.

### Infant CPR and Safety

■ Tuesdays, April 17, May 15 or June 26, 5:30 to 8:30 p.m.

Fee: \$25 per couple.

### General Newborn Care

■ Tuesdays, April 3, May 1 or June 5, 5:30 to 8:30 p.m.

Fee: \$25 per couple.

### Breastfeeding

■ Wednesdays, April 25, May 30 or June 20, 6 to 8:30 p.m.

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

### Peacefully Pregnant

■ Tuesdays, April 10, May 8 or June 12, 5:30 to 8:30 p.m.

Fee: \$25 per couple.

A three-hour class to help dispel common myths that lead many couples to fear what is really a natural event. Includes discussion, short films and a workbook.

### Birth Center Tour

Thursdays, 5 p.m. Call for a reservation.

### 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.

### Car Seat Safety Check

Sundays, April 29 and June 24, 1 to 4 p.m.

CMC campus

Certified passenger safety technicians will check your child safety seat for proper fit. You also get information on safe sleep practices and injury prevention. Free. No appointment needed.

## 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

### 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, April 11 or June 6, 6 p.m.

■ Wednesday, May 9, 2 p.m. Orchid Room

Learn options to reduce hip

and knee pain through diet, exercise, medication or joint replacement surgery. Call for a reservation.

## 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. Diabetes interactive group education is also available. Call 263-5050 for more information.

## NUTRITION

### Nutrition Counseling

Ongoing, by appointment

Focuses include weight loss, heart disease and cholesterol reduction, and women's and men's wellness. Call 263-5050 for more information.

## TOBACCO TREATMENT



Allie Yamada and Kanani Kilbey, M.Ed., tobacco treatment specialists

Expert coaching for people who want to stop smoking. Free nicotine patches, gum and lozenges available to participants. Call 263-5050 for individual appointments.

### Live Well...

### Tobacco-Free Group

Tuesdays, 6 to 7 p.m.

Free, and no registration is required. The "talk story" group is open to ex-smokers, those who are thinking about quitting and anyone wanting information about living tobacco-free.

## WEIGHT LOSS

### Individualized Weight Management

Ongoing, by appointment

Includes eight one-on-one nutrition counseling sessions with a registered dietitian and a certified fitness trainer, as well as personalized menu planning, fitness classes and body composition analysis. Free 15-minute information sessions. Call 263-5050.

### Take Shape For Life!

Call 263-5050 to schedule a consultation and taste testing and to learn about special discounts.

### Weight-Loss Surgery Seminar

■ Saturday, April 14, 7 to 8:30 p.m.

■ Wednesdays, May 16 or June 13, 6:30 to 8 p.m.

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

## SUPPORT GROUPS

Free and open to the public.

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



## 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. Samples and written recipes are provided. All foods prepared and served are made with nonanimal food products. Does not include hands-on food preparation by participants. 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.

### Colorful High-Fiber Choices for Cancer Prevention, April 5

Get on the "eat a rainbow" bandwagon and benefit from the cancer prevention qualities of vegetables, fruits and whole grains. Highlights foods that are beautiful, delicious and healthy!

### Strong Bones Strategies, May 3

Not sure what to eat for good bone health? This class offers great tips for selecting foods at the market and preparing easy recipes at home. Enjoy nutrient-rich foods that build a strong framework for life.

### Eat Well to Age Well, June 7

Learn how to prepare some 'ono foods that not only taste great but keep you on pace for a lifetime of good health. In honor of Men's Health Month, fathers, brothers and husbands are especially invited to attend.

Wednesdays, 6:30 to 8 p.m.

### Pineapples! April 25

A symbol of Hawaii's welcoming spirit and brimming with good nutrition, the pineapple will take on a new look and flavor in this creative class.

### Sports Nutrition, May 23

Race in for this plant-based cuisine class that is geared toward those with athletic performance in mind, but open to all who simply want to use delicious foods to fuel their active lifestyle.

### 5-Ingredient (or Less) Recipes, June 27

Using only five or fewer ingredients, the recipes for this class will inspire you to get back in the kitchen and eat healthfully at every meal.



## EVENT

Don't miss this Easter tradition. Free for the whole family!

Sponsored by Castle Medical Center, Waiola Worship Center, Wave Hawaii and other community partners.

### The Witness

April 5 through 7, 7 p.m.

Honolulu Central SDA Church  
2313 Nuuanu Ave., 524-1352

A musical passion play presented by Pacific Island Praise on the life, death and glorious resurrection of Jesus Christ.