

# Windward

# HEALTH

Castle Medical Center

Adventist  
Health

Exceptional Medicine  
by Exceptional People



Children in Porgera, Papua New Guinea, appreciate the caps Betty and others crochet. The altitude of the mining town can often mean very cold weather.

## Betty Walker's secret

VOLUNTEERING IS KEY TO LIVING BETTER AND LONGER

**BETTY WALKER**, who will celebrate her 90th birthday this October, has volunteered all her life. For Walker, volunteering gives her purpose and satisfaction and is part of staying healthy. For the past 10 years, she has crocheted an estimated 3,500 caps to keep heads, big and little, protected and warm halfway around the world from her apartment at the Pohai Nani Senior Community in Kaneohe.

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**Back page:** In Sickness & In Health seminars

**Insert:** How MAKOpasty® changes lives

# Pain meds

## A fatal attraction

BY MELE POCHEREVA

**OVERDOSES** from prescription painkillers take the lives of more than 40,000 Americans each year. It's a growing epidemic that the Centers for Disease Control and Prevention calls "the worst drug crisis in U.S. history," and it's a growing concern in Hawai'i too.



**William Scruggs, MD**

"Since 2007, more people in Hawai'i have died each year from drug overdoses than from fatal motor vehicle accidents, and opioid pain relievers contribute to more than

a third of those deaths," notes William Scruggs, MD, an emergency physician on staff at Castle Medical Center who is helping to develop legislation to protect patients from prescription drug addiction and abuse. "Emergency rooms here have been seeing a gradual increase in overdose patients, but fortunately most of the overdoses aren't lethal."

The biggest culprits are prescription painkillers called opioids: hydrocodone



(like Vicodin), oxycodone (OxyContin) and oxymorphone (Opana).

"These drugs are extremely addictive, even when patients are placed on these medications for just a few days," Dr. Scruggs explains. "And they aren't necessarily the best way to manage pain. Many over-the-counter pain medicines like Tylenol, Motrin or Naproxen are as effective, or more effective, than opioids, without the potential for addiction. Massage therapy, acupuncture and chiropractic manipulation can also help with pain management."

Dr. Scruggs believes that a large part of today's prescription drug problem is the result of legitimate efforts to treat pain. There has been a dramatic increase in the use of these medications to treat chronic pain.

"Since the 1990s, pain pills have been perceived as a cure-all panacea; physicians

were trained to prescribe opioids—for everyone with pain," he says. "Today we're finding that these painkillers are being prescribed too often in ways that may be dangerous for patients. It's important that we improve the ways in which both patients and physicians manage pain—and their expectations of pain relief."

Groups like the Hawai'i Chapter of the American College of Emergency Physicians, of which Dr. Scruggs is now president, have developed guidelines to help their peers better understand the risks of opioid medications and identify patients with a higher risk of addiction.

### Who's at risk?

These factors raise the risk of prescription abuse, addiction and overdose:

- ▶ Chronic opioid therapy or high daily dosages of prescription painkillers.
- ▶ Combining overlapping prescriptions from multiple providers or pharmacies.
- ▶ Having mental illness or a history of alcohol or substance abuse.

### Avoid addiction

Prescription abuse and addiction does not discriminate based on age, ethnicity, social status or wealth. It's a problem that can lurk in anyone's medicine cabinet.

These tips can help you and your loved ones avoid the risk of addiction:

- ▶ Try other pain control methods before taking opioid painkillers.
- ▶ If you absolutely need to take prescription painkillers, take only enough to get through your pain episode, and always use them only as instructed by your doctor.

### PRESCRIPTION PAINKILLERS

## By the numbers

Nearly **2 million** Americans abused prescription painkillers in 2013.

**7,000** people each day are treated in emergency rooms for misusing these drugs.

**44** Americans die each day from prescription drug overdose. Many more become addicted.

People who take prescription painkillers can become addicted with just **one prescription.**

Source: Centers for Disease Control and Prevention

- ▶ Store prescription painkillers in a safe place, out of reach of others.
- ▶ Properly dispose of unused medications, for your own safety and the safety of others. Hawai'i has a program to help you safely dispose of medicine. Call **837-8470** to get the details.
- ▶ Help prevent misuse and abuse by not selling or sharing prescription painkillers, and never use another person's prescription painkillers.



Help us win \$10,000 for the American Cancer Society. Vote for our video at [pinkglovedance.com](http://pinkglovedance.com) once every day Sept. 9 through 23!

## Betty Walker's secret

—Continued from front page

Walker began making the caps about 10 years ago for the military serving in Iraq, and then for cancer patients at Castle Medical Center (CMC). In 2014 she began crocheting caps for CMC to take on mission trips to Porgera Hospital in the highlands of Papua New Guinea.

"When you get to be my age, you want to feel like you can still contribute, and that's how I feel when I do these caps that someone really needs," Walker says.

Physically active all her life (she has shelves of volleyball trophies and marathon medals to prove it), at the age of

71 Walker ran the 10K run when the H3 freeway opened in 1997, coming in third in her age group. Her production of caps is most prolific during football season. "She loves to crochet and watch the football games on TV," says her daughter, Melissa Aiona, with a smile.

Walker, however, doesn't only help those in need 4,000 miles away—she also does mending projects for those who live in her own community at Pohai Nani.



Want to make a difference? Call **263-5252** or go online to [castlemed.org](http://castlemed.org) to find out more about volunteering.



MAKOplasty®

# Makeover for the **knee**

Following his MAKOplasty procedure, Jason Katada, 20-year veteran of the Honolulu Fire Department, is back at work and ready for action in any emergency.

*Castle Medical Center*

 **Adventist  
Health**

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by Exceptional People*

# MAKOplasty®

## AT CASTLE MEDICAL CENTER

BY MELE POCHEREVA

FOR THE PAST THREE YEARS, Castle Medical Center has offered patients an exciting new alternative to total knee replacement surgery—it's less invasive and provides a quicker recovery.

Called MAKOplasty, this innovative partial knee resurfacing procedure is performed with a sophisticated robotic device for precise repair of the damaged knee joint. And it's the newest addition to Castle's multidisciplinary joint care program, which is dedicated to delivering excellent care and results for its patients. No other hospital in Hawaii currently offers the MAKOplasty option.

When only one or two compartments of the knee joint are affected by degeneration due to osteoarthritis, MAKOplasty can be used to replace just the damaged areas with implants made of titanium, cobalt chrome and polyethylene that are custom-sized and precisely fitted. The procedure enables the surgeon to preserve the healthy bone and tissue, including the ligaments that connect the femur (thigh bone) to the tibia and fibula (the two bones in the lower leg). This often results in a more natural-feeling knee motion and, in the long run, less wear and tear on the implants.

### Rapid recovery

Linda Rasmussen, MD, an orthopaedic surgeon who has been on Castle's medical staff for more than 20 years, says her MAKOplasty patients consistently report remarkable results following their surgery. "Most of our patients can return to their normal daily activities within days of surgery, and the time off work can be as little as two or three weeks—just a fraction of the time off needed after a total knee replacement," she says. "With diligent compliance to their rehab programs, we have seen patients with full recovery in one or two months."

Castle's Joint Care Center consistently

ranks in the top 10 percent for patient satisfaction. Its excellent team of medical professionals is supported by a staff of nurses, nursing assistants, and physical and occupational therapists who specialize in joint care. They work together to ensure that patients receive excellent care in a friendly environment before surgery and throughout their brief hospital stay.

### How MAKOplasty works

The first step in planning for a MAKOplasty procedure is a computed tomography (CT) image of the joint. The CT data is input into the RIO Robotic Arm Interactive Orthopedic System, or RIO, to create a digital, three-dimensional pre-surgical plan that will provide a "roadmap" during the preparation of the implant area and positioning of the components.

The procedure itself is performed through a small 4- to 6-inch incision above the knee and small incisions in both the femur and tibia. Using RIO's sophisticated robotic arm and facilitated by the system's real-time visual, tactile and auditory feedback, the surgeon is able to gently resurface the joint and precisely position the implant. Implants are secured with bone cement, perfectly integrating the components with the bone—exactly according to the pre-surgical plan.

The benefits of this minimally invasive procedure include reduced blood loss during surgery, reduced scarring and less time in the hospital. The precise alignment of the implants contributes to their improved lifespan. However, because very little bone is removed during the MAKOplasty procedure, the implants can be replaced, if necessary.



Visit [castlemed.org](http://castlemed.org)  
or call **263-5400** for  
O'ahu and Neighbor  
Island seminar  
schedules.

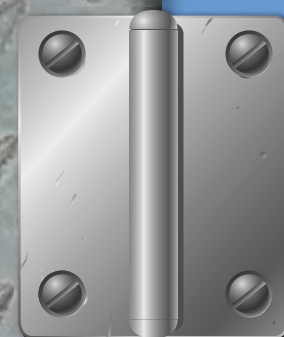
### Is MAKOplasty® for you?

You may be a good candidate for the MAKOplasty procedure if one or more of these scenarios fits your situation:

- ▶ Knee pain with activity, usually on the inner knee, under the knee cap or both or the outer knee.
- ▶ Start-up knee pain or stiffness when activities are initiated from a sitting position.
- ▶ Failure to respond to non-surgical treatments or non-steroidal anti-inflammatory medication.

Attend one of Castle's free informational seminars, led by Linda Rasmussen, MD, to get a deeper view of MAKOplasty and how it can help relieve joint pain caused by

osteoarthritis. Visit [castlemed.org](http://castlemed.org) or call **263-5400** for O'ahu and Neighbor Island seminar schedules.



# OUR PATIENTS' STORIES



Major Day, an avid fisherman, is pain-free following his MAKOplasty procedure.

## Major Day

Major Day (his name, not his rank, he clarifies) points to an old injury from his military service in Vietnam as the likely cause of the chronic knee pain that took the pleasure out of his favorite pastime: fishing.

"I never stopped fishing," recalls the Maui native. "I just took the pain." Day finally decided to seek relief after attending one of Castle Medical Center's free Neighbor Island seminars. "My wife had both knees replaced at Castle, so I went with her and found out more about their program. Dr. Rasmussen said I was a good candidate for MAKOplasty."

Day received the approval he needed from the Veteran's Administration to have the procedure at Castle and, after his pre-surgical consultation, made all the arrangements and scheduled a surgery date with Dr. Rasmussen.

"I took the first flight out of Maui on a Friday morning and had the surgery the same day," Day says. "I did my lesson on crutches, and started walking." After spending one night at Castle, Day was back on a plane to Maui and, on Monday, he began his physical therapy.

"On Wednesday morning I asked myself, 'You want to go back to fishing? Better start walking!'" explains the 65-year-old veteran. "I threw my crutches aside, and after 2½ weeks of PT, I was back on my boat. No pain, no gain. I'm retired and I love to fish. I don't want to be a couch potato."

## Jason Katada

At age 49, Jason Katada appears too young to need knee replacement surgery. But a torn meniscus on the job as a Honolulu firefighter changed that. Surgery repaired the knee initially, but eventually, the continued wear and tear on the joint created bone-on-bone pain.

"My mother had MAKOplasty surgery, and after her success, I further researched the procedure and found that Castle was the only place that offered it," Katada says. "An X-ray showed that I was a perfect candidate."

"My pre-op consultation was very informative and thorough, and I felt really good about the surgery," he adds.

"Dr. Rasmussen made me feel comfortable with what would happen before and after the procedure, and since I'm younger, my recovery time was expected to be shorter. The surgery went well, and Castle took excellent care of me."

After his surgery, Katada completed three months of physical therapy, and because of the physical nature of his job with the Honolulu Fire Department (HFD), he didn't return to work during that time. But the 20-year HFD veteran is back at work today, ready for action in any emergency, large or small.



Durant spends many of his off hours coaching the St. Francis basketball team.

## Ronald Durant

Ronald Durant, branch manager at Guild Mortgage in Kailua, has been an athlete all his life. He was on his high school's football, basketball and track teams and then played college basketball—his passion—for Brigham Young University in Laie. "I probably played longer than I should have," says 54-year-old Durant, who has been coaching boys high school basketball and high jumping for the past eight years. "The wear and tear on my joints caught up with me." Durant had two previous surgeries on each of his knees to repair the meniscus, but the pain returned. "I fought it for five years until the pain was too much," he recalls. "Then I went to a seminar to find out more about MAKOplasty and had

the surgery last August. I wish I had done it earlier!"

"My experience at Castle was great," he says. "Everyone was super accommodating; they explained everything about the procedure and what to expect. I can't say enough about the staff and how helpful they were."

Durant had his surgery on a Friday and was home on Monday. "I went through two or three months of rehabilitation and along the way hit a point where I wasn't progressing," Durant explains. Old scar tissue from his previous surgeries was getting in the way, so he had his knee manipulated to break up the scarring. After that, he made "super progress" and today is happy to report that he is now pain-free.

It's just like with sports, he says. "If you're a good patient and do what you're told, follow the (physical therapy) plan, you'll have success."

Spoken just like a coach.

# What you need to know about MAKOplasty®

**Established in 1997**, Castle Medical Center's Joint Care Center was the first such center in Hawai'i dedicated to hip and knee replacement procedures. Today it is the only center in the state offering MAKOplasty. Available to neighbor island residents as well as those on O'ahu, the center provides individualized patient education prior to and following surgery to ensure patients have the best possible experience and outcome, consistent with Castle's commitment to best practices in patient care.

## The MAKOplasty partial knee resurfacing procedure offers the following benefits:

- ▶ Improved surgical outcomes.
- ▶ Less implant wear and loosening.
- ▶ Joint resurfacing.
- ▶ Bone and tissue sparing.
- ▶ Smaller incision.
- ▶ Less scarring.
- ▶ Reduced blood loss.
- ▶ Minimal hospitalization.
- ▶ Rapid recovery.



The MAKOplasty RIO system

## Free informational seminars

If you are living with hip or knee pain, attend one of Castle Medical Center's free monthly seminars, led by Linda Rasmussen, MD, orthopaedic surgeon. Learn how MAKOplasty can relieve pain caused by joint degeneration due to osteoarthritis, and hear testimonials from patients who have had the procedure. You also will learn about total knee and total hip replacement surgeries available at our Joint Care Center.

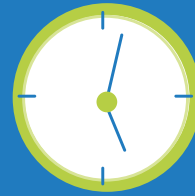
**Thursdays, July 2 or Sept. 3; 6 to 7 p.m.  
Wellness Auditorium**

Orthopaedic surgeon Linda Rasmussen, MD, discusses treatments to manage joint pain, including total knee and total hip replacement and MAKOplasty, a partial knee resurfacing option.

For a schedule of other upcoming seminars on O'ahu or the Neighbor Islands and to register, call **263-5400** or visit **castlemed.org**.

## Recovery time

The recovery time for any operation varies. Here is a comparison of typical recovery times for partial versus total knee replacement.



	Total knee replacement	Partial knee replacement
Hospital stay	2 days	1 day
Outpatient rehab	3 to 9 months	1 to 2 months
Time using walker or crutches	6 weeks	2 weeks
Time off work	6 to 12 weeks	2 to 3 weeks
Complete recovery	3 to 9 months	1 to 2 months

## Return to activities

Returning to sport or leisure activities is an important goal for many patients after knee resurfacing, and the ability to return to sports is highly variable. In general, return to sports is easier and more predictable after partial knee replacement than after total knee replacement.



## Return to work

Return to work after knee repair is highly variable; indeed, many patients are retired at the time of their surgery. However, usually two to three months off before returning to work is recommended after total knee replacement. Alternatively, the partial knee replacement is considered a back-to-work operation. Patients are encouraged to go back to work two to three weeks after a partial knee replacement.

## Cost to you \$\$\$\$

Insurance covers both partial and total knee replacement. However, there are hidden costs to the procedures. Obviously, since partial knee replacement results in a much quicker return to work, less time for rehabilitation and lowered need for pain medication, the cost to the patient is significantly lower.



## What is the lifespan of a MAKOplasty implant?

All implants have a life expectancy that depends on several factors, including the patient's weight, activity level, bone density and compliance with the physician's orders.

Proper implant alignment and precise positioning during surgery are also very important factors that can improve the life expectancy of an implant. With MAKOplasty, implants can be optimally aligned and positioned to ensure the longest benefit. And because very little bone is actually removed during a MAKOplasty procedure, the implants can be replaced with another procedure such as a total knee replacement, if necessary.

## Linda J. Rasmussen, MD

**DR. RASMUSSEN RECEIVED** her medical degree from the University of Washington School of Medicine in Seattle. She completed her residency at San Francisco Orthopedic Residency Training Program. She is board-certified by the American Board of Orthopedic Surgery and is a member of Castle Health Group. She has been

on the medical staff at Castle Medical Center for more than 20 years. She can be reached at **261-4658** (Kailua) or **235-6474** (Kaneohe).



Orthopaedic surgeon Linda Rasmussen, MD, uses RIO, a highly advanced surgeon-controlled robotic arm system, to perform MAKOplasty procedures.



# TAKE TIME FOR YOUR HEALTH

## events calendar

sign up  
online  
[castlemed.org](http://castlemed.org)

Take time for yourself 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 and Events."

Castle Medical Center  
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Health



### EAT WELL FOR LIFE

Thursdays, 6 to 7:15 p.m.

Instructor: Eileen Towata, PhD

These are vegan demonstration classes, which include samples and written recipes.

Class fee: \$10/person. Preregistration and prepayment are required. Call **263-5050**.

#### July 23: Picnic Perfect

Pull out the picnic basket and pack up some tasty dishes, including a pasta salad, for outdoor summer fun dining.

#### Aug. 27: Minimize to Maximize

Fewer ingredients + less cooking = more time for you! Summertime is the perfect time to take it easy in the kitchen.

#### Sept. 24: Back to Basics

Learn more about the four basics of a plant-based diet (legumes, grains, vegetables, fruits), and sample them in some delicious dishes.

### FAMILY

Take a tour of the Birth Center, or sign up for classes: ▶ Giving Birth at Castle.

▶ Lamaze. ▶ The Bradley Method. ▶ Infant Safety. ▶ General Newborn Care. ▶ Breastfeeding. ▶ Car Seat Safety. ▶ Healthy Pregnancy. Visit [castlemed.org](http://castlemed.org) or call for dates and registration.

### FITNESS

Call **263-5050** or visit [castlemed.org](http://castlemed.org) for registration or information on all our fitness classes.

#### Exercise Classes

Registration and fitness assessment are required (may include medical clearance).

- ▶ Better Bones.
- ▶ Build Your Balance.
- ▶ Core Conditioning.
- ▶ Dynamic Stretching (new).
- ▶ Functional Fitness.
- ▶ Longer Life.
- ▶ Lunch Crunch.
- ▶ Pilates.



#### Pilates Primer

Wednesday, July 29, 12:30 to 1:30 p.m.

Instructor: Eileen Towata, PhD

In this FREE one-hour program, you will learn more about the Pilates method of movement and whether it will be a good fit for you.

#### Pilates: Getting Started

Wednesday, Sept. 23, 12:30 to 2 p.m.

Instructor: Eileen Towata, PhD

Workshop introduces Pilates principles and begins practice. Includes floor work; bring your mat. Attending "Pilates Primer" first is highly recommended. Complete and return a Castle Fitness Program Registration Form & Consent to the Wellness Center several days prior to the workshop. Access these forms online at [castle-med.org/PDFs/FitnessRegistration.pdf](http://castle-med.org/PDFs/FitnessRegistration.pdf). Fee: \$15.



### DIABETES EDUCATION

#### Preventing Diabetes

Wednesday, Sept. 30, 5 to 7 p.m.

Presented by Amanda O'Neill, RDN, CDE, CSSD

One in 3 people in Hawai'i has prediabetes. We are now offering a prediabetes class designed for anyone who has been diagnosed by a health professional with prediabetes, impaired fasting glucose, impaired glucose tolerance or metabolic syndrome. Participants will learn:

- ▶ Strategies for healthy eating.
- ▶ Strategies for increasing physical activity.
- ▶ Meal planning for prediabetes management.

Fee: \$5/person. Space is limited and preregistration is required.



Amanda O'Neill, RDN, CDE, CSSD

### NUTRITION

#### Lunch Munch

Monday, July 13, and Wednesday, Aug. 26, 12:15 to 12:45 p.m.

Presented by Eileen Towata, PhD

A lunchtime mini cooking class with food and recipes. Fee: \$8/\$6-CMC Associate.

Space is limited; registration and payment are required two days prior to class.



Eileen Towata, PhD

### WEIGHT LOSS

#### Weight-Loss Surgery Seminar

Wednesdays, July 8, Aug. 12, and Sept. 16, 6:30 to 8 p.m.

Saturday, Aug. 1, 7 to 8:30 p.m.

Wellness Center Auditorium

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

### JOINT CARE

#### Joint Care Seminars

Thursdays, July 2 or Sept. 3, 6 to 7 p.m.

Wellness Auditorium

Orthopaedic surgeon Linda J. Rasmussen, MD, discusses treatments to manage joint pain, including total knee and total hip replacement and MAKOpasty®, a partial knee resurfacing option.

### KIDNEY DISEASE EDUCATION

#### Aloha Kidney Classes (six weeks)

Tuesdays, beginning July 7 or Sept. 1, 5 to 7 p.m.

Hawai'i has one of the highest rates of kidney failure in the nation. Aloha Kidney is a new education class for patients with chronic kidney disease. To register, call **585-8404**.

### SUPPORT GROUPS

Free and open to the public. Call **263-5400** or visit [castlemed.org](http://castlemed.org) for details.

▶ Alzheimer's Caregivers. ▶ Parkinson's Disease. ▶ NAMI. ▶ Caregivers. ▶ Hospice Hawai'i. ▶ Mama Hui.



Castle Medical Center has earned CEO Cancer Gold Standard reaccreditation! Get the details at [castlemed.org](http://castlemed.org).



# Knee pain no more! Read about MAKOplasty® inside.



## CMC receives Women's Choice Award® for Obstetrics and Emergency Care

**CASTLE MEDICAL CENTER (CMC)** has received the 2015 Women's Choice Award®, placing CMC among America's Best Hospitals for Obstetrics and America's Best Hospitals for Emergency Care.

The America's Best Hospitals for Obstetrics scoring process is the only national list that focuses on female patient satisfaction. Hospitals who qualify for this designation provide the highest level of obstetric services based on their scores for patient recommendation, as provided by data reported by the U.S. Department of Health and Human Services in Hospital Consumer Assessment of Healthcare Providers and Systems



(HCAHPS) surveys, as well as an analysis that weighs criteria identified as the most important to women, including early elective deliveries.

As a recipient of the Women's Choice Award® as among America's Best Hospitals for Emergency Care, CMC ranks in the top 9 percent for emergency care, based on the Centers for Medicare & Medicaid Services reports related primarily to the amount of time taken in the ER, such as time for diagnosis, medication and admission to the hospital. The reports are weighted according to the priorities of the women surveyed.

### Castle Medical Center



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## SEMINARS

6 to 7:30 p.m. • Castle Wellness & Lifestyle  
Medicine Center Auditorium

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



Takkin Lo, MD

### Everything You Have Always Wanted to Know About COPD but Were Afraid to Ask

Thursday, July 9

A frank discussion about chronic obstructive pulmonary disease (COPD), a chronic lung disease: what it is, how it's diagnosed, what the current treatment options are and if it's possible to avoid getting it.

► Takkin Lo, MD  
Pulmonology



Linda Rasmussen, MD

### Updates on Living with Arthritis & Diabetes

Thursday, Aug. 13

Linda Rasmussen, MD, shares how arthritis pain can be controlled with exercise. Registered dietitian Amanda O'Neill shares how a healthy lifestyle can control diabetes and inflammation. Learn about foods that promote joint health and foods to avoid.

► Linda Rasmussen, MD  
Orthopaedic Surgery  
► Amanda O'Neill, RDN,  
CDE, CSSD



Amanda O'Neill, RDN

### What to Do About Fungus, Ingrowns and Painful Feet

Thursday, Sept. 10

Find out how to best take care of common foot concerns.

► Ken Tsubata, DPM  
Podiatry  
► Sandra Au, DPM  
Podiatry



Ken Tsubata, DPM



Sandra Au, DPM

Registration is required. Call **263-5400** or visit [castlemed.org](http://castlemed.org).

## How to find us

Call us: 808-263-5500

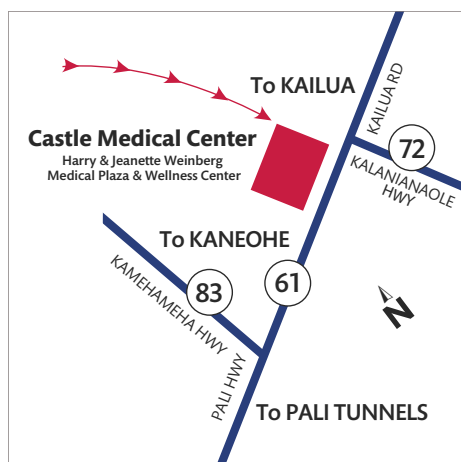


Visit us at [castlemed.org](http://castlemed.org).

**Email us:** Visit our website at [castlemed.org](http://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:** Castle Medical Center, 640 Ulukahiki St., Kailua, HI 96734-4498



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