



Castle Medical Center



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# Windward Health

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WINTER 2007



Here are some organizations that can help you prepare for a disaster, or get help and information when a disaster strikes.

**Oahu Civil Defense Agency**

Phone: 523-4121

[www.honolulu.gov/ocda](http://www.honolulu.gov/ocda)

Emergency preparedness information, including assistance for elderly or disabled people, pet safety, driving safety tips, tsunami evacuation zone maps, shelter listings for your area, and National Weather Service information.

**American Red Cross, Hawaii State Chapter**

Phone: 734-2101

[www.hawaiiredcross.org](http://www.hawaiiredcross.org)

Information about how to make a disaster plan and how to order disaster preparedness kits.

**Hawaiian Electric Company**

[www.heco.com](http://www.heco.com)

Information on disaster safety and preparedness, including electrical safety, emergency food menus and food safety.

**Ready America**

[www.ready.gov/america](http://www.ready.gov/america)

Public service information about preparing for natural disasters and terrorist attacks.

**KSSK Radio**

In an emergency, tune in to Hawaii's official emergency broadcast radio stations KSSK AM 590 or KSSK FM 92.3.



## READY FOR ANYTHING

### BE PREPARED WHEN DISASTER STRIKES

BY MELE POCHEREVA

**TWO STRONG EARTHQUAKES THAT RUMBLED ACROSS THE HAWAIIAN ISLAND CHAIN LAST OCTOBER BROUGHT MORE THAN AN EARLY-morning wake-up call to island residents. Arriving without warning, the temblors caused serious property damage on the Big Island and electrical outages in three counties.**

Fortunately, no serious injuries or deaths were reported, but this unexpected visit from Mother Nature—and the widespread flooding that occurred on Oahu and Kauai last March—brought into focus the need to be prepared when a natural or manmade disaster strikes.

**READY FOR MEDICAL EMERGENCIES** Castle Medical Center has a disaster plan in place and trained staff who know how to handle large-scale medical emergencies. A backup generator and other emergency provisions enable Castle to continue operating through most adverse

circumstances. However, the hospital is not set up to shelter people who do not have a medical emergency, explains Castle Medical Center President and Chief Executive Officer (CEO) Kevin A. Roberts.

“In the event of a major disaster, Castle’s role is to assist victims who need immediate medical attention and to ensure the safety of hospital patients already in our care,” Roberts says. “It’s important that our facilities remain open and clear for triage and patients who need to be admitted to the hospital.”

Those in need of nonmedical assistance following a disaster should contact the American Red Cross, which provides food, temporary shelter, and health and mental health services to address basic human needs. Local civil defense agencies also will open emergency shelters at designated locations, as needed, with information broadcast on radio and television stations.

**PLAN AHEAD** Ready America, a public education program directed by the U.S. Department of Homeland Security, offers three important steps to getting your household ready should disaster strike.

**Get an emergency kit.** You can make your own or order a ready-made kit from the American Red Cross and other organizations (see Emergency Link). You can also find a list of items for your emergency kit at our Web site, [www.castlemed.org](http://www.castlemed.org). Just click on “Disaster Emergency Kit.”

**Make a family emergency plan.** Help is available at the American Red Cross and Ready America Web sites.

**Be informed.** Learn about potential natural and man-made emergencies in your area, and how to respond to them. The Oahu Civil Defense Agency Web site is a good place to start.

Just as having a working smoke detector can help you survive a fire in your home, having the right supplies on hand and a plan in place will greatly enhance your ability to survive a natural disaster or other emergency.



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## Sharing life: The BEST GIFT

As gifts go, this one is extraordinary. You won't find it in a catalog, it's not advertised on TV, and it doesn't come wrapped in ribbons and pretty paper. Yet of any gift you could ever give, it may be the one most likely to be remembered—and to have the biggest impact.

It's the gift of life, a gift you can give by becoming an organ donor.

Right now, at least 90,000 Americans are waiting for an organ transplant. Sadly, many of them will die before getting the transplant that they need.

"There is a critical shortage of organs available," says Annie Moore, spokeswoman for the United Network for Organ Sharing. "If you make the decision to become an organ donor, you could save or enhance the lives of up to seven people. If you were to become an organ and tissue donor, you could save and enhance the lives of up to 50 people."

Organs you can offer include your heart, kidneys, pancreas, lungs, liver and intestines, according to the U.S. Department of Health and Human Services. You may also donate your corneas, skin, bone marrow, heart valves or connective tissue. Decisions to donate all or only some of these organs and tissues are strictly up to you.

Some people may worry that they are too old to be a donor or that their health would disqualify them. But don't let those concerns dissuade you, says Moore.

At the time of your death, an organ recovery coordinator will confidentially evaluate your medical and social history to determine if you would be an appropriate donor.

No costs are involved for you or your family, and your decision will not affect the possibility of an open-casket funeral.

### MAKE YOUR WISHES KNOWN

You can state your intent to be a donor on your driver's license or on a donor registry. But you should also make your family aware of your decision to ensure that your wishes are honored.

To learn more about communicating your wishes and making sure that they're honored, visit the Web site of the Coalition on Donation, [www.donatelife.net](http://www.donatelife.net).

## END-OF-LIFE CARE

# MAKING YOUR WISHES KNOWN

Just as surely as life has a beginning, it also has an end. How we approach our end will deeply affect us and those close to us. Yet few of us share our hopes and fears with anyone.

When we come into this world, we are surrounded by love, comfort and care. Hopefully we'll have the same when we leave. Advances in medical science should make dying less stressful for patient and family. Instead, our technology provides options that often leave relatives with heartbreaking choices, usually with no idea of our wishes.

Castle Medical Center (CMC) recognizes the need for improving care at the end of life on Windward Oahu, and together with Kokua Mau, is focusing on improving end-of-life care and providing new services.

This year CMC will sponsor regular end-of-life care forums for the public at its Wellness Center. Topics will include comfort care, hospice (and palliative) care, and assistance with end-of-life planning. We believe community involvement is the foundation of a successful project.

Our goal is to provide a peaceful end to a long healthy life, with support and comfort for our loved ones.

**COMING SOON...**  
Watch for more information on free upcoming seminars on end-of-life care in the next issue of *Windward Health*. If you have suggestions for future topics for these seminars, call 263-5400.

## HOW TO FIND US

**CALL US:**  
808-263-5500

### E-MAIL US:

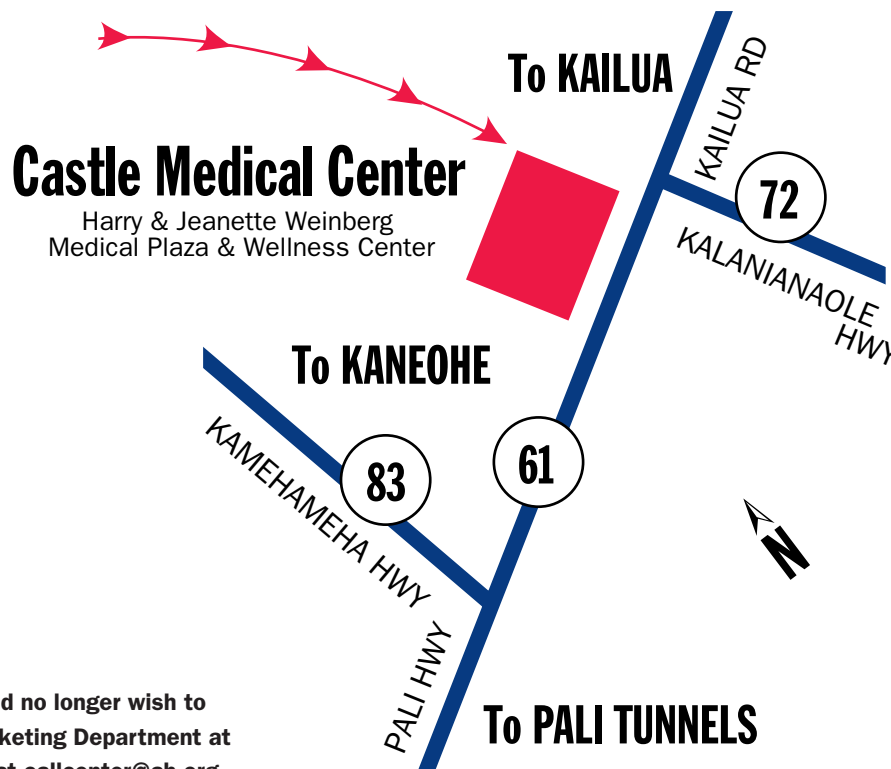
Visit our Web site at [castlemed.org](http://castlemed.org) and click on "Contact Us." We'd be happy to hear from you!

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

### WRITE OR VISIT US:

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Information in WINDWARD HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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**Windward Health**

**WINTER 2007**



## Super 16th tournament tops \$200,000

With the generous support of HBE Corporation; Aramark Healthcare Management Services; and Torkildson, Katz, Fonseca, Moore and Hetherington Law Corporation; and generous donations from community friends, Castle Medical Center's Super 16th Chip In for Castle Charity Golf Tournament raised \$200,000 to benefit the hospital's

"Building a Healthy Future" campaign. The tournament netted \$100,000, which will be matched through a grant from the Harold K. L. Castle Foundation.

The medical center is in the last phase of the "Building a Healthy Future" construction campaign, which is scheduled for completion in February 2007.



Three who took up the challenge to quit and have remained smoke-free are (from left) Mallory Silva, Behavioral Health Services; Teri Waiolama, Admitting; and Laurie Martin, Nutritional Services. Mallory was able to quit after 40 years of smoking; Teri after 25 years; and Laurie after 30 years.

## Tobacco-free policy benefits CMC associates

Castle Medical Center marked one year as a tobacco-free campus recently. Before and after becoming tobacco-free, hospital associates could take advantage of free smoking cessation programs through the hospital's Nicotine Dependency Treatment Center. The center's services are also available to the public. Call 263-5050 for more information.

## Castlemed.org now offers interactivity

Castle Medical Center's (CMC) recently redesigned Web site features a refreshed graphic look, a streamlined navigation structure, and an expanded use of video and other multimedia.

Visitors can now find an online gift shop, CMC campus virtual tours, a "News and Events" section, and a free "E-mail a Patient" option that allows family and friends to e-mail people in the hospital.

Along with the new features, visitors will have easier access to some of the most popular portions of Castle Medical Center's Web site, such as class registration and the Pali Gardens menu.

Web site visitors can also find many pages on hospital services and programs, including the monthly calendar, job listings and the *Windward Health* newsletter.

"The new site, with its redesigned pages, will rapidly grow many times larger and should better reflect the strategic mission of Castle Medical Center," says director of Marketing and Communications Jasmin Rodriguez.



CASTLE

## News

### WESTERDAHL LEAVES CMC



John Westerdahl and Vice President of Operations John Monge.

Castle Medical Center said aloha to John Westerdahl, Director of Wellness and Lifestyle Medicine, in the fall. Westerdahl accepted the position of Director of the Murad Inclusive Health Center, a new generation of wellness center located in the South Bay beach community near Los Angeles.

### CMC NURSES HONORED



Mahealani Thomas; Pat Gilbert; Kathy Raethel, Vice President of Patient Care Services; and Pat Tom.

Pat Gilbert, R.N., Nursing Supervisor; Mahealani Thomas, R.N., Behavioral Health Services; and Pat Tom, R.N., Home Care; were recognized recently at the University of Hawaii at Manoa School of Nursing and Dental Hygiene's fiftieth anniversary celebration of their bachelor of science in nursing degree program.

Along with 47 other nurses, they were honored for their effect on

education, and their professionalism, caring, cultural awareness and innovation. The recognition dinner was held at the Waikiki Prince Hotel.

### CMC STAFF MEMBERS FEATURED

*Pacific Business News* featured Vivian Chun, R.N., Perioperative Services, and Lila Johiro, Financial Services, recently in a special insert called *Healthcare Heroes*. *The Hawai'i Filipino Chronicle* named Robin Pacson, R.N., Interim Director of Medical Surgical Services, a "rising star" in a recent article about Filipino health care workers who make a difference.

### CMC AND MACY'S PARTNER IN BREAST CANCER AWARENESS EVENTS

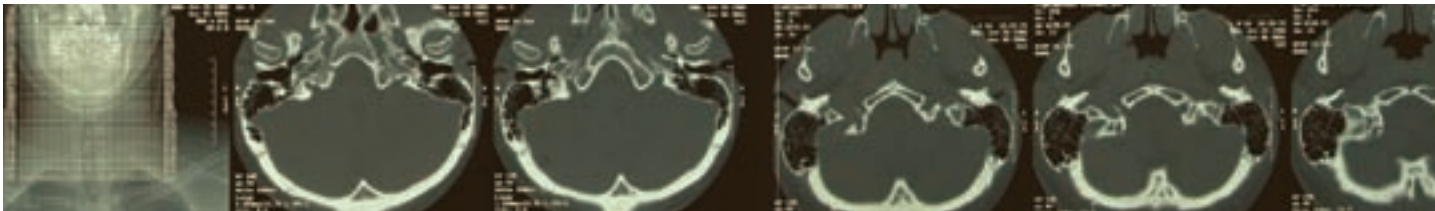
CMC Imaging Services set up interactive displays at Windward Macy's stores in October to promote early detection of breast cancer. Visitors received breast cancer awareness information and giveaways, and had an opportunity to schedule a mammogram screening appointment.



KAILUA MACY'S: Imaging supervisor Missie Wasielewski and Radiology technologist Jodi Maher show off the pink chopper that was part of CMC's Breast Cancer Awareness Month display at the Kailua Macy's store.



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**WHEN MOST PEOPLE THINK ABOUT STROKE, IT PROBABLY GOES SOMETHING LIKE THIS: I HOPE I DON'T EVER HAVE ONE. ♦ THAT'S**

likely the end of their musing. Although strokes are very common events—one occurs roughly every 45 seconds in the United States—they aren't a pleasant topic on which to dwell.

After all, strokes can kill. More than a fourth of all strokes are fatal, according to the American Society of Neuroradiology. And as many as 30 percent of those who survive a stroke will be seriously disabled.

But there are more constructive ways to think about stroke that can prove very beneficial to you and your loved ones.

"Most people do not know the warning signs of stroke and rarely think about the many ways they can prevent a stroke," says Ralph L. Sacco, M.S., M.D., a neurologist and spokesman for the American Stroke Association (ASA).

For example, many people believe stroke

## TIA Small stroke may signal big trouble

Transient ischemic attack, or TIA, is a stroke in miniature.

It has the same symptoms as a stroke. The symptoms come on suddenly too, as they do with stroke. And the same thing causes them: Both stroke and TIA are a result of an abrupt interruption in the supply of blood to the brain.

But unlike a stroke, a TIA is a brief event. As its name suggests, the interruption in blood supply is transient. Most symptoms disappear within a few minutes, although some might last as long as 24 hours.

That might lead you to dismiss a TIA's symptoms as harmless, a vague "spell" that doesn't even warrant a call to the doctor, not to mention a trip to the emergency room.

That would be a mistake on both counts. Only a medical evaluation can tell whether you're experiencing a stroke or a TIA.

If it's the former, you need prompt treatment to halt the stroke in progress. If it's the latter, you'll need treatment to prevent the stroke that may be on its way.

### DANGER AHEAD

TIAs are ministrokes of major importance.

The American Stroke Association calls them "strong predictors" of stroke. Nearly one of three people who have a TIA will have a full-fledged stroke—possibly within just a few days.

Just as flashing lights and lowered gates signal an oncoming train, a TIA should be considered a warning for stroke. It's telling you that something is wrong, and it may be the same "something"—such as narrowing in the arteries—that will lead to heart attack or stroke.

Symptoms of a TIA can vary greatly, but may include such things as: ♦ Numbness or weakness in the face, arm or leg, often on one side. ♦ Confusion. ♦ Difficulty talking or understanding what is being said to you. ♦ Vision problems in one or both eyes. ♦ Problems walking, or loss of balance and coordination. ♦ Dizziness.

### WHAT CAN BE DONE?

The first step to treating a TIA is to assume that it is a stroke and get help immediately—preferably within an hour after symptoms appear.

Call your doctor or go to a hospital for a thorough evaluation. You might undergo tests such as CT or MRI scans of your head and neck to look for blocked blood vessels, or an electrocardiogram to check your heart. You might also be given aspirin or other anti-clotting medication.

Once the diagnosis of TIA is made, the goal of treatment will be to prevent a second TIA or a full-blown stroke.

Your doctor might prescribe medications to prevent blood clots and lower blood pressure and cholesterol. He or she will discuss lifestyle changes that will reduce your risk for heart disease and stroke, such as quitting smoking, changing your diet or losing weight.

If tests show blockage of specific arteries to the brain, you might need surgery to open them.

# GET READY, GET SET, TAKE ACTION!

isn't treatable, that there's very little that can be done once a stroke has started. In fact, quite a lot can be done not only to stop a stroke in progress but also to minimize its damage.

A stroke is also much less of an inevitable event than many people think. Strokes are very preventable, especially if you and your doctor draw up a protective plan of action.

**WHAT IS STROKE?** A stroke is similar to a heart attack, except the events take place in your brain. It's even sometimes called a brain attack.

There are two major types of stroke: ischemic and hemorrhagic.

**Ischemic stroke.** The vast majority—nearly 80 percent—of strokes are ischemic, caused by a blockage in the flow of blood to the brain. The blockage is usually the result of one of two things:

- A blood clot obstructing a major blood vessel to the brain, such as one of the carotid arteries that travel up each side of your neck.

- A buildup of fatty plaque—a process called atherosclerosis—within one of those blood vessels, causing it to narrow and limit the flow of blood.

Blood carries oxygen and nutrients to the brain. When the supply of blood is cut off, brain cells begin dying.

**Hemorrhagic stroke.** This less common type of stroke occurs when blood seeps into or around the brain. Causes of hemorrhagic stroke can include:

- A weakened area of an artery that balloons out and then bursts, called a bleeding aneurysm.
- An artery that breaks open after years of

damage, often from high blood pressure.

During a hemorrhagic stroke, direct contact with blood damages neurons in the brain, according to the National Institute of Neurological Disorders and Stroke (NINDS). The delicate chemical balance in the brain is then upset and brain cells begin dying.

### WHY STROKE IS DANGEROUS

When brain cells die, they're lost forever. And whatever part of the body they controlled is affected too.

For example, the left hemisphere of your brain is responsible for such things as speech and understanding, notes NINDS. If you lose brain cells in that area, you might have problems talking, reading or writing.

How much damage a stroke causes can be directly related to how many brain cells it kills. And that depends on how much time passes between the first appearance of

symptoms and medical treatment.

One study in the medical journal *Stroke* quantifies brain damage during an ischemic stroke in plain terms:

- Approximately 2 million brain cells die in the first minute.
- A pea-sized area of the brain dies for every 12 minutes without treatment.

"That's why we are using the slogan *Time lost is brain lost*," says Dr. Sacco.

**GET HELP FAST** Symptoms of a stroke come on suddenly and most often include one or more of the following:

- Numbness or weakness of the face, arm or leg, especially on one side of the body.
  - Confusion, or trouble speaking or understanding what is being said.
  - Trouble seeing in one or both eyes.
  - Trouble walking, or loss of balance or coordination.
  - Severe headache with no known cause.
- Any of these signs warrants a call to 911, even if the symptoms disappear after a few minutes.

### QUICK TREATMENT CAN HELP

Treatment depends on the type of stroke involved:

- Ischemic stroke. An intravenous medication called tissue plasminogen activator (TPA) can halt the stroke in progress by dissolving the clot that caused it.

But TPA needs to be given within three hours of the onset of stroke symptoms, says

times slow bleeding into the brain from an artery weakened by high blood pressure.

Such new treatment options have made hemorrhagic stroke a less dire diagnosis than it once was, says Dr. Sacco.

But, again, he notes, time is of the essence. None of these treatments can begin until stroke has been diagnosed at a hospital. That likely means after:

- An initial evaluation of symptoms and history.
- A neurological exam.
- Blood tests.
- CT or MRI scans of the head and neck, which will show whether the stroke is due to a clot or bleeding in the brain.

**DEVELOP A PLAN** When you think about stroke, think prevention and preparation.

# GET MOVING, GET SCREENED AND GET RID OF THE SMOKY HABIT. NEED A LITTLE HELP? SEE PAGE 8.

Dr. Sacco. That means you need to call for emergency help and get to a hospital at the first sign of a stroke.

"Primary stroke center hospitals have a target to start TPA within an hour of arrival at the hospital for ischemic stroke patients," Dr. Sacco says.

- Hemorrhagic stroke. A bleeding aneurysm can often be repaired if the person gets to the hospital quickly enough, Dr. Sacco says. The bleeding can be stopped and the blood washed out of the brain area.

Giving a clotting protein used to treat the blood disorder hemophilia can some-

You and your doctor can develop a prevention plan by reducing your risk factors for stroke. Not all risk factors are under your control, but many—such as diet, smoking, blood pressure and cholesterol levels—are.

You can prepare to survive a stroke by reviewing the symptoms with your family, co-workers and friends. Be sure everyone knows to call 911 immediately at the first sign of a stroke.

"Everyone needs to know the facts about stroke, not only for their own health but to help friends and family," says Dr. Sacco.

**CT SCANNING**

# A PAINLESS AND QUICK DIAGNOSIS

If your doctor thinks that you might have some sort of internal disorder, he or she may recommend you have a computed tomography (CT) scan.

A CT scan is a procedure that uses special x-ray equipment and a computer to obtain pictures of organs, bones and other tissues. These images are more detailed than ones available through standard x-rays.

One of the advantages of CT scanning is that it may help your doctor diagnose your condition without having to do a more invasive procedure, according to the American Medical Association.

**A USEFUL TOOL** CT scanning is one of the best tools for diagnosing disorders of the chest, head and abdomen.

It is often used to identify many types of cancers, including the size and location of tumors. By looking at images from a CT scan, your doctor can properly plan and administer radiation treatments for tumors and plan any surgeries you may need.

**Castle's new 32-slice CT scanner gives doctors incredibly detailed images faster than ever before.**

A CT scan is also used to identify injuries to the liver, spleen, kidneys and other internal organs. It can give your doctor a clear picture of even very small bones as well as muscles and blood vessels.

**A SIMPLE PROCEDURE** A CT scan is very much like a standard x-ray exam, according to the Radiological Society of North America (RSNA).

During the scan, you will be asked to lie very still on a



table. The table will then slowly pass through the center of a large x-ray machine with a hole in the center.

Before the CT scan, you may be given a contrast agent, or dye, that will result in a clearer picture of the area of your body being examined. The dye may be swallowed, injected into a vein or administered by way of enema.

Most CT scans are performed on an outpatient basis, so you do not stay overnight in a hospital.

**RISKS VS. BENEFITS** Before you decide to have a CT scan, it's important that you weigh the risks and benefits.

In rare cases, the dye used in CT scans can cause an allergic reaction. Also, CT scanning can expose you to a higher dose of radiation than a regular x-ray.

But, according to the RSNA, the benefit of an accurate diagnosis from a CT scan outweighs the risk of radiation exposure.

CT scanning is fast, simple and painless. It can eliminate the need for exploratory surgery. And it can reveal internal injuries and bleeding quickly enough to help save your life.

**The VIEW is better at CMC**

Castle's CT scans are generated through an advanced Toshiba Aquilion 32 multislice CT scanner. The new 32-slice CT scanner allows our technologists to produce high-definition, 3-D images for the most accurate detection and evaluation of traumatic injuries, cancer tumors and more.

Studies of the abdomen, which used to take 15 minutes to scan, can now be completed in just 20 seconds at Castle Medical Center. This faster CT scanner is less taxing on patients. Faster exam times mean shorter wait times, so more patients can be treated faster.

Within seconds, this new CT scanner can generate detailed images, with 32 separate "slices" acquired with a single, one-second rotation. Each slice is half a millimeter thick, and all the images are available to be viewed on a computer screen within minutes. Thinner tissue slices enable radiologists to more accurately detect abnormalities.

For more information, please call Imaging Services at 263-5166.

**ADVICE FROM THE AAOS**

# BE READY FOR YOUR UPCOMING SURGERY



**S**o you've decided to have surgery. What happens now?

While every operation is different, there are some general things you can do to get ready.

First, talk to your surgeon. It's important for you to have a thorough understanding of the operation, recovery time and postoperative rehabilitation, according to the American Academy of Orthopaedic Surgeons.

Once you know what's ahead, you can take action:

- If you smoke, try to stop or at least cut down. Smoking delays healing and slows recovery.
- Eat a healthy, balanced diet. Your doctor may put you on a special diet, advise you to lose weight or recommend iron supplements before surgery.
- Tell your doctor what medications you take, including over-the-counter medicines and vitamin and herbal

supplements. You may need to stop taking some medicines before surgery. For example, aspirin or anti-inflammatory medicines should not be taken within a week of surgery to reduce the risk of bleeding.

**PLAN FOR HOMECOMING**

- Line up someone to help with cooking, laundry and shopping while you recover.
- Make home modifications, if needed. Perhaps you'll need grab bars or handrails in the shower or an elevated toilet seat.
- Put items such as the phone, TV remote, facial tissues, water and medications in one easy-to-reach place.

**FOR MORE INFORMATION** You can find information about surgeons at Castle Medical Center on our Web site, [www.castlemed.org](http://www.castlemed.org).

# IS IT ASTHMA OR IS IT ALLERGIES?

**Y**ou're coughing, your chest feels tight and you're having trouble breathing. It could be just a cold. But it also could be a sign that you have asthma or allergies.

If you're unsure what is causing your symptoms, a visit to the doctor is a good idea. Your doctor can conduct a variety of tests to determine if you have asthma or allergies.

**TESTING FOR ASTHMA** Asthma is a condition that causes your airways to swell and narrow. It can cause you to wheeze, cough and feel short of breath. Asthma attacks may be triggered by exercise, dust, viral infections and other conditions, such as allergies. The attacks can vary in length, frequency and severity.

To diagnose asthma, your doctor will probably ask questions about your symptoms and listen to your breathing.

You also may be given spirometry—a

**If you're unsure what is causing your symptoms, a visit to the doctor is a good idea.**

test that measures air flow in your lungs. A device called a spirometer will be used to tell how much air you can blow out of your lungs and how fast you can blow it after taking a deep breath. Results will be lower than normal if your airways are swollen and narrowed by asthma.

Your doctor may also recommend:

- A test that uses a handheld peak-flow meter to check your breathing over a period of one to two weeks.
- Allergy testing to see what allergens might affect you.
- A test to see how your airways react to exercise.
- Tests to see if you have gastroesophageal reflux disease (GERD) or sinus disease—both of which can produce symptoms similar to asthma.
- Chest x-rays or an electrocardiogram to find out if other



lung diseases or heart disease could be causing asthma symptoms.

**TESTING FOR ALLERGIES** Allergies are triggered by substances called allergens, which include dust mites, pollen, smoke and other airborne particles. Certain foods can also trigger allergies.

To treat allergies effectively, your doctor will have to determine what triggers your allergic reactions. Most allergy tests involve exposing your skin or blood to tiny amounts of different allergens and looking for reactions.

Some common allergy tests include:

- A prick test. A small amount of allergen is placed in

the skin by making a tiny puncture.

- An intradermal test. An allergen is injected under the skin with a syringe.
- A scratch test. An allergen is dropped onto a scratch on the skin.
- Challenge testing. An allergen is eaten or inhaled.
- A radioallergosorbent test (RAST). Blood is drawn and exposed to allergens.



For more information on testing, visit the American Academy of Allergy, Asthma and Immunology Web site at [www.aaaai.org](http://www.aaaai.org).

Sources: American Academy of Allergy, Asthma and Immunology; National Heart, Lung, and Blood Institute

## CONTROL is key

Asthma may be a chronic illness, but if you manage asthma properly, you can control it.

According to the American Academy of Allergy, Asthma and Immunology, your asthma is well-controlled if:

- You have symptoms twice a week or less.
- You use your rescue medicine only twice a week or less.
- Your asthma doesn't wake you at night or early in the morning.
- Your asthma doesn't limit you at work, school or during exercise.
- Measurements of your air flow are normal or a personal best.

To help keep your asthma under control and further reduce your risk for asthma attacks, you can also:

- Not smoke and avoid smoky environments.
- Exercise regularly to improve your stamina.
- Try to avoid substances that you are allergic to.
- Always carry an inhaler and take your prescribed medications.
- Try to relax if your attacks are triggered by stress.

# SECONDHAND SMOKE: KNOW THE DANGERS

**Y**ou've never smoked in your life. That's good. But it doesn't necessarily mean you're immune to the many health problems linked to smoking. All you have to do is be around someone else's smoke, and you put your health at risk.

Exposure to secondhand smoke can lead to heart disease, lung cancer and other health problems that are caused by smoking, according to the American Lung Association (ALA).

Secondhand smoke is especially harmful to children, who are still developing physically and have higher breathing rates than adults.

**WHAT IS IT?** Secondhand smoke is a mixture of the smoke from the burning end of a cigarette, pipe or cigar, and the smoke exhaled by smokers. It's also called envi-

ronmental tobacco smoke and is sometimes referred to as involuntary or passive smoking.

When you're exposed to secondhand smoke, your body absorbs nicotine and other harmful chemicals. According to the American Cancer Society, secondhand smoke contains more than 4,000 chemicals, of which more than 60 are known or suspected to cause cancer.

Along with increasing your risk for lung cancer, secondhand smoke is associated with:

- Chronic and severe heart disease.
- Irritation of the eyes, nose and throat.
- Respiratory problems such as coughing, excessive phlegm, chest discomfort and reduced lung function.

Children exposed to secondhand smoke are at an increased risk of getting asthma, ear infections and respiratory infections such as bronchitis or pneumonia.

Secondhand smoke has also been linked to sudden infant death syndrome (SIDS).

**HOW CAN I AVOID IT?** While smoking is now banned in many public places, it's still not easy to avoid secondhand smoke because about one out of every four people smokes, according to the ALA.

But there are steps you can take to protect yourself and your family from secondhand smoke. The ALA says you can:

- Ask people to smoke outside. If they must smoke inside, limit them to a room with an open window and fan.
- Tell family, friends and co-workers that you do not want them to smoke around you.
- Prohibit smoking in your vehicle.
- Make sure your child's day care, school and after-school programs are smoke-free.

# TAKE TIME FOR YOUR HEALTH

Castle Medical Center

Adventist Health

Make your resolutions count this year. Let Castle Medical Center help you get and stay healthy for life. Castle invites you to register for a health-promoting class or seminar or call for a physician referral. Take charge of your health. Call 263-5400 or visit our Web site at [www.castlemed.org](http://www.castlemed.org).

sign up online  
castlemed.org

## EVENTS CALENDAR

### EVENTS



#### COOL KAILUA NIGHTS

**Block Party & Health Awareness Fair**  
Feb. 3, 5 to 10 p.m.  
Uluniu and Aulike Streets in Kailua

Cool Kailua Nights is a community-wide event with fun for the entire family and an important mission: to raise awareness and funds for cancer awareness and research. All proceeds from this event will directly benefit Castle Medical Center's Chemotherapy Clinic.

Midweek is the title sponsor of the event that is being coordinated by Danielle Scherman of Soiree Events. If you would like to be a sponsor, or for more information on this event contact Scherman at 782-7576, or e-mail Danielle@SoireeEventsUSA.com.

#### DISASTER PREPAREDNESS

**Are you and your faith community prepared to respond?**  
Feb. 22, 10 a.m. to 4 p.m.  
Wellness Center Auditorium

Sue Pignataro, R.N., will speak about how, as part of the disaster response team, the faith community can play a role in providing direct assistance as well as in disaster planning, prevention and risk-reduction. Find out how. \$15 (includes lunch)



### FAMILY

#### BIRTH CENTER TOUR

Wednesdays, Jan. 3, Feb. 7 or March 7; 5 to 6 p.m.  
Call for reservation.

#### BREASTFEEDING

Thursdays, Jan. 18, Feb. 15 or March 15  
6 to 8:30 p.m.

Taught by a certified lactation consultant. \$25

#### CHILDBIRTH BASICS

Jan. 31 or March 14  
5 to 10 p.m.

Individuals: \$50; couples: \$65; rates discounted if delivering at CMC.

#### GENERAL NEWBORN CARE

Tuesday, Feb. 20  
6 to 9 p.m.

Learn about bathing, crying, sickness, diaper changing and other basics. \$25

#### INFANT CPR AND SAFETY

Jan. 9, Feb. 6 or March 6  
6 to 9 p.m.

Does not provide certification. \$25

#### LAMAZE™ PREPARED CHILDBIRTH

Monday beginning dates: Jan. 8 or Feb. 19,  
6:30 to 9:30 p.m.

Sunday beginning dates:  
Jan. 28 or March 11  
4:30 to 7:30 p.m.

The classic six-part childbirth preparation class. \$75; \$65 if delivering at Castle.

### FITNESS

Wellness Center monthly and quarterly memberships are available for fitness classes. Free for Windward YMCA members. Please call to register.



#### BODY SCULPTING/ FITNESS CLASSES

#### FREEDOM OF MOVEMENT

For those with Parkinson's disease, ataxia, who may have difficulty performing usual activities including reaching, transitional movements, and walking. Can be done sitting or standing, and family members or caregivers are welcome to accompany. Medical clearance required.

#### LONGER LIFE, HEALTH AND WELLNESS FITNESS CLASS

Excellent for seniors. Gentle exercises increase joint flexibility, range of motion, muscle strength and cardiovascular endurance. Exercises can be done sitting or standing. Participation requires medical clearance.

#### QIGONG



#### STEADY ON YOUR FEET

Addresses balance challenges while standing or walking, stretching and strengthening of key balance muscles. Medical clearance and screening by a physical therapist required.

#### WAI LANA YOGA

#### NUTRITION

#### CASTLE INDIVIDUALIZED LIFESTYLE WEIGHT MANAGEMENT PROGRAM

Ongoing, by appointment  
Includes one-on-one nutrition counseling with a registered dietitian, personalized menu planning, cooking classes, body composition analysis, fitness classes and personal training. Call 263-5050. \$375

#### KNEE AND HIP PAIN SEMINARS

Day Seminar: Tuesdays, Jan. 9, Feb. 6 or March 13;  
10 to 11 a.m.

Evening Seminar: Tuesdays, Jan. 23, Feb. 27 or  
March 27; 7 to 8 p.m.



Learn about the causes of hip and knee pain and how you can reduce pain using diet, exercise, medication, or joint replacement surgery. Free

#### INDIVIDUALIZED NUTRITION COUNSELING

Ongoing, by appointment  
Medical nutrition therapy helps you get on a healthy diet and nutrition program for optimal health. Topics of focus include weight loss, diabetes (covered by many HMSA plans), heart disease and cholesterol reduction, women's wellness, and nutrition and herbal supplements.

#### WEIGHT LOSS

#### WEIGHT-LOSS SURGERY SEMINAR

Wednesdays, Jan. 10, Feb. 21 or March 14  
7 p.m.

Learn about Castle's new comprehensive surgical weight-loss program from bariatric surgeon Steven Fowler, M.D., and other members of the bariatric team, including a dietitian, nurse coordinator, and fitness and wellness specialists. Registration is required.



Steven Fowler, M.D.

#### EFFECTIVE LONG-TERM WEIGHT LOSS

Learn about our popular weight management program. Medifast® details at [www.castlewellness-hp.tsfl.com](http://www.castlewellness-hp.tsfl.com). To schedule a taste-testing and consultation with a dietitian, and to learn about program discounts, call 263-5050.

### SCREENINGS

#### HEARTBEAT HAWAII CORONARY RISK EVALUATION

Ongoing, by appointment  
Includes Castle's comprehensive computerized coronary risk profile and blood test analysis with recommendations for a healthier heart. \$45. Now offering C-Reactive Protein and Homocysteine testing for an additional fee.

### SPIRITUAL LIFE

#### LIVING WITH LOSS

This free program is part of the Spiritual Life and Pastoral Care Department and is co-sponsored by Hospice Hawaii. Support Groups for Caregivers, Brain Injury and Bereavement meet regularly at Castle Medical Center. Call for more information.

### SUPPORT GROUPS

#### ATTITUDINAL HEALING

For the stress of daily life and healing relationships.

#### CANCER SUPPORT GROUP

For cancer patients, survivors and loved ones.

#### PARKINSON'S SUPPORT GROUP

For people with Parkinson's disease and their caregivers.

#### BREATHE FREE PLAN TO STOP SMOKING

Jan. 16, 18, 21, 22, 23, 24, 25, 30, Feb. 6  
March 13, 15, 18, 19, 20, 21, 22, 27, April 3  
7 to 8:30 p.m.

#### Castle Center for Nicotine Dependency Treatment Wellness & Lifestyle Medicine Center

This dynamic, comprehensive, "cold turkey" approach is clinically tested and proven successful. \$100 for nine sessions; includes all materials and ongoing group support sessions. This fee is covered by HMSA's "Ready, Set, Quit!" stop-smoking program.



#### LOST AND FOUND SEMINAR: LOSE WEIGHT—FIND YOUR HEALTH

Thursday, Jan. 4; 7 p.m.  
Wellness & Lifestyle Medicine Center

We often make commitments to lose some weight to find renewed health, energy and vitality. You will learn about proven weight, heart health, and diabetes management strategies and how to prevent "falling off the wagon." Get a free Body Fat Test and learn about a tool that can help you lose your extra weight once and for all.

