

Windward

HEALTH

Castle Medical Center

Adventist
Health

Exceptional Medicine
by Exceptional People

With the Castle team's support, Marcia Roberts-Deutsch lost almost 50 pounds in seven months.



Finding the right fit for your lifestyle

MANY WHO TRY to lose weight in our fast-paced, eat-and-run, super-sized culture find that conventional diets don't work—at least not long-term.

"Weight loss is a journey," says Nicole Kerr, MPH, RD, director of the Castle Wellness & Lifestyle Medicine Center. "We here at the Wellness Center provide you the tools and support through the long haul, as one has to change their lifestyle. Everyone has their own story, and finding what works for you safely and sanely is the key."

Marcia Roberts-Deutsch's weight-loss story began in May of last year when she realized that her weight was compromising her health and personal life. Roberts-Deutsch, 70, is the full-time Dean of University College (Liberal Arts unit) at Honolulu Community College and is a respected artist, art critic and curator.

"My primary reason to lose weight was medical: high cholesterol, arthritis and stress on my joints. On a personal level, I had a new granddaughter and I wanted to feel better and be able to move with her more," says Roberts-Deutsch, who lives close to Castle Medical Center.

Roberts-Deutsch was familiar with the programs at Castle's Wellness Center and made an appointment with Amanda O'Neill, RD, certified

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Insert: Life-changing benefits of bariatric surgery

Hall joins elite national list of tobacco treatment specialists

ALLIE HALL, RN, Wellness & Lifestyle Medicine, recently received her certification as a Master Certified Tobacco Treatment Specialist, becoming the only one in Hawai'i, and joining an elite nationwide group.

In addition to educational requirements, the rigorous Master Certified Tobacco Treatment Specialist (CTTS-M) program offered by the University of Massachusetts Medical School requires that applicants:

- ▶ Complete various training courses and pass the Tobacco Treatment Specialist (TTS) written exam.
- ▶ Undergo extensive training in tobacco dependence treatment.
- ▶ Have a minimum of 2,000 hours of experience specifically in delivering tobacco dependence treatment services in a five-year period.
- ▶ Prepare and submit a case study to the TTS review board and pass an oral interview regarding the case study.

"I am grateful that I successfully completed the requirements for the certification as a Master Certified Tobacco Treatment Specialist," Hall says, "I appreciate the support of the whole Wellness team for all their encouragement and assistance as I worked toward accomplishing this goal. The Hawai'i Community Foundation and Castle Medical Center were instrumental in helping me to get funding for the training and the means for me to work with patients needing tobacco treatment!"



Allie Hall, RN, Wellness & Lifestyle Medicine

Right fit

—Continued from front page

diabetes educator, who reviewed the Medifast Take Shape for Life (TSFL) website with her and got her started on the program. "TSFL was very much aligned to the way I already ate, because I don't eat red meat," Roberts-Deutsch says. "And the 'lean and green' part of the program allowed me to eat dinner with my husband, so that worked really well."

With the support and coaching of the Wellness Center team and weekly weigh-ins to keep her on track, by mid-December Roberts-Deutsch had reached her target weight.

"It was a pleasure working with Marcia—her motivation was truly inspiring," O'Neill says. "She consistently lost the recommended weight of 1 to

2 pounds a week. At age 70 with a weight-loss success of almost 50 pounds and 12 percent body fat in seven months, Marcia is a testament to hard work and dedication. She adapted to this change not as a diet but as a lifestyle."

Even after transitioning off the TSFL program, Roberts-Deutsch is keeping the weight off.

"Research has shown that having a support system is vital to long-term weight-loss success, and she will always have support from the Castle Wellness team," O'Neill says.

"I can walk and enjoy tai chi," says Roberts-Deutsch. "All my numbers are good, and I have a better sense of being able to deal with this time in my life!"



Marcia Roberts-Deutsch holds up one of her favorite choices for between-meal snacks that she continues to use to help maintain her weight loss.

What you need to know about 3-D mammography

Q What is digital breast tomosynthesis, and why should I consider it?

A Digital breast tomosynthesis, or 3-D mammography, has the ability to image overlapping normal, dense breast tissue. Clinical data suggest that digital mammography with tomosynthesis produces a better image, improved accuracy and lower patient recall rates compared with 2-D mammography alone.

Q Who can have breast tomosynthesis?

A Currently, 3-D mammography is available as a screening tool to supplement 2-D digital mammography. It may be of particular benefit to women who have dense breast tissue, a strong family history of breast cancer or an increased predisposition for breast cancer.

Q Does my insurance cover it?

A Effective Jan. 1, 2015, 3-D mammography may be a covered benefit under Medicare. Payment for this service will be made if it is an annual screening or if you have a high-risk screening diagnosis. Also as of Jan. 1, Medicare co-insurance and deductible do not apply

with bilateral digital breast tomosynthesis. That means you should not incur an out-of-pocket cost if you have Medicare. Castle Medical Center cannot guarantee that your insurance will cover it—but we will work with our payers to see if they will begin to cover this important service.

Q Why am I being asked to sign an agreement of financial responsibility?

A Before Jan. 1, 2015, the Centers for Medicare & Medicaid Services (CMS) had not ruled on coverage of digital breast tomosynthesis. As a provider, we bill for services rendered to all patients, not just Medicare patients. Because it is unclear whether your insurance carrier will pay for this service, we are obligated to inform you that you could be responsible for the balance.

Q I'm on a fixed income. Are there any other options for me?

A Yes. If you have been diagnosed with dense breast tissue or you have been deemed "high-risk" by a qualified radiologist, you may want to talk with your primary doctor or gynecologist about MRI or ultrasound as an additional screening tool.

Q Can I decline this service?

A Yes. Although we believe 3-D mammography provides additional diagnostic value to 2-D digital mammography, you are under no obligation to accept this service.

Q Can I decide later to get breast tomosynthesis if I change my mind?

A Unfortunately breast tomosynthesis coverage only applies when performed in conjunction with digital screening mammography. We will be happy to answer any questions you may have regarding this technology.



For more information on 3-D mammography or to schedule your 3-D mammogram, please contact our breast health navigator at **263-5434** or **263-5166**.

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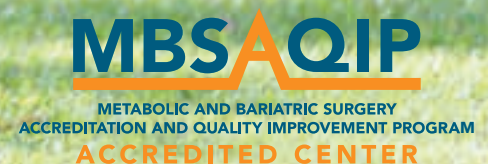


BEAT OBESITY

how surgery
at Castle
can help



In 2011, Maggie Kahiapo chose to make a lifestyle change and have bariatric surgery. Four years later and 125 pounds lighter, she is successfully maintaining her healthy weight by controlling food portions, walking in Hawai'i Memorial Park at a workout pace and spending time on the basketball court with her grandchildren.





THE HAWAI'I CENTER
FOR METABOLIC AND
BARIATRIC SURGERY

LIFE-CHANGING

benefits of bariatric surgery

BY MELE POCHEREVA

FOR NEARLY A decade, Castle Medical Center has been changing the lives of Hawai'i residents through its nationally accredited Surgical Weight Loss Institute, which is now called The Hawai'i Center for Metabolic and Bariatric Surgery.

"The new name reflects growing medical evidence that gastric

bypass surgery—the 'gold standard' among bariatric procedures—brings about metabolic changes that result in dramatic improvements and even remission of obesity-related health problems such as type 2 diabetes and heart disease," says Steven Fowler, MD, a bariatric surgeon and the center's medical director.

"Regardless of which procedure they choose, our patients are finding

that within a very short time, they can drastically reduce or even discontinue their use of medications for these and other medical conditions," Dr. Fowler says. "It's nice to lose the weight, but the main concern is the substantial improvement in the patient's health."

Today, obesity is defined and accepted as a disease, and an increasing number of insurance companies are recognizing the long-term health benefits of weight-loss surgery, making it more accessible than ever. As a result of compelling evidence showing the impact of obesity and the benefits of bariatric surgery in the remission of type 2 diabetes, some insurance policies now cover metabolic surgery for individuals with BMIs less than 35 and who have type 2 diabetes.

Is surgery right for you?

Bariatric surgery has been shown to be the most effective treatment for significant, long-term weight loss and the reduction or elimination of the many diseases that can develop as a result of morbid obesity. Studies have found that the risk of death from obesity-related disorders is reduced by nearly 90 percent among weight-loss surgery patients.

But, as Sacha Mendelsohn, RN, bariatric coordinator at Castle, explains: "Surgery is not a magic wand; it's a tool. Patients must be physically and emotionally ready to make lifelong changes, including a commitment to a healthy diet and regular physical activity."



PROFILE IN HEALTH

Walking the road to success

With four married children and 11 grandchildren, ages 12 months to 21 years, family is a big part of Maggie Kahiapo's life.

Kahiapo plans to be around for years to come so that she can enjoy time with her younger grandchildren as they grow up. In 2011, she opted to have weight-loss surgery.

"I was big all of my life," she says. "I wanted to exercise, but because of my weight (nearly 270 pounds) I had back, knee and ankle pain, and no energy."

Kahiapo and a co-worker talked with others who had had bariatric surgery and both

decided to have the gastric bypass procedure. "We started the whole process together, to support each other, and we had our surgeries within a month of each other. She was there for me, and vice versa," Kahiapo says.

Dropping 50 pounds in the first six months enabled her to start walking and to discontinue her hypertension medication. Eventually losing more than 125 pounds, Kahiapo surpassed her weight-loss goal.

"You need to be honest with yourself about why you want to do it," she says. "Surgery is just a tool, a boost to get you started."

Maggie Kahiapo still looks forward to family dinners. "It can still be a social time, but now I just eat less and eat slower."



Free seminars Learn more about surgical weight loss and The Hawai'i Center for Metabolic and Bariatric Surgery at one of Castle's free informational seminars, offered on O'ahu and neighbor islands. Call **263-5400** or visit **castlemed.org** for dates and locations.

Choosing surgery is a significant step for every individual. That's where Castle's multidisciplinary team of bariatric professionals can help.

As part of the decision-making process, each patient meets with a psychologist, registered dietitian, fitness specialist and nurse coordinator, all of whom are involved in assessing a person's health issues and their readiness to make the necessary lifestyle changes that are a key part of the success of the bariatric surgery program. Then, in consultation with Dr. Fowler, patients learn the advantages and risks associated with each type of procedure so they can make an informed decision based on their personal history and current state of health.

Lifelong support

Weight-loss surgery brings radical changes to an individual, both physically and emotionally. It's important that patients are equipped with the tools they need to sustain their weight loss and make a successful transition to their new lifestyle.

"Patients lose the most weight in the first 12 to 18 months after surgery," says Mendelsohn. "Weight regain can happen for some patients; often it is several years after surgery when they stop watching what and how they eat and resume a sedentary lifestyle. We're here to help our patients keep on track, for as long as they need us. I don't think many programs offer the kind of long-term support you'll find at Castle."

Leading up to and after surgery, patients in Castle's bariatric program receive care that includes group and individual counseling sessions; nutrition counseling and cooking demonstrations; fitness classes designed for program patients; and peer support groups that help address emotional, behavioral and other issues. At every step, patients are treated as individuals, with respect and compassion.

The Castle team helps patients reach and maintain their goals for a lifetime. Mendelsohn says patients are encouraged to attend the free support groups and to take advantage of their ongoing

—Continued on next page



Kori Kiesel says, "I've become a huge advocate of helping people change their lives."

PROFILE IN HEALTH

Learning to accept support

As a clinical social worker, Kori Kiesel has spent much of her life helping others get their lives on track, ignoring her own health and well-being.

"I was active but carrying so much extra weight that I wasn't comfortable in my own skin," Kiesel admits. "I dreaded going to the gym and comparing myself to all of the fit people, but I viewed it as a necessary evil."

When her physician suggested an increase in medication to control her diabetes, Kiesel decided it was time to get healthier. "I didn't want to be on insulin for the rest of my life," she says. "After attending a free weight-loss surgery seminar at Castle, things came together. A gastric bypass was recommended for reversible diabetes. I had surgery on Election Day 2012 and was off all meds by the next day."

Kiesel describes Castle's support before and after her surgery as "awesome."

"Being a therapist myself, it was interesting to be on the receiving end of support groups," she says. "But now I've learned to accept support from others. My own health is now a priority."

Two years after her surgery, Kiesel's new lifestyle is going strong. "I am mindful of what I eat, and I love going to the gym now," she says. "I schedule my gym workout into my day."

The facts about obesity

Obesity greatly increases a person's risk of premature death as well as developing more than 40 obesity-related health problems, including:

- ▶ Arthritis. ▶ Asthma. ▶ Cancer. ▶ Depression. ▶ Diabetes. ▶ Fatty liver.
- ▶ Gastric reflux. ▶ Heart disease. ▶ High blood pressure. ▶ Infertility.
- ▶ Osteoarthritis. ▶ Pulmonary embolus. ▶ Respiratory problems. ▶ Skin ulcers. ▶ Sleep apnea. ▶ Urinary incontinence.

The good news is that obesity, and many of the health conditions it causes, can be successfully treated by various types of weight-loss surgery. Even a 10 percent reduction in body weight, if maintained, can reduce many of these health risks. "It is amazing how one surgery can eliminate or put in remission the many health problems that exist due to the disease of morbid obesity," says Carol Enderle, director of Clinical Services and the Hawai'i Center for Metabolic and Bariatric Surgery. "That is success that is immeasurable upon a person's health, life and longevity for future generations."



To register for the April 11, May 9 or June 10 Weight-Loss Surgery Seminars, call **263-5400**.

79 million American adults including an estimated

22% of Hawai'ians have obesity.

Nearly half of Hawai'i's

1.4 million residents are considered overweight.



Kainani and Alex Alvarez wanted their marriage to be a healthy partnership, for themselves and for their future children.

Life-changing

—Continued from previous page

access to Castle’s dietitians and exercise specialists in the months and years after surgery. “We are here for them if they need help retooling or tweaking their diet and fitness regimens as they lose the weight and their bodies transform.”

‘Ohana power

“Hawai‘i is such an ‘ohana-oriented community, with family gatherings often centered around food—and lots of it,” Mendelsohn says. “‘Take a plate home’ is a common invitation at the end of such gatherings. And, like elsewhere, convenience foods and portion sizes have gradually increased while calorie expenditure has gone down.

“When a patient has weight-loss surgery, it can have a positive impact on the lifestyle of the whole family,” she says. “Our patients can lead by example and perhaps help stop the cycle of obesity for their children and grandchildren. That’s a really exciting prospect.”

 To register for the April 11, May 9 or June 10 Weight-Loss Surgery Seminars, call **263-5400**.

PROFILE IN HEALTH

It takes two to jujitsu

Kainani Alvarez shares a story that is familiar to many: struggling to lose weight by dieting, only to put the pounds back on. Marriage and the prospect of starting a family changed that. Her wedding in 2012 motivated her to lose 70 pounds before the big day, but when she gained them back, Alvarez decided it was time to do something different to lose weight—and keep it off.

“My husband, Alex, and I were both pretty inactive, and we liked to eat out a lot,” Alvarez says. “But we wanted to have a healthier lifestyle, for

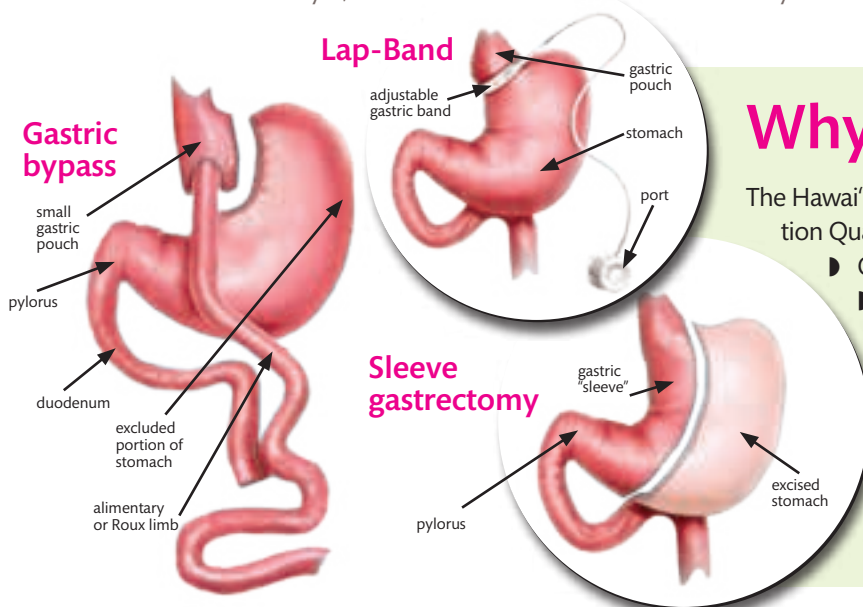
ourselves and so that we could be good role models when we have children.”

In January 2014, Kainani had gastric bypass surgery at Castle’s Center for Metabolic and Bariatric Surgery. Alex had the same procedure two weeks after. A year later, Kainani had lost 145 pounds; Alex had lost about 150 pounds. Best of all, the couple has adopted a healthy new attitude about physical activity and how they eat.

“In the beginning, I learned to have a better relationship with food, and I took up walking, then Zumba,” Alvarez says. Seeing the

positive results motivated her further, and she returned to the exercise boot camp program that had helped her lose weight for the wedding. “I told my husband that he needed to find an activity he liked and suggested he return to his jujitsu training.”

The couple found a jujitsu gym where they can work out together five or six days a week. “We can support each other to make sure we stay on track,” Alvarez says. She also continues to attend boot camp classes a couple of times a week; hikes with friends on weekends; and has fun modifying and cooking healthier versions of her favorite recipes, which she shares with friends.



Why Castle Medical Center?

The Hawai‘i Center for Metabolic and Bariatric Surgery is a designated Metabolic and Bariatric Surgery Accreditation Quality Improvement Program (MBSAQIP) and a designated Blue Cross Blue Shield Center of Distinction.

- ▶ Our program is comprehensive.
- ▶ We offer bypass, sleeve, and band and revisional procedures.
- ▶ Our surgeon is on-island, and emergency coverage is always available.

Steven Fowler, MD, has a high-volume, dedicated practice; maintains an O‘ahu office; and makes trips to the outer islands monthly or quarterly. He is the only local surgeon performing single-incision laparoscopic surgery (SILS) for sleeve and band.

- ▶ We maintain support groups on all islands.
- ▶ The time to surgery can be two months.
- ▶ We accept HMSA, MDX, DMBA, UHA, HMA, HMAA, Medicare insurances and cash pay.



TAKE TIME FOR YOUR HEALTH events calendar

sign up
online
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 and click on "Classes and Events."

Castle Medical Center
Adventist
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.

April 23: Trending Now: The Hot Foods of the Plant World

We'll look at some of the top food trends for 2015, including ancient grains (beyond quinoa) and fermented foods.

May 28: Fiber Fixers

The average American eats much less fiber than the daily recommended amount. How do you measure up? Learn how to sneak more fiber into your culinary creations—and why fiber is so important for good health.

June 25: Cauliflower & Cousins

Discover the versatility of cauliflower, along with its cousins in the important cruciferous plant family. Health experts tout the nutritional and cancer-risk-reducing value of these food crops—we think they just plain taste good too!

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 or call for dates and registration.



FITNESS

Call 263-5050 or visit 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. ▶ Core Conditioning. ▶ Functional Fitness. ▶ Longer Life. ▶ Lunch Crunch. ▶ Dynamic Stretching (new). ▶ Build Your Balance.

Stress Less (New)

Wednesday, April 15, 1 to 2:30 p.m.

Presented by Eileen Towata, PhD

Chronic stress can wreak havoc on our bodies and minds. This workshop will focus on:

- ▶ Learning mindfulness meditation techniques, such as breathing.
- ▶ Practicing gentle movements/stretching.
- ▶ Participating in relaxation and guided imagery exercises.

Fee: \$15/person



Exercising With Osteoporosis

Workshop 1: Seated & Standing Workout
Wednesday, May 20, 1 to 2:30 p.m.

Workshop 2: Floor Workout

Wednesday, May 27, 1 to 2:30 p.m. (For those able to participate in floor-based class; bring your own mat.)

Presented by Eileen Towata, PhD

This workshop will focus on:

- ▶ Learning about resources for safe exercise guidance.
- ▶ Learning how to strengthen key muscles with appropriate exercises.
- ▶ Learning how to recognize contraindicated movements/exercises.

Fee: \$15 per workshop.

Freeing the Shoulders and Neck

Wednesday, June 10, 1 to 2:30 p.m.

Presented by Eileen Towata, PhD

Are you always tight and tense through the shoulders and neck? This workshop will focus on:

- ▶ Learning optimal biomechanics of the shoulder girdle.
- ▶ Learning awareness and breathing techniques to reduce tension.

- ▶ Learning how to strengthen key muscles.
- ▶ Learning stretching and self-myofascial release techniques to free the movement of the arms.

Workshop includes floor work; participants must be able to get up and down to floor. Bring your own mat. Fee: \$15.

DIABETES EDUCATION

Diabetes Shopping Tour

Wednesday, May 6, 5 to 6:30 p.m.
Foodland Kailua

Learn to identify healthy options for appropriate nutrition for people with diabetes. Join certified diabetes educator Amanda O'Neill, RDN, for a shopping tour. Space is limited; preregistration required.



Eileen Towata, PhD

WEIGHT LOSS

Weight-Loss Surgery Seminar

Saturdays, April 11 or May 9, 7 to 8:30 p.m.

Wednesday, June 10, 6:30 to 8 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, May 7 or June 4, 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 May 5, 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 for details.

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

CANCER SUPPORT

Look Good...Feel Better

Wednesday, June 3, 1:30 to 3:30 p.m.

A free program to help individuals with cancer look good, improve their self-esteem, and thereby manage their treatment and recovery with greater confidence. Preregistration required; call 800-227-2345.

How to find us

CALL US:

808-263-5500

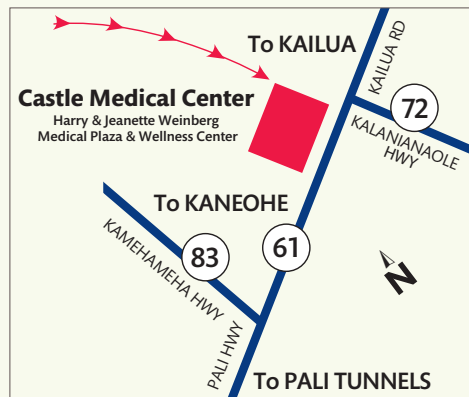
EMAIL US:

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


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

WRITE OR VISIT US:

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 Visit us at castlemed.org.

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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.

Registration is required. Call **263-5400** or visit castlemed.org.

Understanding and Navigating Geriatric Health Care

Thursday, June 11

Many older people live to reach advanced stages of chronic diseases. Along with their families, they experience emergency room visits, hospital stays and having to make hard decisions about medical treatments. Palliative care, home care and other services focus on quality of life and managing chronic disease. It is challenging yet necessary to plan ahead, so come hear more about these services.

- ▶ Patricia Lynn Borman, MD, Family Medicine, Geriatrics, Palliative Medicine
- ▶ Sheri Richards, RN, Palliative Care Coordinator
- ▶ Emilie Smith, RN, Executive Director, Castle Home Care



Patricia Lynn Borman, MD



Sheri Richards, RN



Emilie Smith, RN

Going Under? Myths & Facts About Anesthesia

Thursday, April 9

Gain insights to help you make informed decisions regarding anesthesia and pain management options.

- ▶ Patrick Fujimoto, MD, Anesthesiologist



Patrick Fujimoto, MD



I Love Kailua Town Party

JOIN CASTLE MEDICAL CENTER for the I Love Kailua Town Party. Enjoy dozens of Kailua restaurants and eateries participating this year in "A Taste of Kailua."

While the food is always a

highlight of this annual gathering, the Town Party is also an opportunity for shopping, entertainment and family fun. Over 50 Windward artists and craftsmen will have their work on sale; there will be

**Sunday, April 26,
11 a.m. to 4 p.m.
Kailua Town**

Sponsored by Lani-Kailua Outdoor Circle and supported by Alexander and Baldwin

plants and orchid displays and sales; and Kama'aina Kids will sponsor a keiki fun zone with rides and activities.

Castle Medical Center is providing a mini health fair with free health information, screenings, and other health and wellness activities. The event is funded by the sale of commemorative T-shirts and buttons. Buttons can be purchased for \$4 at the event or in advance at many locations around Kailua, including Hardware Hawai'i and First Hawai'ian Bank.