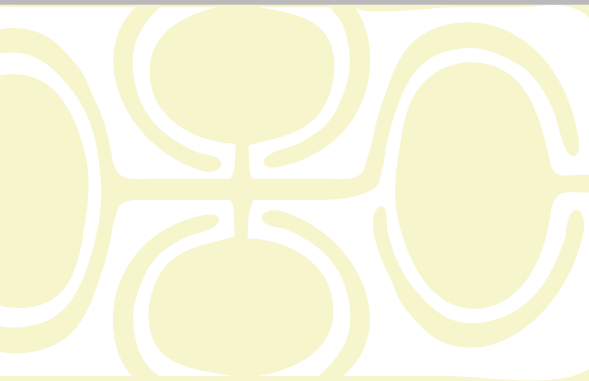


# Windward

Adventist Health  
Castle

# HEALTH

Fall 2018



## FROM PRIMARY CARE TO EMERGENCY CARE

WINDWARD O'AHU'S HEALTH CARE RESOURCE



### INSIDE THIS ISSUE

Insert: Comprehensive care, close to home

Page 2: Have you had your mammogram?



## Have you had your mammogram this year?

October is Breast Cancer Awareness Month, a perfect time for you to get your annual mammogram. At Castle, we're removing barriers women may have in accessing care. Here are common reasons why women avoid having their annual mammogram, and why you should never let them stop you from getting the care you need.

- 1. I've heard it hurts.** Compressing the breast during a mammogram allows us to see the tissue more clearly, reduces radiation exposure, and reduces retakes. It isn't comfortable but it shouldn't hurt. Our mammography technologists work with you to get the best images as painlessly as possible. Castle uses a layer of foam called a Mammopad to cushion the machine and make the experience more pleasant.
- 2. I really can't afford it.** All insurances pay for screening mammograms with different requirements depending on your age and family history. For the last three years Castle has been awarded grants from Susan G. Komen Hawai'i to assist uninsured and underinsured women in paying for screening mammograms, diagnostic mammograms, biopsies, travel and other breast health-related needs. Last year more than 200 women received appropriate testing under the grant. It can be used to cover the entire test or even just a co-pay depending on your needs. Ask when you call to schedule.
- 3. I don't have a family history of breast cancer, why do I still need one?** While family history and genetics can put someone at higher risk of breast cancer, they are not the only indicators. Breast cancer can strike anyone, even younger women and those with no family history. Mammograms can catch breast cancer long before symptoms begin, and early detection saves lives.
- 4. I just don't have the time.** Castle offers day, evening, and weekend appointments to fit **your** schedule. A screening mammogram takes no more than 30 minutes, and it could save your life. We are also happy to schedule a group—so bring your friends, sisters, mothers or co-workers and make a day of it.

Call **263-5166** today to schedule your screening, and ask about the special events we have planned for October. There is never a better time than now to take care of your health!

## 'Avocado Hand' epidemic sends guac lovers to the ER

As popular as the avocado may be these days, it has a dark side. It could send you to the emergency room.

The danger of #AvocadoHand is spreading on social media—users post photos and stories of accidentally stabbing themselves while trying to cut an avocado.

Last year, the British Association of Plastic, Reconstructive and Aesthetic Surgeons called for safety-warning labels on the perilous pieces of produce.

The avocado hazard has claimed some high-profile victims. Joy Behar, host of "The View," ended up in the hospital overnight to fight an infection she contracted after an Avocado Hand incident. Actress Meryl Streep required hand surgery after her run-in with the pitted fruit.

How do you pit an avocado safely? The California Avocado Commission recommends cutting an avocado lengthwise on a cutting board until you hit the seed, giving it a quarter turn and cutting lengthwise again. Twist the halves to separate them into quarters, plucking out the seed by hand and peeling off the skin by pushing your thumb under the skin and pulling it back.

Source: [www.modernhealthcare.com/article/20180714/NEWS/180719986](http://www.modernhealthcare.com/article/20180714/NEWS/180719986)



## Achievements

### Stroke Gold Plus Quality Achievement Award



Adventist Health Castle received the American Heart Association/American Stroke Association's Get With The Guidelines®-Stroke Gold Plus Quality Achievement Award for 2018. The award recognizes the hospital's commitment to ensuring

stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence. According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and a leading cause of adult disability in the United States.



### Recognized by *Hawai'i Business Magazine*

In 2018, *Hawai'i Business Magazine* again recognized Adventist Health Castle as one of the Top 250 companies in Hawai'i. This year, Castle is number 22 on the list. The magazine's annual list of Top 250 businesses in Hawai'i has highlighted the state's biggest companies for 34 years. Their ranking tool is gross sales, a key indicator of market dominance and influence. The annual list was published in the August edition of *Hawai'i Business Magazine*.

### AH CASTLE MARKETING HONORED WITH 11 NATIONAL AWARDS



#### 2018 Apex Awards

- **Grand Award/Electronic Media:** Castle 'Ohana.
- **Award of Excellence/Newsletter:** *Ulupono Magazine* July 2017.
- **Award of Excellence/Magazines, Journals & Tabloids:** *Windward Health* Winter 2018.
- **Award of Excellence/Electronic Media/Video Media:** Patient Orientation.



#### 2018 Telly Awards

- **Silver Award/Employee Communications Video:** 2017 Hospital Week and Rebranding Highlights.
- **Bronze Award/Video Production:** Christmas Tree Lighting 2017 Highlights.
- **Bronze Award/Video Production:** Malcom Baldrige Award 2017 Commercial.
- **Bronze Award/Video Production:** 2016 Pink Glove Dance Competition "Better When I'm Dancing."
- **Bronze Award/Video Production:** Patient Orientation.
- **Bronze Award/Employee Communications Video:** Castle 'Ohana.
- **Bronze Award/Documentary Production:** Light Up A Life 2016 Highlights.



#### AH Castle's HCMBS named one of "Hawai'i's Best"

The *Honolulu Star-Advertiser* annually presents a collection of "Hawai'i's Best" awards—as chosen by their readers. The publication's more than 500,000 readers voted, and for the second consecutive year, Adventist Health Castle's Hawai'i Center for Metabolic and Bariatric Surgery made the list of "Hawai'i's Best" published in June 2018.



From **PRIMARY**  
to **EMERGENCY** **CARE**



*Windward  
O'ahu's  
Health Care  
Resource*

BY MELE POCHEREVA

**FROM MEDICAL EMERGENCIES TO PRIMARY CARE** and routine health screenings, access to comprehensive, quality health care services has a direct and positive impact on health outcomes.

Nationwide, the Affordable Care Act has enabled millions of Americans to gain health insurance coverage, yet an ongoing shortage of primary care physicians, lack of convenient locations to receive health services and other barriers leave many people underserved when it comes to maintaining health, managing disease, and curing illness and injuries.

In Hawai'i, access to care tops the list of community health needs identified by the Healthcare Association of Hawai'i and its member hospitals across the state.

For 55 years (since opening its doors in 1963) Adventist Health Castle has served as the primary health care facility for Windward O'ahu. As community needs have changed and broadened, so have Castle's services and facilities grown and evolved to ensure that quality care is readily available to those who seek our support, in sickness and in health.

Castle's team of more than 1,000 associates, including more than 300 physicians, is deeply committed to helping people get and stay healthy year-round.



Castle primary care providers helping to keep Windward O'ahu families healthy from left: Howard Keller, MD; Changhua Wang, MD; Angela McCarthy, MD; Marc Shlachter, MD; Ryan Tenn, MSN, AGPCNP-BC; Alice Mendykowski, FNP; and Robin Matsukawa, MD. (Not pictured: Maria Wilson, MD, and Joseph Tsai, MD.)

## From primary care to emergency care: Windward O'ahu's health care resource



Clara Yong, MD, Castle Primary Care Kailua 2, consults with a patient.

### The importance of primary care

In recent years, Castle has made it a priority to increase the number of primary care providers serving Windward O'ahu.

Studies have shown that those who have regular access to a health care provider or facility will have better health outcomes and lower costs. Having a primary care provider is especially important as she or he can provide a continuity of care over one's lifetime, becoming a trusted health care partner. They are trained to diagnose and treat a wide range of medical issues. They also can provide preventive services, such as immunizations and exercise counseling, as well as health screenings to detect illnesses when they are often easier to treat.

Since 2015, Castle has established five new primary care clinics from Kailua to Laie, and we have actively recruited new physicians to team up with established physicians to better serve the growing need for health care providers in our community.

"Castle's primary care clinics are an attractive option for doctors and patients alike," says Derek Dickard, director of the Castle Physician Network. "The start-up cost to open a private practice today can be prohibitive for a new physician, and administrative responsibilities can be a burden for any doctor. Our clinics welcome new patients who may not already have a primary care provider, and they usually can accommodate same-day appointments for those requiring urgent care that is not life-threatening."

When a medical issue requires a specialist or further diagnostic tests or interventions, patients have access to Adventist Health Castle's network of 300-plus medical experts and the newest and most innovative treatments and technology.

## Find your nearest Castle primary care clinic



### **Castle Primary Care of Kailua** 30 Aulike St., Suite 501 263-5015

#### **Providers:**

- Howard Keller, MD, specializes in internal medicine.
- Angela Jung McCarthy, MD, specializes in internal medicine.
- Maria Wilson, MD, specializes in internal medicine.
- Alice Mendykowski, FNP, is a nurse practitioner.

#### **Services provided:**

- Primary care, ages 18 and older.
- Pregnancy tests, flu shots, pneumonia, flu tests, strep tests and blood sugar checks.

### **Castle Primary Care of Kailua 2** 30 Aulike St., Suite 303 263-5018

#### **Providers:**

- Clara Yong, MD, specializes in internal medicine.
- Alice Mendykowski, FNP.

#### **Services provided:**

- Primary care, ages 18 and older.
- Pregnancy tests, flu shots, pneumonia, flu tests, strep tests and blood sugar checks.

Castle  
Primary  
Care  
Kaneohe

### **Castle Primary Care of Kaneohe** Castle Professional Center 46-001 Kamehameha Highway, Suite 303 263-5019

#### **Providers:**

- Joseph Tsai, MD, specializes in internal medicine.
- Changhua Wang, MD, specializes in internal medicine. She can be reached at **263-5019**.
- Alice Mendykowski, FNP.

#### **Services provided:**

- Primary care, ages 18 and older.
- Pregnancy tests, flu shots, pneumonia, flu tests, strep tests, blood sugar checks and A1C checks.
- Convenient access to physical therapy, lab and imaging services, and a pharmacy in the same building.



### **Castle Health Clinic of Laie** Laie Shopping Center 55-510 Kamehameha Highway, Suite 5 263-5017

#### **Providers:**

- Benjamin Roney, MD, specializes in family practice.
- Marc Shlachter, MD, specializes in family practice.
- Ryan Tenn, MSN, AGPCNP-BC, is a nurse practitioner.
- Pali Women's Health.

#### **Services provided:**

- Primary care, all ages from birth.
- OB-GYN services.
- Pregnancy tests, flu shots, pneumonia, flu tests, strep tests, blood sugar checks and A1C checks.

Alice  
Mendykowski,  
FNP, Castle  
Primary Care  
Kailua and  
Kaneohe

## Meet our newest primary care provider



Adventist Health Castle welcomes **Robin Matsukawa, MD**, to its network of primary care physicians. Specializing in internal medicine, Dr. Matsukawa completed medical school and residency

at Loma Linda University School of Medicine. He was raised in Kaneohe and feels blessed to be back in Hawai'i, practicing medicine in his hometown, where he welcomes new patients.

**Castle Primary Care of Kaneohe 2**  
46-001 Kamehameha Highway,  
Suite 311  
263-5020



# When to call the ambulance

If you or a loved one experiences a life-threatening emergency, such as chest pain, altered state of consciousness or profuse bleeding, call an ambulance.

People often think it is faster to drive themselves, but, in most cases, an ambulance can reach you in just a few minutes—and can get to the hospital faster than a personal vehicle.

Moreover, the emergency services personnel can begin to treat you on the way to the hospital. They also alert the hospital so that the Emergency Department (ED) is prepared to treat you when you arrive.

Those extra minutes saved by calling an ambulance can make all the difference in a patient's outcome!

## We hear from our patients

Castle's ED gets thank-you letters from patients all the time; sometimes as many as 10 a week. Here are excerpts from a letter sent in June to Castle President and CEO Kathryn Raethel.

"Visitor to the Islands with chest pain: You know the drill. When I walked through the ER door, one look by the desk tech and a well-oiled machine was cranked into high gear. Within seconds I was in bed, wired up and talking to a doctor. Not the usual "have a seat while we check your paperwork" or "we'll be with you in a moment." This was a devoted team that immediately jumped to work as if I was their mother or father in stress. From triage to sign-out, I was treated with love and respect—and felt a very real part of the decision-making process...Thankfully my issue turned out to be a low-risk pulmonary embolism which did not in an obvious way affect my heart.

"I turned with a smile toward the ER as I walked out the hospital door three hours later that morning. Lucky me! On vacation with a potentially serious medical problem and I just happened to walk into one of the finest emergency rooms in the United States!"

## Excellence in emergency care

Access to emergency medical services, including advanced life support, is a crucial link in the continuum of community health care. Serving more than 30,000 patients each year, Adventist Health Castle's Emergency Department provides Windward families with a vital resource and patient outcome measurements that are among the highest in the nation.

The department completed an extensive renovation and expansion in 2016 that increased the number of beds to 24, including a dedicated trauma bay; specialty rooms for cardiac, OB-GYN and eye emergencies; three rooms dedicated to behavioral health patients; and a negative pressure room to safely isolate patients with contagious respiratory infections or contamination by dangerous substances. All of the rooms are equipped with state-of-the-art technology.

Board-certified emergency physicians provide 24-hour coverage, with additional doctors on call

as needed. They are supported by a highly qualified nursing staff, each of whom must meet minimum requirements that include certifications in stroke care, advanced life support and pediatric advanced life support.

Dianna Geck, RN, BSN, MHRM, is Castle's Emergency Department manager and has 14 years of experience working in emergency departments that run the gamut from Level I trauma centers to country hospitals. But, she marvels, "I have never been in an Emergency Department like Castle's, where everyone takes ownership of patient care and outcomes. We also take pride in having the best 'door-to-doctor' time in the state."

In a department where mere seconds can make a difference in a trauma patient's life,



From left: Richard Soto, Patient Access; Christopher Len, RN; Kaiya Clark; Matthew Morgan, RN; Diana Geck, RN, ED Manager; William Scruggs, MD; Lisa Jacobson, MD; Manuel Garcia; Amanda Botscheller, RN; Gina Holder, RN; Creighton Oshiro, RT; and Kiyonari Noguchi, JABSOM.

Castle's emergency team is on a continuous quest to implement efficiencies that can shave off time from the moment a patient comes through the door. To that end, every patient room is set up the same way so that no time is wasted looking for gloves or the nurse server cart, for example.

Color-coded "kits" and tracking tools accompany patients with time-critical emergencies such as stroke, cardiac arrest and sepsis so that every member of the team can immediately identify the type of emergency. Every stage of care is documented in real time on the tracking tool: arrival time at the ED, time that cardiologist or neurologist is paged, time that lab results are interpreted, medications administered and so forth.

This documentation not only is an important communication tool for a patient's emergency team, but it also provides the department with valuable data used to measure outcomes against national gold standards. Castle consistently meets or exceeds these standards as a result of rigorous evaluation and a continuing process of quality improvement.

"Our response measures for stroke patients are in the top decile in the nation," Geck reports, "and we expect to be designated as a Primary Stroke Center in the coming months. Castle also is working on a feasibility study for designation as a Level III Trauma Center."

Geck says seeing people regain quality of life after a devastating trauma is one of the things she loves most about her job. "We have wonderful outcomes, and it's why the majority of us do what we do."

She also loves Castle's commitment to "Love Matters" and a respect for others. "I think you feel it in our hallways, our patients feel it. It's what we live by."

Castle's Emergency Department has 24 private patient bays.





# TAKE TIME FOR YOUR HEALTH events calendar



Take time for yourself with Adventist Health Castle'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 [adventisthealthcastle.org](http://adventisthealthcastle.org) and click on "Classes and Events."

Facebook: [castlewellnesshawaii](https://www.facebook.com/castlewellnesshawaii)

Twitter: [@808wellness](https://twitter.com/@808wellness)

sign up online

[adventisthealthcastle.org](http://adventisthealthcastle.org)

Instagram: [@castlewellnesshawaii](https://www.instagram.com/castlewellnesshawaii)



## 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 [adventisthealthcastle.org](http://adventisthealthcastle.org) or call **263-5400** for dates and registration.

## FITNESS

For information on all fitness classes, call **263-5050** or visit [adventisthealthcastle.org](http://adventisthealthcastle.org).

### Exercise Classes

Registration and fitness assessment are required. (Medical clearance may be necessary.)

- Balance Training. • Core Conditioning.
- Functional Fitness. • Interval Training.
- Longer Life. • Lunch Crunch. • Stretch & Roll.

## JOINT & SPINE SEMINARS

- Oct. 4: Minimally Invasive Spine Surgery: Will Beringer, DO
- Nov. 1: Hip and Knee Replacements—Featuring NAVIO: Linda Rasmussen, MD
- Nov. 15: Shoulder Pain and Treatment Options: Thomas Keller, MD

Learn treatment options for neck and back pain, including minimally invasive surgical options, from neurosurgeon Will Beringer, DO.



Learn from orthopaedic surgeons Linda Rasmussen, MD, and Thomas Keller, MD, about treatments to manage knee, hip and shoulder pain, including surgical and nonsurgical options.

## MASSAGE

Relax and rejuvenate! Standard rate: \$15 per 15 minutes or \$30 per 30 minutes. Punch card: 75 minute massages for \$68, 10% off. Massage is also available on Sundays.

To schedule your massage, please call the Wellness Center at **263-5050**. Castle Wellness Center has two licensed massage therapists, Violet and Carolyn. Massages are available during the day Monday through Thursday, and every other Friday.

## SUPPORT GROUPS

Free and open to the public. Call **263-5050** or visit [adventisthealthcastle.org](http://adventisthealthcastle.org) for details:

- Alzheimer's Caregivers. • Hospice Hawai'i.
- Mama Hui. • NAMI. • Parkinson's Disease.
- Pulmonary Fibrosis. • Aloha Kidney. • Grief.

## WEIGHT LOSS

### Weight-Loss Surgery Seminars

Sessions are held in the Castle Wellness Center Auditorium unless otherwise noted.

- Wednesday, Oct. 17, 6:30 to 8 p.m.
- Wednesday, Nov. 14, 6:30 to 8 p.m.
- Saturday, Dec. 1, 7 to 8:30 p.m.

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

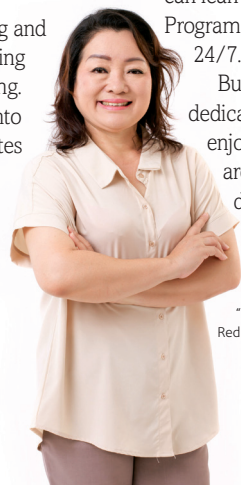
- **Play.** Adults, like children, need time to play and rejuvenate. Play a board game or take a walk.
- **Growth mindset.** Having a confident mindset when you attempt challenging opportunities can be invigorating.

- **Mindfulness and meditation.** Regular mindfulness practice can reduce error rates by 30 to 50 percent. Begin with three to five minutes daily.

- **Get support.** Find a best friend at work you can lean on. Castle has an Employee Assistance Program for its associates to receive expert help 24/7.

Building resilience takes time, effort and dedication. Fortunately, resiliency activities are enjoyable and good for you and the people around you. If you try one option and it doesn't work for you, try another. Resiliency is not genetic—it can be learned and improved.

Source: Harvard Medical School Special Health Report "Stress Management: Enhance Your Well-Being by Reducing Stress and Building Resilience"



## UP YOUR RESILIENCY:

### Tips to identify and respond to stress

Eight in 10 Americans claim to be stressed and 1 in 5 are excessively stressed. Primary contributors to stress include excessive workloads, commuting, poor work life balance and low levels of hope. Our bodies are designed with the "fight or flight" stress response when we sense danger. When you experience good, healthy levels of stress you may feel focused, energetic and sharp—adrenaline and cortisol hormone increases in the body, your heart rate and blood pressure rises, and your senses are heightened. However, our bodies are not designed to be continually in stress response mode, which can be damaging to your health, relationships and outlook on life. Continued stress contributes to inadequate sleep, poor nutrition and emotional distress.

How can you tell if you are living with unhealthy levels of stress? Check for the following signs: poor concentration, short-term memory,

difficulty finding words and learning, poor nutrition, sleeping too much or too little; or using alcohol, tobacco or drugs to relax. Everyone is different, so take note of what you're experiencing in your mind and body when you are relaxed and when you're tense.

Some of the stressors in our life are within our control and others simply are not. What we can do is to up our resiliency, which helps us adapt and bounce back with less stress.

Resiliency boosters include:

- **Connect with others.** Speaking and exchanging kind words can be soothing and calming. Invest time in connecting.
- **Get moving.** Build movement into your daily routine (moving two minutes every hour helps fight the sitting disease). Aim for 150 minutes of movement per week. Physical activity can lift your mood.
- **Rest and sleep.** Poor sleep hampers decision making and can cause irrational thinking.

## EAT WELL FOR LIFE

**Fourth Thursday of each month, 6 to 7:15 p.m.**

**\$12/class per person**

**AH Castle Wellness & Lifestyle Medicine Center Auditorium**

Travel the world of plant-based cuisine. All classes are vegan and are demonstration-style. Generous samples and written recipes are provided. Registration and prepayment are required. Registration deadline is one week prior to class. No refunds. Maximum capacity is 40 participants. Call **263-5050** to register.

**Oct. 25**  
**"Healthy Dinner Parties"**  
**Madeleine Kammerer,**  
**Down to Earth**



The holiday season is approaching, and you can practically smell the pumpkin spice! Make something unexpected this year, like nutmeg kabocha squash soup, or crème brulee banana pudding. Get inspired for the holiday season!

**Nov. 29**  
**"Castle Associate Favorite**  
**Vegetarian Pho"**  
**Gordon Au**



Back by popular demand. Learn how to serve a tasty vegetarian version of this traditional Vietnamese soup. Great comfort food to entertain your family and friends.

## TOBACCO TREATMENT

### Free counseling by appointment

Thinking about cutting back on tobacco or e-cigarette use? Contact our certified tobacco treatment specialists for one-on-one coaching and expert guidance and to learn about nicotine patches, gums and lozenges—available to eligible participants. Call **263-5050** to schedule an appointment.



Enjoying last year's tree lighting ceremony from left: Bill Rizzo, VP, Guild Mortgage, an annual sponsor of the event, and his son; Travis Clegg, operations executive, with daughters Violet and Norah; Laura Westphal, patient care executive; and Heidar Thordarson, finance officer.

Castle Medical Center

640 Ulukahiki St.  
Kailua, HI 96734

Will be known as:

**Adventist Health**  
Castle

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Permit No. 985

**SAVE THE DATE:**  
Wednesday,  
Dec. 5



## 2018 Castle Christmas Tree Lighting presents Josh Tatofi in concert

Adventist Health Castle's 34th annual Community Christmas Tree Lighting Ceremony on Dec. 5, in addition to colorful decorations, bright lights, trolley rides, and Santa Claus and Mrs. Claus, will present in concert musical artist, composer and producer Josh Tatofi.

Josh comes from a rich background in Hawai'ian music. He is the son of Tiva Tatofi, one of the founders of Kapena, a group who pioneered Island Reggae Music in Hawai'i in the '80s. Josh is an artist, composer, and producer who sings Island Reggae, R&B and traditional Hawai'ian music. His debut album was recorded with Waiehu Records under the group Ekolu. In

2011, Josh was nominated for the Na Hōkū Hanohano Award for Most Promising Artist. His follow-up single, a traditional Hawai'ian song titled "Pua Kiele" made him one of the most sought after entertainers on the islands. He performs in Japan and is regularly invited to perform at the prestigious Merrie Monarch Festival in Hilo. He released a CD, "Pua Kiele," in 2017.

### Event highlights

- Pre-ceremony Christmas concert at 6:15 p.m. by the Marine Forces Pacific Band.
- Free popcorn, Christmas cookies and beverages (while they last).

- Holiday lights and decorations on our campus and trolley rides into Kailua to see the Christmas lights.
- Photo opportunities with Santa Claus and Mrs. Claus.
- Activities for the children.
- Formal ceremony at 7 p.m. that includes special music, the lighting of the tree and the arrival of Santa.
- A special holiday concert by Josh Tatofi at 7:30 p.m.

### On stage: Celebrity emcees Sam Kapu III and Tisha Falcon Leheldt

Sam and Tisha host Hawai'i's only live and local Christian morning show on 95.5 the FISH.

### Parking and shuttle advisory:

- Event parking will only be available at the Kailua Long's parking structure.
- Trolleys will run between the hospital and the Kailua Town Center (front of Old Macy's) beginning at 5 p.m.
- No parking will be available on Manu Aloha Street (adjacent to Castle's Emergency Room).

This event is made possible free of charge by Adventist Health Castle and generous community partners.

## In Sickness & In Health

Second Thursday of each month, 6 to 7 p.m., Adventist Health Castle Wellness & Lifestyle Medicine Center Auditorium  
To register, call **263-5050**.

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

**Oct. 11**  
**"Breast Health and the Importance of Early Detection"**  
Tracy Buscher, RT

Early detection is the best prevention. Learn tips on playing an active role in your own health care.

**Nov. 8**  
**"Oh My Aching Head! New Treatment Options for Sinusitis"**  
Darin Wright, MD,

**Otolaryngology**  
Learn about the symptoms and diagnosis of sinusitis. Treatment of sinusitis with medications and new minimally invasive surgical procedures will be presented.

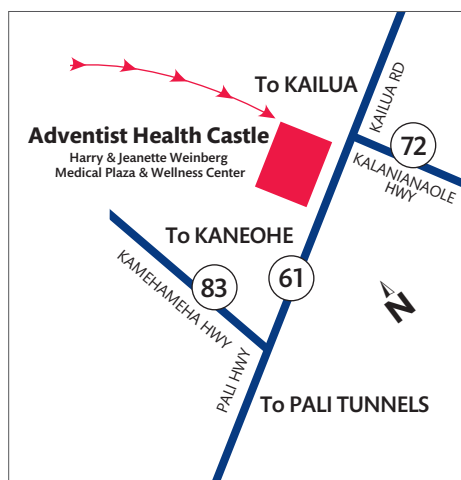
**How to find us**  
Call us: 808-263-5500

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

**Email us:** Visit [adventisthealthcastle.org](http://adventisthealthcastle.org), and click on "Contact Us." We'd be happy to hear from you!

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

**Write or visit us:** Adventist Health Castle, 640 Ulukahiki St., Kailua, HI 96734-4498



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Kathryn Raethel  
President

Jasmin Rodriguez  
Director of Marketing & Communications

Helene Waihee  
Editor



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Adventist Health Castle

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