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# Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

WINTER 2010

## EXPERTISE ON THE BRAIN

CASTLE OFFERS COMPREHENSIVE NEUROLOGY SERVICES CLOSE TO HOME

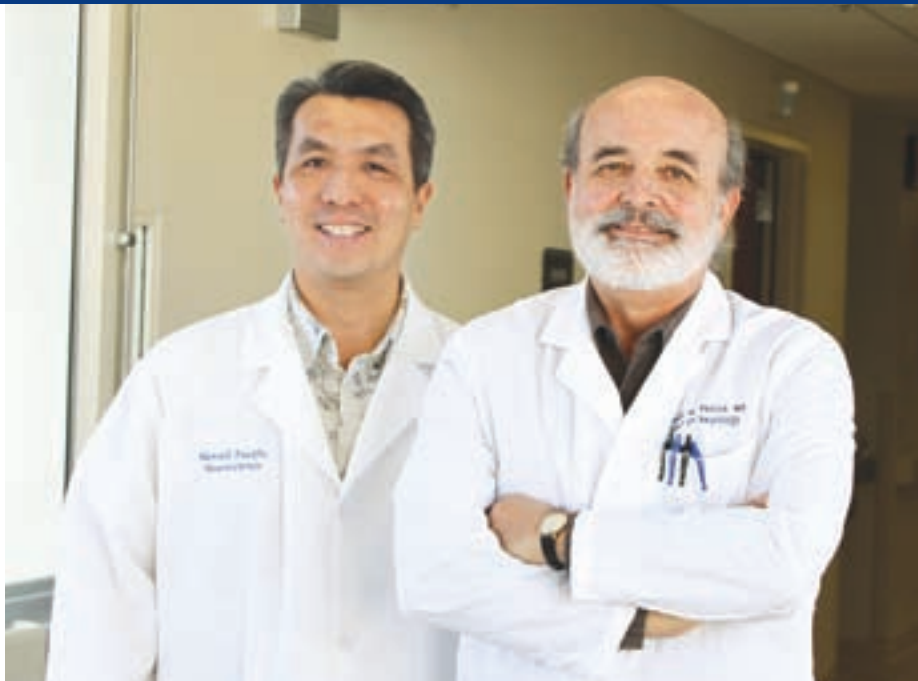
BY MELE POCHEREVA

Including migraines and sleep disorders, Alzheimer's disease, epilepsy, strokes, and spinal injuries, an estimated 1 in 3 people will be diagnosed with some type of neurological—brain or spinal cord—

disorder during their lifetime, says Kore K. Liow, MD, the newest member of Castle Medical Center's Neurology Department. That's a significant statistic, and, Dr. Liow says, "As life expectancies rise, more and more of our population will be affected."

Dr. Liow moved to Hawaii with his family last fall, joining the medical staff at Castle and opening Windward-based Hawaii Pacific Neuroscience in the Harry & Jeanette Weinberg Medical Plaza & Wellness Center. As the only full-time neurologist based in the Windward area, he looks forward to bringing new, cutting-edge treatments to Castle and the Windward Oahu community.

An active researcher involved in the development of new neuroscience therapy, Dr. Liow trained in neurophysiology at the National Institutes of Health and served as a professor of neurology at the University of Kansas School of Medicine before coming to Hawaii. Dr. Liow now serves as clinical professor of neurology at the University of Hawaii John A. Burns School of Medicine. Neurophysiology is a subspecialty that focuses on using "neurodiagnostics"—EEG and EMG tests—to accurately



James W. Pearce, MD, medical director of Castle's Neurology Department, (right) welcomes Kore K. Liow, MD, the newest member of the neurology team.

diagnose neurological conditions, the first step to treating patients.

An EEG, or electroencephalogram, records the brain's electrical activity and is used to evaluate a variety of conditions, such as epilepsy, syncope (fainting spells), memory disorders, and changes in cognition or thought processes. An EMG, or electromyogram, is used to evaluate pain and numbness, weakness, spine conditions, and carpal tunnel syndrome, among other things.

"Both technologies are among the full spectrum of neurological services available to our clinic and hospital patients at Castle Medical Center," says James W. Pearce, MD, medical director of Castle's Neurology Department, associate professor of neurology at the John A. Burns School of Medicine and a specialist in neurophysiology and sleep disorders.

Dr. Pearce has been practicing neurology in Hawaii for 30 years and was the first to describe surfer's myelopathy, an unusual spinal cord stroke affecting first-time surfers. Dr. Pearce sees patients at the

Harry & Jeanette Weinberg Medical Plaza & Wellness Center.

Completing the neurology team is Michiko K. Bruno, MD, who has additional training in movement disorders.

"Among the most common issues that bring patients to see us at the clinic are chronic headaches or pain, dizziness, and numbness of the feet or hands, including carpal tunnel syndrome," Dr. Pearce says, adding that all three physicians treat a wide variety of neurological disorders, both on an outpatient and inpatient basis.

"It's always nice to offer our patients a choice of specialists, and Dr. Liow is a welcome addition to Castle," Dr. Pearce says. "He has a wide reputation for excellence in clinical neurology."

Adds Dr. Liow, "Castle Medical Center offers a great opportunity to make a difference in people's lives, and I am very excited to have the chance to work with the other fine physicians here. There also is tremendous support from Castle's administration, and I share in their commitment to serving this community."

### Meet our neurologists

Our team members are certified in neurology by the American Board of Psychiatry and Neurology (ABPN).

#### Michiko K. Bruno, MD

Academic honors: Dr. Bruno completed fellowships in movement disorders at the National Institutes of Health and the University of California, San Francisco. She can be reached at 537-9105.

#### Kore K. Liow, MD, FACP, FAAN

Academic honors: Dr. Liow completed a fellowship in clinical neurophysiology and epilepsy at the National Institutes of Health. He can be reached at 551-3177.

#### James W. Pearce, MD

Academic honors: Dr. Pearce completed fellowships in neurophysiology at the VA Southwest Regional Epilepsy Center, Los Angeles, and a mini fellowship in sleep medicine at Stanford Sleep Disorders Center. He can be reached at 263-5174.



FIND OUT FOR FREE

Is weight loss surgery for you? Learn about the Surgical Weight Loss Institute and our free seminar on page 3.

**A HEALTHY HEART**

# SMALL CHANGES, BIG RESULTS

**TAKING CARE OF** your heart is a matter of choices. By making good choices—such as eating nutritious foods and getting regular exercise—you can reduce your risk for heart disease.

But by making poor choices—such as smoking and not seeing your doctor—you put yourself at greater risk for this leading killer of American men and women.

The following lifestyle changes are fairly small ones to make. But they can have a big impact on your heart.

**1 Make a yearly date with your doctor.** Take time out from your birthday celebration to make an appointment with your doctor. Schedule a checkup to have your blood pressure measured. Ask your doctor if you need cholesterol and blood sugar tests.

**Make 2010 your year for change—see page 8 for fitness, nutrition, smoking cessation and weight-loss programs.**

**2 Pass on the salt.** Consuming too much salt can increase your blood pressure, which puts you at greater risk for heart disease. Check out package labels to see how much sodium each food contains.

**3 Go heavy on the fruits and vegetables.** Vegetables and fruits are high in vitamins, minerals and fiber and are low in calories. Eating a variety of fruits and vegetables can help you control your weight and blood pressure.

**4 Watch your waistline.** Being overweight increases your risk of heart disease. But even a modest weight loss—5 to



10 percent of your body weight—can lower your risk. If you need to lose weight, cut back on your daily calories and set up a regular exercise routine.

**5 Get physical.** Any amount of physical activity is good for your heart. Thirty minutes of moderate physical activity most days of the week can help your heart health.

Walking, riding a bike, swimming or even doing housework can help you get in better shape.

And remember, if you have a bad day and make some poor choices, don't give up. There's always tomorrow to get back on track.

Source: American Heart Association

## Quit smoking for your heart

If you want to be smart about your heart, don't smoke.

**Cigarette smokers are two to three times more likely to die from heart disease than nonsmokers, according to the American Heart Association. The mixture of chemicals in tobacco smoke increases the risk that your arteries will harden, which can restrict blood flow to your heart.**

**Even if you've smoked for many years, it's never too late to quit. As soon as you stop smoking, your risk of heart disease will decrease. Over time, your risk will gradually return to that of someone who has never smoked.**

## FRESH IDEAS

Take a class and get new recipes with local ingredients—see page 8.

## HOW TO FIND US

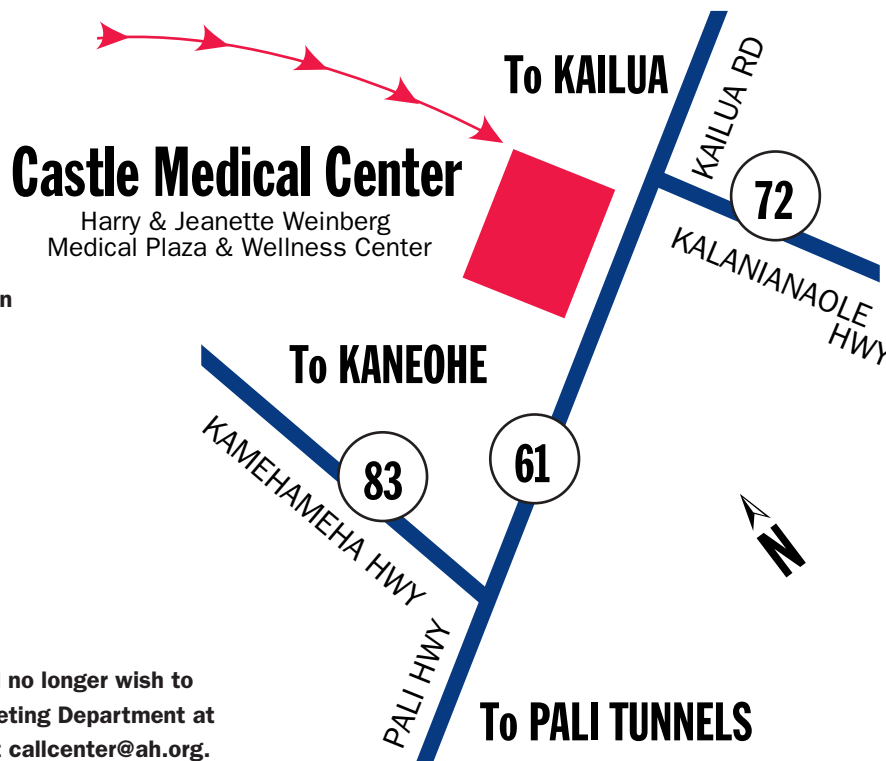
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Information in WINDWARD HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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**Windward Health**

**WINTER 2010**

# SIMPLY THE BEST

*CMC physicians come highly recommended by their peers*

**IN THE FALL**, *Honolulu Magazine* published the biennial Best Doctors in Hawai'i list. Best Doctors, Inc., a research firm, compiles the list by surveying doctors nationwide about their fellow physicians. The firm then spends two years further surveying and scrutinizing the doctors identified in that initial survey. Only current Best Doctors physicians can participate.

Best Doctors does not pay physicians to be in the list, nor can doctors purchase a place on the list. The firm releases its list to regional magazines such as *Honolulu Magazine* for free to raise awareness. The firm's paying customers are people in search of specialists through employee benefit plans and insurance programs.

**THE A-LIST** Congratulations to these Castle Medical Center doctors who made the list:

- Mary Ann Antonelli, MD, rheumatology.
- John Aoki, MD, family medicine.
- Michiko Bruno, MD, neurology.
- Alan Cheung, MD, general surgery and vascular surgery.
- Jonathan Cho, MD, oncology and hematology.

- Thomas Crabtree, MD, plastic surgery.
- John Frattarelli, MD, gynecology and fertility medicine.
- Jeffery Harpstrite, MD, orthopedic surgery.
- Philip Hellreich, MD, dermatology.
- Dan Heslinga, MD, family medicine.
- Robert Jao, MD, gastroenterology.
- Jeffrey J. K. Lee, MD, FACS, orthopedic and spine surgery.
- Elna Masuda, MD, vascular surgery.
- John McDonnell, MD, allergy and immunology.
- Paul Morris, MD, cardiothoracic surgery.
- David Naai, MD, nephrology.
- David Ono, MD, nephrology.
- James Pearce, MD, neurology, pain management, sleep disorders medicine.
- Francis Pien, MD, MPH, infectious disease and internal medicine.
- Marc Shlachter, MD, family medicine.
- Glenn Stahl, MD, family medicine.
- Jared Sugihara, MD, nephrology.
- Naoki Tsai, MD, gastroenterology.



**BEST WISHES:** Celebrating the Surgical Weight Loss Institute at a blessing ceremony in October are (from left) program director Joanne Reid, PT, MRA, FACHE; Kevin A. Roberts, president and CEO; medical director Steven Fowler, MD, FACS; Kahu Kordell Kekoa; and program coordinator Mary Arakaki, RD.

## THE SURGICAL WEIGHT LOSS INSTITUTE A PROVEN TRACK RECORD

**CASTLE MEDICAL CENTER'S** Surgical Weight Loss Institute and bariatric surgeon Steven Fowler, MD, have been named a Bariatric Surgery Center of Excellence (BSCOE) by the American Society for Metabolic and Bariatric Surgery (ASMBS). The BSCOE designation recognizes surgical programs with a demonstrated track record of favorable outcomes in bariatric surgery.

**A RIGOROUS TEST** To earn a BSCOE designation, Castle Medical Center's Surgical Weight Loss Institute underwent a series of site inspections during which all

aspects of the program's surgical processes were closely examined and data on health outcomes was collected.

"Due to the increasing prevalence of morbid obesity and the inherent risks, the opportunities available at our center have the potential to greatly improve the health of this patient population," Dr. Fowler says. "At the Surgical Weight Loss Institute, we believe that the ASMBS Centers of Excellence program will serve as a catalyst, driving strong programs to get even better for our community at large."

Kevin A. Roberts, president and CEO of Castle



Medical Center, says, "I am so thrilled for our team and program to receive this specialty recognition. We have worked diligently over the past three years with this goal in mind. We will now have the privilege and ability to serve a wider array of community members who need these services."

**A NATIONAL PROBLEM** Obesity has become a significant national health issue, with the Centers for Disease Control and Prevention (CDC) reporting that 66 percent of all U.S. adults are overweight or obese. Morbid obesity is closely correlated with a number of serious conditions that severely undermine the health of overweight patients, including heart disease, high blood pressure and diabetes.

Bariatric surgery may be considered for severely obese, motivated people who have failed at other attempts to lose weight. By definition, a person with severe obesity (or morbid obesity) is at least 100 pounds overweight or has a body mass index (BMI) above 40. People who are not quite as heavy but who have serious medical conditions may also be candidates for the surgery.

According to a report released in 2007 by the Agency for Healthcare Research and Quality, the number of bariatric surgeries has grown from 16,000 procedures performed in 1992 to 170,000 performed in 2005. In response to clinical evidence that the most experienced and best-run bariatric surgery programs have by far the lowest rates of complications, the ASMBS created the BSCOE program to recognize bariatric surgery centers that perform well and to help surgeons and hospitals continue to improve the quality and safety of their care.

**FIND OUT FOR FREE** To find out if you or someone you know can benefit from the services of the Surgical Weight Loss Institute, sign up for a free seminar by calling 263-5176 or visiting [www.castlemed.org](http://www.castlemed.org) and clicking on "Classes." For more details, see page 8.

## The pros and cons of meal replacements

Would you be foolish to try them? Or foolish not to?

If it's a struggle for you to drop unwanted pounds, you might wonder about meal replacements—the liquid drinks, meal bars and portion-controlled meals widely available in supermarkets and elsewhere.

Studies show that substituting one or two daily meals with meal replacements can result in lasting weight loss, the American Dietetic Association (ADA) reports.

A key reason for their effectiveness: Meal replacements take the hassle out of controlling calories and portion sizes.

Even so, they're not for everybody, says Dawn Jackson Blatner, RD, speaking for the ADA. Meal replacements—particularly bars and liquid drinks—can become monotonous. Thus, they may be hard for some people to stick with. Also, bars and liquid drinks may not be as satisfying as an actual meal.

Also, while some people use meal replacements indefinitely, most switch back to eating regular meals at some point. And unless you learn new, healthier ways of eating, it may be difficult—once you go off meal replacements—to avoid the poor eating habits that caused you to gain weight in the first place.

That said, "If you do give meal replacements a try because they are convenient and perfectly portioned meals, be sure to read labels," advises Blatner. "Look for those with about 400 calories, 4 grams or less of saturated fat, and under 800 milligrams of sodium. Also aim to add fruits and vegetables to the meals to add more balanced nutrition and fullness."

**Go** Check out our Take Shape for Life program, which uses Medifast, at [www.castlewellness.tsfl.com/hp](http://www.castlewellness.tsfl.com/hp). Call 263-5050 to schedule a consultation and taste-testing and to learn about special discounts.



## How to change patterns that pile on pounds

# Dieter know thyself

If you want to make pounds disappear, you need to know why you gained them in the first place. And, no, it's not quite as simple as knowing that you consistently consume more calories than you burn. ♦ In all likelihood, "You're carrying extra pounds because you have certain daily habits that cause weight gain," explains Dawn Jackson Blatner, RD, an American Dietetic Association (ADA) spokeswoman. ♦ The key to lasting weight loss, she stresses, is to recognize the habits that made your scale move the wrong way—and then modify them. "The diet that worked for your best friend or your hairdresser won't necessarily work for you," she says. ♦ The good news: Recognizing the habits that made you add pounds just got easier. ♦ The credit goes to Blatner, along with Robert Kushner, MD, 2008-2009 president of The Obesity Society, and his wife, nurse practitioner Nancy Kushner. The trio has identified some common eating and exercise patterns that

stand between you and weight loss.

You can read about those patterns—and possible solutions—in their book, *Counseling Overweight Adults: The Lifestyle Patterns Approach and Toolkit* (ADA, 2008), and in the paragraphs that follow. See if you can spot yourself.



**YOUR EATING STYLE** **1 You're a meal skipper** if you don't eat on a set schedule and often bypass meals. Because you skip meals, you become famished and wolf down any food in sight, even if it's loaded with calories. It shouldn't come as a surprise, then, to hear "research shows that people without a regular meal routine consume roughly 80 more calories every day than those who follow a routine," says Dr. Kushner. Those extra calories add up.

**Solution:** Set definite times for breakfast, lunch and dinner, and write them down. Remind yourself to eat—for instance, by setting your cell phone alarm. If you aren't hungry at breakfast, eat some-

eat out. As a result, your diet tends to be high in fat, calories and sodium.

**Solution:** When eating out, limit your calories by sharing entrees and eating smaller portions, such as a single hamburger instead of a hamburger and fries. To make cooking at home easier, write down on index cards three or five ideas for quick, healthy meals. Hang the cards on your refrigerator, and keep the ingredients for those meals on hand.

**4 You're a steady snacker** if you nibble throughout the day. You're unaware of the extra calories you consume in food and in beverages such as sugary sodas.

**Solution:** Keep a daily, written log of everything you eat and drink. You'll discover just how much you actually consume while fixing dinner, watching TV and so forth. You'll also be motivated to snack more prudently.

**5 You're a fruitless feaster** if you mainly eat protein, bread, pasta, desserts and fatty foods but very little produce.

**Solution:** Do a cart check before leaving the grocery store—that is, be sure that at least half the items in your cart are fruits and vegetables. At home make sure produce is easy to see and eat—for example, by keeping cut-up veggies at eye level in your fridge.

**6 You're a hearty portioner** if you eat too much food too quickly and don't know when to stop.

**Solution:** Slow your pace by putting down your fork between bites and chewing thoroughly. To help curb hunger, begin lunch and dinner with a broth-based soup.

**7 You're a swing eater** if your diet switches from one extreme to another. You try to eat a strict diet of so-called good foods and—inevitably—fall off the wagon. You then either deprive yourself or overindulge and feel guilty.

**Solution:** Learn to embrace all foods, including the occasional fatty or sugary treat. For example, enjoy that birthday cake at the table with everyone else instead of secretly eating a few pieces later on.

**YOUR EXERCISE STYLE** **1 You're a couch champion** if you don't like to exercise and have settled into an inactive lifestyle. Given a choice between walking and relaxing, you'll relax every time.

**Solution:** Sneak exercise into your routine by taking the stairs instead of the esca-

lator or by walking around the mall before shopping. Commit to a modest amount of exercise daily, such as a five-minute walk. Then gradually lengthen your workout.

**2 You're an uneasy participant** if you're uncomfortable exercising around others, quite likely because your unwanted pounds embarrass you or you're out of shape. As a result, you avoid the gym.

**Solution:** Work out at home, either with an exercise DVD or home equipment. Also, you might feel less self-conscious exercising away from home if you work out only with members of your own sex.

**3 You're an all-or-nothing exerciser** if you work out excessively and then do next to nothing because you've burned out.

**Solution:** Tone it down. Set realistic goals—such as 30 minutes of exercise on most days of the week—and stick to them. A moderate exercise program done consistently is better than an inconsistent, intense one.

**4 You're a set-routine repeater** if you rarely vary your workout. Unfortunately,



your fixed routine can keep your weight at a fixed number.

**Solution:** Mix it up. For example, if you always work out on a treadmill, try a stair stepper. Vary the intensity of your exercise as well as the type.

**5 You're a tender bender** if you have a health problem (such as bad knees) or an injury that diminishes your ability to exercise.

**Solution:** Check with your doctor to see what activity is appropriate. Exercise may decrease your pain and increase your energy and muscle strength. Your doctor will probably tell you to go slowly and to gradually build on what you can do.

**6 You're a rain-check athlete** if you want to exercise but chronically can't find the time.

**Solution:** Scrutinize your weekly schedule hour by hour. Very likely you will find openings—even short ones—for exercise. Take a businesslike approach to these openings by treating them as meetings you must attend.

**MULTIPLE STYLES** One final, essential tip: You may discover that you have more than one eating or exercise style. If so, concentrate first on changing one pattern, then tackle the next.

Makeovers are best achieved in small steps.

## Make friends with your scale and a food diary

Trying to slim down? If so, you probably already own three of the most effective tools for permanent weight loss—a scale, some paper and a pen.

Let's start with that scale.

Many of us who carry extra pounds equate our scale with bad news, so we approach it warily or shy away from it altogether.

But when it comes to weight loss, "Your scale is really your best friend," says Dawn Jackson Blatner, RD, speaking for the American Dietetic Association.

Research shows that the more regularly people weigh themselves, the more likely they are to both drop pounds and keep them off, she says.

That's because weighing yourself at least weekly gives you essential feedback. If, for instance, those pounds you've lost are creeping back, you know it. You have a clear signal that you need to eat more wisely or exercise more or do both.

But remember this if you weigh yourself daily: Don't overreact if you gain (or even lose) a pound or two on any given day. Daily weight fluctuations are normal, largely because the amount of water in your body can also fluctuate on a daily basis. What you want to focus on is the trend your scale shows—not a single day's reading.

As for that paper and pen, use them to track what you eat. In one study of nearly 1,700 overweight and obese adults, those who kept daily food diaries lost twice as much weight as those who did not.

Apparently, the very act of writing down what you eat can help you eat less. "You're less likely to eat the cupcake that's tempting you if you know you have to admit on paper that you ate it," explains Blatner.

Some final advice: Be sure to record every bite you eat, including the handful of potato chips you grab on your way to bed. Honesty—in life and in food diaries—is the best policy.

## Is our Individualized Weight Management Program right for you? Find out at a free, 15-minute consultation with a dietitian and fitness trainer—call 263-5050.

thing light—such as a protein bar and a piece of fruit.

**2 You're a nighttime nibbler** if you eat most of your daily calories from dinnertime onward. As a result, you wake up in the morning without any appetite and eat very little throughout the day. In the evening you're ravenous and the cycle repeats.

**Solution:** Spread your calories throughout the day. A good way to start, since you're usually not hungry in the morning, is to eat a small lunch. Eventually, you can add a modest breakfast to your daily diet. Also, rid your home of all high-calorie foods, such as chips and cookies. You can't eat what's not available, no matter how accustomed you are to snacking in the evening. You might also try decreasing how much you eat at dinner, which will help make you hungry in the morning.

**3 You're a convenient diner** if you typically eat food that is ready-made, packaged, frozen or microwaveable. Often you

**INFLAMMATION**

# A MARKER FOR HEART DISEASE

*Blood test helps predict your risk of heart attack and stroke*

**SOMETIMES INFLAMMATION CAN** be a good thing—like when it’s helping heal wounds and ward off germs.

But when inflammation damages blood vessels and puts vital organs at risk, it can be harmful.

Growing evidence, in fact, suggests that inflammation plays a strong role in cardiovascular disease—especially atherosclerosis, or hardening of the arteries.

Virtually every phase of atherosclerosis may be tracked back in some way to inflammation—from the early buildup of plaque in the arteries to the disruption, or “cracking,” of those plaques to the formation of blood clots, reports the American Heart Association (AHA).

Factors like smoking, high blood pressure and high cholesterol might set the stage. Risks like these may trigger the immune system to release chemicals and activate cells involved in inflammation.

**Our classes can help you**

**manage your risk for**

**heart disease. See the calendar**

**on page 8 to sign up.**

Certain infections can also trigger the inflammatory process, the AHA notes. The infectious bacterium *Chlamydomphila pneumoniae*, for instance, has been strongly linked to atherosclerosis. And the herpes simplex virus may act as an early inflammatory agent.

**THE CRP CLUE** When hidden away in blood vessels, inflammation does its damage out of sight. It’s not like a swollen skin wound that you can spot at a glance.

But scientists have found a relatively easy way to measure a key marker of inflammation in the body. They use a blood test to check the level of C-reactive protein (CRP), a substance that increases during systemic inflammation.

On a lab form, the test may be listed as *hs-CRP*, which stands for *high-sensitivity C-reactive protein*. The *high-sensitivity* part just means the test is accurate enough to detect cardiac risk (compared with older tests, which weren’t as sensitive).

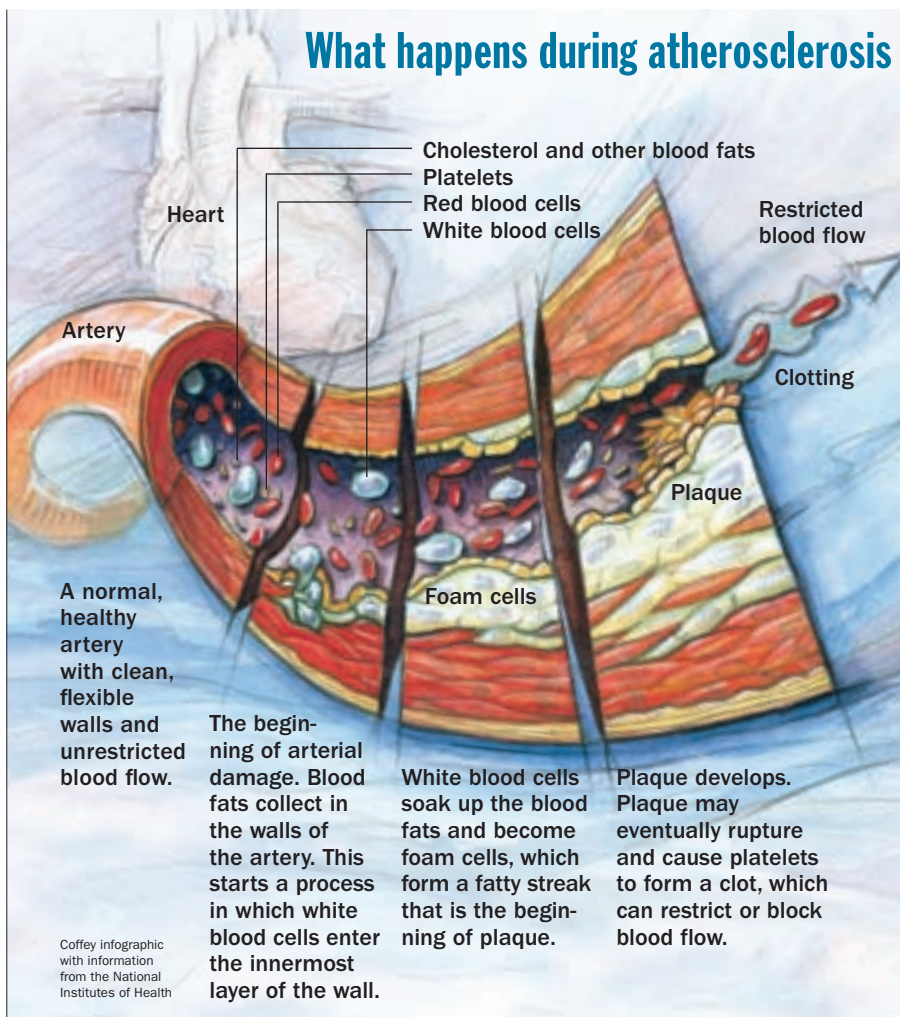
Many major studies have shown that CRP levels can help predict risk of future heart attack, stroke, sudden cardiac death and peripheral arterial disease, according to the AHA.

If an *hs-CRP* level is:

- Lower than 1.0 milligrams per liter (mg/L), a person may be at low risk of developing cardiovascular disease.
- Between 1.0 and 3.0 mg/L, a person may be at average risk.
- Higher than 3.0 mg/L, a person may be at high risk.

If the results are very high (above 10 mg/L), the test should be repeated in two or three weeks because an infection could be to blame. If the repeat test shows the same results, that likely indicates being at high risk of cardiovascular disease.

The good news, the AHA says, is that the same things that can help reduce the risk of heart disease—such as being active, eating right and not smoking—do double duty by lowering CRP levels as well.



## Atherosclerosis: Narrow passages

If you could take a peek inside a healthy artery, you’d see oxygen-rich blood coursing freely through strong, elastic walls.

Contrast that with an artery hardened by disease. The walls are thicker and not as flexible. Blood has a harder time flowing through because of a buildup of fat, cholesterol and other substances—collectively called plaque.

Chances are, you’ve heard of the disease behind these dangerous artery clogs: atherosclerosis. It’s a slow process that often starts in childhood and worsens with age.

Researchers have yet to pinpoint exactly what starts the process. It may have to do with certain factors that damage the inner layers of the arteries—such as smoking; high blood pressure; and high amounts of certain fats, cholesterol and sugar in the blood.

Over time, as plaque accumulates in arteries, blood flow to organs and other parts of the body may be reduced or blocked. Depending on which artery is affected—and any artery in the body can be—the results can be serious and can include:

- Heart attack.
- Stroke.
- Peripheral arterial disease, which can lead to numbness, pain, and infections in the legs, arms and pelvis.

Atherosclerosis often causes no signs or symptoms until it severely narrows or totally blocks an artery. Many people don’t know they have the disease until a medical emergency strikes.

It is possible, however, to manage many of the risk factors for atherosclerosis, including high cholesterol, high blood pressure, smoking and lack of physical activity.

Doctors can test for atherosclerosis if it is suspected.

Sources: American College of Cardiology; American Heart Association; National Heart, Lung, and Blood Institute

## Try switching to these low-calorie foods

Want to maintain a healthy weight and help protect your heart at the same time? One way to do that is to substitute low-calorie foods for higher-calorie ones. Here are some suggestions.

	Switch	To
<b>Milk products</b>	Whole milk	Low-fat or fat-free milk
	Ice cream	Sorbet, sherbet, fat-free frozen yogurt or reduced-fat ice cream
	Cream cheese	Neufchatel cheese, light or fat-free cream cheese
	Sour cream	Plain, low-fat yogurt or fat-free sour cream
<b>Meat, fish, poultry</b>	Regular ground beef	Extra-lean ground beef or ground turkey
	Chicken or turkey with skin	White-meat chicken or turkey without skin
	Oil-packed tuna	Water-packed tuna
<b>Baked goods</b>	Doughnuts, sweet rolls, muffins	English muffins, bagels, reduced-fat or fat-free muffins
	Cake (pound, layer)	Cake (angel food, gingerbread)
	Cookies	Reduced-fat, low-calorie or fat-free cookies (graham crackers, ginger snaps, fig bars)
<b>Fats, oils, salad dressings</b>	Regular margarine or butter	Reduced-calorie, diet or light spread margarines (look for trans fat-free soft margarines)

Source: National Heart, Lung, and Blood Institute



## A TEAM EFFORT QUALITY CARE FOR YOU

**WHEN IT COMES** to your health, we want to ensure that you get the highest quality care possible. And while medical mistakes can happen, we do all we can to prevent errors in our hospital. You can take steps to protect yourself as well. The Agency for Healthcare Research and Quality (AHRQ) and other health experts offer the following advice to help keep you safe when in the hospital:

- **Take an active role in your care.** Work closely with your doctor and other members of your health care team. Be sure that everyone involved in your care knows all the important health information about you.

For example, be sure to give your doctor a list of all the medicines and dietary supplements you take. This includes prescription and over-the-counter medicines as well as vitamins and herbal supplements. Tell your doctor about any allergies or reactions you have had to medicines. Taking

these steps can help prevent medication mistakes.

- **Stay informed.** It's a good idea to learn all you can about your condition and any tests or treatments your doctor recommends.

If you have a test or procedure done, make sure you get the results. Ask your doctor for the results if you don't hear anything. Find out what the results mean and how they may affect your care. If you need surgery, ask what exactly will be done during the procedure and what you can expect afterward.

Speak up at any time if you have questions or concerns about your care, diagnosis, treatment or medications.

**Speak up at any time if you have questions or concerns about your care, diagnosis, treatment or medications.**

- **Help yourself recover faster.** Getting sick can mean a setback in your recovery. To minimize the risk of illness, don't hesitate to ask all health care workers who have direct contact with you whether they have washed their hands.

If your doctor recommends that you eat a special diet while in recovery, be sure to follow instructions. Eating foods that aren't allowed could make you sick.

Finally, if you don't feel well after taking a medication or having a procedure done, let someone know right away.

To learn more about how you can help prevent medical errors, visit the AHRQ website at [www.ahrq.gov](http://www.ahrq.gov).

## ENCORE!

*Castle ranked Best in Value a second time*

**CASTLE MEDICAL CENTER** has again been recognized with a 2009–2010 Hospital Value Index Best in Value Award, as a result of a study conducted by Data Advantage, LLC, a national health care measurement organization.

Castle ranked in the top tier of all hospitals nationwide, achieving high marks in quality, affordability and efficiency, and patient satisfaction.

Specifically, Castle Medical Center received the following honors:

- Best in Value: Quality, affordability and efficiency, and satisfaction.
- Hospital Value Index Best in Market (ranked No. 1).
- Hospital Value Index Best in State (ranked No. 1).

"We are proud to have received this recognition," says Kevin A. Roberts, president and CEO. "The idea of value as a composite measure of health care quality is intriguing and exciting. Our associates and doctors work hard each day to deliver compassionate, contemporary, quality care in which the patient knows that they are being treated with love in addition to best practices. We are especially proud that the Best in Value award acknowledges this patient experience in addition to our dedication to efficiency and affordability."



**ABOUT THE INDEX** The Hospital Value Index is the first and only performance indicator to focus on the value hospitals provide to their communities. It uses the latest publicly available data, including Hospital Compare from July 2009, to recognize these accomplishments.

The Hospital Value Index pulled data from approximately 4,500 general acute-care hospitals, serving roughly 30.1 million consumers. It defines a hospital's value by its success in four crucial areas:

- Quality—including core measures of the Centers for Medicare and Medicaid Services—as well as patient

safety and re-admission rates.

- Efficiency, including the relative measure of the cost to the hospital for providing services.

- Affordability, a relative comparison of prices charged for inpatient and outpatient services.

- Patient satisfaction, as measured by Hospital Care Quality Information from the Consumer Perspective.



# TAKE TIME

Castle Medical Center



# FOR YOUR HEALTH

## EVENTS CALENDAR

Start the new year with these opportunities at Castle Medical Center to reach your health goals. 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 [www.castlemed.org](http://www.castlemed.org) and click on "Classes."



### FAMILY

Call for locations.

#### Birth Center Tour

Tuesdays, Jan. 5, 19; Feb. 2, 16; March 2, 16 5 p.m.

Call for reservations.

#### Breastfeeding

Thursdays, Jan. 14, Feb. 11 or March 11 6 to 8:30 p.m.

\$25 (or free with a child-birth class)

Taught by a certified lactation consultant.



#### Lamaze Prepared Childbirth

These six-class series begin:

■ Mondays, Jan. 11 or Feb. 22, 6:30 to 9:30 p.m.

■ Sunday, Jan. 24, 3 to 6 p.m.

■ Sunday, March 14 10 a.m. to 1 p.m.

\$75 per couple; delivering at Castle: \$65 per couple

### General Newborn Care

Tuesdays, Jan. 5, Feb. 2, March 2, 6:30 to 9:30 p.m. \$25 per couple

### Infant CPR and Safety

■ Tuesdays, Jan. 19 or Feb. 16, 6:30 to 9:30 p.m. ■ Sunday, March 7, 10 a.m. to 1 p.m.

\$15

Does not provide certification.

### Childbirth Basics Seminar

Thursday, Jan. 7, or Tuesday, March 9 5 to 10 p.m.

\$50 (single)/\$65 (couple); delivering at Castle: \$45 (single)/\$55 (couple)

### FITNESS

#### Exercise Classes

Registration required (may include a medical clearance and physical therapy screening).

- Bone Builder
- Core Strength
- Freedom of Movement
- Interval Training
- Longer Life
- Pilates
- Qigong
- Steady on Your Feet



### Personal Training

#### Ongoing, by appointment

Assess your current fitness level and receive a tailored plan to assist with general health, weight loss or management, or sports-specific training. Group rates are available. Call 263-5050 for more information.

### JOINT CARE

#### Joint Care Seminars

■ Tuesdays, Jan. 12 or Feb. 23, 10 to 11 a.m.

■ Tuesdays, Feb. 2 or March 16, 6:30 to 7:30 p.m.

#### Orchid Room

Learn about the causes of



hip and knee pain and how you can reduce pain using diet, exercise, medication or

joint replacement surgery. Discover diet and exercise tips that can help reduce pain, and get information about available treatments. Call for information and registration.

### NUTRITION

Your insurance may cover fees. To register or for more information, call 263-5050.

### Diabetes Interactive Group Education

Morning and evenings available

This four-class series is designed to transform the way you learn about diabetes self-management.

### Free 30-Minute Diabetes Information Sessions

Daytime sessions offered An overview of Wellness Center resources that may help you manage diabetes.

### Nutrition Counseling Ongoing, by appointment

To help you get on a healthy diet and nutrition program for optimal health. Focuses include weight loss, diabetes, heart disease and cholesterol reduction, and wellness specific to men and women.

### SCREENINGS

#### HMSA HealthPass

Thursdays, Jan. 7, Feb. 4 or March 4

Free to HMSA members

This in-depth assessment of your current lifestyle and health risks uses body measurements and blood screening to create a personalized health guide. Call 948-6456 to schedule.

### SMOKING CESSATION

#### Breathe Free

Class series starting Tuesdays, Jan. 19 and March 16 7 to 8:30 p.m.

\$120 for eight sessions; fee includes all materials and ongoing group sessions

This dynamic stop-smoking program takes a total lifestyle approach to quitting smoking, and it can help you quit without gaining weight. Insurance may cover the class fee. If your insurance plan will not cover the cost and your income is limited, scholarship funds may be available.



### Free 30-Minute Stop-Smoking Sessions

An overview of resources that may help you quit smoking. Call 263-5050 for details.

### SUPPORT GROUPS

Free and open to anyone needing support.

- Bereavement
- Cancer
- Caregivers
- Mental Illness group, facilitated by N.A.M.I.
- Parkinson's disease



### WEIGHT LOSS

#### Weight-Loss Surgery Seminar

Wednesdays, Jan. 20, Feb. 17 or March 17 6:30 p.m.

Learn about Castle's com-



Steven Fowler, MD

prehensive surgical weight-loss program from bariatric surgeon Steven Fowler, MD, and other members of the

bariatric team, including a dietitian, nurse coordinator, and fitness and wellness specialists. Registration required.

### Individualized Weight Management Program

Ongoing, by appointment Includes four one-on-one nutrition counseling sessions with a registered dietitian, four personal training sessions with a certified exercise specialist, menu planning, fitness classes and body composition analysis. Take advantage of our new free 15-minute information consultations with the dietitian and fitness trainer to find out if this program is right for you! Call 263-5050 for more information.

### Take Shape for Life!™

For information about Castle's weight-loss program that uses Medifast, go to [www.castlewellness.tsfl.com/hp](http://www.castlewellness.tsfl.com/hp). Call 263-5050 to schedule a consultation and taste-testing and to learn about special discounts.

### COOKING CLASSES

\$15 per person; \$20 per couple; \$10 for students and seniors

Delicious, generous samples served and recipes included. Registration and fee due two days before each class.

#### Oodles of Noodles

Thursday, Jan. 28, 6:30 p.m.

Celebrate the Year of the Tiger!



Paul Onishi

Stretch your imagination, not your belly. Chef Paul Onishi creates healthy, versatile noodle dishes packed with nutritious ingredients—good for any time of year. Now that's something to roar about.

#### Heart Smart Cuisine

Thursday, Feb. 25, 6:30 p.m.

Healthy foods need not be bland and boring. Chef Rebecca Woodland prepares delicious dishes that



Rebecca Woodland

are easy and good for you and your heart. Recipes use fresh local produce and interesting low-sodium herbs and spices. Celebrate National Heart Health month.

#### Healthy Meals for Busy Vegetarians

Thursday, March 25, 6:30 p.m.

Can't spend a lot of time in the kitchen? Looking for simple ideas to satisfy your palate and maintain



Traci and Skya

good health? Traci and Skya, dynamic duo from Ola Loa Wellness, share their expertise and passion for healthy living. Discover quick and easy nutrient-packed vegetarian dishes that use primarily local ingredients.

