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Kailua, HI 96734

Castle Medical Center



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# Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

SPRING 2009

## BE IN CHARGE OF YOUR ARTHRITIS PAIN

**S**ome things you just have to put up with—rush-hour traffic, annoying relatives, your spouse singing along to the oldies station—but arthritis pain isn't one of them. ♦ You may think such

aches and pains are just part of getting older and must be endured. But that's not true. There are many things you can do to help yourself feel better.

And when you need professional assistance, Castle Medical Center's Performance and Rehabilitation Centers in Kailua and Kaneohe are there for you.

Sadie Yamauchi, of Kaneohe, found that working out at the Windward YMCA pool with Castle physical therapist Jennifer Horner was just the therapy she needed to recover from hip replacement surgery—and it helped ease the pain of arthritis in her knee. Now she works out three days a week at Castle's Performance and Rehabilitation Center, spending an hour on the center's cardio and strength-building equipment.

Yamauchi has regained her strength and her knee pain is almost gone.

"I never realized how important exercise is," she says.



"When I'm in the water, there's less pain in my knee," says Sadie Yamauchi (above right), who exercises at the Kailua YMCA with physical therapist Jennifer Horner (above left). "It's easier for me to move my body and build up my muscular strength. Castle's program has really helped me."

"I plan to continue for the rest of my life."

Here are a few suggestions for dealing with arthritis pain from the Arthritis Foundation that our physical and occupational therapists can assist with:

**Don't delay.** If you have painful joints but haven't been diagnosed with arthritis, see your doctor. Starting treatment for the condition early may relieve pain and help protect your joints from further damage.

**Check your options.** There may be new medicines on the market since you were last prescribed an arthritis treatment. If your current medicine isn't working well, ask your doctor if a different medicine or dosage might help. However, don't change your dosage without consulting a physician first.

**Move that body.** It may seem like exercise is a bad idea for someone with arthritis, but the opposite is true. Keeping fit makes your muscles and bones stronger and can actually reduce your pain. You just need to do activities that are safe for you. Good choices may include walking or swimming. Your doctor can give you more advice.

Castle's Rehabilitation Services provide a variety of

options to improve your arthritis symptoms, including physical therapy in the clinic and in the pool at the YMCA. Your doctor and therapist will work together to determine the most appropriate course of treatment for your specific symptoms.

**Lighten your load.** Shedding excess weight through diet and exercise can help reduce pressure on your joints.

**Play in the dirt.** Planting a garden can be therapeutic for sore hands. Plus, it can yield beautiful, delicious and nutritious results.

If you have sore hands, occupational therapy may be the treatment choice for you. Castle's occupational therapists can help get your wrists and fingers moving again and can provide exercises and activities, such as gardening, to help keep those joints moving.

**Get your mind off it.** Distraction can work wonders when it comes to pain. Read a book, listen to music, see a movie, visit friends or choose other activities you enjoy.

**Open up.** Talking about your arthritis with friends or in a support group can help ease stress and frustration.

For more information about Castle's Performance and Rehabilitation Centers' services, call 247-2162.



**SUCCESS STORIES—see page 4.**

Two people who chose the road to wellness with Castle's Wellness & Lifestyle Medicine Center.



## How does RFA work?

With radiofrequency ablation (RFA), an interventional radiologist uses imaging techniques—such as ultrasound, computed tomography (CT) or magnetic resonance imaging (MRI)—to help guide a needle electrode into a cancerous tumor. High-frequency electrical currents pass through the electrode, creating heat that destroys the abnormal cells. Placement of the needle electrode requires only a tiny skin puncture, and the procedure is done with general anesthesia.

“RFA is one of several options for the treatment of liver tumors,” says Castle Medical Center interventional radiologist Chuong Nguyen, MD. “The choice of treatment depends on many factors, including the patient’s medical condition and the stage of the disease. These factors are best determined by a thorough evaluation by the patient’s medical team, which might include the primary care physician, cancer and surgical specialists, and an interventional radiologist.”

Castle has three qualified interventional radiologists who can perform RFA. To learn more, talk with your physician or call Castle’s Imaging Services at 263-5166.



## RADIOFREQUENCY ABLATION

# AN INNOVATIVE, NEW TREATMENT FOR LIVER CANCER

**CASTLE MEDICAL CENTER** now offers radiofrequency ablation (RFA) therapy to treat liver cancer patients. RFA is a minimally invasive treatment for cancer tumors in the liver, kidney and bone that uses electrodes to heat and destroy abnormal tissue. Available at only a handful of medical centers across the country, it has become an important option for the treatment of certain liver cancers.

The new procedure allows interventional radiologists at Castle to “melt away” cancerous liver tumors in a minimally invasive fashion, eliminating the risks and discomfort associated with surgery. In 80 percent of liver cancer cases, surgical removal of the tumors isn’t an option.

**Because RFA is minimally invasive, it eliminates the risk and discomfort associated with surgery.**

RFA has excellent results in treating primary liver tumors, such as hepatoma or hepatocellular carcinoma. It is especially useful for patients who are not ideal surgical candidates, cannot undergo surgery, have recurrent tumors or don’t respond to conventional therapies. RFA can also be used for certain cancers of the kidney or for treatment of osteoid osteoma, a benign bone tumor.

## HEALTHY STEPS

Check out the classes and programs offered at Castle—see page 8.

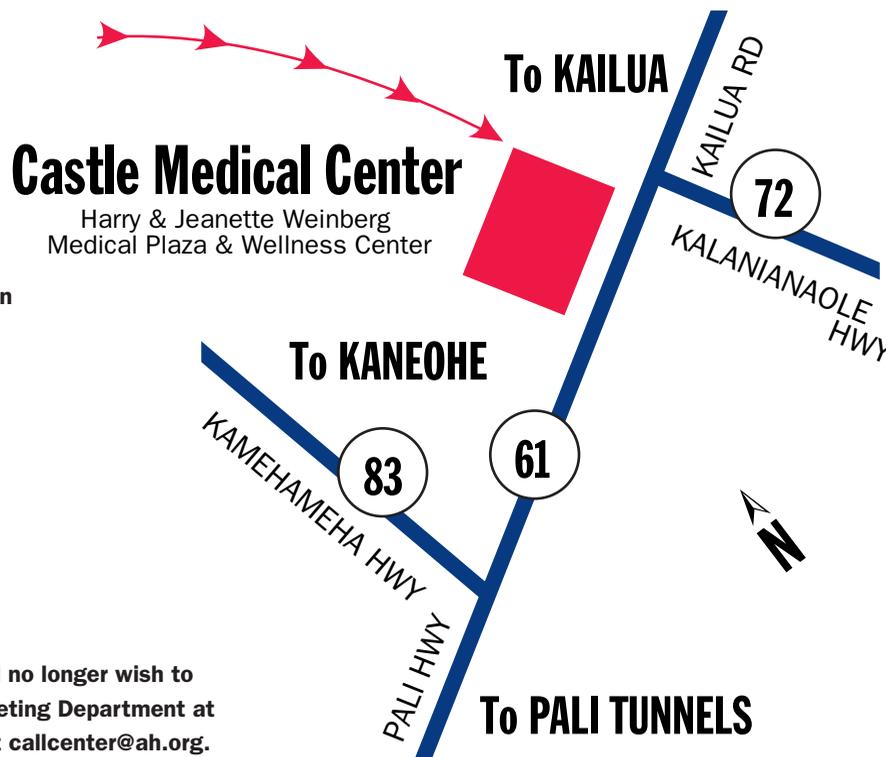
## HOW TO FIND US

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■ Request a physician directory.

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**Windward Health**

**SPRING 2009**



**BLESSING THE BIRTH CENTER:** From left is Kevin A. Roberts, Castle Medical Center president and CEO; Gov. Linda Lingle; Joseph Zilber and granddaughter Melissa Jackson; and Kahu Kordell Kekoa.

## Gov. Lingle attends Vera Zilber Birth Center blessing

Hawaii Gov. Linda Lingle provided keynote remarks for the blessing of Castle Medical Center's new Vera Zilber Birth Center on Dec. 15. Kahu Kordell Kekoa, Kamehameha School chaplain, performed the ceremony.

During her address, Gov. Lingle highlighted the importance of community collaboration.

"The Vera Zilber Birth Center and the Eleanor Crim Nursery celebrate the ability of individuals to make a positive difference in other people's lives and in their communities," she says. "It is fitting that a place dedicated to the beginning of life be named

after two inspirational women."

Gifts last year from the Zilber Family Foundation and Eleanor Crim, MD, were combined with other charitable contributions and funds raised at the hospital's annual golf tournament to complete the \$1.2 million renovation project.

The center includes a new, secure entrance; four new large rooms, for a total of 10 rooms for labor, delivery and recovery; and new rooms that accommodate mother and baby and have a wide bed for the father to stay overnight. Currently, the birth center averages 70 births a month and more than 800 a year.

### KAHIAU PROGRAM

## Taking the hospital's mission beyond its walls

As a Windward community partner, Castle Medical Center sponsors and participates in many community programs and activities, such as quarterly blood drives and the Windward Half Marathon Race to benefit the Windward Boys and Girls Club.

This year the hospital is focusing on helping local residents in need through the Kahiau Program. Translated, *Kahiau* means, "to give generously or lavishly from the heart, without expectation of return."

"The new program is another venue to advance our mission of 'Caring for the community and sharing God's love' beyond the hospital's walls," said Kevin A. Roberts, president and CEO, when he announced the new program.

Castle's Pastoral Care Department supervises the program and is responsible for identifying future projects.

If you have a suggestion for a project, please call Chaplain Dave Rasmussen at 222-3259.



Approximately 30 Castle associates met on two weekends to complete the hospital's first Kahiau Project: replacing doors and painting the home of an elderly Kailua woman.

## Journal Digest



### EATING BREAKFAST MAY HELP TEENS CONTROL WEIGHT

Teens who eat breakfast regularly may weigh less, exercise more and follow a healthier diet than their breakfast-skipping peers.

Researchers tracked the eating patterns, weight and other lifestyle habits of 2,216 American teens for five years.

According to study results, teens who regularly ate breakfast tended to have a lower body mass index (BMI)—a measure of body weight relative to height and an indicator of obesity risk. Teens who usually passed on breakfast weighed an average of 5 pounds more than teens who ate breakfast every day.

What's more, daily breakfast eaters tended to be more physically active and ate a healthier diet—including less saturated fat and more fiber—than breakfast skippers.

*Pediatrics*, Vol. 121, No. 3

### A BIG WAIST INCREASES DEATH RISK FOR WOMEN

Having a large waistline may raise a woman's risk of dying early from certain diseases—even if the woman isn't overweight.

Researchers tracked the health histories of more than 44,000 U.S. women for 16 years. They found that women with a waistline of 35 inches or more were about twice as likely to die of early heart disease or cancer than women with smaller waists.

What's more, the risks associated with a large waist were independent of a woman's overall body mass index (BMI), a measure of weight in relation to height. Even normal-weight women with waistlines of 35 inches or more faced a greater risk of dying from early heart disease or cancer.

One reason may be that excess abdominal fat can raise cholesterol levels and promote insulin resistance, which can lead to heart disease and certain cancers.

*Circulation*, Vol. 117, Issue 13

**Join us!**

## 19th Chip In for Castle Fundraising Golf Tournament

Monday, June 29, Mid-Pacific Country Club

The strong professional and business support through the years for past tournaments has raised nearly \$800,000 to fund important services for the community. Early on, money raised benefited Castle Medical Center's adolescent drug and alcohol treatment programs. Past tournaments also raised funds to purchase the Wellness On Wheels van that carries wellness education to schools and other public places. In 2008, Castle's 18th charity golf tournament helped support Women's Services.

This year the funds from the tournament will go toward the hospital's "Going Green" efforts.

To find out about sponsorship opportunities or for more information, call Castle's Marketing and Development Department at 263-5163.

# CHOOSING THE ROAD TO WELLNESS

## CASTLE'S WELLNESS PROGRAM HELPS PEOPLE FIND SUCCESS IN LIVING HEALTHY LIVES

BY MELE POCHEREVA

Castle Medical Center's Wellness & Lifestyle Medicine Center provides the inspiration and tools that people need to promote a healthy body, mind and spirit, says Director Beth Davidann. The center puts special emphasis on issues with the biggest impact on health—nutrition, not smoking and physical activity.

"With programs that are personalized for each individual, we set people up to succeed," Davidann says. "We help re-frame what success means to each person and let them establish their own pace for reaching their goals. Then we coach them through their lifestyle changes, always keeping it positive and celebrating little milestones along the way."

**A HEALTH SCARE SPURS ACTION**  
Lon Briggs is a success story. For 20-plus years, the retired high school technology teacher watched as his weight crept up and his shirt size got bigger.

**For more information about our Wellness & Lifestyle Medicine Center, call 263-5050.**



Since he joined Castle's weight management program, Lon Briggs' fitness routine includes walking the three-mile Keolu Drive loop with his dog, Rusty. He has already lost 43 pounds and says, "I never felt like I was giving up anything or being made to do more than I could handle."

"I always told myself, 'You're smart enough; you should be able to lose weight on your own,'" he says.

Briggs joined different fitness clubs over the years but didn't have the motivation to stick with a program. Then, in April 2008, he had a small stroke. It was enough of a scare to set him in motion.

He signed up for Castle's comprehensive weight management program, which includes eight appointments spread over several months' time, with four appointments each for nutrition counseling and fitness training.

Prior to Briggs' first meeting with registered dietitian Allison Chan, she

had him complete a three-day food log, encouraging him to weigh and measure everything he ate.

"She looked at what I was eating and, in a very nonjudgmental way, pointed out some immediate steps I could take to cut back on calories and portion sizes," Briggs says. Tuned in to technology, he set up his food log on a computer spreadsheet and reported to Chan every couple of weeks.

"She provided feedback, suggested better food choices and, since I enjoy eating out, she showed me a free website to look up the calories of menu items at many popular restaurants," he says.

While working with Chan to make

## GET HELP TO STOP SMOKING



### BREATHE FREE

Begins Tuesday, May 19, 7 to 8:30 p.m.

This dynamic stop-smoking program takes a total lifestyle approach to quitting smoking, and it can help you quit without gaining weight. Cost is \$120 for eight sessions, which includes all materials and ongoing group support sessions. Fee may be covered by your insurance.

### FREE 30-MINUTE STOP-SMOKING SESSIONS

■ Tuesdays, April 21 and June 30

12:30 p.m.

■ Tuesday, May 12, 7 p.m.

To register or for more information on the Breathe Free program to stop smoking, call **263-5400** or visit us at [www.castlemed.org](http://www.castlemed.org).



Heather Rosa's son, Ikaika, is thrilled that his mother has remained smoke-free for nearly two years after graduating from Castle's Breathe Free program.



dietary changes, Briggs embarked on a fitness routine with guidance from Cindy Carvalho, a fitness specialist and personal trainer at the Wellness Center. Like the nutrition counseling, the fitness sessions involve an initial assessment. Goals are established, and a personalized exercise routine is created to help meet those goals.

"Some people choose to work out at home," Carvalho says. "Others choose to go to a gym. Either way, we tailor a fitness routine to each individual's needs, teaching them how to do the exercises correctly, adding more challenging exercises as they progress, and always offering encouragement and support."

Briggs' path to fitness has included walking the three-mile Keolu Drive loop and working out with handheld weights, increasing his distance and weight routine over time. And he logs every mile, minute and rep he completes. He discovered that good health just crept up on him.

"I never felt like I was giving up anything or being made to do more than I could handle, and I've been losing two to four pounds every week since I started," he says.

Chan and Carvalho both agree that one key to successful weight management is setting an action plan that is realistic and measurable, then being accountable for complying with that plan.

"If you are bombarded with too much information and too many changes, it can be overwhelming and hard to reach your goals," Chan says. "I remind patients that even moderate weight loss of 5 to 10 percent can have a significant impact on reducing high blood pressure, cholesterol and blood sugar."

Earlier this year, 109 days into his new lifestyle, Briggs was averaging 13 miles of walking a week. He had lost 43 pounds, was more than halfway to his goal weight of 200 pounds and was showing no signs of slowing down.

**PROUD TO BE TOBACCO-FREE** Every year since he was 7, Heather Rosa's son, Ikaika, made a birthday wish for his mother to quit smoking.

"He was so worried that cigarettes would kill me," Rosa says.

Over two decades, Rosa's habit became a pack-a-day addiction. A single, working mother, she also coaches age-group volleyball for the Police Activities League at Kailua District Park and considers herself an athlete.

"Since athletes don't smoke, I was a 'closet' smoker," she says.

Two years ago, Ikaika brought home a brochure about Castle Medical Center's Breathe Free stop-smoking program. At his urging, Rosa signed up for the program, but as the starting date approached, she knew she wouldn't have the courage to go.

"My greatest fear is failure, and I didn't want to fail the program," she says. A phone call from Davidann convinced Rosa to give the program a chance.

"The Breathe Free program takes a

holistic approach, helping smokers quit while encouraging healthy eating habits and physical activity to prevent weight gain and manage their stress," Davidann says.

During eight group sessions, participants analyze their smoking habits and smoking "triggers." They share past successes in quitting and learn about tools and resources that can help them give up tobacco for good. Two weeks into the program, the group establishes a common quit date and then meets weekly to discuss their progress and give each other encouragement.

"For the first two weeks of the program, I was nervous," Rosa says. "I was scared of failure and scared of the withdrawal effects."

Setting one little goal at a time, and with the positive support of others in her group, Rosa was able to overcome her fear and put her smoking habit behind her. Her competitive nature helped too.

"I really wanted to earn my graduation certificate," she says.

Rosa has been tobacco-free since July 2007. On Aug. 21 of that year, Ikaika, now 16, attended his mother's Breathe Free graduation ceremony and presented her with the program's "Bachelor's Degree in Non-Smoking."

Looking back, Rosa says, "If I had known how easy it would be to quit, I would have done it 20 years earlier. I learned that you can conquer fear, conquer anything; you just need to give yourself the chance. It truly is the best thing I have ever done for myself."

The program has been around a long time and has helped millions of smokers nationwide kick the habit, Davidann says. "In fact, it has been so successful that we offer a guarantee: If you start smoking again, you can take another Breathe Free series free of charge."

### Find your own road to wellness

Along with comprehensive programs to address smoking addiction, weight management and fitness, Castle Medical Center's Wellness Center offers a variety of monthly health education classes and lifestyle-enrichment resources to keep Windward families healthy. Programs and services are open to the public. Some are free, while others require a fee or may be covered by health insurance.

The Wellness On Wheels (WOW) van is another way that Castle is helping to promote healthy lifestyles in the community. Often seen at special events, health fairs or the local farmers' markets, the WOW van provides various health screenings and also dispenses health tips and information.

To schedule a WOW van visit at your school or special event, or for more information about Castle's Wellness programs, call **263-5050**. Class information also is available online at [www.castlemed.org](http://www.castlemed.org)



Director of Wellness & Lifestyle Medicine at Castle Medical Center, Beth Davidann reports that the Wellness On Wheels van visited 53 community events in 2008.

## URINARY TRACT INFECTIONS FAST ACTION EASES PAIN

**URINARY TRACT INFECTIONS** (UTIs) are one of those problems that are simply—and literally—a pain.

To make matters worse, if left untreated, UTIs can progress and cause some serious complications.

Fortunately, diagnosing and treating a UTI is fairly easy. Know the symptoms so you can get help early if a UTI strikes you.

**THE PROBLEM** Urine is normally sterile and free of bacteria. A UTI happens when bacteria get into the urinary tract, multiply and cause an infection.

An infection can happen anywhere in the urinary tract, from the urethra (the tube that carries urine from the bladder) to the bladder to the kidneys.

Women are more likely than men to get a UTI. You may also be more likely to get a UTI if you:

- Are postmenopausal.
- Currently have or recently have had a catheter put in.
- Have abnormalities of the urinary tract that make it easier for bacteria to grow or that interfere with urination or your ability to completely empty your bladder.
- Have diabetes or other conditions that affect your immune system.

**PAY ATTENTION** Sometimes you can have a UTI and not know it. But most of the time you will notice symptoms, which can include:

- Pain, burning or stinging when you urinate.
- A need to urinate often. Or you may feel an urgent need to go, but only produce a few drops.

**It's important to see a doctor if you have signs of a UTI. For a physician referral, call 263-5400.**

- Urine that smells bad or that looks milky, cloudy or reddish.
- Pain or pressure in the lower abdomen or, if the UTI is affecting the kidneys, in the back or side below the ribs.
- An overall feeling of being tired, shaky or feverish.

It's important to see your doctor if you have signs of a UTI.

Left untreated, an infection that progresses to the kidneys could cause permanent damage. The infection could also spread from the kidneys to the bloodstream.

A simple urine test can reveal if you have a UTI.

If you do have one, standard treatment is a course of antibiotics.

**GUARD AGAINST A UTI** Try these suggestions from the National Institutes of Health for preventing a UTI:

- Drink plenty of water to keep bacteria flushed out of the urinary tract. Also, drink cranberry juice or take vitamin C to make your urine more acidic, which will help keep bacteria from growing.
- Go to the bathroom when you feel the urge. Don't try to hold it, since bacteria may grow when urine stays in the bladder for too long. And wipe from front to back, especially after a bowel movement, to avoid introducing bacteria into the urethra.
- Urinate soon after intercourse to help flush away any bacteria that might have entered the urethra.
- Avoid tight-fitting jeans and nylon underwear. These can trap moisture, which encourages bacteria to grow.

### Not again! Dealing with repeat UTIs

**A small percentage of women have recurring urinary tract infections (UTIs). It's not clear why some women are more prone to them, but you may be at higher risk for repeat infections if you have diabetes or have a problem that makes it hard to urinate, according to the National**

**Institutes of Health.**

**If you have three or more UTIs a year, talk to your doctor. There are several treatment options that can help prevent repeat infections, including:**

- **A prolonged (six months or more) course of a low-dose antibiotic. Take note: The medicine may stay in the bladder longer and be more effective if it is taken at bedtime.**

■ **One dose of an antibiotic after intercourse.**

■ **A short, one- to two-day, course of antibiotics whenever UTI symptoms begin.**

**In addition, certain types of birth control can increase bacterial growth and the risk of developing a UTI. These include diaphragms, spermicides and condoms with spermicidal lubricants.**

## A SAFE RIDE EVERY TIME

*Car safety seats and seat belts are a must for all children*

**ONE OF THE** most important things you can do to help keep your child safe is to make sure he or she is properly restrained while riding in a motor vehicle.

Car crashes injure or kill thousands of children in the U.S. each year. The correct use of car safety seats and seat belts can significantly reduce the risk of a child being hurt

or killed in a crash, reports the National Highway Traffic Safety Administration (NHTSA).

Here are recommendations from the NHTSA and the American Academy of Pediatrics for the correct use of car safety seats and seat belts for children.

**Infant-only car seats.** These seats are suitable for kids from birth up to 1 year of age and who weigh up to 35 pounds. The seats should be installed in the back seat of the vehicle at a 30- to 40-degree angle to prevent the child's head from falling forward. Infants should ride rear-facing until they are at least 1 year old and at least 20 pounds.

**Convertible seats.** These should be placed in the back seat and can be used in two ways: rear facing or forward facing. Forward-facing seats are for children over 1 year and more than 20 pounds. Rear-facing seats can be used for infants, then converted to forward-facing seats for

older children. Unlike infant-only seats, convertible seats can be used longer by a child. It's best to have a child ride rear-facing for as long as possible.

**Booster seats.** Children who have outgrown their forward-facing car seats—typically at around age 4 and 40 pounds—must ride in booster seats in the back seat. They should stay in a booster seat until they are able to correctly fit into a car seat belt. That usually happens when a child reaches 4 feet 9 inches in height and is between 8 and 12 years old.

**Seat belts.** Once a child has outgrown a booster seat, he or she can wear a lap and shoulder belt. Children should always ride in the back seat until they are 13 years old.

You can get help installing your child's car seat. To find a child seat inspection station or certified child passenger technician near you, go to [www.nhtsa.gov](http://www.nhtsa.gov).



**HERE FOR YOU:** From left are Castle respiratory therapists Adam Kono, Karen Lee and Shary Hayashi and Ron Sanderson, cardiopulmonary director.

## RESPIRATORY THERAPISTS HELPING YOU BREATHE BETTER NOW

**IT GOES WITHOUT** saying that breathing is key to life.

But while breathing comes naturally, it doesn't always come easily. Lung disease and other medical challenges can make breathing tough. That's when our respiratory therapists (RTs) can help.

**HOW THEY HELP** Our RTs are highly trained professionals. Working together with doctors, they evaluate, treat and care for people with breathing disorders and other medical problems.

The scope of RTs' work is as different as the people they serve.

For instance, RTs might help premature infants whose lungs haven't fully developed yet; analyze breath, tissue and blood samples to help determine which therapy is best for someone with lung disease; or work with patients to help them clear mucus from their lungs after surgery.

In addition, you may see RTs in our intensive care unit. There they manage ventilators that keep seriously ill people alive. You'll find them helping people with asthma and chronic obstructive pulmonary disease (COPD) learn to breathe easier, making life more enjoyable.

Anytime breathing is an issue in your health, our RTs are likely to be part of your health care team.

**THE ART AND SCIENCE** RTs are educated in many subjects, including math and chemistry. They also study anatomy and physiology, microbiology, pharmacology, and other areas of medicine. And because they work with complex equipment, they must have a lot of technical know-how as well.

**Call our Cardiopulmonary Department at 263-5158 to learn more about our respiratory therapists.**

But our RTs also understand that they're seeing patients during difficult circumstances, when they may be anxious or frightened. So our RTs never lose the human touch. They enjoy helping people, and they understand the importance of empathy and compassion.

If you have a medical problem that requires an RT, you can breathe a little easier—figuratively and literally—knowing that our RTs are here for you.

## A brief history of the evolution of respiratory therapy

Respiratory therapists (RTs) play a key role in today's health care system. But the field of respiratory therapy is relatively new.

It began in the 1940s in Chicago. Trained on the job, the earliest therapists used a very basic form of inhalation therapy to help patients after surgery. In those years, strong, young men dominated the field. Oxygen and other gases were stored in heavy tanks that required brute force to move.

The Inhalation Therapy Association was formed in 1946. Publications that outlined the purpose of the therapy and its techniques followed soon after, setting the stage for more formal respiratory therapy training.

Over the years, the field has continued to evolve, and credentialing standards have been established. Today, an associate degree is the minimum educational requirement to become an RT. However, some RTs hold bachelor's or master's degrees. Forty-eight states require RTs to be licensed.

Source: American Association for Respiratory Care

## CARPAL TUNNEL SYNDROME YOUR WRISTS IN TROUBLE

**THERE'S A SMALL** space in each of your wrists called the carpal tunnel. Like other tunnels, it serves as a thoroughfare—not for cars, but for nerves and tendons to pass through the wrist and into the hand.

When vehicles back up inside a highway tunnel, it's called a traffic jam. When nerves and tendons swell inside the carpal tunnel, it's called carpal tunnel syndrome (CTS).

Your only option in most traffic jams is to wait and hope it gets better. But that's not true for CTS. Instead, it's best to see your doctor when symptoms first arise and are usually easier to treat.

**WHAT IS CTS?** The carpal tunnel is formed by eight tiny wrist bones and a band of tissue called the transverse

carpal ligament. Through this narrow space must pass nine tendons and one large nerve—the median nerve.

This nerve supplies sensation to four of the hand's five fingers. Without it and the tendons, your hands and fingers wouldn't function as they do.

As you work with your hands—typing, pinching and grabbing—these tendons slide back and forth in the carpal tunnel, says James R. Bean, MD, 2008-2009 president of the American Association of Neurological Surgeons.

"You would expect them to swell a little bit with repetitive use, and they do," he says.

But if the swelling exceeds the capacity of the tunnel—if the tunnel becomes jammed and the median nerve is squeezed—you get the pain, tingling and other symptoms of CTS.

The classic symptom of CTS is nighttime pain.

"You typically awaken in the middle of the night with your hand feeling numb, tingling or painful," Dr. Bean says. "And you have to get up and shake it."

You may have a burning or shocking sensation traveling through the wrist and hand. Your grip might feel weak. You might have difficulty combing your hair or buttoning clothes.



"Some people have pain holding a newspaper," says Dr. Bean.

**WHAT CAUSES IT?** The biggest risk factor appears to be anatomy. If you have a small carpal tunnel, says Dr. Bean, there is less room for swelling. The median nerve becomes pinched more easily.

Certain activities also are more likely to cause swelling. People who work on assembly lines or handle vibrating tools are especially vulnerable.

If you have symptoms of CTS, it's important to see your doctor to rule out other possible causes for your pain.

He or she will ask about your activities. Your doctor might order tests, such as x-rays and nerve studies.

To take the pressure off your median nerve, your doctor might ask you to wear a wrist immobilizer for a period of time. Anti-inflammatory and pain medications can relieve symptoms too, as can wearing wrist splints at night.

If these measures don't work, your doctor might suggest surgery. This usually means cutting the transverse carpal ligament to open up the tunnel and relieve pressure.

Surgery usually resolves the problem, says Dr. Bean.

Additional sources: American Society for Surgery of the Hand; National Institutes of Health

# TAKE TIME

Castle Medical Center



# FOR YOUR HEALTH

## EVENTS CALENDAR

Spring is a time of renewal—the perfect time to renew your commitment to health! Check out the opportunities at Castle Medical Center. 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).



### COOKING CLASSES

Delicious light meal and recipes included with each class. Class fee: \$15/person or \$20/couple. Students and seniors: \$10. Preregistration and fee due two days before each class.

#### Small Bites: Healthy Meals for One or Two

Thursday, April 9  
11:30 a.m. to 1:30 p.m.

Get back in the kitchen with tips and simple recipes designed to help you eat healthy without spending a lot of time in the kitchen or getting stuck with leftovers. Presented by chef Rebecca Woodland.



**Chef Rebecca Woodland**

#### Mexican Feast

Thursday, April 23  
6:30 p.m.

Get ready for Cinco de Mayo with this hands-on cooking class of Mexican specialties. Fun-loving instructor chef Raúl Hayasaka has expertly adapted recipes from his home country of Mexico to optimize health and maintain full flavor.



**Chef Raúl Hayasaka**

### The Vietnamese Vegetarian

Thursday, May 28  
6:30 p.m.

A recent graduate of the Vietnamese Cookery Center in Saigon, chef Rebecca Woodland is excited to share the secrets of making Vietnamese classics using only plant-based ingredients.

#### Appetizers From Around the World

Thursday, June 25  
6:30 p.m.

Take your taste buds on a quick tour around the globe! Learn how to prepare and sample an array of creative and nutritious appetizers that will get any meal off to a great start. Chef Paul Onishi uses unexpected ingredients to create flavor-filled morsels.



**Chef Paul Onishi**

### EXERCISE CLASSES

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

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

### FAMILY

Call for locations.

#### Birth Center Tour

Tuesdays, April 7, May 5 or June 2, 5 p.m.

Call for reservations.

#### General Newborn Care

■ Tuesdays, April 7 and June 2

■ Thursday, May 7  
6:30 to 9:30 p.m.

\$25 per couple

#### Breastfeeding

Thursdays, April 9, May 14 or June 11  
6 to 8:30 p.m.

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

Taught by a certified lactation consultant.

#### Infant CPR and Safety

■ Sunday, April 19

■ Tuesdays, May 12 or June 9

6 to 9 p.m.

\$15 per person

Does not provide certification.

#### Lamaze Prepared Childbirth

Six sessions.

■ Sundays, April 19, 26 and May 3, 17 and 24,  
11 a.m. to 2 p.m.; and

Monday, May 25, 6:30 to 9:30 p.m.

■ Sundays, April 26, May 3 and May 17 to June 7, 4:30 to 7:30 p.m.

■ Sundays, May 31, June 7, 14, 21 and 28,  
11 a.m. to 2 p.m.; and

Tuesday, June 16, 6:30 to 9:30 p.m.

■ Mondays, May 4 to 18 and June 1 to 15, 6:30 to 9:30 p.m.

No classes on Mother's Day (May 10) or Memorial Day (May 25)

Delivering at Castle: \$65 (couple); public: \$75 (couple)

#### Childbirth Basics Seminar

Tuesday, May 19  
5 to 10 p.m.

Delivering at Castle: \$45 (single) or \$55 (couple); public: \$50 (single) or \$65 (couple)

### FITNESS

#### 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.

### JOINT CARE

#### Joint Care Seminars

■ Day: April 9 or May 28  
10 to 11 a.m.

■ Evening: May 7 or June 18

Thursdays, 6:30 to 7:30 p.m.

#### Pikake Room

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

### NUTRITION

Fees may be covered by your insurance. To register or for more information, call 263-5050.

#### Diabetes Interactive Group Education

Four-class series.

Classes begin May 12 and June 2

10 a.m. to noon

Designed to transform the way you learn about diabetes self-management.

#### 30-Minute Diabetes Information Sessions

■ Tuesdays, April 28 or June 9, noon

■ Monday, May 11,  
4 p.m.

FREE

#### Nutrition Counseling

Ongoing, by appointment

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

### SEMINAR

#### Bone Basics

Thursday, April 30

### ADVANCES IN MEDICINE WELLNESS SEMINARS



**Robert LaReaux, DPM**



**Maria Markarian, DO, FACC**

FREE

Preregistration is required.

#### ■ New Steps Forward in Diabetes Foot Care

Thursday, April 9, 6:30 p.m.

Robert LaReaux, DPM, podiatrist

#### ■ Links Between Oral Health and Overall

Wellness: Kids to Adults

Thursday, May 14, 6:30 p.m.

Russell P. Kim, DDS, and Maile Kim, DDS, dentists

#### ■ Broken Heart Syndrome

Thursday, June 11, 6:30 p.m.

Maria Markarian, DO, FACC, cardiologist

#### 10 a.m. to noon

Orthopaedic surgeon Darin Awaya, MD—along with a physical therapist, pharmacist and registered dietitian—will offer helpful ways to manage or reduce your risk of osteoporosis. Seminar will include handouts; recipes; and a delicious, nutrient-packed smoothie. Seating is limited. Preregistration and \$5 fee is required by Tuesday, April 28. No refunds will be issued after the deadline. Call 263-5400 or go to [www.castlemed.org](http://www.castlemed.org) for reservations.

### SUPPORT GROUPS

Free and open to anyone needing support.

- Bereavement
- Cancer
- Caregivers
- Parkinson's

### WEIGHT LOSS

#### Weight-Loss Surgery Seminar

Wednesdays, April 15, May 20 or June 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. Preregistration required.

#### Take Shape for Life!™

For information about Castle's popular weight-loss product, 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.

#### 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. Call 263-5050 for more information.

### SPECIAL EVENT

#### 17th Annual I Love Kailua Town Party

Sunday, April 26, 11 a.m. to 4 p.m.

#### Kailua Road

Visit Castle Medical Center's mini health fair with information, games, screenings and giveaways at the I Love Kailua Town Party. The event features a wide selection of food from local Kailua restaurants, plus live entertainment, handmade crafts from local artisans, live plants and orchids for sale and keiki activities. The Kailua Town Party is a fundraiser presented by the nonprofit Lani-Kailua Outdoor Circle and supported by Kane'ohe Ranch Company, Limited.