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Kailua, HI 96734

Castle Medical Center



Exceptional Medicine by Exceptional People

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Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

SPRING 2010



JOINT EFFORT: Castle Medical Center's Joint Care Center is staffed by specially trained professionals and offers a personalized, four-day treatment program in a healthful, active environment for faster recovery.

BECOMING A BLUE DISTINCTION® CENTER Blue Distinction® Centers are medical facilities that have achieved distinguished standards of clinical care and processes for specific areas of specialty care. These facilities meet objective, evidence-based thresholds for clinical quality, developed in collaboration with expert physicians and medical organizations.

Castle has received the designation on BCBSA's public website and the Blue National Doctor and Hospital Finder.

Castle Medical Center voluntarily submitted clinical data to establish that it met selection criteria for knee and hip replacement distinction. These criteria included:

- An established knee and hip replacement program, performing a required number of certain procedures each year (e.g., at least 100 total hip and knee replacement surgeries, primary and revision, with a minimum of 25 each of total hip and knee replacements).
- An experienced knee and hip replacement surgery team that includes surgeons with board certification, sub-specialty fellowship training, and required case volumes for knee and hip replacement procedures.
- An established acute care inpatient facility, including intensive care, emergency care and a full range of patient support services.
- Full accreditation by a Centers for Medicare & Medicaid Services-approved national accreditation organization.
- A comprehensive quality management program.
- Preoperative patient education.
- Processes that support transitions of care.
- Clinical outcomes regarding things such as complication rates and length of stay that meet objective thresholds for specific procedures.

LEARN MORE The Joint Care Center's staff of orthopedic surgeons also treats sports-related problems; wrist, foot and shoulder pain; and nerve and tendon injuries related to repetitive motion.

For more information, call the Joint Care Center at **263-5225**. For a referral to an orthopedic surgeon, call **263-5400**.



YOUR JOINT, OUR PLACE

Joint Care Center recognized for high-quality knee, hip treatment

Castle Medical Center's Joint Care Center recently received the Blue Distinction® Center designation for knee and hip replacement from the Blue Cross Blue Shield Association (BCBSA).

"We are always excited and proud to demonstrate high standards for clinical quality at Castle Medical Center," says Kevin A. Roberts, Castle president and CEO. "This recognition of the Joint Care Center's excellence clearly shows that once again our medical team and surgeons are second to none."

Castle orthopedic surgeon Linda Rasmussen, MD, says it is the staff's sincere concern for each patient that sets

the Joint Care Center apart.

"For example, no one is more caring than Shirley Estrella, who has been the night nurse for the unit since the program began in 1997," Dr. Rasmussen says. "And as surgeons we take time to talk with patients so they know what to expect and are comfortable. We get to know our patients, their home environment, the stresses in their life and other factors that are important in recovery from joint replacement."

Roberts witnesses the results of the excellent care offered at the center every day.

"I am blessed to frequently see our satisfied Joint Care Center patients," he says. "In fact, I live with one, since my wife had her knee replaced by Dr. Rasmussen five years ago!"



FIND OUT FOR FREE

Primary care physicians: Your partners in health **See page 4**



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www.twitter.com/cmc808



SALT SAVVY SHAKE THE SODIUM HABIT

SOME ADVICE you can take with a grain of salt. But this should be taken seriously: For the sake of your heart, consider cutting back on the amount of sodium you eat.

Most Americans consume more than double their daily recommended amount of sodium, according to a study by the Centers for Disease Control and Prevention (CDC).

And that's a big concern, because a diet high in sodium increases the risk of high blood pressure, a major cause of heart disease and stroke.

"Reducing sodium intake can prevent or delay increases in blood pressure for everyone," says Darwin R. Labarthe, MD, PhD, director of the CDC's Division for Heart Disease and Stroke Prevention.

HIDDEN SOURCES You can readily see the salt in a shaker—the snow-colored grains you sprinkle onto this and measure into that. But it's the salt you can't see that

may pose an even greater threat to your health.

Most Americans get up to 75 percent of their sodium from processed foods, such as soups, canned goods, condiments and prepared mixes, according to the American Heart Association (AHA).

Sign up for our healthy cooking classes! See page 8 for more information.

To find out how much sodium is in a packaged or canned product, carefully check the label for sodium compounds. Look for the words *soda* and *sodium* and the symbol *Na*.

You can also download a list of the sodium content of common foods from the U.S. Department of Agriculture at www.morehealth.org/sodium.

RELAY FOR LIFE

JOIN CASTLE IN FIGHTING CANCER

RELAY FOR LIFE

is a fun-filled overnight event designed to celebrate survivorship and raise money for research and American Cancer Society programs.



Windward Oahu will host three Relays For Life in 2010 that Castle Medical Center cosponsors. The events are scheduled over the coming months. If you are interested in forming a team or volunteering at any of these relays, call the phone numbers that follow each listing.

● Relay For Life of Ko'olauloa
Friday, May 28, 6 p.m.
Hau'ula Community Park
Call Glenn Charles at 398-6269, Bae Aumua at 277-6801 or Jacob Nihipali at 387-4020.

● Relay For Life of Waimanalo
Friday, June 11, 6 p.m.
Waimanalo Beach Park, 41-741 Kalaniana'ole Highway, Waimanalo
Call Al Lewis at 259-9651.

● Relay For Life of Kailua/Kaneohe
Saturday, July 24, 6 p.m.
Kailua High School, 451 Ulumanu St., Kailua
Call Donlei Darnell at 226-2446.

No matter where you are on the Windward side, there's a place for you at these events. Join today!

SLUMBER NOT A PARTY?

You may have sleep apnea. See page 7 to learn more.

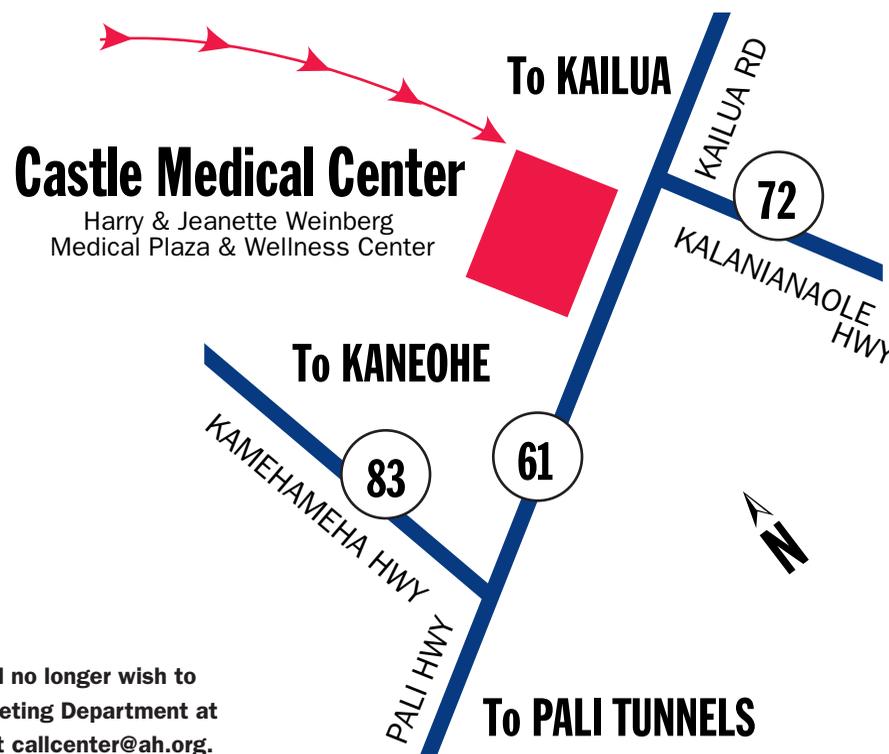
HOW TO FIND US

call us:
808-263-5500

e-mail us:
Visit our website at castlemed.org and click on "Contact Us." We'd be happy to hear from you!
■ Send us a comment.
■ Request a Castle brochure.
■ Request a physician directory.

write or visit us:
Castle Medical Center
640 Ulukahiki St.
Kailua, HI 96734-4498

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WINDWARD HEALTH is published quarterly as a community service for the friends and patrons of CASTLE MEDICAL CENTER, 640 Ulukahiki St., Kailua, HI 96734, telephone: 808-263-5163, website: castlemed.org.

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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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WindwardHealth

SPRING 2010

DIABETES

Treat your heart to a little TLC

“Am I doing everything possible to protect my heart?”

If you have diabetes, this is a question you need to ask yourself repeatedly. Diabetes increases the chances that the arteries that feed your heart will become dangerously clogged with fatty deposits, which raises your risk of a heart attack.

Obviously, you can't change the fact that you have diabetes. Even so, there's much you can do to reduce your risk of developing heart disease—or to protect your heart from further damage if it's already been harmed. Start with these suggestions from the American Diabetes Association and the American College of Cardiology:

Take control of the ABCs of diabetes.

A is for the A1C test, which gives you your average blood sugar for the past two to three months. Most people with diabetes should aim for an A1C below 7 percent.

B is for blood pressure, which—if it's too high—can make your heart work too hard. Keep your blood pressure in a healthy range, ideally below 120/80 mm Hg.

C is for cholesterol. LDL cholesterol (the bad kind) clogs arteries, so keep it low—specifically, below 100 mg/dL of blood.

Follow through. Take any medicines your doctor prescribes to help you reach your target ABCs.

Eat a heart-friendly diet and be active. Your heart will thank you if you eat less fat (especially saturated fat and trans fat), go easy on salt and—with a doctor's OK—get at least 30 minutes of aerobic exercise (such as brisk walking) on most days of the week.

Drop a few pounds if you're overweight.



EAT RIGHT: Nutrition counseling, offered at Castle Medical Center, can give you the tools you need to make healthy eating choices—and help your heart. Call 263-5050 today.

Losing only 10 percent of your total weight can help protect your heart.

Finally, if you smoke, try hard to quit.

Lighting up adds to your already elevated risk for heart disease. Ask your doctor for help in quitting.

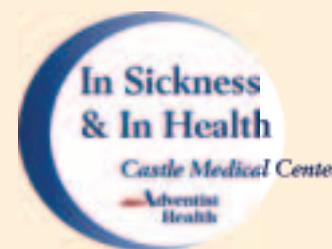


CMC RECEIVES NONPROFIT LEADERSHIP FINALIST AWARD

Castle Medical Center recently received the Nonprofit Leadership Finalist Award at the Business Leadership Hawaii awards dinner presented by *Pacific Business News* at the Hilton Hawaiian Village.

Finalists were judged by a panel of respected business leaders, many of whom are previous winners. *Pacific Business News* created the awards to spread the word that Hawaii is a great place to do business because of outstanding and committed leaders.

Castle Medical Center is the only faith-based hospital in Hawaii. Unlike most other Hawaii hospitals, Castle finished 2008 in the black, with \$114 million in revenue and \$107 million in expenses.



'IN SICKNESS & IN HEALTH' Castle Medical Center is partnering with KHON2 News on a 52-episode television program called "In Sickness & In Health." The weekly series about health topics that are relevant to Hawaii and its communities will let audiences know that Castle Medical Center is there to serve them not only when they are sick, but when they are healthy as well. Wellness programs, preventive medicine and professional tips from Castle will aim to help viewers to better live balanced lives.

DIABETES AND WEIGHT MANAGEMENT

Castle offers classes that can help

Castle Medical Center offers a variety of classes to help you meet your weight-loss goals or manage diabetes. To register or for more information, call 263-5050 unless otherwise noted.

Diabetes Interactive Group Education This four-class series transforms the way you learn about diabetes self-management. Individual appointments also available.

Diabetes Info Session This free 30-minute session offers an overview of Castle Wellness & Lifestyle Medicine Center resources to help you manage your diabetes.

Take Shape for Life! Learn more about Castle's popular weight-loss product at www.castlewellness.tsfl.com/hp. Call to schedule a consultation and taste testing, and learn about special discounts.

Individualized Weight-Management Program This comprehensive program includes four one-on-one nutrition counseling sessions with a registered dietitian, four one-on-one personal training sessions with a certified exercise specialist, menu planning,



fitness classes and a body composition analysis.

Find out if this program is right for you. Schedule a free 15-minute consultation with a dietitian and a fitness trainer.

Weight-Loss Surgery Seminar Learn about Castle Medical Center's Surgical Weight Loss Institute from bariatric surgeon Steven Fowler, MD, and other members of the bariatric team, including a dietitian, a nurse coordinator, and fitness and wellness specialists. Preregistration is required. Upcoming seminars are on Wednesdays, April 21, May 19 and June 16 at 6:30 p.m. Call 263-5400.



CASTLE MEDICAL CENTER: A BEST PLACE TO WORK

Castle Medical Center was recently named one of the 2010 Best Places to Work in Hawaii. This is the fifth time that the hospital has made the list.

The list of Best Places to Work is sponsored by ProService Hawaii and is published annually by *Hawaii Business* magazine. This survey and awards program is designed to identify, recognize and honor the best places of employment in Hawaii that benefit the state's economy, its workforce and businesses.

Choosing a doctor

When looking for a primary care physician (PCP), whether an internist or a family doctor, asking relatives and friends can be a good place to start. Castle Medical Center also offers two great resources:

- Castlemed.org. Click on “Find a Physician” to access a list of Castle-affiliated physicians by specialty, including internists and family physicians.

- The information and physician referral line, 263-5400. Call Monday through Friday during regular business hours to ask about physician referrals.

Ask questions

The American Academy of Family Physicians (AAFP) offers additional tips for choosing a doctor. For example, once you have several doctors’ names, call their offices to find out:

- If they accept your insurance.
- The office hours.
- What hospital the doctor uses.
- How many doctors are in the medical practice.

Once you find a doctor who meets your needs, the AAFP suggests scheduling an appointment to meet with and talk to the doctor. During the appointment, make sure that:

- You’re comfortable talking to the doctor.
- The doctor answers all of your questions.
- The doctor explains things so that you can understand.
- You had enough time to ask all of your questions.

Helpful resources

More useful health information can be found on the AAFP’s website, www.familydoctor.org.

The American College of Physicians website also has a useful link for people who want more information about internal medicine physicians; go to

www.acponline.org, and click on the “Patients & Families” tab.

PRIMARY CARE PHYSICIANS

Your partners in health

BY MELE POCHEREVA

You’ve heard the old saying, “An ounce of prevention is worth a pound of cure.” When it comes to the health of you and your family, these words of wisdom from Benjamin Franklin still ring true today.

An important partner in your pursuit of health and wellness is your primary care

physician (PCP), a health care professional who not only treats you when you are sick but who helps you also stay healthy. Regular visits to your PCP when you are feeling well can help detect potential health problems early with routine exams and screenings.

“People often don’t have symptoms of diseases or other chronic health issues, such as high cholesterol or diabetes, until they have advanced to a more serious stage that can be harder to treat,” explains David Na’ai, MD, FACP, an internist specializing in nephrology and chairman of Castle Medical Center’s Department of Internal Medicine. “Disease prevention and health maintenance are just as important reasons to see your primary care physician as is a visit for an injury or illness. And when you need more specialized care, they can refer you to an appropriate doctor.”

Because PCPs usually develop long-term relationships with their patients, they also play the important role of coordinating patients’ care and synthesizing their health information when other medical specialists are called in.

FAMILY PHYSICIANS VS. INTERNISTS

Adults looking for a PCP often seek a doctor

of internal medicine (often called an internist) or a family physician. What’s the difference? Internists regard themselves as “doctors for adults,” whereas family physicians may see patients of all ages—from children to seniors.

Not to be confused with interns (doctors in their first year of residency training after medical school), internists are trained to diagnose and treat a wide spectrum of illnesses in men and women. They often receive additional training in an area such as immunology, geriatrics, gastroenterology or another medical specialty.

Like internists, family physicians also are trained to diagnose and treat broad-ranging health issues, but as their name suggests, family physicians are in a unique position to manage the health care issues of everyone in the family through all stages of life.

“In Hawaii, where there are many multi-generational households, family-centered health care can play an important part in the physical, psychological and social well-being of the entire extended family,” says Jason Florimonte, MD, a family physician and chairman of Castle’s Family Practice Department. “And in some of the under-

“Family-centered health care can play an important part in the physical, psychological and social well-being of the entire extended family.”

—JASON FLORIMONTE, MD, CHAIRMAN, FAMILY PRACTICE DEPARTMENT, CASTLE MEDICAL CENTER



A PHYSICIAN FOR THE WHOLE FAMILY: Family physicians are in a unique position to manage the health care of everyone in the family through all stages of life.

served areas in Windward Oahu, a family practice physician may be the only nearby health care provider for many families.”

But, he adds: “When it comes to deciding between a family practice physician and an internist, there is no wrong choice. It’s really just a matter of personal preference.”

FIND THEM AT CASTLE MEDICAL CENTER With 14 family physicians and 16 internists now affiliated with Castle Medical Center, there are many choices for Windward residents looking for a PCP, says Joanne Reid, director of Business Development and Physician Services. “Together they bring a variety of expertise to our community, including physicians who specialize in such areas as preventive medicine, pulmonary disease, oncology, gerontology, hematology, women’s health and endocrinology. We even have one family practice physician who only makes house calls!”

Castle has been a real draw for new doctors in the last year, including three new internists and three family physicians who have opened Windward practices.

“They have found we have an outstanding and financially stable medical center with all the tools they need and a highly collaborative working environment,” Reid says. “Physicians recognize this is a place where their practices can thrive.”

Dr. Na’ai is glad to see the growth in primary care practices in Windward Oahu.

“As the only acute care facility on the Windward side, Castle not only serves a large geographic area, but we also are seeing more aging baby boomers retiring in Kailua,” he says. “So there is a growing need for primary care doctors here.”

“Many doctors who already live in the Kailua area are discovering this is also a great place to work,” he adds.

Physicians and their patients are supported by a full complement of inpatient and outpatient facilities and services, and Castle makes it a high priority to acquire the latest advancements in diagnostic equipment and specialized treatments. Castle’s Joint Care Center and Surgical Weight Loss Institute both are nationally recognized centers of excellence.

“Castle has made great strides in accommodating the health care needs of the community by investing in state-of-the-art technology and by expanding its facilities, staff and services,” Dr. Na’ai says.

Reid gives equal credit to the more than 250 physicians now affiliated with Castle.

“When you strive to be a top-notch hospital, you attract top-notch doctors,” she says. “With so many highly competent physicians right here in our community, Castle has grown to be an amazing resource for Windward Oahu residents.”

Meet our experts

FAMILY PRACTICE PHYSICIANS



Patricia G. Avila, MD
263-5174



Shaun P. Berry, MD
387-6868



Christian W. Boyens, MD
263-1330



Miriam M. Chang, MD
293-9216



W. R. Mark Chung, MD
262-2424



Elaine M. Colby, MD
263-7383



Jason M. Florimonte, MD
262-6951



Dan Heslinga, MD
247-9779



Stuart D. Lerner, MD
262-6951



Dorothyann M. Lindes, MD
263-7456



Kimberly K. Lund, DO
263-7383



Scott J. Miscovich, MD
247-7596



Marc B. Shlachter, MD
293-8558



Glenn M. Stahl, MD
235-3696

INTERNAL MEDICINE PHYSICIANS



Virginia A. Abshier, MD
637-7425



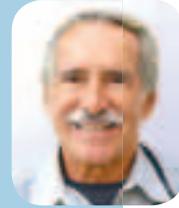
Dale E. Adams, MD
263-7686



Sally Malia Chang, MD
261-3364



Philip R. Foti, MD
262-6951



Howard I. Keller, MD
262-6951



Mark L. Kimbrell, MD
263-3020



Myrna I. Kuo, MD
261-8345



Rona Lieberman, MD
262-7444



Steven M. Lum, MD
261-1745



Anthony F. Magliulo, MD
262-0606



Francis D. Pien, MD, MPH
597-8765



Clifford T. Tanaka, MD
247-2255



Joseph C. Tsai, MD
235-6464



Sylvia Wang, MD
261-8345



Tay-Ing Yang, MD
235-8781



Clara P. Yong, MD
263-7411



WELCOME, NEW DOCS: Castle Medical Center recently welcomed six new primary care physicians to its medical staff. They are (from left): Elaine Colby, MD; Kimberly Lund, DO; Myrna Kuo, MD; Stuart Lerner, MD; Rona Lieberman, MD; and Patricia Avila, MD.

PUSHED TO THE LIMIT?

You can de-stress your life

SOME PEOPLE GET throbbing headaches, others neck pain. Some are plagued by a short temper or a short attention span. And some grab—and eat—an entire box of cookies, or they binge on anything in the fridge.

These are some of the classic signs of too much stress, according to the American Psychological Association

(APA). Fatigue, jitters, nausea, chest pain, a rapid heart-beat, too many colds—the list of potential stress symptoms is long and personal.

Stress isn't always a bad thing. In fact, a little stress makes life interesting. It kicks the body into gear to get stuff done, and it helps us overcome our fears.

But chronic stress—that is, relentless stress that beats up the body over hours, weeks or months—can take a big

toll physically, professionally and emotionally.

In one APA poll, one-third of people in the U.S. reported experiencing extreme levels of stress. That kind of stress can affect the entire body, from the brain and nerves to the skin, muscles, joints, heart, stomach and intestines.

According to Mental Health America (MHA), stress can:

- Lower your immune system's ability to fight or recover from an illness.
- Affect your relationships at home and hinder your ability to work.
- Raise your risk of depression, heart disease, diabetes and high cholesterol.
- Affect your sleep, concentration and memory.

If these techniques aren't helping with stress, consider seeing a mental health provider. Call 263-5400 for a referral.

TAKE CARE OF YOURSELF Don't ignore your body's signs that you're under too much stress—they're important built-in signals that demand attention.

To help ease your stress, take a good look at how you're coping. For instance, skipping meals, eating too much or staying up late won't help. But listening to relaxing music or writing in a journal may, according to MHA.

Other suggestions from MHA on keeping stress at manageable levels:

Exercise. It helps relieve tense muscles, improve mood and sleep, and increase energy and strength. It can also help ease symptoms of anxiety and depression.

Live well. Eat healthy foods; drink plenty of water; take regular vacations or breaks from work; enjoy a hobby; or seek relaxing activities, such as reading a book.

Connect with others. Spending time with positive, loving people can reduce your stress and improve your mood. Talking to a trusted friend, family member, support group or counselor may help.

Get enough rest. Aim for seven to nine hours of sleep a night. Sleep restores the body and the mind.

Help others. Reaching out may build a stronger social network for you, improve your self-esteem, and lay a foundation of purpose and achievement in your life.

Mind the self-talk. Try not to put yourself down or engage in other negative self-talk. Instead, encourage the positive. For at least a week, write down three good things that happen to you each day. Thinking about good things—and saying “thank you” for them—can help you feel happier and less stressed.



MORE THAN STRESS?

GET THE RIGHT HELP

SOMETIMES THE UNDERLYING cause of emotional or behavioral issues can be an untreated medical condition. Describing the problem to your primary care physician (PCP) is a good place to begin the journey toward better mental health.

Your PCP may recommend specialized treatment in different settings depending on how much distress you

are experiencing and the impact it is having on your personal, social or work life.

OUTPATIENT SERVICES Outpatient services by a psychiatrist or psychologist may be an option when a physician determines that treatment can safely be given in the community.

Psychiatrists diagnose and treat emotional, behavioral and mental disorders and can prescribe medications and provide psychotherapy. Psychologists diagnose and treat emotional, behavioral and mental disorders with psychotherapeutic techniques, such as cognitive-behavioral therapy, but do not prescribe medicine.

INPATIENT PSYCHIATRIC SERVICES Psychiatric

hospital services may be necessary if symptoms are acute and pose a safety risk by severely impairing normal functioning, such as the ability to work, think, communicate, maintain hygiene, sleep, eat or drink.

If someone you know has such problems and you fear for someone's safety, hospitalization may be appropriate, even if that person is not suicidal.

When inpatient services are required, Castle Medical Center's Behavioral Health Services unit can help. The unit's multidisciplinary teams—comprising a psychiatrist, nurse, case manager and counselor—treat a full range of psychiatric disorders, including anxiety, depressive and psychotic disorders, and detoxification from alcohol and drugs.

 When mental health issues arise, help is just a phone call away. For a referral, call **263-5400**.



SNORING, BUT STILL SLEEPY?

You may have sleep apnea

ACCORDING TO YOUR family, you snore so loudly the windows rattle at night. But you still feel sleepy during the day. How can this be?

The answer may be sleep apnea, a potentially serious—but treatable—medical condition. The most common symptoms are loud snoring and daytime sleepiness.

Left untreated, sleep apnea can boost your risk for high blood pressure, heart disease, worsened diabetes and sleep-related car accidents.

“Poor sleep and daytime drowsiness due to poor sleep may affect nearly 40 million Americans,” says Jamil S. Sulieman, MD, of Castle Medical Center’s Sleep Lab. “These sleep problems not only affect the quality of people’s lives, but can have direct effects on other illnesses. Studies have shown, no matter what the cause, sleeping too little—less than six hours a night—and sleeping too much—more than nine hours each night—may both be independently related to increased mortality.”

WHAT HAPPENS? In sleep apnea, a person’s breathing may be interrupted repeatedly—sometimes hundreds of times—during a night’s sleep. These pauses typically last from 10 to 20 seconds, but may last much longer, and can result in a person alternating not breathing with making snoring, choking or gasping sounds throughout the night.

Other possible signs of sleep apnea include:

- Getting up repeatedly at night to urinate.
- Having trouble concentrating, remembering or learning things.
- Feeling irritable.
- Having a dry throat or headache after waking.

Sleep apnea can occur in either sex but is most common in men. And it can occur at any age, though it’s more common between 20 and 60 years old. Sleep apnea is becoming more common in children as well.

Too many pounds is another risk factor. More than half of those with apnea are overweight, reports the National Heart, Lung, and Blood Institute. People who are too heavy may have extra soft tissue in the neck and mouth

that can interfere with breathing during sleep.

Apnea also can occur in people who have: ● Tongue or throat muscles that relax more than usual during sleep. ● Large tonsils and adenoids. ● A smaller airway due to the shape of their head and neck.

In rare cases, apnea occurs when the brain sends incorrect signals to the muscles that control breathing.

LOOKING BEYOND POOR SLEEP Expert in the evaluation, diagnosis and treatment for the full range of sleep disorders, Dr. Sulieman and his staff at the Sleep Lab provide a comprehensive approach to sleep medicine for patients of all ages, addressing the importance of proper sleep to overall health.

Learn how to get the sleep you need at our free “Sweet Dreams” workshop. See page 8.

“We focus on the specific complaints regarding a patient’s poor sleep, but also we try to help them understand the role that sleep disorders may play in their general health,” Dr. Sulieman says. “Additionally, our assessment may help in the identification of problems that the referring physician and their patients may not have recognized as quickly. A complaint of insomnia, for example, could actually be a prelude to depression. Sleep apnea can herald complications of an otherwise normal pregnancy or explain worsening blood pressure despite medications.”

Dr. Sulieman advises a visit with your doctor if you think you may have sleep apnea. If appropriate, your doctor may order a sleep study that is performed during an overnight stay in a sleep lab. The test monitors your sleep, breathing, oxygen levels, heart rate and other actions while you’re asleep.

ON YOUR WAY TO BETTER REST Your doctor may advise you to make a few lifestyle changes to help you reduce your risk of sleep apnea. These include:

- Losing extra weight. Even shedding just a few pounds can help.
- Sleeping on your side instead of your back.
- Avoiding alcohol, tobacco and medicines that make you sleepy. These make it harder for your throat to stay open while you’re asleep.

If you are diagnosed with sleep apnea, your doctor may recommend wearing a continuous positive airway pressure (CPAP) device while you sleep. This mask blows air into your throat to keep it open.

In some situations wearing a specially designed mouthpiece or having surgery may work as treatment for your apnea.

If a sleep study shows no apnea, but you have loud snoring, mouthpieces and several different types of surgeries can still be effective treatments.

“Our goal is to help each of our patients get back to good health,” Dr. Sulieman says. “No area of medicine or type of patient is immune from the potential problems caused by sleep disorders, and everyone deserves the benefits from a good night’s sleep.”

To reach Dr. Sulieman and the Sleep Lab, call  234-0033.



GET HELP: Jamil S. Sulieman, MD, is skilled to sleuth out your sleep troubles. Call the Sleep Lab today at 234-0033.

TAKE TIME

Castle Medical Center



FOR YOUR HEALTH

Jump-start your spring with one of Castle Medical Center's health programs. We invite you to register for a health-promoting class or seminar or call for a physician referral. Call 263-5400, or visit our website at castlemed.org and click on "Classes."

EVENTS CALENDAR



FAMILY

Call for locations.

Birth Center Tour
Tuesdays, April 6, 20;
May 4, 18; June 1, 15
5 p.m.

Call for a reservation.

Breastfeeding

Thursdays, April 8,
May 13, June 10
6 to 8:30 p.m.

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

Taught by a certified lactation consultant.

Childbirth Basics Seminar

Tuesday, May 11
5 to 10 p.m.

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

General Newborn Care

■ Tuesdays, April 6, June 1
■ Thursday, May 6

6:30 to 9:30 p.m.

\$25 per couple

Infant CPR and Safety

■ Monday, April 12
■ Tuesday, May 18
■ Wednesday, June 16

6:30 to 9:30 p.m.

\$15 per couple

Does not provide certification.



Lamaze Prepared Childbirth

These six-class series begin:

■ Mondays, April 19 or May 31

6:30 to 9:30 p.m.

■ Sunday, April 11
3 to 6 p.m.

■ Sundays, May 2 or June 20

10 a.m. to 1 p.m.

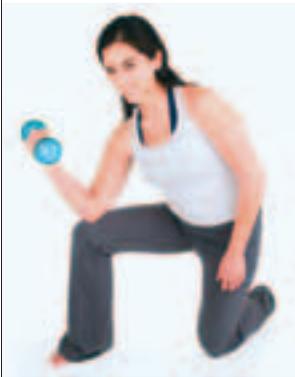
\$75 per couple; delivering at Castle: \$65 per couple

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
- Lunch Crunch/Express
- Pilates/Express
- Qigong
- Steady on Your Feet
- Stretch and Balance



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.

COOKING CLASSES

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

Delicious, light meals and recipes included. Registration and fee due two days before each class.

The Main Attraction: Entrée Salads

Wednesday, April 28,
6:30 p.m.

Chef Paul Onishi spotlights salads as the star rather than a supporting dish at the dinner table. New ideas and fresh ingredients are tossed together in a way that is sure to delight and nourish even the most skeptic critic. Let the salad show begin!

JOINT CARE

Joint Care Seminars

■ Tuesdays, April 13,
May 25

10 to 11 a.m.

■ Tuesdays, May 4,
June 15

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. Call for information and registration.

NUTRITION

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

Nutrition Counseling Ongoing, by appointment

To help you get on a healthy diet and nutrition program for optimal health. Focuses include weight loss, diabetes (covered by many HMSA plans and Medicare Part B), heart disease and cholesterol reduction, and wellness specific to men and women. Call 263-5050 for more information.



Chef Paul Onishi



SCREENINGS

HMSA HealthPass

Thursdays, April 1, May 6,
June 3

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.

SMOKING CESSATION

Individual counseling available. For more information, including additional group locations and access to free nicotine replacement therapy for program participants, call 263-5050.



Breathe Free

This eight-class series begins Tuesday, May 4
7 to 8:30 p.m.

\$120 (includes all materials and ongoing group sessions); scholarships are available.

This dynamic stop-smoking program takes a total lifestyle approach to quitting smoking, and it can help you quit without gaining weight. Fee covered by HMSA's Ready, Set, Quit! stop smoking program and other insurance carriers.

Free 30-Minute Stop-Smoking Info Sessions

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

New Style Japanese

Thursday, June 24, 6:30 p.m.

Take a fresh approach to some standard Japanese dishes with Chef Paul Onishi's tasty and nutritious creations. Get inspired to make something new for the next potluck, or surprise your family with an unexpected twist to a familiar dish.

SUPPORT GROUPS

Free and open to the public.

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

HEALTH SEMINARS

Osteoporosis Seminar

Friday, May 7
1:30 to 3:30 p.m.

\$5

Orthopedic surgeon Darin Awaya, MD, along with a physical therapist, a pharmacist and a registered dietitian, will share tips on reducing your risk for or managing your osteoporosis. Registration required.



Darin Awaya, MD



Fresh From Italy

Thursday, May 27, 6:30 p.m.

Chef Rebecca Woodland has returned from Italy with fresh ideas for one of the most loved cuisines. Break free of the spaghetti-and-red-sauce rut, and open your senses to savor all that this Mediterranean style of eating has to offer.

FREE HMSA HEALTH EDUCATION WORKSHOPS

Presented by HMSA at the Castle Wellness & Lifestyle Medicine Center auditorium. Light refreshments provided.

Sweet Dreams: The Benefits of Sleep

Thursday, April 15

Noon

Studies have shown many links between sleep deprivation, weight gain and other health problems. Find out how much sleep you need, why you need it, and how to get more (and better) sleep!

Workstation Wellness

Thursday, May 20

Noon

Join us to learn healthier ways to set up and use your computer, and realize that you can be comfortable at work.



Family Fitness

Thursday,
June 17

6 p.m.

Discover age-appropriate exercises for children of all ages, and locate

the many fun spots on Oahu that involve physical activity.

WELLNESS ON WHEELS VAN

Visits are free and scheduled on a first-come, first-served basis. Services provided are tailored to meet your needs and the availability of CMC staff and volunteers. To schedule a visit, call 263-5050.

