

# Windward

# HEALTH



Spring 2013

## Castle meets the Gold Standard

**CASTLE MEDICAL CENTER** recently received CEO Cancer Gold Standard re-accreditation for its dedication to excellence in cancer prevention, early detection and quality care. The reaccreditation also recognizes Castle's keen interest in the health and well-being of its associates and their families.

"Health care providers have the privilege and responsibility to set an example for prevention and treatment of diseases like cancer,"

says Castle President and CEO Kathy Raethel. "We are proud to take a leadership role in promoting workplace health and wellness."

As part of its commitment, Castle offers free tobacco treatment services for all associates and their eligible, covered dependents through the Wellness & Lifestyle Medicine Center. In addition, Castle maintains a culture that supports healthy food choices and physical activity.

To earn Gold Standard accreditation, a company must establish programs to reduce cancer risk by discouraging tobacco use; encouraging physical activity; promoting a healthy diet and nutrition; detecting cancer at its earliest stages when outcomes may be more favorable; and providing access to quality care, including participation in cancer clinical trials.



### INSIDE THIS ISSUE

**Pages 4 and 5:** Luke Shinsato (pictured) is one of two inspirational weight-loss stories

*Castle Medical Center*

**Adventist Health**

*Exceptional Medicine  
by Exceptional People*

## From our rooftop farm to your salad bowl



**CASTLE MEDICAL CENTER** Bistro's rooftop farm features super microgreens grown in nutrient-rich soil and packed with nutrients and flavor. Signature items on The Bistro's menu that incorporate rooftop farm ingredients include:

- ▶ Chef's soup of the day on the patient menu.
- ▶ Microgreen Bistro breakfast bagels and muffins.
- ▶ Bistro express sandwiches and wraps.
- ▶ Spinach garden, BLT, portobello and provolone-tomato sandwiches.
- ▶ Veggie garden, crab cake and black bean burgers.
- ▶ Rotating salad bar selections.

Plus, now you can purchase your favorite local produce in The Bistro every day.

## Are you a Castle baby?

**AS PART OF** our 50th anniversary events in July, Castle Medical Center would like to recognize all CMC Babies.

If you or someone you know was born at Castle, please let us know. Call Helene

at **263-5371**, email [waiheeh1@ah.org](mailto:waiheeh1@ah.org), or visit us on Facebook!



## Governing board welcomes new members

**FOUR NEW MEMBERS** have been appointed to Castle Medical Center's governing board.



### Melissa S.A. Jackson

Melissa S.A. Jackson is a Windward O'ahu resident, community leader and philanthropist. She is the granddaughter of Joseph Zilber, who was a Milwaukee-based real estate tycoon and philanthropist.



### Mitchell Nishimoto

Mitchell Nishimoto is senior vice president and Kapiolani region manager at First Hawaiian Bank, where he has worked for more than 20 years. He brings a wealth of knowledge regarding financial investment and strategy to the board.



### Denis Mee-Lee, MD

Denis Mee-Lee, MD, Castle's new chief of staff, was born and raised in Brisbane, Australia. He founded several psychiatric units and treatment programs and has served as chief of the Hawai'i State Department of Health's Adult Mental Health Division. Dr. Mee-Lee founded the hospital's psychiatric unit.



### Marios Voulgaridis, MD

Marios Voulgaridis, MD, is a hospitalist at Castle Medical Center who specializes in family practice and geriatric medicine. He is the recipient of a 2011 Physician of the Year Mission Award from Adventist Health for excellence and compassion in the practice of medicine.



**Kimiyo Yamasaki, RRT, third from left, shows conference attendees how to use the shaka sign.**



**Anna Pau, RRT, AE-C, spoke at the International Congress for Respiratory Care.**

## CMC practitioners share expertise on world stage

**THREE CASTLE MEDICAL CENTER** respiratory care practitioners recently presented at national and international conferences.

Kimiyo Yamasaki, RRT, spoke at the International Medical Tourism Conference in the mountain resort of Nikko, Japan. The conference was part of Japan's efforts to increase medical tourism. Yamasaki shared her expertise and experience in arranging respiratory care and oxygen administration for Japanese tourists in Hawaii.

Anna Pau, RRT, AE-C, presented an abstract at the International Congress for Respiratory Care in New Orleans, La. Her

study was titled "Use of Asthma Medications and Peak Flow Meters Prior to Emergency Department Visits, 2009-2011." Karen Lee, RRT, and Director of Cardiopulmonary Services Ron Sanderson, RRT, DrPH, AE-C, were co-investigators on this research.

Dr. Sanderson was a guest speaker at the Seoul National University Hospital symposium, Recent Progress in Anesthesia. His topic was "Mechanical Ventilation—A Look Back and the Near Future," which focused on the use of automation to reduce patient injury while on a ventilator.

# Cardiovascular Services expansion update

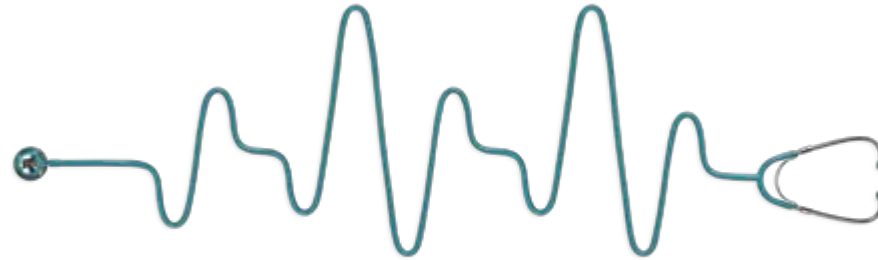
BY MIKE BARBER, RN

Director, Cardiovascular Service Line

**CASTLE MEDICAL CENTER'S** (CMC) cardiovascular programs have undergone massive expansion, including construction, staff education and equipment procurement.

In February, Mary Lawson, RN, Cardiovascular Services educator, began conducting open-heart and post-op care training. Lawson's home base is the Tyler Heart Institute in Monterey, Calif., where she oversaw the opening of their open-heart program in 2007. Tyler Heart Institute has completed more than 1,000 open-heart procedures with outstanding quality results.

Remodeling of the Intensive Care Unit, which began in March 2012, is nearly complete. The remodel included outfitting two rooms with open-heart equipment to care for postoperative patients and the entire remodeling of the nursing station.



The cardiovascular open-heart room has been completely rebuilt with state-of-the-art equipment to support advanced cardiovascular and thoracic surgeries at a cost of approximately \$1 million.

Construction has begun on a multi-purpose operating room called the hybrid OR. Hybrid technology incorporates imaging equipment in cardiovascular procedures. It is scheduled for completion this summer.

Following the completion of the hybrid OR, a complete remodel of CMC's Cardiac Catheterization Laboratory will begin. The new cath lab will be outfitted with the latest cardiac cath

lab imaging system. The cost of both the cath lab and hybrid OR will exceed \$3 million in improvements. The new cath lab will be completed by the end of the year.

Our staff on the Telemetry Unit and staff involved in postop care (Home Care, Cardiac Rehabilitation and the Wellness Center) have received comprehensive training. Our trained staff and other resources in the Windward community will be available to fully support our patients after they return home.

We look forward to providing these enhanced cardiovascular services to our community as we move through this phased approach in 2013.



**CURIOUS ABOUT CASTLE CARDIO?**  
Call **263-5400** to learn more about our services or for a physician referral.



## BREAST TOMOSYNTHESIS

# Making mammograms more accurate and more comfortable

**CASTLE MEDICAL CENTER** is excited to announce the implementation of breast tomosynthesis. This new technology has been clinically proven to significantly increase breast cancer detection and reduce recall rates.

### What is tomosynthesis?

Imagine an intact loaf of bread. You can gauge the size and shape of the loaf, but the external structure of the bread prohibits you from being able to see the nooks and crannies inside. Now imagine a loaf of sliced bread and having the ability to pull out each slice individually to examine from multiple angles. If a pebble was in the middle of the intact loaf, all you would see is the crust of the bread. But if you pulled

out and examined each slice, eventually you would find the slice with the pebble. Breast tomosynthesis creates images of your breast in a similar way, which virtually eliminates the challenges associated with overlapping structures in the breast.

### Conquering discomfort

Pain or fear of pain is cited as one of the main reasons women do not get their annual mammogram. Castle Medical Center is proud to offer MammoPad. MammoPad is a breast cushion—a soft, foam pad that helps minimize discomfort in a screening mammogram.

It gets even better—our new tomosynthesis technology allows us to obtain both digital mammogram and

breast tomosynthesis sets in a single compression.

Breast tomosynthesis will be made available this spring with the opening of our newly renovated outpatient diagnostic center. In addition to this exciting technology, the outpatient center will feature state-of-the-art ultrasound equipment, new bone density technology (DEXA) for excellent precision and accuracy in bone health and body composition, and outpatient laboratory services.



Schedule a softer, more comfortable mammogram by calling **263-5166, opt. 1**, or call **263-5400** to learn more about breast tomosynthesis.

# Taking SHAPE

CASTLE HELPED  
PATTY MILLER AND  
LUKE SHINSATO  
TAKE CONTROL OF  
THEIR WEIGHT

BY MELE POCHEREVA

THERE ARE MANY routes to successful weight loss, but no single program offers a “one-size-fits-all” guarantee. That’s why those who are serious about losing weight need a buffet of options in order to find a program that suits them best, explains Nicole Kerr, MPH, RD, director of Wellness and Lifestyle Medicine at Castle Medical Center. Castle offers such a selection, with nonsurgical and surgical weight-loss programs for effective, long-term success.

## The Medifast route

“Ninety-five percent of diets fail because they lack long-term sustainability,” Kerr says. “Many diets require a lot of meal planning and preparation or offer limited food choices so that we feel deprived, which often leads to unhealthy eating binges. That’s why the Medifast Take Shape for Life program has been so successful for many of our patients: It takes the guesswork out of planning, meals are tasty and easy to prepare, and it’s a safe way to quickly lose weight—and keep it off.”

Just ask Patty Miller, who lost 85 pounds during the first seven months in the Medifast program and looks forward to losing another 20 pounds.


“After my second knee replacement surgery a year ago, I was still having a hard time moving around. I realized how serious my weight problem had become,” Miller recalls.

She tried a lot of diet programs without success but was motivated to try Medifast after meeting with Allison Chan, a registered dietitian with the Wellness Center. Chan explained how the program worked and how the center’s support team would provide coaching and encouragement to help keep Miller on track.

The Medifast program offers a variety of prepackaged meals, each about 100 calories and easy to prepare. Medically formulated and packed with nutrition, five Medifast meals replace two regular meals and snacks each day. Eaten every two or three hours, they stave off hunger while establishing healthy eating patterns—there’s no meal skipping. The program allows one lean and green meal each day, which includes a serving of lean protein and three servings of nonstarchy vegetables. Participants prepare the meal themselves, and recipes are readily available online.

## Sustained success

“I found it easy to make the Medifast program work for me, and the quick drop in weight the first month kept me going,” Miller says. “It’s easy to grab and prepare my five meal selections each day, and because there’s a variety of flavorful choices,



Luke Shinsato has loved taiko drumming since he was a child. He decided that he would take it up again and added other physical activity.



Patty Miller loves all the choices she has on the Medifast program.



Luke Shinsato has lost 150 pounds since his weight-loss surgery.

even brownies, I never feel deprived. I save my lean and green meal for dinner to enjoy with my family.”

Even though Miller consumes just 800 to 1,000 calories a day, she has more energy and feels good about herself. And, she adds, “People at work call me ‘skinny.’ I love that!”

Medifast participants can drop into the Wellness Center at any time to check their weight or get a body composition analysis. Once they reach their weight-loss goal, the program helps patients gradually transition back to regular food, with a better understanding of how to make healthy food choices.

### Surgical weight-loss options

While programs like Medifast can lead to substantial weight loss, weight-loss surgery may be the preferred path for individuals with life-threatening, obesity-related illnesses such as diabetes, sleep apnea and hypertension.

“We tell patients if dieting doesn’t work, come back to us; we’ll always be here for them,” says Carol Enderle, DNP, APRN-BC, director of Castle’s Surgical Services, including the Surgical Weight Loss Institute.

Luke Shinsato is one such patient. The 20-year-old Honolulu Community College student weighed 350 pounds at his high school graduation and continued to gain weight. After trying diets and diet pills without success, his doctor recommended Castle’s surgical weight-loss program.

Shinsato asked himself, “What’s the rush?” But with his weight creeping toward 420 pounds and diabetes looming, his doctor encouraged surgery before more serious health issues arose. His family supported him all the way, especially his father, who had bariatric surgery 10 years ago and helped Shinsato prepare for the dramatic lifestyle change ahead.

### Improved opportunities

A year after gastric bypass surgery, Shinsato has lost 150 pounds and has his sights set on losing another 50 pounds. He now takes a home lunch to school and work and likes getting creative with healthy, home-cooked meals. He also has ramped up his fitness regimen, working out at the gym four times a week and burning off additional calories with his taiko drumming club, an activity he has enjoyed since elementary school.

“I really wanted to lose the weight for the opportunities I have yet to experience,” Shinsato explains. Those opportunities include a possible career in automotive mechanics, where Shinsato is focusing his studies. “I’d have to find another career if I didn’t lose enough weight to crawl under a car,” he adds.

“Patients like Luke are some of the most motivated people I know,” Enderle says. “They usually have tried everything short of surgery, and about 80 percent of our patients are able to sustain their weight loss.”

### Supporting you all the way

Enderle credits Castle’s multidisciplinary approach as a key to the program’s success. A team made up of bariatric surgeons, psychologists, registered dietitians, exercise specialists, nurses and a patient coordinator guides patients from their first consultation to postsurgery follow-up and ongoing support, even on the neighbor islands.

“I think Castle is really good at what it does, and that’s why our program has earned distinction as Hawaii’s only Bariatric Surgery Center of Excellence,” Enderle says. “But even more important, we are committed to making our bariatric patients feel comfortable, important and safe at each step of their journey.”

## Weigh your weight-loss options



Contact us to learn more about our available weight-loss programs.

### Castle Wellness & Lifestyle Medicine Center

Call **263-5050** or click on the “Wellness Center” link at [castlemed.org](http://castlemed.org).

### Castle Medical Center’s Surgical Weight Loss Institute

Call **263-5176** or call **263-5400** for information about our free Weight-Loss Surgery seminars.



COLORECTAL CANCER

## Who's at risk?

People with certain risk factors are more likely than others to develop colorectal cancer.

Unavoidable risks include age (50 or older), a personal history of precancerous polyps or inflammatory bowel disease, or a history of colorectal cancer in close relatives. Cancer that is common among families could be due to genes or to shared environmental factors, such as eating habits or exposure to secondhand smoke.

Race and ethnicity may also come into play. For reasons that are unclear, African Americans develop more colorectal cancer than other races in the United States. Jews of Eastern European descent (Ashkenazi Jews) may be at greater risk due to genetic mutations, which are present in about 6 percent of American Jews.

Studies suggest that some of the strongest risk factors for colorectal cancer are factors you can control. To lower your risk, you should aim for:

- ▶ A diet low in red meats and processed meats and high in fruits and vegetables.
- ▶ Plenty of physical activity.
- ▶ A healthy weight—especially if you're a man.
- ▶ No smoking.

Having one or more risk factors doesn't mean that you will develop colorectal cancer. However, it is important to tell your doctor about all of them. This helps your doctor decide when and how often you should be tested for colorectal cancer.

Source: American Cancer Society

# PHYSICIANS you can call

## MEET OUR GASTROENTEROLOGISTS



### John J. Garvie, MD

John J. Garvie, MD, is board-certified in internal medicine and gastroenterology by the American Board of Internal Medicine. Make an appointment by calling 263-5174.



### Robert V. Jao, MD

Robert V. Jao, MD, is board-certified by the American Board of Internal Medicine, and can be reached at 263-4665.



### J.D. Panetta, DO

J.D. Panetta, DO, is board-certified in internal medicine and gastroenterology by the American Board of Internal Medicine and the American Board of Medical Specialists. He is a member of the American College of Gastroenterology. For a referral to Dr. Panetta, call 263-5400.



### Naoky C. Tsai, MD

Naoky C. Tsai, MD, is board-certified and can be reached at Castle Medical Center's Weinberg Medical Plaza & Wellness Center at 263-5174.

## MEET OUR ONCOLOGISTS



### Jonathan K. Cho, MD

Jonathan K. Cho, MD, is board-certified by the American Board of Internal Medicine, with a subspecialty in medical oncology and hematology. He can be reached at Castle Medical Center's Weinberg Medical Plaza & Wellness Center at 263-5174.



### Michael Castro, MD

Michael Castro, MD, specializes in hematology and oncology. He is board-certified in medical oncology by the American Board of Internal Medicine. Call 521-0100 for an appointment.



### Tay-Ing Yang, MD

Tay-Ing Yang, MD, specializes in hematology, oncology and internal medicine. He is board-certified by the American Board of Internal Medicine, with a subspecialty certificate in medical oncology and hematology. He can be reached at 235-8781.



### NEED A DOCTOR?

Castle Medical Center has highly skilled physicians who can treat a variety of conditions. For a physician referral, call 263-5400 or visit us online at [castlemed.org](http://castlemed.org). These physicians are members of Castle Health Group.

Our **free** In Sickness & In Health seminars, led by our physicians and health professionals, focus on keeping you and your family healthy.



# TAKE TIME FOR YOUR HEALTH

## events calendar



Take time for yourself this spring with Castle Medical Center's health programs. We invite you to register for a health-promoting class or seminar or call for a physician referral. Call **263-5400**, or visit our website at [castlemed.org](http://castlemed.org) and click on "Classes."



### EAT WELL FOR LIFE CLASSES

Eileen Towata gives practical food choice tips and simple recipes. Includes samples and written recipes. Does not include hands-on food preparation by participants. Registration is required. Payment is due two days prior to class.

#### Bountiful Beans

**Thursday, April 25, 6 to 7 p.m.**

Three different kinds of beans star in these budget-friendly dishes.

#### Versatile Vegetables

**Thursday, May 23, 6 to 7 p.m.**

Roast one pan of vegetables and use them in three simple and delicious ways.

#### Great Grains

**Thursday, June 27, 6 to 7 p.m.**

Discover the goodness and unique flavor of three different whole grains.

### COMMUNITY EVENTS

#### A Nutritional Approach to Alzheimer's Disease

**Wednesday, May 15, 6 to 7:30 p.m.**

**Steve Blake, ScD**

Learn about research linking Alzheimer's disease to nutrition. Dr. Blake (doctor of science and nutritional biochemistry) is a dynamic speaker and a researcher in how nutrition affects health.



### NUTRITION

#### Nutrition Counseling

**Ongoing, by appointment**

Guidance to help you eat well for optimal health. May address obesity, high blood pressure, cholesterol and chronic kidney disease.

### DIABETES

#### Diabetes Education

**Morning and evening groups available.**

A diabetes educator leads a four-session class to help manage diabetes, addressing nutrition, physical activity, monitoring blood glucose, preventing complications, medications and lifestyle changes. Most health insurance covers fee.

### FITNESS

#### Fitness Training

**Ongoing, by appointment**

Our certified fitness trainer will assess your current fitness level and design an individualized program to help you reach your fitness goals.

#### Exercise Classes

Registration and fitness assessment are required (may include medical clearance).

► Bone Builder. ► Core Strength. ► Exercise for Life. ► Interval Training. ► Longer Life. ► Lunch Crunch/Roller. ► Pilates. ► Qigong. ► Steady on Your Feet.

### WEIGHT MANAGEMENT

#### Individual Weight Management

Includes eight nutrition counseling sessions. Free 15-minute information session.

#### Take Shape for Life

**Program uses Medifast products**

Call for consultation and taste-testing.

#### Weight-Loss Surgery Seminar

**Wednesdays, May 8 or June 19, 6:30 to 8 p.m.**

**Saturday, June 8, 7 to 8:30 p.m.**

**Wellness Center Auditorium**

Learn about Castle's comprehensive surgical weight-loss program from bariatric surgeon Steven Fowler, MD, and other members of the team. Registration is required; call **263-5400**.

### SUPPORT GROUPS

Free and open to the public. Call **263-5400** or visit [castlemed.org](http://castlemed.org) for details.

► Alzheimer's Caregivers. ► Bereavement. ► Cancer. ► Caregivers. ► Mental Illness Caregivers (NAMI). ► Parkinson's Disease.

### TOBACCO TREATMENT

#### One-On-One Coaching

Expert guidance for stopping smoking. Free nicotine patches, gum and lozenges.

#### Live Well...Tobacco-Free Group

**Tuesdays, 6 to 7 p.m.**

Free "talk story" group is open to ex-smokers, those thinking about quitting, and supportive family and friends.

### FAMILY

#### Giving Birth: The Castle Experience

**Four sessions: Thursdays, May 2 to 23 or June 6 to 27, 6 to 8 p.m.**

**'Ohana Room**

Taught by a knowledgeable labor and delivery nurse. Suggested for couples in their third trimester that plan to give birth at Castle.

#### The Bradley Method®

**Mondays, 6:30 to 8:30 p.m.**

Call for dates. A comprehensive 12-week course of education in pregnancy, labor and natural childbirth. Fee: \$300 for two people.

#### Infant Safety

**Tuesdays, April 30 or May 14,**

**5:30 to 8:30 p.m.**

Fee: \$25 per couple.

#### General Newborn Care

**Tuesdays, April 16, May 7 or 28,**

**or June 4 or 18, 5:30 to 8:30 p.m.**

Fee: \$25 per couple.

#### Breastfeeding

**Wednesdays, April 17, May 1 or 15,**

**or June 5 or 19, 6 to 8:30 p.m.**

Call for dates. Taught by a certified lactation consultant. Fee: \$25 (Free with a childbirth class).

#### Birth Center Tour

**Sundays, Mondays or Thursdays, 5 p.m.**

Call for a reservation.

#### Car Seat Safety Check

**First and third Thursdays, 3 to 6 p.m.**

To schedule a time, call **263-5270**.

#### Healthy Pregnancy Class

**Wednesdays, April 24, May 22 or June 26, 5 p.m.**

Free class for couples to prepare for a healthy pregnancy. No registration required.

#### New Mothers Hui

**Wednesdays, 10:30 to 11:30 a.m.**

**'Ohana Room**

Free. No registration required.

### MASSAGE

**Weekdays**

Provided by licensed massage therapists. Call for more information or for an appointment.



### SEMINARS

**6 to 7:30 p.m.**

**Castle Wellness & Lifestyle Medicine Center Auditorium**

These free monthly seminars provide expert health and wellness education from leading health care professionals. Healthy refreshments will be served. Registration is required. Call **263-5400** or visit [castlemed.org](http://castlemed.org)

#### Sleepless in Kailua

**Thursday, April 11**

**Jamil Sulieman, MD**

Insomnia and sleep apnea also affect many other illnesses. Learn what these problems are and how to treat them.



#### Heart Disease: What's New and What You Can Do

**Thursday, May 9**

**Mike Barber, RN,**

**Cardiovascular Services Director**

Learn about advances in treatment and healthy choices you can make to prevent or manage heart disease.



#### Vitamin D and Cancer

**Thursday, June 13**

**Michael Castro, MD**

Learn the relationship between vitamin D and cancer, the latest data about protection against cancer and how to determine survival after diagnosis.



## How to find us

### CALL US:

808-263-5500

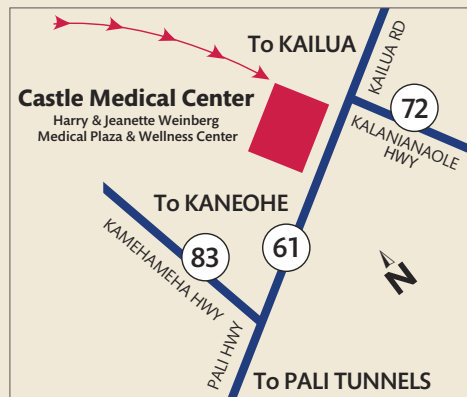
### EMAIL US:

Visit our website at [castlemed.org](http://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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 Visit us at  
[castlemed.org](http://castlemed.org).

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### Castle Medical Center



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The MAKOpasty RIO system

**CASTLE MEDICAL CENTER** is pleased to offer MAKOpasty partial knee resurfacing, a minimally invasive partial knee resurfacing treatment for adults living with early to midstage osteoarthritis.

The opportunity for early intervention is important—osteoarthritis is the most common form of arthritis and a leading cause of disability worldwide, according to the American Academy of Orthopaedic Surgeons.

MAKOpasty is less invasive than traditional total knee replacement surgery and is performed using RIO®, a highly advanced, surgeon-controlled robotic arm system. Castle is the only hospital in Hawaii to have this innovative technology.

MAKOpasty potentially offers the following benefits as compared to total knee-replacement surgery:

- ▶ Reduced pain.
- ▶ Minimal hospitalization.
- ▶ More rapid recovery.
- ▶ Less implant wear and loosening.
- ▶ Smaller scar.
- ▶ Better motion and a more natural-feeling knee.

## Castle now offers MAKOpasty® partial knee resurfacing

CMC IS THE **ONLY** HOSPITAL IN HAWAII TO  
OFFER THIS MINIMALLY INVASIVE PROCEDURE

“When we don’t need to replace, and often we don’t because only a portion of the knee is damaged, we can just replace that portion versus patients having a total knee replacement,” says Carol Enderle, DNP, APRN-BC, director of Castle Medical Center’s Surgical Services. “Usually it’s an outpatient or next-day stay and so there’s a lot of benefits to this, and it’s really great for our younger patients who are just now starting to have some disease of their knee or hip.”

### The power of precision

The RIO system enables the surgeon to complete a patient-specific presurgical plan that details the bone preparation and customized implant positioning using a CT scan of the patient’s knee. During the procedure, the system creates a three-dimensional, virtual view of the patient’s bone surface and correlates the image to the preprogrammed surgical plan. As the surgeon uses the robotic arm, its tactile, auditory and visual feedback limits the bone preparation to the diseased areas and allows real-time adjustments for optimal implant positioning for each patient.

Castle Medical Center’s team of orthopedic surgeons believes precision is key in planning and performing partial knee-replacement surgeries.

“For a good outcome, you need to align and position the implants just right. Precision in surgery, and in the preoperative planning process, is what RIO helps deliver for each individual patient,” says orthopaedic surgeon Linda Rasmussen, MD. “It allows us to treat patients with knee osteoarthritis at earlier stages, and with greater precision than ever before.”

## Get back in motion!

**MAKOpasty Seminars**  
May 6, June 6 or July 18, 6 p.m.  
Wellness Center Auditorium

Learn about Castle’s MAKOpasty surgery and total knee and hip replacements from orthopaedic surgeon Linda Rasmussen, MD, and other members of the team. Registration required. Call **263-5400**.