

Windward

Adventist Health
Castle

HEALTH

Winter 2018

Adventist Health Castle has earned the 2017 Malcolm Baldrige National Quality Award, the nation's highest award for quality, recognizing exemplary practices. AH Castle is the first and only company in Hawai'i to receive the award.



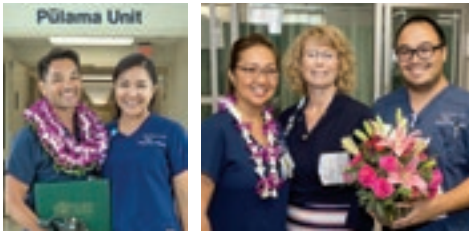
Mahalo to our physicians, associates, volunteers and entire Castle 'Ohana who daily provide the very highest level of safe, quality care to our patients and prove every day that "Love Matters." We couldn't have done it without you.

INSIDE THIS ISSUE

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'Extraordinary Nurses' honored with DAISY Award

Adventist Health Castle is proud to be among the nation's hospitals that participate in The DAISY Award program. The award is part of The DAISY Foundation's program to recognize the superhuman efforts nurses perform every day.

Jessica Childress, RN, Lualaba; Ruth Kovacs, RN, ICU; and Michael Vosti, RN, Pūlama, were honored in 2017 with The DAISY Award for Extraordinary Nurses.

Childress was chosen for her exceptional clinical and communication skills and for her empathy in caring for her patients.

Kovacs was honored for the compassionate care she provides her patients and their families. Her consistent communication helps put her patients and their families at ease, and she is always concerned about the dignity and comfort of her patients.

Vosti received the award for the compassionate, extraordinary care he provides to his patients. Patients always find him to be polite and kind, and he always strives to ensure that his patients understand each step of their care.

"Nurses are heroes every day," Chief Nursing Officer Laura Westphal says. "It's important that our nurses know their work is highly valued, and The DAISY Foundation provides a way for us to do that."

We congratulate these DAISY Award winners.

Adventist Health Castle receives Baldrige National Quality Award

IN THE FALL, Adventist Health Castle received the 2017 Malcolm Baldrige National Quality Award for health care. The Baldrige Award is a Presidential-level honor, recognizing exemplary practices among American organizations, including an unceasing drive for radical innovation, thoughtful leadership and administrative improvement. There were five recipients of the award presented in six categories.

"This award honors the collective effort of our leadership, associates, physicians, volunteers and partners, who have for years pursued excellence in delivering quality care to our communities," says Kathy Raethel, president and CEO of Adventist Health Castle. "As an organization, we are focused on the total well-being of our patients. Being selected for this award validates our efforts but also encourages us to extend our efforts as



the needs of our community continue to evolve."

Adventist Health Castle is the first Baldrige National Quality Award winner in Hawai'i.

"This program is about much more than recognizing successful organizations or winning a single award," says Secretary of Commerce Wilbur Ross, who notified the medical center of its award. "When companies implement the ground-tested Baldrige approach, they create organizations that employees and customers love, that continually improve, and that produce innovative and outstanding results."

Between 2014 and 2016, Adventist Health Castle improved performance by 12 percent on composite measures of safety, evidence-based care and mortality related to its clinical care processes and ranks in the top 10 percent for disease prevention and treatment programs.

AH Castle earns Pioneers in Quality™ award

THE JOINT COMMISSION has recognized Adventist Health Castle as a 2017 Pioneers in Quality Data Contributor for its contributions to electronic clinical quality measure (eCQM) data for quality improvement in health care. To receive the recognition, AH Castle voluntarily submitted 2016 eCQM data to The Joint Commission for measurement toward quality improvement.

Until recently, most hospitals collected information to measure health care quality by manually abstracting data from patient records. Today eCQMs allow hospitals to electronically collect and transmit data on the quality of patient care. The electronic data can be analyzed to measure and improve care processes, performance and outcomes.

The Joint Commission, the United States' leading accreditor of health care organizations, established the Pioneers in Quality program to assist and recognize hospitals that report eCQM data, as well as share best practices for gathering, analyzing and leveraging eCQM data for quality improvement.

"We are thrilled to be recognized by The Joint Commission," says Kathy Raethel, AH Castle president and CEO. "It reflects on our staff's commitment to continual quality improvement, especially as it relates to the adoption of electronic clinical quality measures—the evolution and future of health care data reporting. Like The Joint Commission, we believe gathering and analyzing performance data is crucial to continually improving quality of care and outcomes for all patients."



AH Castle receives an 'A' grade for Patient Safety

ADVENTIST HEALTH CASTLE was again recognized for its focus



on patient safety and quality with a third consecutive "A" grade from The Leapfrog Group in the fall. The Leapfrog Group assigns letter grades to hospitals nationwide based on their performance in preventing medical errors, infections and other harms. Adventist Health Castle was one of 832 (out of 2,632 hospitals) awarded an "A" for its commitment to keeping patients safe and meeting the highest safety standards in the U.S.

"Our hospital is committed to ongoing quality improvement, and we work every day to create a culture of safety for our patients," says Kathy Raethel, Adventist Health Castle president and CEO. "This top grade is a reflection and a result of our longstanding focus on and commitment to patient safety and quality care."

The Leapfrog Group is a nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care.



NEXT-GEN JOINT REPLACEMENT

makes Castle debut

Making its debut at Castle's Joint Care Center this past fall, the NAVIO Surgical System is the latest addition to Castle's multidisciplinary Joint Care Program. The Joint Care Program is dedicated to delivering excellent care and results for its patients. NAVIO brings significant advances in knee replacement procedures that benefit patients and orthopedic surgeons alike.



NEXT-GEN JOINT REPLACEMENT

makes Castle debut

BY MELE POCHEREVA

THE NEXT GENERATION of robotics-assisted systems for knee replacement surgery has arrived, and Adventist Health Castle is the sole health care provider on O'ahu where this newest technology is available.

Making its debut at Adventist Health Castle's Joint Care Center this past fall, the NAVIO Surgical System is the latest addition to Adventist Health Castle's multidisciplinary joint care program. The program is dedicated to delivering excellent care and results for its patients. NAVIO brings significant advances in knee replacement procedures that benefit patients and orthopaedic surgeons alike.

For patients needing a full or partial knee replacement, the new technology offers the benefits of earlier robotics-assisted systems—a precise, minimally invasive procedure with a shorter hospital stay, improved outcomes and a quicker recovery period than traditional knee replacement surgery—but with several advantages.

Significantly, NAVIO does not require a preop CT scan to map out the surgical plan like earlier systems do. Instead, it has a built-in tool to do the job. This feature eliminates the extra cost and time spent for a CT scan, and patients aren't exposed to unnecessary radiation.

Another important NAVIO advantage is its use of implants made of a material called oxinium. The material is twice as hard as the standard cobalt chrome implants, making it longer-lasting, and it reduces the risk of metal allergy.

For surgeons, the NAVIO system is equipped with a handheld robotic tool that is more user-friendly and less bulky than earlier robotic arm technology. The system is also easier to set up and calibrate. These features, along with NAVIO's smaller, compact size, make it a more portable system, allowing it to be transported easily from room to room within the OR—and making more efficient use of hospital space and valuable staff.

Linda Rasmussen, MD, the first orthopaedic surgeon at Adventist Health Castle to be trained on NAVIO, is excited about additional capabilities the new system offers: "NAVIO will allow us to do total knee replacement with robotic assistance, which we could not do with our earlier system," she says. "In addition, there is a new total knee replacement procedure called the XR that allows for preservation of the ACL and PCL ligaments as well as the MCL and LCL ligaments. This also is done robotically, with the NAVIO system."

ATTEND ONE OF CASTLE'S FREE INFORMATIONAL SEMINARS. Check out upcoming Joint Care Seminars on page 3 to learn more about NAVIO and how it can help relieve joint pain caused by osteoarthritis.

Is NAVIO right for you?

You may be a good candidate for the NAVIO partial knee replacement procedure if one or more of these scenarios fits your situation:

- Near full-knee motion, with pain in only one knee compartment: inner knee, outer knee or on the top of kneecap area.
- Start-up knee pain or stiffness when activities are initiated from a sitting position.
- Failure to respond to nonsurgical treatments or nonsteroidal anti-inflammatory medication.

Info Attend one of Castle's free informational seminars

to learn more about NAVIO and how it can help relieve joint pain caused by osteoarthritis. Visit adventisthealthcastle.org or call **263-5400** for O'ahu and Neighbor Island seminar schedules.



Knee surgery keeps retired actor active

Don Stroud—yes, THAT Don Stroud, of Hollywood and television renown—fondly recalls his childhood days, growing up in pre-statehood Hawai'i, where he learned how to surf under the mentorship of such legendary watermen as Rabbit Kekai and Steamboat Mokuahi and raced outrigger canoes with Waikiki Surf Club. In 1960, at age 17, Stroud placed fourth in the Duke Kahanamoku World Surfing Championship.

His introduction to acting came around the same time, when he was surfing in Waikiki and the crew filming the Hawaiian Eye television series hired him on the spot as a stunt double for actor Troy Donahue's surfing scenes. Bit by the acting bug, Stroud headed to Hollywood where he went on to become a character actor, "always playing the bad guy," in more than 100 films and 250 television shows.

A local boy at heart, Stroud missed Hawai'i and moved back with his wife, Teri, 12 years ago. Although he claims to be retired, the affable 74-year-old still picks up an occasional acting gig, such as a guest appearance on "Hawaii Five-0" and the 2012 role of Sheriff Bill Sharp in "Django Unchained."

Stroud isn't sure if the severe knee pain he began to experience several years ago was due to the rigors of his 35-year acting career—including a real-life plane crash during the making of "Von Richthofen and Brown" in 1971—or was just the wear and tear of knees that have seen a lot of action over the decades, from surfing to martial arts. Whatever the cause, the pain became unbearable, especially after sitting down for any length of time.

"It was like walking with ice picks in my leg," Stroud recalls. "And I was taking a lot of medications for the pain."

His longtime friend and fellow surfer Fred Hemmings, who had knee surgery at Adventist Health Castle's Joint Care Center several years ago, recommended his orthopaedic surgeon, Linda Rasmussen, MD. Vowing to "be done taking pills," Stroud went in for his left knee replacement in December 2016, and four months later went back to have his right knee replaced. Not only was he pleased with his surgical experience, he also was impressed by Adventist Health Castle's nursing staff, whom he dubs, "the greatest, nicest gals in the world."

Six months after his second knee surgery, Stroud feels good. "I took my therapy program very seriously," he says, while admitting that the road to recovery was harder than he expected. Along with his physical therapy exercises, Stroud swims at least five days a week. "My big swimming pool is saving my life!" he declares.



New shoulders for a new dad

Jon Yamamura figures that his rotator cuff injuries largely were brought about by playing with his two teenagers, though playing racquetball and other sports in his younger years may have been contributing factors. The prospect of becoming a father again in August 2017 provided the incentive to address the shoulder pain that had gotten progressively worse.

The pain started about three years ago, Yamamura recalls, when he was horsing around with his then 16-year-old daughter, Caterina, and 13-year-old son, Jameson, playfully catapulting them into the water like he used to when the kids were considerably younger. "The mind was willing, but my 54-year-old body said 'no,'" he says.

In the few years that followed, Yamamura's shoulder pain intensified to the point that it hurt just to pick up a carton of milk. When he learned in late 2016 that a new baby was on the way, Yamamura set his mind to repairing the damage in time to welcome the new family addition with open arms—and pain-free shoulders. He would dedicate the next eight months to that mission.

A story in Adventist Health Castle's *Windward Health* magazine led him to Thomas Keller, MD, a specialist in arthroscopic surgery and sports medicine, including rotator cuff repairs. An initial consultation confirmed old and new damage to both shoulders. Together they discussed Yamamura's

options: Physical therapy, which likely would yield a 60 to 70 percent improvement, or arthroscopic surgery, which could bring better results. Yamamura opted for surgery and, on Valentine's Day 2017, had his left shoulder repaired.

"A few weeks after surgery I started physical therapy and followed it faithfully," Yamamura says. "By month four of my recovery, in June, I was doing well and decided, with Dr. Keller's approval, to have my right shoulder done too."

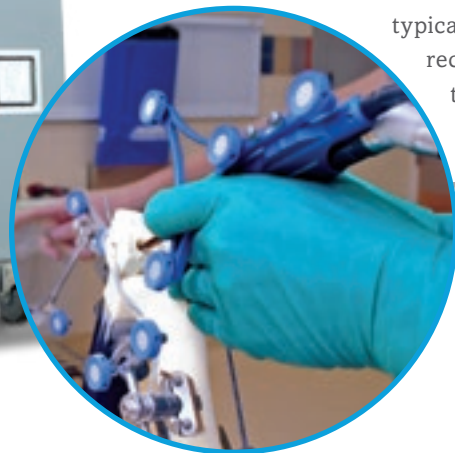
Today he has three neat little incisions on top of each shoulder. "It's amazing," he says.

Both procedures were performed on an outpatient basis. "I checked in at 8 a.m. and was home by 1 p.m.," Yamamura says. "It was a great experience. The personnel are friendly and accommodating, explaining everything, and you can put your trust in the care of professionals."

Four months after his second shoulder surgery, Yamamura is not yet 100 percent pain-free, but he's confident he'll get there.

"Life is good," he says. "I have a newborn son, Enzo, and two brand-new shoulders."





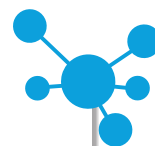
How NAVIO works

Every NAVIO procedure follows an individualized surgical plan tailored to the patient's unique knee anatomy.

Advanced computer and robotic technology helps the surgeon create a 3-D map of the knee so that healthy bone and tissue is preserved and implants can be correctly sized and aligned. That information is then relayed through a robotics-assisted handpiece used by the surgeon during the replacement procedure.

Working through a small, 4- to 6-inch incision, the surgeon guides the handpiece as it prepares the implant area, resurfacing the bone according to the preoperative map. The system then assists in precisely positioning and securing the implant so that it is perfectly integrated with the prepared bone. While this advanced technology is designed to ensure consistent and accurate results, the surgeon's skilled hands are always in complete control of the procedure; it is not performed automatically.

With the NAVIO system, patients typically have a quicker recovery period and are able to return to work and low-impact activities sooner.



Meet our orthopaedic surgeons



Thomas Keller, MD

Following medical school at the University of Virginia, Dr. Keller completed a six-year residency in orthopaedic surgery at the University of Virginia Medical Center. He completed a fellowship in sports medicine and arthroscopy with the Santa Monica Orthopaedic and Sports Medicine Group in California, including hip, knee and shoulder arthroscopy; ACL reconstruction; rotator cuff repair; and cartilage restoration.



Robert Medoff, MD

Dr. Medoff earned his medical degree from the University of Pennsylvania, and he completed a surgical residency at the University of Hawai'i and an orthopaedic residency at the University of Tennessee Campbell Clinic. He is assistant clinical professor of orthopaedic surgery at the John A. Burns School of Medicine and has designed various patented orthopaedic implants. He is board-certified.



Linda Rasmussen, MD

After graduating from the University of Washington School of Medicine, Dr. Rasmussen completed an internship in general surgery there. She then completed a five-year orthopaedic residency in San Francisco, including a year of research. She specializes in total joint replacement and reconstruction, as well as MAKoplasty®, and is board-certified.



Sara Sakamoto, MD

Raised on O'ahu, Dr. Sakamoto received her medical degree from Tufts University School of Medicine. She completed a fellowship in hand and microsurgery at Mount Sinai Hospital in New York City. She had prior orthopaedic surgery training at Rutgers University.



Our orthopaedic surgeons can be reached at **261-4658.**

JOINT CARE IS OUR SPECIALTY

"Health care technology advances quite rapidly, so we are always looking at innovation and how we can best serve our patients," explains Suzanne Asaro, MPT, MBA, director of Adventist Health Castle's Joint Care Center and Rehabilitation Services.

"Castle continues to commit to investing in the latest technology, such as the new NAVIO system, for our Windward community, but it is just one of the broad range of surgical procedures offered by the four highly trained orthopedic specialists at our Joint Care Center."

When it opened in 1997, the center was the only such program in Hawai'i dedicated to hip and knee replacement procedures. The Joint Care Center remains a leader in providing high-quality, cost-effective specialty care and, in 2016, it became

the first hip and knee replacement facility in the state to receive the national Blue Distinction® Center designation of excellence from Blue Cross/Blue Shield.

Today, however, the center's scope of services is greatly expanded to include hip, knee, ankle and shoulder arthroscopic surgery and sports medicine, including rotator cuff and ACL repairs, and hand and microsurgery procedures.

"Despite the ever-changing technology in the health care field, one thing remains the same at the Joint Care Center," Asaro says. "Patients can always count on the exceptional and compassionate care they receive from every member of our team, from their first consultation and pre-surgery preparation to the day they are discharged."



TAKE TIME FOR YOUR HEALTH

events calendar



Take time for yourself with Adventist Health Castle's health programs. We invite you to register for a health-promoting class or seminar or call for a physician referral. Call **263-5400**, or visit our website at adventisthealthcastle.org and click on "Classes and Events."

Click  sign up online
adventisthealthcastle.org

IN SICKNESS AND IN HEALTH SEMINARS

Second Thursday of each month, 6 to 7:30 p.m., Adventist Health 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.



**Jan. 11
Colonoscopy:
Not the Pain
You Think It Is**
J. D. Panetta, MD

FREE

A colonoscopy is a vital part of preventive medicine. It is a safe, painless procedure, and with the advent of open access colonoscopy, it is now more convenient than ever. Learn how having a colonoscopy can reduce your risk of colorectal cancer. Dr. Panetta is board-certified in internal medicine and gastroenterology by ABIM/ABMS. He is a member of the American College of Gastroenterology.



**Feb. 8
Healthy Habits
for School Age
Kids to Teens**
John Nagamine, MD

Learn how to address screen time, sugary drinks, smoking and marijuana to boost a kid's emotional intelligence.



**March 8
Your End-of-
Life Wishes**
Sarah Canyon, MD, PhD

What you need to do and who you need to tell—how to prepare for end of life. Discover what paperwork everyone should have, such as advance directives and POLSTs, and what they mean.

FAMILY

Take a tour of the birth center, or sign up for classes: • Giving Birth at Castle. • Lamaze. • The Bradley Method. • Infant Safety. • General Newborn Care.

- Breastfeeding.
- Car Seat Safety. • Healthy Pregnancy.

Visit adventisthealthcastle.org or call **263-5400** for dates and registration.



FITNESS

Call **263-5050** or visit adventisthealthcastle.org for information on all fitness classes.

Exercise Classes

Registration and fitness assessment are required. (Medical clearance may be necessary.) • Core Conditioning. • Functional Fitness. • Longer Life. • Lunch Crunch. • Stretch & Roll. • Build Your Balance.

JOINT CARE SEMINARS

- **Jan. 4: Total Knee and Hip, Featuring Navio: Linda Rasmussen, MD**
- **Jan. 24: (Maui) Knee and Hip, Featuring Navio: Linda Rasmussen, MD; Spine Surgery: Will Beringer, DO**
- **Feb. 1: Spine Surgery: Will Beringer, DO**
- **Feb. 15: Total Knee and Hip, Featuring Navio: Linda Rasmussen, MD**
- **March 1: Shoulder Surgery: Thomas Keller, MD**
- **March 15: Spine Surgery: Will Beringer, DO**

SEE OUR SPECIAL INSERT IN THIS ISSUE ON NEXT-GEN JOINT REPLACEMENT

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

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

MASSAGE

Relax and rejuvenate! Standard rate: \$15 per 15 minutes or \$30 per 30 minutes. Punch card: 5 massages for \$68. Gift certificates available.

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

NAMI

Fourth Tuesday of each month, 5:30 to 7 p.m. Wellness Center Auditorium Harry and Jeanette Weinberg Medical Plaza and Wellness Center

A free, safe and welcoming support group for family members and friends who care for loved ones with mental illness. Facilitated by trained and experienced volunteers with the National Alliance on Mental Illness (NAMI). For more information about NAMI, please visit nami.org.

SUPPORT GROUPS

Free and open to the public. Call **263-5400** or visit adventisthealthcastle.org for details.

- Alzheimer's Caregivers. • Hospice Hawai'i.
- Mama Hui. • NAMI. • Parkinson's Disease.

TOBACCO TREATMENT

Free counseling by appointment

Thinking about cutting back on tobacco or e-cigarette use? Contact one of our Certified Tobacco Treatment Specialists (CTTS) for one-on-one coaching, expert guidance, and to learn about nicotine patches, gums and lozenges—which are available to eligible participants. Call **263-5050** to schedule an appointment.



WEIGHT LOSS

Weight-Loss Surgery Seminars

- **Wednesdays, Jan. 17, Feb. 21, or March 21, 6:30 to 8 p.m.; or Saturday, Feb. 3, 7 to 8:30 p.m.**

Wellness Center Auditorium

- **Wednesday, March 7, 6:30 to 8 p.m.**

Kapolei High School, teachers' lounge

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

EAT WELL FOR LIFE

Fourth Thursday of each month, 6 to 7:15 p.m. \$12/class per person Castle Wellness Auditorium, in partnership with Blue Zones Project

Travel the world of plant-based cuisine as we learn about ingredients and sample dishes of different regions and countries. All classes are vegan and are demonstration-style. Generous samples and written recipes are provided. Registration and prepayment are required. Registration deadline is one week prior to class. No refunds. Maximum capacity is 50 participants. Call **263-5050** to register.



**Jan. 25
"Cook Healthier Local Style"**
Chef Alyssa Moreau

Enjoy local comfort food with a twist! Local-style curry with Okinawan sweet potato, salad with sesame vinaigrette and fruit tarts will be on the menu!



**Feb. 22
"Cook Healthier with Mediterranean and Italian flavors"**
Chef Becky Roberts, MS, RD, LD

The National Kidney Foundation of Hawai'i will showcase chickpea hummus and zucchini noodles with pesto—the perfect adaption of a longevity diet!

**March 22
"Cook Healthier with Indian Cuisine"**
Chef Alyssa Moreau

Inspired by tantalizing spices, learn to prepare this nutritious and delicious meal! Indian dal with kabocha, served with pulao rice and finished with cardamom date bars are on the menu!



Castle Medical Center

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LEAVE YOUR LEGACY

Join AH Castle's Path of Aloha Campaign

cmc.donationbricks.com

SINCE Adventist Health Castle first opened its doors in 1963, the hospital's primary goal has been to meet the needs of the community. With our continued focus on hospital-wide projects, AH Castle can accomplish this goal.

You can help support our mission of "Living God's love by inspiring health, wholeness, and hope" and create a lasting legacy of your support by participating in our Path of Aloha Campaign. Order a tile to line the benches and wall in the beautiful area between the Harry & Jeanette Weinberg Wellness Plaza and the Vera Zilber Birth Center to honor or remember someone special, celebrate a new family member, or to show appreciation to a caregiver.



How to order a Path of Aloha tile:

1. Orders will be accepted as long as space is available.
2. Visit cmc.donationbricks.com and choose your tile size and customize your tile.
3. You will receive a confirmation email from Development. If you do not receive a confirmation email, please call the Development Department at **263-5335**.
4. Tiles will be installed in groups of 100.

Tile options

- 4" x 8" tile—three lines of text with 20 characters each (upper and lower case available): \$500.
- 8" x 8" tile—six lines of text with 20 characters per line (upper and lower case available): \$1,000.

Call **QUESTIONS?** Call AH Castle's Development Department at **263-5335**.



Dr. Shlachter honored

MARC SHLACHTER, MD, AH Castle family practice physician at Laie Clinic, was honored with a Physician of the Year Mission Award at the 11th annual Adventist Health Physician Leadership Symposium in Sacramento in the fall.

The Mission Awards are given to Adventist Health doctors who are living examples of AH's mission of sharing God's love by providing physical, mental and spiritual healing.

In 1971, Dr. Shlachter opened his Family Medicine practice in Hau'ula on the North Shore of O'ahu. For 18 years, he practiced out of an old beach house-turned-office. He soon adopted the nickname "The Country Doctor." House calls

were—and still are—an important part of his practice. "I get into homes where I can assess a patient's whole living situation," he says.

To better educate his patients, Dr. Shlachter had a local radio program called "The Country Doctor" that aired for 10 years.

"Dr. Shlachter routinely demonstrates his commitment to our rural community and those he cares for," says Derek Dickard, Castle Physician Network director. "He inspires hope in his patients by setting goals they can reach. He is always there for his patients and cares about them as individuals. They appreciate his sensitivity, kindness and understanding."

Dr. Shlachter has served as the team physician for Kahuku High School football team for the past 45 years. He obtained a state grant for people without insurance so they had access to medical care. Patients needing end-of-life care or who are too ill to travel to the clinic know a visit from their country doctor is just a phone call away. And the community loves him in return.



How to find us

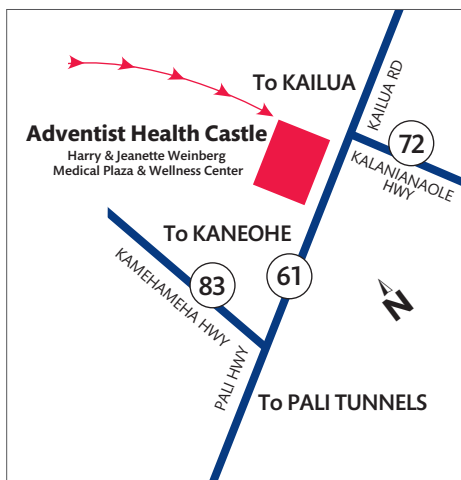
Call us: 808-263-5500

Visit us at adventisthealthcastle.org.

Email us: Visit adventisthealthcastle.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: Adventist Health Castle, 640 Ulukahiki St., Kailua, HI 96734-4498



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WINTER 2018

