

# Windward HEALTH

Adventist Health  
Castle

Fall 2019



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with a primary care  
provider you can trust

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for our jingle bell rock!  
Join us Dec. 4.

### Doing your heart and her own heart good

Adventist Health Castle welcomed Jamalaha A. Munir, MD, FACC, to its medical staff in September. Dr. Munir is seeing patients at her office in the Weinberg Medical Plaza, located on AH Castle's campus, and is also providing cardiology services to the Castle Health Clinic of Laie. Dr. Munir comes to Castle with more than 10 years' experience as a cardiologist. Read more about her on page 2.



## Community connections

### School spirit

Adventist Health Castle and Hawai'i Emergency Physicians Associated, Inc., (HEPA) presented \$4,000 scholarships in the spring to three Windward O'ahu high school seniors: Tasha Kong, Kalaheo High School; Shyanne Macariola, Kailua High School; and Jessica-Rose Rosa, Castle High School.

The HEPA Foundation and AH Castle fund the scholarships jointly with a goal of encouraging Windward high school students to obtain a college education.



From left: Ryan Ashlock, operations executive, and Kathy Raethel, president, AH Castle; Lisa Jacobsen, MD, HEPA Foundation; scholarship recipients Tasha Kong, Shyanne Macariola and Jessica-Rose Rosa; Alan Cheung, MD, medical officer, and Laura Westphal, patient care executive, AH Castle; and Craig Thomas, MD, president, HEPA, Inc.



AH Castle's Steve Bovey (far right), quality supervisor, and Tracie Ann Tjapkes (far left), director of wellness and lifestyle medicine, hosted Hawai'i Pacific University nursing leadership and nursing students from Korea to help them understand American hospitals, quality care at Castle and the Malcom Baldrige National Quality Award.

## Here's another reason to choose AH Castle's quality care

### Award-winning commitment to stroke care

Adventist Health Castle has received the American Heart Association/American Stroke Association's Get With The Guidelines® Target: Stroke Honor Roll Gold Plus Quality Achievement Award. The award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to national guidelines based on the latest scientific evidence and research.

Castle additionally received the associations' Target: Stroke<sup>SM</sup> Honor Roll award. To qualify for this recognition, hospitals must meet quality measures developed to reduce the time between the patient's arrival at the hospital and treatment with the clot-buster tissue plasminogen activator, or tPA, the only medication approved by the U.S. Food and Drug Administration to treat ischemic stroke.



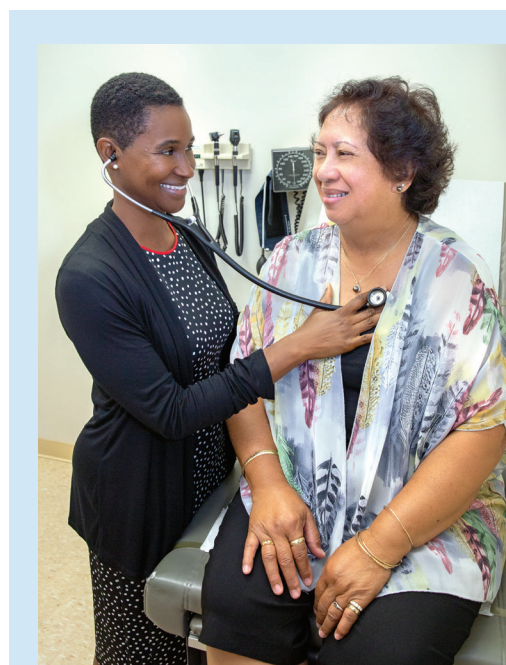
Erik Anderson, RN

## A new leader in patient care

Erik Anderson, RN, formerly Adventist Health Castle's director of quality and clinical information systems, has accepted the position of patient care executive on Castle's executive team. He fills the vacancy left by Laura Westphal, who retired this past August.

Anderson started as an emergency room technician in the Emergency Department in 1997 and has grown personally and professionally with the organization. Promoted to director of quality in 2015, he has led the department through two Joint Commission surveys and a successful Malcolm Baldrige Award journey.

Anderson received his bachelor's degree in biology from Pacific Lutheran University and his bachelor of science in nursing degree from Hawai'i Pacific University.



Jamalah A. Munir, MD, FACC

## A heart for preventive medicine

Adventist Health Castle recently welcomed Jamalah A. Munir, MD, FACC, to its medical staff. Dr. Munir, an interventional cardiologist specializing in coronary and valve cardiology/ acute myocardial infarctions, began seeing patients in September. Her office is located in the Weinberg Medical Plaza at 642 Ulukahiki St. on the medical center's campus, and she will be providing cardiology services at Castle's Health Clinic of Laie. Dr. Munir most recently served as the chief of cardiology services and catheterization lab director at Fort Belvoir Community

Hospital and was a lieutenant colonel in the U.S. Army.

"The overall health of my patients is my priority, and heart health is a major focus," Dr. Munir says. "Prevention through education and dedication is critical in the fight against heart disease."

Dr. Munir received her doctor of medicine degree from the Temple University School of Medicine and a bachelor's degree with honors from Brown University. She completed her fellowship in interventional cardiology at George Washington University Hospital in Washington, D.C. She is a fellow in the American College of Cardiology and the American College of Lifestyle Medicine and maintains active certifications in interventional cardiology, cardiovascular disease and internal medicine.

As a cardiologist, Dr. Munir teaches basic and advanced cardiac life support. She is passionate about preventive medicine and is a licensed instructor in the Complete Health Improvement program.

"Heart disease is treatable and often also preventable," says Dr. Munir, an avid jogger. "Minor changes in our lifestyles and choices can make a positive change in our overall heart health."

Dr. Munir lives in Kailua with her husband and two young sons. She can be reached at her office at 263-5174.





# Feeling at ease

*Our primary care physicians are doctors you can talk to*

Finding a primary care provider that you feel comfortable with is the beginning of a good patient-doctor relationship. Inside, get to know Changhua Wang, MD, at Castle's Primary Care Clinic in Kaneohe, and learn why a nurse credits Dr. Wang with saving her life.






## Dr. Lau wants to keep Laie smiling

Lindsey Lau, DDS, who has been providing dental care to Windward O’ahu for more than 20 years, is now brightening the smiles of patients in Laie. Dr. Lau opened an office in November at the Castle Health Clinic of Laie.

Born in Hawai’i, Dr. Lau graduated from Kamehameha Schools. He completed his undergraduate and doctor of dental surgery degrees at Creighton University in Nebraska. Dr. Lau is licensed to practice by the state board in Hawai’i (DT 1741). He was named a “Top Dentist” by *Honolulu* magazine.

He and his wife, Lisa, have two grown children—Lauren, a freshman in college, and Logan, a sophomore at Kamehameha. Dr. Lau enjoys sports (especially football), spending time with his family and woodworking. He has maintained an aquaponics system since 2008. He is active in community outreach projects for Waiialae Baptist Church and the Alec and Belle Waterhouse lecture series.



**Info**  **Need a checkup?**  
To make an appointment with Dr. Lau, call **263-5017**.



## Getting to know all about you

*Great care starts with a conversation:  
Changhua Wang, MD, gives you the time and attention you need*

BY MELE POCHEREVA

A warm smile from Changhua Wang, MD, in her office at one of Adventist Health Castle’s two primary care clinics in Kaneohe, quickly puts one at ease. Our conversation flowed from her medical training and career path to patient care and personal interests.

“I wanted to be a fashion designer,” the Shanghai native shares. “But there were no doctors in my family, so my parents insisted I study medicine. In China, you do as your parents say.”

Today, with a medical practice that spans more than 30 years, Dr. Wang has no regrets for the profession her parents steered her toward. She loves helping her patients get well and stay well.

### *‘I love a challenge’*

After graduating from Shanghai 2nd Medical University—now the top medical school in China—

Dr. Wang completed her internship and residency at St. Vincent’s Medical Center in New York.

“I didn’t think it would be possible to get licensed in the United States, but I love a challenge and was able to pass the medical licensing exam,” she says.

After her residency, Dr. Wang continued her practice at St. Vincent’s primary care clinic for another five years while also teaching residents as a medical school faculty member. When her mother became ill, she returned to China and continued her practice—first at the International Medical Center in Beijing and then at United Family Health, an internationally standardized, U.S.-accredited hospital system in China.

During this time, Dr. Wang enjoyed vacationing in Hawai’i every couple of years with her fiancé. The couple moved here briefly before she was called



## Dr. Wang saved my life!

By Heather Fowler, RN

I was “healthy.” I have never had any medical problems and very rarely went to a doctor. The last time I’d seen a doctor was for my last pregnancy.

Last year, I had not been feeling well for months, but I kept making excuses about why—I just had a virus and I’m going to get better; I’m just not getting enough sleep and I’m tired. The unusual pain I felt was probably because I pulled a muscle and just needed time to heal.

I finally realized that something was really wrong when my feet started swelling, and I felt extremely exhausted and short of breath. I went to my primary care physician, who told me to go home and rest and scheduled me for lab work a couple of weeks later on. If by that time I was still not feeling well, he told me I should come back and we’d take a look at my lab results. So I did that. I went home, took a couple days off work and rested.

The next week, I went back to work and did the lab work my doctor ordered. When I got the results back and looked over them, I realized my labs showed that I had a kidney problem. I was somehow going into kidney failure, even though I’d never had any history of kidney problems. My kidneys should have been fine.

### ‘The smartest doctor I have ever met’

At that point, a friend of mine recommended that I make an appointment to see Dr. Changhua Wang, and I did. She was able to take me on short notice, and I brought my lab results to the appointment. She listened to me, she looked at my labs and, at that initial visit, she told me very clearly what my diagnosis was.

With my specific condition, I now know that people can go undiagnosed for years, seeing many different doctors before finding any treatment plans. This makes me feel all the more blessed that I was to be able to see Dr. Wang, who was able to diagnose me in 20 minutes. And that was just the beginning. She sent me to the correct specialists the next day to make sure I got the treatment I needed right away.

When I saw the nephrologist, Dr. David Naai (who, I think, is the best nephrologist in the world and saved me from dialysis), he told me even a one-week delay in treatment could have significantly impacted my long-term prognosis.

If I had not seen Dr. Wang when I did, I could very well be on dialysis today, or worse. Instead, I’m back at work, I can do what I need to do at home, I’m spending time with my family and my loved ones, and I still have a full life ahead of me.



Dr. Wang is the smartest doctor I have ever met, and I am so glad she’s my doctor. I trust her, and I tell everyone who needs a great doctor that they should go to Dr. Wang because she is extremely knowledgeable, she listens and she really cares about her patients.

back to Shanghai to take care of her father and help situate him in a memory care home. Then, in 2017, she was offered the opportunity to join Adventist Health Castle, which was seeking a bi-lingual doctor for its growing network of primary care providers.

“I was attracted to Castle’s relaxed, friendly environment,” Dr. Wang says. And, of course, moving back to Hawai‘i also was appealing.

### ‘I like to solve mysteries’

Asked why internal medicine appeals to her, Dr. Wang responds: “I like to solve mysteries—complex medical problems. In this specialty, we look at the overall health of a patient.”

Quality of care is a priority for Dr. Wang, and she spends a lot of time with her patients, explaining the nature of their illness and their treatment plan. It’s an important part of building trust with her patients.

“The more my patients understand about their illness and what can happen if it progresses, the more compliant they are with their medications and other treatment, which leads to better outcomes,” she says.

While routine wellness exams are always recommended for optimum health maintenance, especially for those over age 65, if a patient only

comes in for an illness, Dr. Wang takes that opportunity to make sure recommended health screenings are up-to-date.

### ‘I ask a lot of questions’

Dr. Wang sees patients from age 18 and up, and she accepts most kinds of insurance. New patients can typically expect to spend about 40 minutes with her during their first appointment.

“I ask a lot of questions,” she says. “I want to know about their past medical and family history, past surgeries, smoking habits and so forth. I ask them to bring in all of the medications they take and medical records, if available.”

These details add up to having all the information she needs to ensure her patients receive the best care possible.

Outside of her medical practice, Dr. Wang enjoys cooking—Chinese food is her specialty, not surprisingly—and she loves to travel. She has visited every country in Asia and most European countries and no doubt can share interesting stories about her travels. Have a chat at your next doctor visit!

## Primary care is an AH Castle priority

Changhua Wang, MD, is among Adventist Health Castle’s network of 13 primary care providers who serve the Windward O‘ahu community at five clinics in Kailua, Kaneohe and Laie. The clinics offer convenient access to comprehensive, high-quality health care services, including routine checkups, immunizations and health screenings, for those who do not already have a primary care physician. Many of the providers are accepting new patients.

“Access to care, especially primary care, was identified as one of the most significant needs in the state, following the most recent Community Health Needs Assessment conducted by the Healthcare Association of Hawai‘i and its member hospitals,” notes Derek Dickard, director of the Castle Physician Network, “and it is a priority for Castle. With five primary care clinics and a growing network of providers, we are committed to meeting the health care needs of Windward families.”



# Find a primary care provider

Adventist Health Castle's primary care clinics offer quality care and convenient access. Our providers accept most major insurance plans, including Quest and Medicare.

Castle Health Clinic of Laie  
Laie Shopping Center  
55-510 Kamehameha Highway, Suite 5  
**263-5017**

#### Services:

- Primary care for all ages.
- Cardiology.
- Dental services.
- OB-GYN services.
- Orthopaedic surgery.
- Otolaryngology (ENT) services.
- Pediatric services.
- Pregnancy tests, flu and pneumonia shots, flu and strep tests, and blood sugar and A1C checks.



Lindsey Y. Lau, DDS, specializes in family dentistry.



Allison Moore, MD, specializes in obstetrics and gynecology.



Jamalrah Munir, MD, FACC, is an interventional cardiologist.



Brijit Reis, MD, specializes in pediatric services.



Marc Shlachter, MD, specializes in family practice.



Darin Wright, MD, is an ear, nose and throat (ENT) specialist.



Kara Berlin, FNP, is a nurse practitioner.



Ryan Tenn, MSN, AGPCNP-BC, is a nurse practitioner.

Castle Primary Care of Kailua  
30 Aulike St., Suite 501  
**263-5015**

#### Services:

- Primary care for ages 18 and older.
- Pregnancy tests, flu and pneumonia shots, flu and strep tests, and blood sugar checks.



Howard Keller, MD, specializes in internal medicine.



Angela McCarthy, MD, specializes in internal medicine.



Maria Wilson, MD, specializes in internal medicine.



Alice Mendykowski, FNP, is a nurse practitioner.  
Phone: **263-5015**

Castle Primary Care of Kailua 2  
30 Aulike St., Suite 303  
**263-5018**

#### Services:

- Primary care, ages 18 and older.
- Pregnancy tests, flu and pneumonia shots, flu tests, strep tests, blood sugar checks.



Clara Yong, MD, specializes in internal medicine.



Alice Mendykowski, FNP, is a nurse practitioner.  
Phone: **263-5015**

Castle Primary Care of Kaneohe  
Castle Professional Center  
46-001 Kamehameha Highway, Suite 303  
**263-5019**

#### Services:

- Primary care for ages 18 and older.
- Pregnancy tests, flu and pneumonia shots, flu and strep tests, and blood sugar and A1C checks.
- Convenient access to physical therapy, lab and imaging services, and a pharmacy in the same building.



Benjamin Roney, MD, specializes in family practice.



Joseph Tsai, MD, specializes in internal medicine.



Alice Mendykowski, FNP, is a nurse practitioner.  
Phone: **263-5015**

Castle Primary Care of Kaneohe 2  
Castle Professional Center  
46-001 Kamehameha Highway,  
Suite 311  
**263-5020**

#### Services:

- Primary care for ages 18 and older.



Robin Matsukawa, MD, specializes in internal medicine.



Changhua Wang, MD, specializes in internal medicine.



# 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 [adventisthealthcastle.org](http://adventisthealthcastle.org) and click on "Classes and Events," under "Patient Resources."

Facebook: [castlewellnesshawaii](https://www.facebook.com/castlewellnesshawaii)

Twitter: [@808wellness](https://twitter.com/@808wellness)

[adventisthealthcastle.org](http://adventisthealthcastle.org)  
 Instagram: [@castlewellnesshawaii](https://www.instagram.com/castlewellnesshawaii)

### 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](http://adventisthealthcastle.org) or call **263-5400** for dates and registration.

### FITNESS



Call **263-5050** or visit [adventisthealthcastle.org](http://adventisthealthcastle.org) for information on all fitness classes.

#### Exercise Classes

Registration and fitness assessment are required. (Medical clearance may be needed.)

- Balance Training. • Core Conditioning.
- Functional Fitness. • Interval Training.
- Longer Life. • Lunch Crunch.
- Stretch & Roll.

#### Walking Wednesday

Jamba Juice Kailua  
7:30 to 8 a.m.  
Come and join the Wellness team every Wednesday for a walk around the community. No registration required. Dogs and babies in strollers welcome! Questions? Call **263-5050**.

### In Sickness & In Health

Second Thursday monthly (no class in December), 6 to 7 p.m., Castle Wellness Center Auditorium. To register, call **263-5050**. These free monthly seminars provide expert health and wellness education from leading health care professionals. Healthy refreshments will be served.

#### Oct. 10 Impact of Vitamin D on your Health

Jacqueline (Chan) Mee-Lee, DrPH

Vitamin D receptors occur on practically all organs in your body. Learn why they are there, how much vitamin D you need and where to get it from. Discover how to get "safe" sun exposure.



### MASSAGE

Relax and rejuvenate! Standard rate: \$1 per minute; \$68 per 75 minutes. AH Castle Kailua and Kaneohe locations. Gift cards available.

Massage therapy is an effective stress management tool that provides your body with the relaxation it needs to stay strong and healthy. Castle offers licensed massage therapist services in a relaxed setting.

Adventist Health Castle Wellness & Lifestyle Medicine Center offers two licensed massage therapists, Violet and Carolyn. Massages are available mornings and afternoons from Monday through Thursday and every other Friday. Call **263-5050**.

### SUPPORT GROUPS

Free and open to the public. Call **263-5050** or visit [adventisthealthcastle.org](http://adventisthealthcastle.org) for details:

- Alzheimer's Caregivers. • Hospice Hawai'i.
- Mama Hui. • NAMI. • Parkinson's Disease.
- Pulmonary Fibrosis. • Aloha Kidney.

### WEIGHT LOSS

**Weight-Loss Surgery Seminars**  
Sessions are held in the Adventist Health Castle Wellness & Lifestyle Medicine Center Auditorium unless otherwise noted.

- Thursday, Oct. 17, Wednesday, Nov. 13, or Wednesday, Dec. 18, 6:30 to 8 p.m.

Learn about Castle's Comprehensive Metabolic and Bariatric Surgery Program from our bariatric surgeon and other bariatric team members. Registration required. Call **263-5176**.

#### Nov. 14 Optimizing Brain Health With Simple Lifestyle Changes

Pat Borman, MD  
Mental decline is one of the most feared consequences of aging. But cognitive impairment is not inevitable. Learn how to enhance your overall mental function.



### TOBACCO TREATMENT

#### Free counseling, by appointment

Thinking about cutting back on tobacco or electronic 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.

### DIABETES CARE

#### AH Castle Wellness Center Castle Professional Center

Our accredited program by the American Association of Diabetes Educators is led by certified diabetes educators. Sessions provide knowledge and skills for people who want to manage their type 2 diabetes and prevent complications. Learn how to eat healthy, be active, monitor blood sugar levels, take medication, solve problems, reduce risks for other health conditions and cope with the disease. Five-week group classes in Kailua and Kaneohe, starting Oct. 24. Call **263-5051** to register.

### JOINT & SPINE SEMINARS



- Thursday, Nov. 7: Neck and Back Pain: William Beringer, DO
- Wednesday, Nov. 20: Overuse Injuries and Their Treatments: Brandee Black, MD

All seminars at 6 p.m. Learn treatment options for neck and back pain, including minimally invasive surgical options, from neurosurgeon William Beringer, DO. Learn from orthopaedic surgeon Brandee Black, MD, about treatments to manage knee, hip and shoulder pain, including surgical and nonsurgical options. To register, call **263-5220**.

### EAT WELL FOR LIFE

**Fourth Thursday of each month,  
6 to 7:15 p.m.**

**\$12/class per person.**

**Call 263-5050 to register.**

**AH Castle Wellness & Lifestyle  
Medicine Center Auditorium**

Travel the world of plant-based cuisine. All classes are vegan and are demonstration-style. Generous samples and written recipes are provided. This a group food demonstration, and food allergies are not accommodated. Registration one week prior to class and prepayment are required. No refunds. Maximum capacity is 40 participants.



**Oct. 24  
Explore and Eat:  
What is a  
Whole Grain**  
Dan Swift,

**culinary director**

We will explore what constitutes a whole grain, what some of the more common whole grains are and where to purchase them locally. Three uniquely different whole-grain dishes that you can easily prepare at home will be demonstrated.



**Nov. 21  
Mexi-CAN be  
healthy and  
tasty too!**  
Heather Lawitzke,

**Happy Foods Kitchen**

Mexican food is good, but healthy Mexican food can be even better! Learn how to make fresh, homemade tamales filled with seasoned, grilled vegetables and garnished with a blackened tomato salsa. Spice it up—eating healthy never has to be boring!





SAVE THE DATE: WEDNESDAY, DEC. 4

## 'O Christmas Tree' with the Makaha Sons

Mark your calendar to attend Adventist Health Castle's 35th annual Community Christmas Tree Lighting Ceremony on Dec. 4. Adding to the festivities will be a concert by the Makaha Sons at 7:30 p.m.

### Event highlights

- Celebrity emcees: Sam Kapu III is a Hawai'iian musician and pastor of the Voyager Church Hawai'i. Tisha Falcon Lehfeldt, an associate pastor at Mountain View Community Church in Kaneohe, hosts Hawai'i's only live, local Christian morning show on the radio.
- Pre-ceremony concert at 6:15 p.m. by the Marine Forces Pacific Band.
- Formal ceremony at 7 p.m. that includes music, the lighting of the tree and the arrival of Santa.
- Trolley rides into Kailua to see the Christmas lights; photos with Santa and Mrs. Claus; and free holiday refreshments, while they last.

### Parking and shuttle advisory

- Event parking will only be available at the Kailua Long's parking structure.
- Trolley rides from the hospital to Kailua Town Center begin at 5 p.m.
- No parking will be available on the street adjacent to the emergency room.

This event is made possible free of charge by Castle and generous community partners.

# Adventist Health Castle

640 Ulukahiki St.  
Kailua, HI 96734

Nonprofit Org.  
U.S. Postage  
**PAID**  
Honolulu, HI  
Permit No. 985

## Castle Health Group is accepting new patients

### Kailua physicians



**Family Practice**  
**Sarah Canyon, MD**  
263-3020  
328 Uluniu St., Suite 103  
All ages accepted



**Susan Christensen, MD**  
263-7383  
970 N. Kalaheo Ave., Suite C-306  
All ages accepted



**Amy Kogut, MD**  
263-3020  
328 Uluniu St., Suite 103  
All ages accepted



**Le Lee, MD**  
263-7383  
970 N. Kalaheo Ave., Suite C-306  
All ages accepted



**Kimberly Lund, MD**  
263-7383  
970 N. Kalaheo Ave., Suite C-306  
All ages accepted



**Internal Medicine**  
**Angela McCarthy, MD**  
263-5015  
30 Aulike St., Suite 501  
Age 18 and older accepted



**Maria Wilson, MD**  
263-5015  
30 Aulike St., Suite 501  
Age 18 and older accepted



**Pediatrics**  
**Amy Harpstrite, MD**  
263-7340  
30 Aulike St., Suite 405  
Birth to age 18 accepted



**Robin Lynch, MD**  
263-8822  
30 Aulike St., Suite 500  
Birth to age 18 accepted



**John Nagamine, MD**  
262-5060  
642 Ulukahiki St., Suite 304  
Birth to age 18 accepted



**Brijit Reis, MD**  
263-8822  
30 Aulike St., Suite 500  
Birth to age 18 accepted



**Kaneohe physicians**  
**General Practice**  
**Scott Miscovich, MD**  
247-7596  
46-001 Kamehameha Highway, Suite 109  
Age 7 and older accepted



**Internal Medicine**  
**Robin Matsukawa, MD**  
263-5020  
46-001 Kamehameha Highway, Suite 311  
Age 18 and older accepted



**Joseph Tsai, MD**  
263-5019  
46-001 Kamehameha Highway, Suite 102  
Age 18 and older accepted



**Changhua Wang, MD**  
263-5019  
46-001 Kamehameha Highway, Suite 402  
Age 18 and older accepted



**Family Medicine**  
**Benjamin Roney, MD**  
247-9779  
46-001 Kamehameha Highway, Suite 102  
All ages accepted



**Pediatrics**  
**Robin Lynch, MD**  
263-8822  
46-001 Kamehameha Highway, Suite 311  
Birth to age 18 accepted



**Brijit Reis, MD**  
263-8822  
46-001 Kamehameha Highway, Suite 311  
Birth to age 18 accepted



**Kahuku physicians**  
**Internal Medicine**  
**Ember Christensen, MD**  
293-6236  
56-117 Pualalea St.  
Age 12 and older accepted



**Jason Hughes, MD**  
293-6236  
56-117 Pualalea St.  
Age 12 and older accepted



**Laie providers**  
**Family Practice**  
**Marc Shlachter, MD**  
293-8558  
55-510 Kamehameha Highway  
All ages accepted



**Ryan Tenn, NP**  
293-8558  
55-510 Kamehameha Highway  
All ages accepted

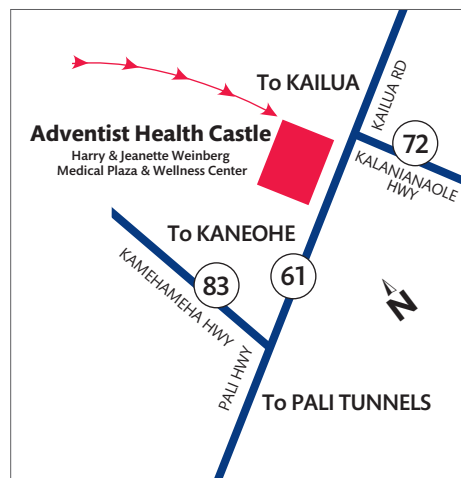
 **How to find us**  
Call us: 263-5500

Visit us at [adventisthealthcastle.org](http://adventisthealthcastle.org)

**Email us:** Visit [adventisthealthcastle.org](http://adventisthealthcastle.org), and click on "Contact Us." We'd be happy to hear from you!

- Send us a comment.
- Request an AH Castle brochure.
- Request a physician directory.

**Write or visit us:** Adventist Health Castle, 640 Ulukahiki St., Kailua, HI 96734-4498



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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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**FALL 2019**

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