

Windward

Adventist Health
Castle

HEALTH

Summer 2017



On May 1, Castle Medical Center launched its new logo and brand at a celebration for associates, physicians and volunteers on the front lawn. The formal program included a hula by the ladies from the medical center's Child Development Center, who wore Pa'u skirts in the colors of the new logo and danced to "The Prayer," sung by Maila Gibson and Ben Vegas.

INSIDE THIS ISSUE
Insert: Bariatric surgery patients:
Where are they now?
Page 2: Faster, safer X-ray
comes to Kaneohe



We're seeing gold

Castle Medical Center's most recent awards

healthgrades 2017 Outstanding Patient Experience Award™

CMC is one of 443 hospitals recognized in 2017 with the Healthgrades® Outstanding Patient Experience Award, placing the hospital in the top 15 percent in the nation for patient experience. Healthgrades® evaluated 3,489 hospitals on performance in this area. The hospitals submitted at least 100 patient experience surveys each to the Centers for Medicare and Medicaid Services (CMS), covering admissions from April 2015 through March 2016.



CEO Cancer Gold Standard™ Accreditation
CMC has received the CEO Cancer Gold Standard™ accreditation for the sixth consecutive year. The award recognizes the medical center's

commitment to taking concrete actions to meet the high standards of the CEO Cancer Gold Standard™ initiative, thereby reducing the risk of cancer, as well as other chronic and costly diseases, within its workforce.



Gold Workplace Award from WELCOA
CMC has been certified as a Gold Well Workplace by the Wellness Council of America (WELCOA). The award recognizes organizations that have successfully built comprehensive work-site wellness initiatives and are demonstrating results.

Awards are based on:

- CEO support
- A cohesive wellness team
- Collecting data to drive health efforts
- Crafting an operating plan
- Appropriate interventions
- A supportive environment
- Evaluating outcomes



Call **TO REGISTER**

or for more information on the next Aloha Kidney Class at Castle, call **585-8404**.

Chronic kidney disease: Daily choices matter

Find out more at an Aloha Kidney Class

by Ramona Wong, MD

WE FREELY MAKE decisions every moment—what to do or not do, what to eat, think or feel. The cumulative effect of these choices can nudge us toward health or chronic disease. Over 80 percent of kidney failure in Hawai'i is, in part, a result of daily decisions. While no one intentionally makes choices to get chronic kidney disease (CKD) or any chronic disease, many of us make decisions without fully considering the impact of our choices now or for the rest of our life, including the end of our life.

When you are young and healthy, there is a long lag time between choices made today and first symptoms of chronic disease. Most chronic diseases are silent for years before the first symptoms. Kidneys not only provide a window into your cardiovascular health, but they can also help you see a bigger picture of your overall health.

Often, the reasons people come to Aloha Kidney Classes are fear of dialysis, fear of dying and fear of getting CKD. We provide these classes so you can understand your goals for life and chronic disease management and take steps to be healthier. You will learn how to understand yourself, how chronic disease develops, and how our current culture and society impacts chronic disease. Our goal is to empower you to make informed, shared decisions as the captain of your health care team.

Download the new **sharecare** app today!

Turn good health into a great life

Download the new Sharecare app, which uses

the power of the smartphone to support, inform and engage people in their own health.

Sharecare tracks the evolving story of your health. It can identify your mindset and help you manage stress. It also helps you find out your "RealAge" through an assessment.

How old is your body, really?

Your RealAge shows you the true age of the body you're living in and the first steps to take toward improving your well-being.

For example, if you are 56, a vegetarian and you exercise five times a week, your RealAge may say 48; whereas, if you are 35, don't eat

healthily and live a sedentary lifestyle, your RealAge may be 43.

Based on your RealAge results, the app personalizes expert resources, guidance and programs to help you create a healthy life. It captures all the moving parts for you—no matter where you are in your health journey—to give you a comprehensive and personalized health profile, and allows you to easily connect to and access information and health professionals to help you live a healthy, happy and productive life.

Click **TO LEARN MORE**, visit sharecare.com/static/hmsa. You can also download the Sharecare mobile app for Android and iOS via Google Play or iTunes.

CASTLE IMAGING SERVICES

Do you feel the need for X-ray speed?

Patients now have access to the latest X-ray technology at the beautifully remodeled Castle Imaging Services in Kaneohe.

The remodeled X-ray room is a Shimadzu RADspeed Pro X-ray room that uses a Konica wireless digital radiography plate. The digital X-ray system produces clear, detailed images more quickly and with considerably less radiation than older systems. This means a faster, more comfortable and safer patient experience.

REGISTERED TECHNOLOGISTS AVAILABLE

9 a.m. to 5:30 p.m.

Monday through Friday

Castle Professional Center,

46-001 Kamehameha Highway, Suite 105

Call **263-5086** to reach them.

STAYING POWER

Helping people lose weight and keep it off for years to come



AdventistHealth 
Castle

[Alicia Millard](#) attended Castle's free weight-loss surgery seminar in May 2015 and scheduled her gastric bypass surgery that August. Since the surgery, she no longer has diabetes, maintains a disciplined diet, logs in 22,500 steps five times a week and has lost more than 130 pounds.

"[Weight-loss surgery] has totally changed my attitude and given me a new level of freedom," Millard says. "I feel self-liberated. I'm a different me. If sharing my story encourages someone else and impacts even one life, I'm all for that."



STAYING POWER

The team, options and support you need to lose weight and keep it off

by Mele Pochereva

THE STORY IS A FAMILIAR ONE: Lose 10 or 15 pounds only to gain it back and try again, perhaps with a different kind of diet plan. This type of “yo-yo” dieting is frustrating, to say the least. For the 1 in 3 U.S. adults with obesity, the odds of reaching and sustaining a healthy weight simply by eating less and exercising more are daunting.

Morbidly obese people have less than a 5 percent chance of maintaining significant weight loss through nonsurgical programs, and this chronic health condition usually is accompanied by one or more life-threatening disorders, including heart disease, stroke, diabetes, sleep apnea and some kinds of cancers. The stigma and discrimination associated with obesity also have significant psychological and social impacts on one’s health.

Bariatric surgery can produce dramatic, lifesaving results, according to Steven Fowler, MD, medical director of the Hawai’i Center for Metabolic and Bariatric Surgery, which opened at Castle Medical Center 11 years ago.

“These surgical procedures are powerful tools to get you to a healthier place and should be considered as an early intervention for patients with diabetes and excess weight,” Dr. Fowler explains. “The procedures we offer focus on improving the body’s metabolism, such as how the body processes sugars and fats, to bring about enduring

metabolic changes that can result in the remission—or even reversal—of obesity-related health problems.

“It’s important to choose a program that is dedicated to metabolic and bariatric surgery,” he adds.

Best practices, new technologies

Castle’s Hawai’i Center for Metabolic and Bariatric Surgery was the first such comprehensive surgical weight-loss program in Hawai’i when it opened in 2006. It also was first in the state to achieve certification as a designated Metabolic and Bariatric Surgery Accreditation Quality Improvement Program, a testament to its successful outcomes. For over a decade, Castle has demonstrated a commitment to the community to provide bariatric services that equal the best programs across the United States.

“Since the program’s beginning, Castle is dedicated to providing a robust, multidisciplinary program to support our patients’ physical, psychological and spiritual needs, before, during and after surgery,” says Suzanne Asaro, MPT, MBA, the director of Bariatric Services at Castle. “Our surgeon, nurses, psychologists, dietitian, fitness specialist and coordinators work together with our patients to address all of their concerns and provide them with the tools they will need for long-term success in a supportive healing environment.”

Today Castle’s Hawai’i Center for Metabolic and Bariatric Surgery is the only program in the state that offers a complete array of surgical options for weight loss and metabolic disease. Services have grown and developed over the years to meet patient needs and adopt current best practices and new technologies.

Which procedure is best for me?

Choosing a surgical approach to weight loss is a significant step for each person after evaluating and committing to the considerable lifestyle changes required to ensure lasting success. It’s a decision that each patient makes in consultation with the surgeon and other members of Castle’s bariatric team, based on underlying health conditions, weight-loss goals, advantages and risks of each procedure, and other factors.

9 out of 10

The number of people who are successful in maintaining 50 percent or more of their excess weight loss following bariatric surgery.

Source: American Society for Metabolic and Bariatric Surgery

Where are they now?

CHECKING IN WITH SURGERY PATIENTS

Alicia: "I'm a different me."

Alicia Millard comes from a family with a history of obesity. By the time she was in her late 40s, both of her parents and her two siblings had diabetes and other obesity-related health issues, and three of her mother's sisters had died of the disease. Millard had been heavy her entire life, but attempts to lose weight always ended in failure.

"I want to be skinny," she told her primary care physician when discussing her interest in weight-loss surgery. At the time her weight was close to 300 pounds and she had diabetes. "He put me on diabetes meds and suggested that I try losing weight on my own if 'being skinny' was the only reason to have surgery."

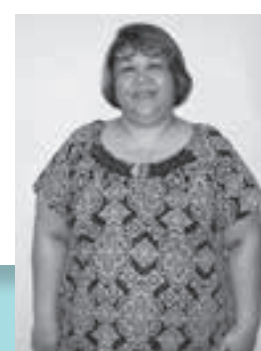
A year of dieting and exercising didn't help; she had not lost much weight and, more seriously, she had developed an allergy to her diabetes medicines. She and her doctor put weight-loss surgery back on the table, but this time it was to address her diabetes. Millard attended Castle's free weight-loss surgery seminar in May 2015 and, after meeting with Dr. Fowler and other members of his bariatric surgery team, she scheduled gastric bypass surgery that August.

To prepare herself, Millard changed her diet to the way she would need to eat after surgery. She told herself, "If I was going to do this drastic thing to my body, failure was not going to be an option." The day she went in for surgery, she weighed 280 pounds. Two years later she has reached her target weight of 145, and her diabetes is gone.

"Some people have criticized me because of my weight-loss choice, but they haven't walked in my shoes," Millard says, adding that maintaining her new weight is a daily challenge. "Many people have underlying issues—tragedy or other emotional challenges—that interfere with self-discipline and cause food issues that are no different than drug or alcohol addiction."

Millard praised her daughter Felicia for her support. "She called every day to ask if I did my exercises and what I had eaten."

Seeing the weight loss also has been a lifestyle motivator. Millard has maintained a disciplined diet and walking regimen. She broke her daily 7,500-step walking goal one week after surgery and now logs in 22,500 steps five times a week.



Each of the four procedures offered at Castle is performed laparoscopically, meaning a minimally invasive technique is used, with sophisticated instruments guided by a small camera through small incisions. Some of these surgeries are now performed through one incision inside the belly button. Advances over the years have made bariatric surgery safer with a lower risk of complications. Most patients can return to work within two weeks of surgery.

Gastric bypass surgery is still considered the gold standard of bariatric procedures. The procedure involves cutting the stomach to make it smaller, then bypassing a section of the small intestine. It usually results in the greatest long-term weight loss and brings about metabolic changes that dramatically reduce obesity-related disorders such as type 2 diabetes.

Laparoscopic sleeve gastrectomy, or gastric sleeve, is performed by removing up to 85 percent of the stomach to create a small, tubular pouch. This is a newer option that provides metabolic and weight-loss improvements close to the gastric bypass.

The **adjustable gastric band**, or Lap-Band, decreases food intake by placing a small restrictive band around the top of the stomach to create a small pouch above the band, leaving the rest of the stomach below the band. Just a small amount of food is needed to fill the pouch and satisfy one's hunger. The band can be tightened or loosened to change the size of the stomach opening, depending on the patient's needs. There is no cutting of the stomach or rerouting of the intestines.

The **duodenal switch** is a procedure that combines creation of a smaller-sized stomach pouch with bypassing part of the small intestine. Castle has the only program in Hawai'i that offers this procedure, and it is available only after

recommendation by the surgeon to select individuals based on their health conditions.

A supportive environment

Regardless of which surgical procedure they choose, patients can be assured that Castle's dedicated team of bariatric professionals is there to support them every step of the way until well after their surgery.

"All of our associates at the bariatric center, from the nurses and care coordinators to our dietitian and fitness specialists, receive education on caring for the specific needs of our patients," Asaro says. "We follow very stringent guidelines set up by our national accrediting agency, MBSAQIP, to ensure our patients receive excellent care and the top-quality outcomes that our program is known for."

If a patient needs an extra boost in reaching their weight-loss goal after a year post-op, Castle's "Back on Track" program can help. Patients meet with the dietitian and/or a fitness specialist to map out a personalized program to help them reach their goals.

"We really think of ourselves as partners in our patient's health," Asaro explains. "We're there to celebrate each milestone of their weight-loss journey and to provide a leg up if they fall off course."

Get the app!

Looking for information about Castle's bariatric surgery program and support services for our bariatric surgery patients? Download the free "Castle Bariatrics" app, available in the Apple App Store or Google Play, where you can:

- Find out about our bariatric surgery options.
- Download healthy recipes and fun exercise videos.
- Ask our dietitians and fitness specialists questions.
- Meet our program team.
- And more!

DOWNLOAD TODAY!

Why Castle Medical Center?

Castle's Hawai'i Center for Metabolic and Bariatric Surgery is a designated Metabolic and Bariatric Surgery Accreditation Quality Improvement Program (MBSAQIP) and is accredited by the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS). It also is a designated Blue Center of Distinction.

Other reasons to choose Castle's bariatric surgery program:

- We offer bypass, sleeve, band, duodenal switch and revisional procedures.
- Our surgeon is on-island, and emergency coverage is always available.
- We accept most commercial insurances, Medicare and cash payments.
- Our program is multidisciplinary and comprehensive.

78%

The percentage of people with type 2 diabetes who have their condition go into remission following bariatric surgery.

CHECKING IN WITH SURGERY PATIENTS

Josh: "I don't want to be big again."

Josh Hamilton has been big for as long as he can remember. The commercial pilot and flight instructor was a classic yo-yo dieter, losing weight and then gaining it back. At his heaviest, he weighed 305 pounds but still was able to pass his airline physicals.

A year after the Kentucky native moved to Hawai'i in 2013, the Federal Aviation Administration (FAA) published an opinion piece linking high body mass index (BMI) with a higher risk for sleep apnea. Although Hamilton had not been diagnosed with sleep apnea, his high BMI put him in the target demographic for stricter health screenings. A month later, Hamilton attended one of Castle Medical Center's free information sessions on surgical weight loss. "I didn't want to risk my career," he recalls.

He liked the individualized approach offered by Castle's Hawai'i Center for Metabolic and Bariatric Surgery, as well as the program credentials—and a friend's recommendation. He underwent a vertical sleeve gastrectomy in July 2014. His goal was to get his BMI down to a normal level by dropping his weight to 174 pounds.

"I lost most of the weight in the first six to eight months and am now maintaining at 175 to 180 pounds," Hamilton says, acknowledging that maintenance is harder than the initial weight loss. "Surgery is a great tool, but it doesn't fix the emotional side of eating, and I was eating for the wrong reason: stress," Hamilton says. "Castle's post-op care is phenomenal and has contributed a lot to my success. Their team is always accessible to answer questions and is there for the rest of your life."

After returning to work, he took photos of his airline meals, and Castle's dietitian counseled him on which foods to enjoy and which to avoid. On his frequent travels, he uses hotel gyms for cardio workouts.

Hamilton knows it's a lifestyle he'll maintain for the rest of his life: "Now that I see what it's like not to be big, the fear of gaining weight motivates me. I try to keep a mental picture of what I used to look like, and I never want to be big again."



Spaz: "I still feel amazing."

His entertainment name is Kutmaster Spaz, but most people who know the nationally recognized re-mixer/DJ, multimedia talent and entrepreneur simply call him Spaz. For more than 25 years, he has had a big presence on the local entertainment scene.

By 2008, his "big" presence had grown to 337 pounds.

Spaz never had a problem losing weight, but keeping it off was a different story. He lost 50 pounds only to gain back 80; then he lost 80 pounds but gained back 110. It was after losing 110 pounds and regaining 137 pounds that he knew it was time for a solution.

"I was having a hard time breathing; I had high blood pressure, got back pains every time I stood up for more than 10 minutes and got swollen feet from supporting my weight all day," Spaz recalls.

Knowing Spaz's family history (his father had passed away from obesity-related diabetes) and the health risks associated with his dramatic yo-yo dieting, his doctor asked him to consider gastric bypass surgery for long-term weight loss.

"Like many others, I didn't know all the facts about having a gastric bypass and thought it was an easy way to lose weight," Spaz says. "I was never one for taking the easy way out of things, so I just said 'nah' to surgery."

But as he thought about how his health affected not only his life, but also his family and others around him, he began to learn more about gastric bypass surgery. He discovered that it wasn't a cure-all, but a tool for living a healthy life. After six months of research and hearing good things about Castle's bariatric surgery program, Spaz had a gastric bypass in March 2009.

"I didn't do it for vanity reasons to look good," he explains, "but to live a longer and healthier life for my friends and loved ones."

Since then he has lost nearly 140 pounds, and the health benefits have added up: "I have a lot of energy; I don't have to wear a CPAP mask to bed. I can stand up for over an hour without back pain, my feet aren't swollen and I don't have to take any pills, just my multivitamins," Spaz says. "It's been eight years since the procedure, and I still feel amazing. Castle gave me my life back."



TAKE TIME FOR YOUR HEALTH

events calendar



Take time for yourself 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 and click on "Classes and Events."



IN SICKNESS AND IN HEALTH SEMINARS

Second Thursday of each month, 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.



Aug. 10:
Common Disorders of the Eye

Presenter: George Nardin, MD

Come hear about some of the most common eye disorders—glaucoma, cataracts, diabetic retinopathy, macular degeneration—and find out what you can do about them.



Sept. 14:
Preventing Diabetes

Presenter: Benjamin Roney, MD

Hawai'i leads the nation in amputations and kidney complications from uncontrolled diabetes, with 2 out of 3 people in Hawai'i diagnosed with diabetes or prediabetes. Come hear what you can do to manage your diabetes.

CPR/ACLS

Monthly classes taught by American Heart Association-certified instructors are available and open to the community: BLS-Provider, Heart-saver and Advanced Cardiac Life Support (ACLS).

FAMILY

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

FITNESS

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

Exercise Classes

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

JOINT CARE SEMINARS

Thursdays, 6 to 7 p.m.

- Aug. 3: Hand
- Sept. 7: Shoulder Pain

Learn from orthopaedic surgeons Sara Sakamoto, MD, and Thomas Keller, MD, about treatments to manage hand and shoulder pain.

KIDNEY DISEASE EDUCATION

Aloha Kidney Classes with Ramona Wong, MD

Six-week class series: Mondays, July 10 through Aug. 14, 6:30 to 8:30 p.m.

Hawai'i has one of the highest rates of kidney failure in the nation. Aloha Kidney is a new education class for patients with chronic kidney disease. For anyone interested in, at risk for or with CKD, GFR less than 60, or excess protein in urine. Call **585-8404** to register.

NUTRITION

Preventing Diabetes

Wednesday, July 26, 5:30 to 7:30 p.m.

Presenter: Amanda O'Neill, RDN, CDE, CSSD

One in 3 people in Hawai'i has prediabetes. This class is designed for those with prediabetes, impaired fasting glucose, impaired glucose tolerance or metabolic syndrome. Learn:

- Strategies for healthy eating.
- Strategies for increasing physical activity.
- Meal planning for prediabetes management.

Class fee: \$7/person. Registration and prepayment are required. Call **263-5400** or visit castlemed.org.



SPINE SEMINARS

Thursdays, July 6 or Sept. 21, 6 to 7 p.m.

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

SUPPORT GROUPS

Free and open to the public. Call **263-5400** or visit castlemed.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? Call one of our certified tobacco treatment specialists (CTTS) for one-on-one coaching and 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, July 12, Aug. 9 or Sept. 13, 6:30 to 8 p.m.; or Saturday, Aug. 26, 7 to 8:30 p.m.

Wellness Center Auditorium

Learn about 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

Thursdays, 6 to 7:15 p.m.

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. Class fee: \$12/person. Registration and prepayment are required. Deadline to register is two days prior to class. No refunds. Call **263-5050**.

July 27:

Explore America: Best of the Southwest

Instructor: Eileen Towata, PhD

Learn about the spices and ingredients of New Mexico dishes.

Aug. 24:

Middle Eastern Magic

Instructor: Eileen Towata, PhD

The versatile chickpea will be a featured ingredient in this class.

Sept. 28:

Indonesian Cuisine: Tempeh and Beyond

Instructor: Eileen Towata, PhD

Discover how to use tempeh, a traditional Indonesian fermented soybean product, and other ingredients of the region to produce tasty vegan dishes.



Compassionate, expert care—at home

by Emilie Smith, Director of Castle Home Care




PROVIDING CARE at home is one of the most dignified and efficient methods of assisting elderly, disabled and chronically ill people. Adventist Health Castle Home Care provides compassionate, professional services to patients and their families across the island.

This heartwarming story illustrates the value of home care services:

Mrs. B, an 89-year-old woman, was admitted to Castle Home Care for skilled nursing services for wound care after a hospitalization. Later, her 71-year-old son was also admitted, with complex medical and psychiatric problems. Mrs. B had been his primary caregiver.

Because of her frail condition, it became more and more difficult for Mrs. B to manage her son's care. The home health nurse worked diligently with primary care physicians, a psychiatrist, community case managers, physical and occupational therapists, and family members to ensure that needed services were provided.

A plan was developed with the health care team that provided for a safe and healthy environment. Both mother and son could safely remain at home, and neither required rehospitalization.

Call  If you have questions about Adventist Health Castle Home Care, please call **263-5077**.

Castle Medical Center

640 Ulukahiki St.
Kailua, HI 96734

Will be known as:

Adventist Health
Castle

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CHG improving vaccination rates for Hawai'i teens

by Brit Reis, MD, pediatrician

IN HAWAII, the vaccination rates for our young children are high. Our teens, however, are not as well protected.

The Centers for Disease Control and Prevention and the American Academy of Pediatrics recommend that all 11- to 12-year-old boys and girls be vaccinated with Tdap (tetanus, diphtheria and pertussis/whooping cough), meningococcal conjugate and the HPV (human papillomavirus) vaccine.


Raising the rates

Castle Health Group (CHG) physicians have collaborated with Hawai'i Medical Service Association to improve our rates of adolescent vaccination. Through modified workflows, increased community outreach and engaging our patients, our CHG rates of vaccination against Tdap and meningococcal disease are



at the top percentile in the state and nationwide.

Although Hawai'i rates of HPV vaccination are higher than the national, over half of our children are still unprotected against HPV and cancers caused by it. Vaccination is important, since HPV has no cure. If children miss the HPV vaccine at 11 to 12 years old, catch-up vaccines can be given for men through age 21 and women through age 26. The vaccine has been extensively studied to make sure it is safe and effective.

Call  If you or your child is not fully vaccinated, call your doctor today. If you need a doctor accepting new patients, call CHG at **263-5262**.

Have you been helped by Castle Medical Center's health care team?

If someone on our health care team has made a difference in your life—perhaps a skilled surgeon, supportive registrar or compassionate nurse—honor them by helping pave the way for new avenues of healing and hope.

You can send your gift through our secured website at **castlemed.org**. If you need additional information, please contact our Development office at **263-5335**.

Your gift goes directly toward the purchase of new technologies, modernizing our facilities

and introducing new medical advances that allow Castle Medical Center to continue its brand of compassionate care.

Your donation will help to make our Windward community healthier. Right here. Right now.

How to find us

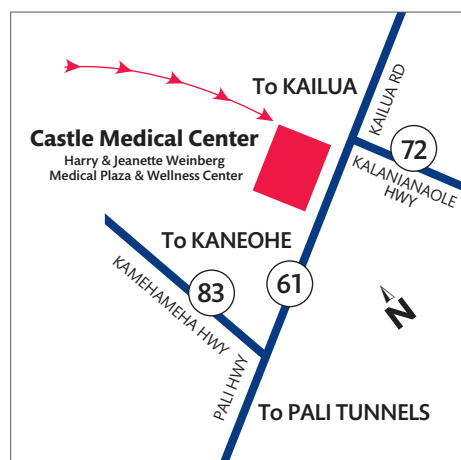
Call us: 808-263-5500

Visit us at **castlemed.org**.

Email 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**.

Kathryn Raethel
President and CEO

Jasmin Rodriguez
Director of Marketing & Communications

Helene Waihee
Editor

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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SUMMER 2017

