

Windward Health

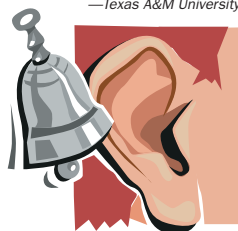
JOURNAL OF WELLNESS AND GOOD HEALTH CARE

FALL 2006

HEALTH (LINK)

WHIRLPOOL USERS, BEWARE. In a study of water samples from both public and private whirlpool-style bathtubs, 100 percent were found to contain harmful bacteria. If you own a whirlpool tub, be sure to clean tub pipes regularly to prevent bacteria from forming.

—Texas A&M University



RELIEF FOR RINGING EARS. Ringing or humming in the ears is a hallmark symptom of tinnitus, a condition that can disturb sleep. In one study, researchers found that people who took the hormone melatonin had improved tinnitus symptoms and better sleep.

—American Academy of

Otolaryngology—Head and Neck Surgery



DRINK SAFE JUICE.

When buying juice or cider, check the label to be sure that the juice has been pasteurized. Unpasteurized juice can contain bacteria that could make you sick.

—U.S. Food and Drug Administration



“It’s like a ray of sunshine when the aides come,” says Harumi Kobayashi (left), whose husband, Itsumi, is paralyzed. Aides visit the Kobayashi home three times a week to provide personal health care services.

GIVING FROM THE CASTLE COMMUNITY CARE heart

BY NORISE JASTILLANA

THE KOBAYASHIS, OF KANEOHE, WERE DEALT A DIFFICULT—AND UNEXPECTED—BLOW WHEN ITSUMI FELL FROM A ROOF EIGHT YEARS ago the retired contractor, then 76, suffered serious injuries that left him paralyzed. His wife, Harumi, struggled to care for him—not an easy job for anyone, let alone a 70-year-old woman.

“It was very traumatic, so difficult to adjust,” Harumi Kobayashi recalls.

Three years ago life got a bit easier for the couple when they called Castle Community Care. Since then, home health aides have visited the Kobayashi home three days a week, spending three hours each visit providing personal health care services for Itsumi—and a much-needed respite for Harumi.

“We look forward to their visits—it’s like a ray of sunshine when the aides come,” Harumi Kobayashi says. “It makes you stay better because you look forward to them coming.”

Kindness and compassion are hallmarks of Castle Community Care’s home health aides, says Harumi Kobayashi, who has worked with other agencies in the past. “Castle is the best, in my opinion. We like the way the home health aides do things—they’re very reliable, very friendly and they have good skills.”

CARE AND COMPANIONSHIP The program began in 1999 as a division of Castle Home Care, a Medicare-certified and licensed home health agency serving Windward, Oahu, since 1988. Castle Community Care offers an array of services designed to support families caring for loved ones at home with serious or chronic conditions who, without such assistance, might need to live in long-term care facilities.

“We pride our service on promoting independence and comfort at home,” says Castle Community Care director Judith McGuire, R.N., who explains that a registered nurse first visits each home to assess the family’s needs and develops a care plan based on those needs.

Once in place, the care plan guides the home health aides as they assist with bathing, grooming, cooking, shopping, light housekeeping, transportation and other services.

Providing companionship and an occasional shoulder to lean on are other important components of the job.

“You have to open your heart,” explains home health aide Maria Enanoria, C.N.A., who has worked for Castle Community Care for nearly six years. “Sometimes the patient wants to vent, and you’re there to listen. It’s a positive thing.”

—Continued on page 3

SELECTING a home care agency

QUESTIONS TO ASK:

1. Is the agency licensed, certified or accredited?
2. Are services available and supervised seven days a week?
3. How is the initial plan of care developed? Does a nurse come to my home to evaluate the patient and the house?
4. Are the caregivers employees of the agency? Are they certified or licensed and bonded?
5. How many employees are there? What if I do not get along with one or more? What if someone is sick? Are there trained substitutes guaranteed?
6. What are the charges and fees? Is there a different rate for evenings, weekends or holidays?
7. What insurance plans are accepted?
8. How is my confidential information and privacy protected?
9. Are criminal background checks and previous employment verifications done?
10. Does the agency have liability, malpractice and worker’s compensation insurance?

Source: Castle Community Care

To inquire about services or employment opportunities, contact Castle Community Care at 234-7142 or visit www.castlehomecare.org.

INSIDE

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6 WEIGHT CONTROL HOW TO HANDLE THE HOLIDAYS **7 HALF MARATHON** SUNDAY, OCT. 1



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BREAST CHANGES

LEARN WHAT IS NORMAL

Most women are probably familiar with the quick flush of fear at finding something different in one of their breasts.

Maybe you're one of them. Maybe you felt a lump that wasn't there the last time you checked. Or maybe an area of tenderness seemed to appear for no apparent reason and lingered for a few, slightly tense days.

It's probably nothing to worry about, you told yourself. And you were probably right. According to the National Cancer Institute (NCI), most changes that occur in the breasts are perfectly normal—the result of age or fluctuating hormones.

That doesn't mean you want to ignore them, of course. A change in one or both breasts can be a sign of cancer. But it's more likely to fall into one of these categories of benign changes:

Most changes that occur in the breasts are perfectly normal—the result of age or fluctuating hormones.

Fibrocystic changes. Approximately half of all women will, at some time in their lives, experience fibrocystic changes in their breasts, says the American Cancer Society.

Your breast is made of many parts, including milk glands, ducts, and fatty and fibrous tissue. Fibrocystic changes can involve nearly any of them. These changes can cause lumpy, tender breasts—areas that might feel rubbery or hard—especially right before the menstrual period. As the name suggests, fibrocystic changes also can cause fluid to gather and form a cyst.

Fibroadenoma. A fibroadenoma is a usually painless growth that can feel round, hard and rubbery. It

moves around easily and can get bigger when a woman is pregnant or nursing. Fibroadenomas are most common in women in their 20s and 30s.

Calcifications. Calcifications are deposits of calcium that appear as white spots on a mammogram. They're more common as you age, and they can be small (microcalcifications) or large (macrocalcifications).

SEE YOUR DOCTOR Always share with your doctor any concerns you have about changes in your breasts. The NCI also recommends calling your doctor if you have: ♦ A lump in or near your breast. ♦ Nipple discharge or tenderness. ♦ Redness, dimples or puckers in a breast. ♦ A change in breast size or shape.



Our trained mammography team obtains the highest quality images using nationally established guidelines. Call Kailua Imaging Center at 263-3389 or Castle Imaging Services at 263-5766 for your free screening.

When A BIOPSY is necessary

A mammogram can sometimes answer questions about breast changes that are found during a physical exam. But a biopsy is the only way to determine whether a growth is cancerous or not.

According to the National Cancer Institute, the following are the most common types of breast biopsies:

- **Fine needle aspiration.** Fluid or cells are removed with a thin needle and syringe for possible testing.
- **Core needle biopsy.** A specialized cutting needle—sometimes guided by ultrasound or a special 3-D x-ray machine—is used to remove a tissue sample.
- **Surgical biopsy.** All or part of the growth is removed during surgery.

Most breast biopsies can be done on an outpatient basis. Some can even be performed in a doctor's office.

Although it may be scary to undergo a biopsy, keep in mind that most biopsy results are benign, reports the

Radiological Society of North America.

To find more details about how breast biopsies are performed, visit the National Cancer Institute's Web site at www.cancer.gov.

HOW TO FIND US

CALL US:
(808) 263-5500

E-MAIL US:

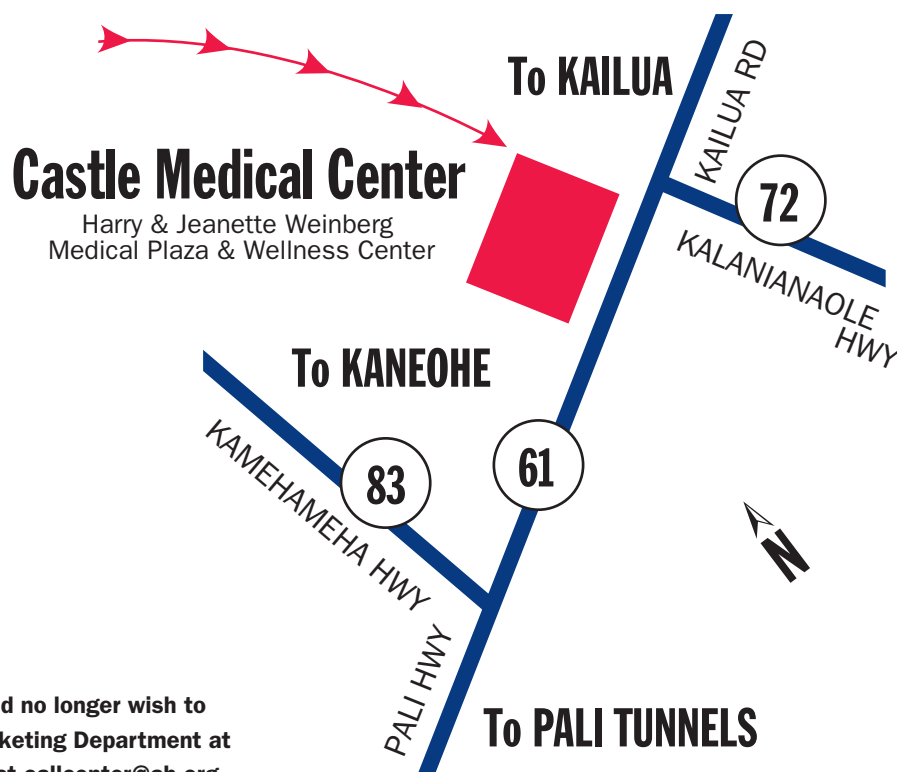
Visit our Web site at castlemed.org and click on "Contact Us." We'd be happy to hear from you!

- 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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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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Windward Health

FALL 2006



From left, Kevin A. Roberts, CMC president and CEO; Gailene Wong, grant director for the Harry & Jeanette Weinberg Foundation; Luther Park, CMC governing board member; and Mitch Dolier, Harold K. L. Castle Foundation president, introduce the new Harry & Jeanette Weinberg Patient Care Wing.

ULUPONO: GROW WELL AND FLOURISH

Castle unveils new Patient Care Wing

On July 30 Castle Medical Center welcomed hundreds of visitors to its campus to celebrate the completion of its Harry & Jeanette Weinberg Patient Care Wing. The day included delightful pupus and entertainment by Ho'okena, Maile Gibson, Olomana and the Rich Crandall Jazz Trio, as

well as tours, keiki activities, health screenings and cooking demonstrations.

The formal program included a blessing of the new wing by Kahu William H. Kaina and the unveiling of the name for the new wing.

Castle Community Care: Giving from the heart

—Continued from page 1

Enanoria says she approaches each client's care as though he or she were a family member.

"I think, 'What if this was my family? How can I help them out? How can I make life better for them?'" she says.

For the two clients Enanoria now cares for, that means helping when and where she is needed: preparing meals, helping with medications, giving sponge baths, tidying up, washing clothes and, basically, "whatever the patient needs," she says.

Additionally, she monitors vital signs, assists with exercises, provides tube feedings and nurses clients through illnesses, reporting any concerns to the nurse in charge of the case.

"I love my job," Enanoria says repeatedly, explaining that she dreamed of being a nurse since childhood. "You become part of the family, like close friends."

Each home health aide visit provides the families with a much-needed "breather" and a chance to attend to other responsibilities and relationships.

"When we're there, the family has a time-out. It gives them a break," Enanoria says.

FLEXIBLE SCHEDULES Castle Community Care provides services on an hourly basis, from as few as two hours once or twice a week to 12 or more hours of care every day. Most service plans are three to four hours a day, three or four times a week. The program offers competitive rates based on individual service plans and accepts most major credit cards, long-term care insurance and Medicaid.

Castle Community Care also offers HealthWatch, a personal emergency response system that provides clients with 24-hour, two-way communication in case of an emergency.

As more and more families seek to care for loved ones at home, there is a rising demand for services provided by agencies like Castle Community Care, which is always on the lookout for talented care providers, says McGuire.

All staff are carefully screened, trained and bonded, and perform duties under the direct supervision of clinical coordinators Kim Pavic-Sheppard, R.N., who oversees the adult program, or Susan Gallagher, R.N., who is responsible for pediatric nursing care and respite services for families of medically fragile infants and children, an additional and much-needed service provided by Castle Community Care.

'THE BEST POSSIBLE CARE' Staff members agree that there are certain personal characteristics inherent in those who choose this line of work.

"You can't do this kind of work without a heart—you have to give your heart," says Enanoria, who insists that this job is not for everyone. "You also need to be honest, to be who you are, to be loyal, to protect the patient's privacy and to respect the people and their belongings."

A sense of teamwork and a talent for communication are also essential to doing a good job.

"It's a good environment," Enanoria says about Castle Community Care. "Everyone communicates and works together well, which is necessary to give your patient the best possible care."

CASTLE

News

CASTLE WINS ACHIEVEMENT AWARD

Castle Medical Center (CMC) recently received the American Heart Association's Get With The Guidelines—Coronary Artery Disease (GWTG—CAD) Annual Performance Achievement Award. The award recognizes Castle's commitment to quality and success for twelve consecutive months in implementing a higher standard of cardiac care for patients hospitalized with coronary artery disease. The award garnered CMC a mention in the July *U.S. News & World Report* article *America's Best Hospitals*.



River of Life Mission volunteers celebrate Christmas in July.

CMC VOLUNTEERS RAISE \$1,200 FOR RIVER OF LIFE

In July Castle Medical Center volunteers joined hundreds of volunteers around the island for the River of Life Mission's "Christmas in July" project. Volunteers took to the streets wearing Christmas hats and carrying fishnets, and they collected funds for the mission's programs for the homeless. In two hours Castle's team collected \$1,224.69.



Parade participants pose with their prize-winning float.

FLOAT PLACES FIRST IN PARADE

Castle Medical Center's float took first place in the Kailua Fourth of July parade. The theme for the float was "Ulupono: Grow Well and Flourish."



THE CASE FOR SCREENING

C

ANCER. THE BIG “C.” IT’S A DISEASE WE ALL DREAD AND HOPE NEVER TO GET. ♦ WHILE THERE are no surefire ways to completely avoid the disease—everyone is at risk, some more than others—you can take a very important step toward minimizing your risk of developing advanced cancer.

How? By getting screened on a regular basis.

Screening tests can discover many cancers in their beginning stages. Finding the disease early often allows for more effective treatment.

“Most cancers do better if you detect and treat them early,” says Robert Smith, Ph.D., director of cancer screening for the American Cancer Society (ACS). “For some cancers, we have a clear strategy for doing that.”

Finding cancer early can also mean more treatment options, such as breast-

sparing procedures, that aren’t available for advanced forms of the disease, Dr. Smith adds.

Another bonus to screening: Some tests can detect precancerous changes that, once treated, stop the disease before it even starts.

Of course, screening tests aren’t perfect. Each can occasionally miss some cancers or raise false alarms. Even with these limitations, however, the tests continue to save lives and are well worth taking, says Dr. Smith.

What follows is a roundup of common cancers and the screening recommendations for each one.

BREAST CANCER Each year more than 210,000 women learn that they have breast cancer, and roughly 40,000 women die from it, the ACS reports. The good news: Breast cancer death rates are falling, largely

because more women are getting screened and better treatments are available.

Breast cancer risk increases with age; most women diagnosed with the disease are older than 50. But other factors, such as having a family history of the disease or inheriting a genetic mutation, can also raise your risk.

Do this: To help find breast cancer early, the ACS recommends:

- **Yearly mammograms.** Women 40 and older need these x-ray pictures of the breast that can spot a lump before you can feel it. Higher-risk women, such as those with a family history of breast cancer, may need more frequent mammograms and may need to start them at an earlier age.

There’s solid evidence that mammograms help save lives in women 40 and older, Dr. Smith says. However, to be most effective, mammograms are needed regularly, he stresses.

- **Clinical breast exams.** A doctor examines the breasts for lumps or other changes. Women in their 20s and 30s need these exams about every three years, then yearly starting at age 40.

- **Breast self-exams.** Women may also choose to check their breasts themselves for lumps or other changes. Any changes should be reported to a doctor.

COLORECTAL CANCER Cancers of the colon or rectum kill more than 56,000 men and women each year, the ACS reports. Some 145,000 new cases are diagnosed annually.

Simply being 50 or older increases your risk for colorectal cancer. In addition, if you have a personal or family history of colorectal cancer or of polyps, or if you have inflammatory bowel disease, you are at higher risk.

Colorectal screening can find cancer when it’s small and highly treatable, or it can help prevent cancer by finding precancerous polyps—colon or rectal growths that can easily be removed.

“By realizing that a patient has polyps and removing those polyps, you can prevent [that person] from going on and developing cancer—and then you know you have to monitor that patient more closely,” says Jim King, M.D., American Academy of Family Physicians board member.

Do this: If you’re 50 or older, you can’t afford to be squeamish: You need to be screened for colorectal cancer. If every-

Which cancer tests you need and why you need them

Your CANCER RISK and what it means

Anyone can get cancer. But some people are at higher risk for the disease than others.

What does it mean if you’re considered at higher risk? Most important, it doesn’t necessarily mean that you’re going to get cancer. But it does mean that you may need to be particularly vigilant about screenings or you may need to follow a different screening schedule than someone who is at average risk for the disease.

For example, if you have a family history of

colorectal cancer, you may need colorectal screening before the usual age of 50. Or if breast cancer runs in your family, you might need yearly mammograms before age 40.

There are lots of misconceptions about cancer risk, says Robert Smith, Ph.D., director of cancer screening for the American Cancer Society.

One misconception is that having one or more risk factors automatically means you’re in a high-risk group. Another is that screening isn’t

one did this, at least a third of colorectal cancer deaths could be avoided, according to the Centers for Disease Control and Prevention.

According to the ACS, men and women who are at average risk for colorectal cancer should have one of the five screening tests listed below. You may need earlier or more frequent screenings if you're at high risk for the disease. In that case, your doctor can tell you which of these tests you need and how often:

- A yearly fecal occult blood test or fecal immunochemical test. These tests check for hidden blood in the stool, which may be from polyps.
- Flexible sigmoidoscopy every five years. A lighted tube is used to examine the rectum and lower colon.
- A combination of a yearly stool test plus a sigmoidoscopy every five years is preferred over either of these options alone, advises the ACS.
- Double-contrast barium enema—a type of colon x-ray—every five years.
- Colonoscopy every 10 years. A long lighted tube is used to view the rectum and entire colon.

CERVICAL CANCER An estimated 10,000 women are diagnosed with cervical cancer each year; nearly 3,700 women die from it.

Most of these deaths could be prevented with regular Pap tests, which are done on cervical cells collected during a pelvic exam. The cells are then examined under a microscope in a laboratory. A Pap test can find cancer early, and it can help prevent cancer by detecting precancerous lesions.

Do this: Women should start having Pap tests about three years after becoming

sexually active or by age 21, according to the ACS.

Generally, Pap tests are recommended every one to two years. You may need to be tested less often if you're over 30 and have had three normal Pap test results in a row. You may choose not to be tested if you've



had a total hysterectomy (removal of the uterus and cervix), unless the surgery was to treat cancer or a precancerous condition. Your doctor can advise you as to how often you should be screened.

PROSTATE CANCER Each year more than 200,000 men are diagnosed with prostate cancer, the most common type of cancer—after skin cancer—that men face, reports the ACS. Risk factors include getting older, being African American and having a family history of the disease.

Screening methods include a digital rectal exam and a blood test that looks for

increased levels of PSA (prostate-specific antigen), a protein that is made by the prostate gland and can suggest cancer or other conditions.

Do this: The ACS says most men 50 and older should be offered prostate cancer screening. High-risk men, such as African Americans and men with a first-degree relative (father or brother) who had prostate cancer at a younger age, should begin screening at age 45.

Doctors continue to debate whether prostate cancer screening is a good idea, however. Ongoing studies should help answer questions about the effectiveness of such screening, including whether it saves lives or if it leads to treating slow-growing tumors unnecessarily.

Meanwhile, discuss your prostate cancer risk and the pros and cons of screening with your doctor so that you can decide whether screening is right for you.

SKIN CANCER There are several types of skin cancer, including melanoma, which is the most dangerous kind. And it's on the rise—about 50,000 new cases of melanoma are diagnosed each year, the National Cancer Institute reports.

Skin cancer risk factors include being fair-skinned, having a family history of the disease or spending lots of time in the sun.

Do this: Check your skin often for anything unusual, such as a mole that changes in color, shape or size, or a sore that doesn't heal—and let your doctor know right away if you find something abnormal. Your doctor can also look at your skin during regular exams.

JUST IN CASE Although screenings are an important tool in the fight against cancer, there's another reason to get them: They can bring peace of mind. Most people will never get the cancers they're screened for.

In that case, you might think of screening as a kind of insurance policy, Dr. Smith says.

"It's something that, hopefully, you will have never needed to do, but it's something you do because you can't predict who will get cancer," he says.

To learn more about cancer screenings, go to the ACS Web site at www.cancer.org.



needed if you don't have risk factors.

"Historically, some women have believed that because they didn't have a family history, they weren't at risk for breast cancer," Dr. Smith says.

It might help to look at risk this way: In the case of breast cancer, it's always important for women to have regular mammograms and be aware of any breast changes, Dr. Smith notes. "But of course it becomes more important in a woman who has multiple risk factors," he says.

**FOR A PHYSICIAN REFERRAL
OR FOR INFORMATION ON
SCHEDULING A SCREENING AT
CASTLE MEDICAL CENTER,
CALL 263-5400 TODAY.**

Try these self-exams

YOUR DOCTOR CAN check you for signs of some types of cancer, and some exams you can do at home.

Getting to know your body may help you stay on the lookout for beginning cancers.

Breast self-exam. Starting in their 20s, women may choose to examine their breasts monthly for lumps or other changes. Do this a few days after your menstrual period ends, when your breasts are less tender or swollen. Feel with the pads of your first three fingers, making small circular motions. In

addition to lumps, look for:

- Skin irritation or dimpling.
- A nipple that hurts or is turned inward.
- Red or scaly nipples or skin.
- Discharge other than breast milk.

Skin self-exam. Check your skin regularly for anything unusual, such as a mole that has changed in size, color, shape or texture. Other possible signs of cancer include a mole that is wider than a pencil eraser or has irregular edges, a new growth or a sore that won't heal.

Use both a full-length mirror and a handheld mirror to examine your skin, and make sure you have plenty of light. Check the back, front and sides of your body. Look everywhere—up, down and in between—including your palms, forearms, legs, feet, face, neck and scalp, buttocks and genital area.

Becoming familiar with your birthmarks, moles and blemishes makes it easier to spot anything unusual that might show up on your skin later.

Testicular self-exam. For men, a monthly testicular exam can help detect a lump, swelling or other change that may indicate a problem.

Some doctors say all men should do this exam. The best time is during, or right after, a shower or bath, when the scrotum is relaxed.

Gently roll each testicle one at a time between your thumb and fingers. They should be smooth and firm.

SPEAK UP

Finding a lump or other change doesn't mean you have cancer. But tell your doctor right away if you do find something unusual. Treatment often works best when cancer is found early.

'Tis the season to say no to weight gain and yes to weight maintenance

POUNDS THAT PERSIST—THESE AREN'T WHAT YOU WANT FOR HOLIDAY MEMORIES. ♦ STILL,

a lot of us do wind up weighing more in January than we did in November, the likely result of too many cups of eggnog or return trips to buffet tables.

But—and there's good news coming—most of us don't do as much damage as was once thought.

"The best data now indicate that the typical American adult gains only about a pound during the winter holidays," reports Dawn Jackson Blatner, R.D., speaking for the American Dietetic Association.

However, there's a downside to even this slight weight gain: It has staying power.

"One pound may seem trivial, but the average person never loses it," Blatner cautions.

So do the math. Holiday overeating is likely to leave most people 10 pounds heavier in 10 years—a trend that may help explain that creeping obesity that plagues so many Americans, says Blatner.

HOLDING STEADY While this annual weight gain seems to be a holiday tradition, you can avoid it. "You really can maintain your weight," insists Blatner.

Pay attention to her word choice; she's advocating weight maintenance, not weight loss. Given all the emphasis on food during the holidays, "trying to take off pounds is setting yourself up for failure," Blatner says.

Besides, the new year is approaching; that's your opportunity to commit to a serious weight-loss program, if necessary.

In the meantime, these strategies from Blatner will help keep the scale from inching upward while still allowing you to enjoy your favorite foods:



Holiday EATING



- Be choosy. Limit high-calorie splurges to foods that you typically don't eat—for example, the pecan pie your mother makes only for Thanksgiving. (But ask for a modest slice of that pie; portion control is another way to avoid weight gain.) Think moderation during the holidays—not deprivation.

- Don't skip meals. Yes, your intentions are good; you want to eat less earlier in the day so that you can eat more later at a

party. But invariably, this strategy backfires. The reason: "Hungry people make very bad decisions about food," says Blatner.

In fact, because hunger often triggers overeating, it's best to eat a low-calorie snack before any event that centers around food. By taking the edge off your hunger, you're less likely to overindulge.

- Position yourself. "If you park yourself next to the candy dish, you're going to eat more candy," says Blatner. So put some distance

between yourself and sources of temptation, such as candy bowls and buffet tables.

- Don't make exercise an all-or-nothing proposition. Even the most hectic holiday schedule is no excuse for abandoning exercise. Try to work out shortly after you wake up, before other demands sidetrack you. And if you can't spare the time for your full routine, exercise for a shorter amount of time. Some exercise is always better than none.

- Drink smart. Ask for sparkling water and a lime twist rather than alcohol at your next holiday party. Unlike alcohol, sparkling water has no calories. Plus, alcohol can stimulate your appetite, which is exactly what you don't want to happen.

- Start a diary—a food diary. Overeating

Get some ONE-ON-ONE help

from a registered dietitian

with Castle's Individualized

Weight Management Program.

Call 263-5050.

is a holiday hazard and not only because food is suddenly so plentiful. The extra demands of the holidays may leave you feeling stressed and emotionally vulnerable, causing you to turn to food for comfort, even when you're not hungry.

One solution is to faithfully write down every bit of food you consume, including the handful of chips you mindlessly grabbed five minutes ago. Becoming fully aware of when, what and how much you eat can help you cut back.

- If you're bringing a dish to a party, make it a low-calorie treat. You'll be assured of something to munch on that won't sabotage your weight-maintenance goal. Consider a fresh fruit platter with low-fat vanilla yogurt for dipping.

- Finally, don't be a stranger to your scale. Indeed, if Blatner had her druthers, you'd weigh yourself daily. Even though your weight may fluctuate because you're retaining or losing fluids, you'll be able to spot a trend in the wrong direction—and therefore self-correct.

Start the HOLIDAY SEASON with Castle

Castle Medical Center will host its annual community tree-lighting ceremony on Wednesday, Dec. 6—kicking off the holiday season in Kailua Town.

The free festivities begin at 6:15 p.m. on the Castle lawn (at the entrance to the hospital, 640 Ulukahiki St.) with a concert by the U.S. Marine Forces Pacific Band, followed by the tree-lighting, caroling, holiday refreshments, and a visit from Santa and Mrs. Claus.

After the tree-lighting, take a free trolley ride and view downtown Kailua's city lights. Rides will be offered from 7:30 to 9 p.m. and are co-sponsored by the Kaneohe Ranch. Also, the First Baptist Windward Church will present a live nativity and choir at the Harry & Jeanette Medical Plaza & Wellness Center. And visitors can view the seasonally decorated windows and listen to a concert on the medical center's grand piano in the



main lobby.

For more information, call 263-5400 or visit Castle Medical Center's Web site at www.castlemed.org.



Join Santa and Mrs. Claus for a free trolley ride through downtown Kailua on Dec. 6.

RISKY BUSINESS 4 COMMON SPORTS INJURIES

Weekend warrior or professional athlete. High school team or Olympic team. All athletes have at least one thing in common: the risk of sports injuries.

Here are four common types of sports injuries and what to do about them.

Shin splints. This pain along the shin is actually inflammation in a layer of tissue covering the bone. Runners are most prone to this problem. It can be caused by several factors, including improper stretching, running on hard surfaces and running in shoes that aren't supportive.

Shin splints can happen in elite, well-trained runners, says William Gallivan, M.D., speaking for the American Academy of Orthopaedic Surgeons. But they are also common in people who are not well-trained and who jump into an exercise program and try to do too much too quickly.

If you have shin splints, you may need to take a break from running for a while. Stretching exercises for the leg and heel, anti-inflammatory medications, ice packs and compression bandages can also help.

Once the pain is gone, ease back into being active.

Stress fractures. These tiny breaks in the bone are caused by overuse—or stress—of the bone and are most

If you suspect you have a sports injury, it's a good idea to see an orthopedic surgeon.

common in the feet and legs. They cause pain and swelling. The pain will start and then get worse with running, notes Dr. Gallivan. Rest is the first step toward recovery. You'll need to take at least a few weeks off from whatever activity caused the problem. Once a stress fracture is healed, you should return to your exercise routine very gradually.

Tendonitis. Tendons hold your muscles to your bones. Tendonitis is inflammation in a tendon, often caused by overusing the tendon. Tendonitis is usually sport-specific. For example, swimmers and baseball players tend to get tendonitis in the shoulders and arms. For tennis players, the problem area is the elbow.

Taking care of tendonitis usually involves resting the affected area, using anti-inflammatory medications, splinting the affected limb and doing exercises to improve flexibility. Occasionally, surgery is needed to repair damage to the tendon, adds Dr. Gallivan.

Torn ligaments. Ligaments are bands of very tough tissue that hold your bones together at the joints. When you get a sprain, a ligament has been stretched or torn. These injuries can range from mild sprains with only slight tearing and mild pain to a complete tear of the ligament.

For minor sprains, the RICE method can help: Rest the



injured area, use Ice packs, use bandages for Compression, and Elevate the injured limb.

Certain ligaments must be fixed surgically. And you should see a doctor if the injured area looks abnormal and is very painful or very swollen.

If you suspect you have any of these four sports injuries, you should see an orthopedic surgeon.

"If we see an injury within three or four weeks, we can put [people] on the appropriate treatments, and they have a very good prognosis," says Dr. Gallivan. "But if we see an injury after three or four months, it's become a chronic problem, and it's harder to get rid of."



Safe exercise tips for HOT WEATHER

Casual exercisers and seasoned athletes alike can appreciate being outdoors on a sunny, warm day.

But exercising in hot weather carries its own hazards. Keep these tips in mind if you plan to take your activities outside:

■ **Drink up—but don't overdo it.** It's important to stay hydrated when you exercise. In the past, experts advised drinking before you feel thirsty. Long-distance runners and other endurance athletes have often been told to drink as much as they can while exercising. But drinking too much—especially if you're exercising for several hours—can actually lead to overhydration and a dangerous condition called hyponatremia.

Now the best advice is to try to drink as much fluid as you lose while exercising. And let your own feelings of thirst be your guide to how often you drink.

■ **Dress for success.** Wearing less clothing means more bare skin—and that means more surface area for heat to leave the body. Whatever you wear, it should be lightweight, light-colored, loose-fitting and made of a material, such as cotton, that will absorb water. When possible, athletes shouldn't wear heavy padding or other heavy equipment during practice.

■ **Know when to quit.** Avoid exercise during the hottest part of the day, usually between 10 a.m. and 4 p.m. And pay attention to signs of heat exhaustion, including: ♦ Feeling weak, faint or dizzy along with headache or nausea.

♦ Cold, clammy skin. ♦ Excessive sweating. ♦ Dry tongue and thirst.

Sources: American Academy of Orthopaedic Surgeons; American Council on Exercise

WINDWARD HALF MARATHON AND RACES

Sunday, Oct. 1
6 to 9 a.m.

Expected number of runners: 750

HALF MARATHON ROUTE Start: Kailua Intermediate School at Kainalu Drive → Kailua Road → Aumoe Road → Mahealani Place → Kakahiaka Street → Wanaao Drive → Counterclockwise around Keolu Drive → Wanaao Drive → Kakahiaka Street → Mahealani Place → Aumoe Road → Kailua Road → Kainalu Drive → Kaiunui Drive → Mokapu Boulevard → Old Mokapu Road → Kaimalino Street → Turnaround → Kailua Intermediate School.

5K RUN ROUTE Start: Kainalu Drive → Kaha Street → Kainui Drive → Kainalu Drive → Kailua Intermediate School.

KEIKI 1-MILE RUN ROUTE Start: Kuu-kama Street → Kuuala Street → Kuupau Street → Kailua Intermediate School.

KEIKI 100-YARD DASH Kailua Intermediate School.

Sponsored by the Boys and Girls Club of Hawaii



For race information, contact Susan Friedl at 255-7811 or e-mail dsamson@bgch.com.

TAKE TIME FOR YOUR HEALTH

Castle Medical Center

Adventist Health

The holiday season is just around the corner. Let Castle Medical Center help you stay in shape through the fall and winter.

sign up online
castlemed.org

Castle invites you to register for a health-promoting class or seminar or call for a physician referral. Take charge of your health. Call 263-5400 or visit our Web site at www.castlemed.org.

EVENTS CALENDAR

FAMILY

BREASTFEEDING

Wednesdays, Oct. 11, Nov. 8, Dec. 13
6 to 8:30 p.m.

Taught by a certified lactation consultant. \$25

CHILDBIRTH BASICS

Oct. 19 or Dec. 14
5 to 10 p.m.

Individuals: \$50; couples: \$65; rates discounted if delivering at CMC.

GENERAL INFANT CARE

Tuesday, Nov. 14
6:30 to 8:30 p.m.

Learn how to tell if your baby is sick. \$25

INFANT CPR AND SAFETY

Oct. 24, Nov. 22, Dec. 6
6:30 to 8:30 p.m.

Does not provide certification. \$25



LAMAZE

Sundays

Oct. 22 to Nov. 26

Dec. 3 to 17, Jan 7 to 21
4:30 to 7:30 p.m.

Mondays

Oct. 2 to Nov. 13 (no class Oct. 9)

Nov. 20 to Dec. 18 and Tuesday, Dec. 19
6:30 to 9:30 p.m.

Six-week class. \$75; \$65 if delivering at Castle.

FITNESS

Wellness Center monthly and quarterly memberships are available for fitness classes. Free for Windward YMCA members. Classes emphasize fun as well as functional, useful exercises. All classes are located in the Harry & Jeanette Weinberg Medical



Plaza & Wellness Center unless otherwise noted.

BODY SCULPTING/FITNESS CLASSES

Monday through Friday
Variable class formats.

FREEDOM OF MOVEMENT

Fridays

For people with Parkinson's disease, ataxia and other movement disorders. Family members and caregivers may accompany participants. Participation requires medical clearance and screening by a physical therapist.

LONGER LIFE, HEALTH AND WELLNESS FITNESS CLASS

Mondays, Wednesdays and Fridays

Excellent for seniors. Gentle exercises increase joint flexibility, range of motion, muscle strength and cardiovascular endurance. Exercises can be done sitting or standing. Participation requires medical clearance.

PILATES

Mondays

QIGONG

Thursdays

A Chinese meditation that uses breathing to regulate health in mind, body and spirit.



STEADY ON YOUR FEET

Mondays

For people concerned about their balance. Participation requires medical clearance and screening by a physical therapist.

WAI LANA YOGA

Wednesdays and Fridays

NUTRITION

CASTLE INDIVIDUALIZED LIFESTYLE WEIGHT MANAGEMENT PROGRAM

Ongoing, by appointment

Includes one-on-one nutrition counseling with a registered dietitian, personalized menu planning, cooking classes, body composition analysis, fitness classes and personal training. Call 263-5050. \$375

INDIVIDUALIZED NUTRITION COUNSELING

Ongoing, by appointment

Medical nutrition therapy helps you get on a healthy diet and nutrition program for optimal health. Topics of focus include weight loss, diabetes, heart disease and cholesterol reduction, women's wellness, and nutrition and herbal supplements.

WEIGHT LOSS

WEIGHT-LOSS SURGERY SEMINAR

Wednesdays, Oct. 11, Nov. 8, Dec. 13, 7 p.m.

Learn about Castle's new comprehensive surgical weight-loss program

from bariatric surgeon Steven Fowler, M.D., and other members of the bariatric team, including a dietitian, nurse coordinator, and fitness and wellness specialists. Preregistration is required.



Steven Fowler, M.D.

GENERAL HEALTH

BREATHE FREE PLAN TO STOP SMOKING

Nov. 7, 9, 12, 13, 14, 15, 16, 21, 28

7 to 8:30 p.m.

Castle Center for Nicotine Dependency Treatment

This dynamic, comprehensive, "cold turkey" approach is clinically tested and proven successful. \$100 for nine sessions; includes all materials and ongoing group support sessions. This fee is covered by HMSA's "Ready Set, Quit!" stop-smoking program. Held at the Castle Center for Nicotine Dependency Treatment.



SCREENINGS

HEARTBEAT HAWAII CORONARY RISK EVALUATION

Monday through Friday, by appointment

Includes Castle's comprehensive computerized coronary risk profile and blood test analysis with recommendations for a healthier heart. \$45. Now offering C-reactive protein and homocysteine testing for an additional fee.

HEART SCAN

Monday through Friday, by appointment

In cooperation with Holistica

Hawaii, Castle now offers heart scanning services (EBT scanning) for early detection of coronary artery disease. \$425. Includes Heartbeat Hawaii evaluation.

KEEP™: KIDNEY EARLY EVALUATION PROGRAM

Thursday, Oct. 26
9:30 a.m. to 2:30 p.m.

Castle Wellness Center

This free screening program is offered by the National Kidney Foundation of Hawaii for people with diabetes, high blood pressure or a family history of diabetes, high blood pressure, or kidney disease. Call 589-5921 to preregister. Lab tests will be conducted. Fasting for eight hours is recommended.

SPIRITUAL LIFE

LIVING WITH LOSS

This free program is part of the Spiritual Life and Pastoral Care Department and is co-sponsored by Castle Wellness & Lifestyle Medicine Center and Hospice Hawaii. For information, call 263-5400. Groups meet in the Wellness Center Auditorium unless noted.

Caregivers Support Group

Last Wednesdays, 10 a.m., Pikake Room

Living With Brain Injury Support Group

First Tuesdays, 4 p.m.

Monthly Bereavement Support Group

First Mondays, 11 a.m.

Weekly Bereavement Support Group

Tuesdays, 7 p.m.

SUPPORT GROUPS

ATTITUDINAL HEALING SUPPORT GROUPS

Mondays, 7 p.m.

Person-to-person.

Healing relationships.

CANCER SUPPORT GROUP

First and third Tuesdays
5 p.m.

MIND, BODY, SPIRIT FORUM

"Stress May Be All in Your Head, but It's Killing Your Body"

Monday, Oct. 30, 7 p.m.

Presented by Thomas A.

Cummings, Ph.D. Recent health science studies indicate that the stresses of life can be killing us. Learn

practical ways to control the stress in your life to achieve optimal health and wellness.



Thomas A. Cummings, Ph.D.

"Keeping Yourself Healthy and Empowered"

Monday, Nov. 27, 7 pm.

Presented by Barbara Altemus.

It is important to nourish our mind, body and soul in the midst of a hectic life and fast-paced world.

Learn to focus your attention on what you can do to deepen and expand your aliveness. Set your intentions on positive goals in a powerful group setting.

Free. Seating is limited and preregistration is required.



Barbara Altemus

KE OLA POMAIIKA'I WEIGHT MANAGEMENT SUPPORT GROUP

Thursdays, 6:30 p.m.

Preregistration is required. Call 263-5357.

PARKINSON'S SUPPORT GROUP

Third Thursdays, 5:30 p.m.

MEDIFAST® WEIGHT LOSS SUPPORT GROUP

Thursdays, Oct. 19, Nov. 16
5:30 p.m.

BIRD FLU: A VIRUS OF OUR OWN HATCHING?

Thursday, Dec. 7, 7 p.m.

Presented by Michael Greger, M.D.

In the face of a possible pandemic, Michael Greger, M.D., discusses what we can do to protect our families and what society can do to reduce the likelihood of such potential catastrophes in the future.

Dr. Greger is the director of Public Health and Animal Agriculture for the Humane Society of the United States.

Free. Seating is limited and preregistration is required. Call 263-5400 or register at www.castlemed.org.



Michael Greger, M.D.