Eating healthy

SMART FOOD CHOICES Start with a variety of healthy core foods. These foods for all ages include:
- Fruits and vegetables in their most natural state (without adding excessive salt, sugar, and fat).
- Whole grains (as a hot side dish, in breads, as a cereal or in treats).
- Protein from legumes, fish, lean meat and poultry.
- Low-fat dairy products.
- Moderate amounts of “healthy fats” (monounsaturated fats and polyunsaturated fats) from nuts and seeds, and vegetable fat from avocados and olives.

Throughout your life cycle, choosing core foods builds strong, lean bodies and helps prevent chronic diseases, such as diabetes, heart disease and cancer. The earlier you start making healthy food choices the better, but it’s never too late to start. Listen to your body! Think about the changes happening in your body, and take note of the amount and types of foods you eat. What feels like hunger may really be a need for water, exercise or rest. Eat slowly and in moderation. Turning 50 brings on special challenges, such as an increased need for calcium. Talk to your doctor about calcium, vitamin D and magnesium supplementation to prevent osteoporosis.

Focus on nutrient density! Eat foods that are packed full of nutrients to meet your nutrition requirements for health. In other words, get the biggest bang for your buck. Whole foods in their most natural state are usually higher in nutrient density than processed foods, which often add salt, sugar, fat and other refined ingredients, diluting the nutrients per serving.

Healthy Tips for All Ages

Eat smart! Research and plan ahead. Investigate nutrition information for fast-food restaurants to make the best choices. Drink water instead of soda and other beverages. Keep dressings to a minimum by ordering them on the side. Take time to socialize rather than gulping food and beverages. Focus on nutrient density! Eat foods that are packed full of nutrients to meet your nutrition requirements for health. In other words, get the biggest bang for your buck. Whole foods in their most natural state are usually higher in nutrient density than processed foods, which often add salt, sugar, fat and other refined ingredients, diluting the nutrients per serving.

...and beyond: Eat sharp! Research shows that eating a healthy diet may prevent the onset of dementia and Alzheimer’s disease. Nutrients that appear to be related to preventing dementia include vitamins C, E and B. Excess calories, high cholesterol and high blood pressure appear to increase risk for dementia. Getting good nutrition and exercise not only controls weight and muscle loss but also helps protect from chronic disease, stroke, broken hips or other bones, and dementia.

Along with making healthy food choices, drinking an adequate amount of water (9 to 12 cups per day for most people), getting daily exercise and having a spiritual connection will ensure a better quality of life. A well-nourished, strong body can handle everything better.

Ruby Hayasaka is director of Nutritional Services at Castle Medical Center. She also serves on the board of the Hawaii Dietetic Association.

Healthy Bits

OFFERING MORE THAN MEDICINE Castle Medical Center offers Hawaii communities much more than just medicine. The Bistro restaurant uses the freshest ingredients from local farmers to provide diners with tasty and healthy vegetarian meal options. The Castle Wellness & Lifestyle Medicine Center in The Harry & Jeanette Weinberg Medical Plaza offers classes on nutrition, exercise and disease prevention. To register for a class or for a physician referral, call 263-5400 or visit castlemed.org.

TOWN PARTY Visit us at the “I Love Kailua” Town Party in Kailua Town Sunday, April 22, 11 a.m. to 4 p.m.
Free screenings, Ask a Doctor booth, health information and giveaways!

IN SICKNESS & IN HEALTH SEMINARS FOR A HEALTHIER YOU! Meet face-to-face with health professionals you can trust, and get the information you need.

PAGE 3
CMC fights cancer in the workplace

Castle Medical Center (CMC) recently received CEO Cancer Gold Standard™ accreditation, recognizing our extraordinary commitment to the health of our associates and their families.

“Health care providers have the privilege and responsibility to set an example for prevention and treatment of diseases like cancer,” says Kathryn Raethel, hospital president and CEO. “We are proud to have met this high standard for our employees.”

As part of Castle Medical Center’s commitment to the health of our associates as well as of our community, Castle offers free tobacco treatment services for all associates and their eligible, covered dependents through the Wellness & Lifestyle Medicine Center, which is staffed by certified tobacco treatment specialists. In addition, we maintain and sustain a culture that supports healthy food choices and physical activity.

Christopher A. Viebacher, chief executive officer of Sanofi, chairs the CEO Roundtable on Cancer, a nonprofit organization that created the CEO Cancer Gold Standard in collaboration with the National Cancer Institute, many of its designated cancer centers, and leading nonprofit health organizations and professionals. More than 2 million employees and family members benefit from the vision and leadership of employers who have chosen to become Gold Standard accredited.

The CEO Cancer Gold Standard calls for companies to evaluate their health benefits and corporate culture and take extensive, concrete actions in five areas of health and wellness to fight cancer in the workplace. To earn Gold Standard accreditation, a company must establish programs to reduce cancer risk by:

- Discouraging tobacco use
- Promoting a healthy diet and good nutrition
- Detecting cancer at its earliest stages, when outcomes may be more favorable
- Providing access to high-quality care, including participation in cancer clinical trials
- Encouraging physical activity

STAYING SHARP: Eileen Towata (left), wellness educator, and Beth Davidann, director of Wellness & Lifestyle Medicine, set up a display about healthy choices that may help delay the onset of dementia.

2011 Read and Run for Literacy

CMC was a co-sponsor of the 2011 Read and Run for Literacy. The event is a 1-mile fun run that raises funds for Windward schools to promote the love of reading aloud and being physically active. Eileen Towata, CMC wellness educator, led the crowd in a pre-run warm-up and helped facilitate post-run learning activities for kids and their families. CMC’s Nana Bear provided lots of hugs and high fives for participants.

FUNCTION: Kanani Kilbey, Wellness Center tobacco treatment specialist, and her daughter Kealana DeLary, 9, participated in the fun run. Kealana attends Puuhala Elementary School, which will benefit from the event.

Collaboration improves health care in Palau

Recently CMC donated hospital beds and bedside laptop carts to the Hawaii-based nonprofit organization Reach Out Pacific (REPA). The beds and carts were shipped to Belau National Hospital in Palau. CMC regularly donates equipment it no longer uses to REPAC, whose mission is to improve health care and education throughout the Pacific. Since its establishment in 2005, REPAC has helped numerous Micronesian organizations, providing more than $1.2 million worth of much-needed supplies.
Castle Medical Center is expanding its health and wellness education efforts through a new series of monthly In Sickness & In Health seminars, presented by physicians and health care professionals at the Wellness & Lifestyle Medicine Center. Each seminar will share information to help you achieve a healthy body, mind and spirit through better lifestyle choices and excellent health care services. “Strong community outreach is an important part of our tradition of care here at Castle Medical Center,” says Kathryn Raethel, CMC president and CEO, about the new program. “While we strive to reinvest in and upgrade our facilities to offer quality diagnostic, surgical and treatment services, we are also committed to building healthier communities through health education programs.” The seminars are free and open to the public. Light, healthy refreshments will be served. Space is limited and registration is required. Call 263-5400 or visit castlemed.org.

Stop Prediabetes in Its Tracks
Thursday, April 12
Dr. Lund and Dr. Reis show you how to prevent diabetes from controlling your life or the life of someone you love—from kids to adults. Learn about prediabetes and metabolic syndrome and how to take charge of your lifestyle choices to help reverse diabetes and other chronic illnesses.

Girls to Women: Healthy at Every Age
Thursday, May 17
Windward obstetricians, gynecologists and midwives teach you to care for yourself and other women in your life. Topics include: transitioning your daughter from pediatrician to gynecologist; childbearing and pregnancy; pelvic pain and abnormal bleeding; menopause; and women’s health and preventive screening exams.

Successful Strategies for Controlling Diabetes
Thursday, June 21
These diabetes experts will be on hand to share tips for improved nutrition and physical activity, review how medications work, and explain the importance of regular checkups and screenings. Be inspired by Ruby Hayasaka’s personal success story!
slight pain in the abdomen. An ache in the lower back. A hoarseness in the voice that doesn't go away. ✦ Most of us have noticed a minor symptom like one of these at some time in our lives. And, for various reasons, it didn’t spur us to make an appointment with the doctor. ✦ Maybe we hoped that, if we ignored it, the symptom would go away. Maybe we assumed it was caused by something unimportant, not worthy of a checkup. ✦ You’re feeling
Minor symptoms aren’t usually serious. But you should still run them by your doctor. For a physician referral, call 263-5400.

Symptoms of diabetes include:

- Frequent urination.
- Extreme thirst or hunger.
- Unusual weight loss.
- Extreme fatigue and irritability.
- Frequent infections, especially of the gums, skin or bladder.
- Blurred vision.
- Tingling in the hands or feet.
- Sores that are slow to heal.

SYMPTOMS OF COPD COPD is a progressive lung disease. It is almost always linked to a current or past smoking habit.

With COPD, air sacs in the lungs become damaged. They may lose their elasticity and shape, no longer inflating and deflating like they should. The airways also become constantly inflamed and irritated, which makes breathing difficult.

The disease develops slowly. But treatment and lifestyle changes can help you stay active and feel better longer, according to the National Institutes of Health.

If you have any of the following symptoms, ask your doctor about a spirometry test to check your breathing:

- Cough and mucus production that lasts for more than one month.
- Wheezing.
- Shortness of breath, especially with activity.
- Frequent colds, flu or other respiratory illness.

These warning signs of COPD should also encourage you to quit smoking now and reduce the damage to your lungs.

TAKE NOTES TO YOUR CHECKUP

No matter what your symptoms, it might be helpful to write them down before you talk with your doctor.

Be sure to note when the symptoms started, whether they came on gradually or suddenly, and whether they’re continuous or intermittent. Also, let your doctor know if you tried to relieve your symptoms—and what did, or did not, work.

And remember this: “You know your body better than anyone else does,” says Dr. Ralston. “And if you think it isn’t acting right, it is never a bad thing to call your doctor.”
We extend a sincere mahalo to all who participated in and contributed to the success of our Chip in for Castle charity golf tournament. We look forward to your continued support at the 22nd Chip in tournament on Aug. 13 at the picturesque Mid-Pacific Country Club!
Painful. Stiff. Difficult or nearly impossible to move. ♦ Do those words describe one of your shoulders? If so, then you may have a condition called adhesive capsulitis—better known as frozen shoulder. ♦ “The term frozen shoulder covers all kinds of problems associated with stiffness in the shoulder,” says Anand Murthi, MD, an orthopedic surgeon and spokesman for the American Academy of Orthopaedic Surgeons (AAOS). “Frozen shoulder is one of the most common shoulder problems.”

WHAT IS IT? Frozen shoulder occurs when the connective tissue that surrounds your shoulder joint thickens and becomes tight. Over time, your shoulder becomes very hard to move.

“You usually feel a dull, aching pain in the front of your shoulder or your upper arm,” Dr. Murthi says. “You also have a significant loss of range of motion.”

According to the AAOS, the causes of frozen shoulder are not fully understood. But some factors can increase your risk.

“People with diabetes face the greatest risk of getting frozen shoulder,” Dr. Murthi says. “We don’t know for sure why that is.”

Overall, frozen shoulder affects about 20 percent of all people with diabetes, compared to 5 percent of people without the disease, reports the American Diabetes Association.

You also face an increased risk of frozen shoulder if you:

● Are a woman.
● Are between the ages of 40 and 60.
● Have injured your shoulder.
● Have had your shoulder immobilized following surgery.
● Have other medical problems such as hypothyroidism, hyperthyroidism, Parkinson’s disease or heart disease.

A THREE-STEP PROCESS According to the AAOS, frozen shoulder generally develops in three stages.

1 In the freezing stage, your shoulder becomes more and more painful. As the pain worsens, you begin to lose range of motion in your shoulder. The freezing stage can last anywhere from six weeks to nine months.

2 Once the shoulder is frozen, your pain may actually improve. But the shoulder may remain stiff for up to six months in this stage, making daily activities very difficult.

3 The final phase of frozen shoulder is the thawing stage. With treatment, your shoulder strength should return to close to normal. This stage may take up to two years.

WHEN TO SEEK HELP When you get to the point that you’re in a lot of pain and have trouble moving your shoulder, it’s time to get help.

“If you notice the pain is getting worse and you can’t do things like tug in your shirt or reach your wallet in your back pocket, you need to see a doctor,” Dr. Murthi says.

After discussing your symptoms and medical history, your doctor will examine your shoulder—moving it carefully in all directions to see if movement is limited and when pain occurs.

Your doctor may also order x-rays or magnetic resonance imaging (MRI) or ultrasound exams to make sure you have frozen shoulder and not other causes of stiffness and pain, such as arthritis, according to the AAOS.

THERAPY TIME Once you have been diagnosed with frozen shoulder, there are several ways to treat the condition.

“Frozen shoulder can be successfully treated,” Dr. Murthi says. “The most important thing you can do is get into a supervised physical therapy program. You should see a physical therapist two or three times a week. It’s also important to do shoulder exercises at home.”

Other types of treatment may include:

● Taking over-the-counter anti-inflammatory medicines.
● Getting a cortisone injection.
● Using heating pads.
● Undergoing electrical stimulation of muscles and nerves.

If none of these types of treatment relieve pain or improve motion, you may need to have surgery.

Is moving your shoulder causing you a lot of pain? Get help. Call 263-5400 for a referral to an orthopedic surgeon.

Why live with shoulder pain?

Can you reach as far as you want to? Or comfortably comb your hair, scratch your back, use a vacuum or sleep on your side?

If you can’t do the simple things you once did, you may be suffering from a shoulder condition. There are reliable, effective solutions. Join us to learn how you can address chronic pain and regain motion.

You are invited to attend a free seminar on shoulder pain and the latest treatment options. Your spouse or guest is welcome to attend. Light refreshments will be served.

Galen Kam, MD, orthopedic surgeon, shoulder and elbow specialist

Solutions for Chronic Shoulder Pain—Your Questions Answered

Thursday, April 19

6:30 to 7:30 p.m.

Check-in: 6 p.m.

Wellness Auditorium

642 Uluakahiki St., Kailua

Presenters: Galen Kam, MD

Space is limited. Call 263-5400 today to register, or visit castlemed.org.

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FAMILY

Giving Birth: The Castle Experience
Four sessions.
Beginning Thursdays, April 5, May 3 or June 7, 6 to 8 p.m.
‘Ohana Room
Learn about the birth experience from a knowledgeable labor and delivery nurse who will cover a wide range of topics from preparing for the hospital to caring for you and your baby. This class is suggested for couples in their third trimester that plan to give birth at Castle.

Lamaze™ Prepared Childbirth
Six sessions.
- Beginning Sundays, April 15, 9 a.m. to noon, or May 6, 2 to 5 p.m.
- Beginning Monday, June 4, 5:30 to 8:30 p.m.
Fee: $75; $65 if delivering at Castle.

Infant CPR and Safety
- Tuesdays, April 17, May 15 or June 26, 5:30 to 8:30 p.m.
Fee: $25 per couple.

General Newborn Care
- Tuesdays, April 3, May 1 or June 5, 5:30 to 8:30 p.m.
Fee: $25 per couple.

Breastfeeding
- Wednesdays, April 25, May 30 or June 20, 6 to 8:30 p.m.
Taught by a certified lactation consultant. Fee: $25 (free with a childbirth class).

Peacefully Pregnant
- Tuesdays, April 10, May 8 or June 12, 5:30 to 8:30 p.m.
Fee: $25 per couple.
A three-hour class to help dispel common myths that lead many couples to fear what is really a natural event. Includes discussion, short films and a workbook.

Birth Center Tour
- Thursdays, 5 p.m.
Call for a reservation.

New Mothers Hui
Wednesdays, 10:30 to 11:30 a.m.
‘Ohana Room
A support group led by an internationally certified lactation consultant/periatal RN. Free, no registration.

Car Seat Safety Check
Sundays, April 29 and June 24, 1 to 4 p.m.
CMC campus
Certified passenger safety technicians will check your child safety seat for proper fit. You also get information on safe sleep practices and injury prevention. Free. No appointment needed.

FITNESS

Exercise Classes
Registration and fitness assessment required (may include a medical clearance and physical therapy screening).
- Bone Builder
- Core Strength
- Exercise for Life
- Interval Training
- Longer Life
- Lunch Crunch
- Pilates
- Qigong
- Steady on Your Feet

Fitness Training
Ongoing, by appointment
Our certified fitness trainer will assess your current fitness level and tailor a plan to help you reach your fitness goals, whether you want to improve your health, flexibility, strength and stamina or just lose a few pounds. Group rates are available. Call 263-5050 to learn more.

Joint Care
Joint Care Seminars
- Wednesday, April 11 or June 6, 6 p.m.
- Wednesday, May 9, 2 p.m.
Orchid Room
Learn options to reduce hip and knee pain through diet, exercise, medication or joint replacement surgery. Call for a reservation.

DIABETES

Diabetes Education
A diabetes educator provides tailored guidance in the management of diabetes, addressing nutrition, incorporating physical activity, monitoring blood glucose, preventing complications, using medications safely, and lifestyle changes. Most insurance companies cover the cost of appointments. Diabetes interactive group education is also available. Call 263-5050 for more information.

NUTRITION

Nutrition Counseling
Ongoing, by appointment
Focuses on weight loss, heart disease and cholesterol reduction, and women’s and men’s wellness. Call 263-5050 for more information.

TOBACCO TREATMENT

Live Well...
Tobacco-Free Group
Tuesdays, 6 to 7 p.m.
Free, and no registration is required. The “talk story” group is open to ex-smokers, those who are thinking about quitting and anyone wanting information about living tobacco-free.

WEIGHT LOSS

Individualized Weight Management
Ongoing, by appointment
Includes eight one-on-one nutrition counseling sessions with a registered dietitian and a certified fitness trainer, as well as personalized menu planning, fitness classes and body composition analysis. Free 15-minute information sessions. Call 263-5050.

Take Shape For Life!
Call 263-5050 to schedule a consultation and taste testing and to learn about special discounts.

Weight-Loss Surgery Seminar
- Saturday, April 14, 7 to 8:30 p.m.
- Wednesdays, May 16 or June 13, 6:30 to 8 p.m.
Wellness Center Auditorium
Learn about Castle’s comprehensive surgical weight-loss program from bariatric surgeon Steve Fowler, MD, and other members of the bariatric team. Registration is required; call 263-5400.

Support Groups
Free and open to the public.
- Alzheimer’s Caregivers
- Bereavement
- Cancer
- Mental Illness
Caregivers (NAMI)
- Parkinson’s Disease
- Caregivers

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- Parkinson’s Disease
- Caregivers

EAT WELL for LIFE CLASSES

Healthy food prep demonstrations with tasty samples! Learn practical food choice tips and see how to make simple recipes that will inspire you to eat well for life. Samples and written recipes are provided. All foods prepared and served are made with nonanimal food products. Does not include hands-on food preparation by participants. Price: $15/person; $10/person for CMC employees, volunteers, students (with ID) and seniors (age 65+); or $20 per couple.

Thurdays, 11:30 a.m. to 1 p.m.
- Colorful High-Fiber Choices for Cancer Prevention, April 5
Get on the “eat a rainbow” bandwagon and benefit from the cancer prevention qualities of vegetables, fruits and whole grains. Highlights foods that are beautiful, delicious and healthy.

- Strong Bones Strategies, May 3
Not sure what to eat for good bone health? This class offers great tips for selecting foods at the market and preparing easy recipes at home. Enjoy nutrient-rich foods that build a strong framework for life.

- Eat Well to Age Well, June 7
Learn how to prepare some ‘ono foods that not only taste great but keep you on pace for a lifetime of good health. In honor of Men’s Health Month, fathers, brothers and husbands are especially invited to attend.

Sponsored by Castle Medical Center, Waiola Worship Center, Wave Hawaii and other community partners.