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Windward Health

JOURNAL OF WELLNESS AND GOOD HEALTH CARE

FALL 2010

Softer mammograms, gentler care

Digital upgrade for Castle's mammography services

BY MELE POCHEREVA

Mammography services at Castle Medical Center's Imaging Department have been raised to a new level of excellence, thanks to the arrival of the latest digital mammography technology. ♦ "Digital

technology provides vastly improved mammograms as well as several other advantages over conventional film," says Brian Matsusaka, director of Imaging Services at Castle. "The high resolution of digital images can make it easier for radiologists to detect subtle differences between normal and abnormal tissue. And because these images are stored on a computer, your physician can log onto a secured network to access and view your images remotely from any computer. This will also allow the radiologists to consult with their colleagues or other mammography specialists."

The errors associated with conventional film-screen technology are eliminated with digital technology, Matsusaka says. This can reduce the need to retake images—and reduce patients' exposure to radiation.

COMFORT AND CLARITY Castle's cutting-edge mammography equipment brings several advantages to Windward patients.

The ergonomic design of the new equipment provides both comfort and image accuracy while keeping the patient's exposure to radiation at a minimum. The machine's intuitive operations enable faster, more efficient exams, while its automatic exposure

control measures and selects the optimal level of exposure based on breast density.

"One thing that imaging centers have found when transitioning from screen-film mammography to digital mammography is an initial increase in patients' overall recall rate as compared to screen-film mammography," says Missie Wasielewski, MaEd, RT, Castle's Imaging Services manager. "These higher recall rates—when patients are asked to return for additional views to take a closer look at a specific area of breast tissue—are attributed to several factors, including discrepancies between prior screen-film studies and the new, higher-resolution digital exams, which provide improved diagnostic image quality and contrast. More importantly, we anticipate an increase in the number of cancers detected in patients with dense breast tissue as a result of the better image quality."

SCREENING IS KEY The American College of Radiology and the American Cancer Society recommend annual mammograms for all women beginning at age 40. Women with a family history of breast cancer should talk to their physicians to determine if screening mammography should begin before age 40.

"Age-appropriate mammography screening is still the only imaging method that has been shown to reduce breast cancer mortality, as shown by a prevalence of current data," Wasielewski says. "Screening mammography is able to detect cancer before it becomes clinically evident. In other words, mammography is sensitive enough to pick up the tiniest change in breast tissue years before these changes can be felt by a woman or her doctor. And digital mammography makes these screenings easier and more reliable for patients and technologists alike."

Castle President and CEO Kevin A. Roberts says: "I am delighted that we are able to upgrade our mammography services to digital technology. The addition of this technology illustrates that Castle Medical Center is committed to providing state-of-the-art treatment to the Windward community."



**WOMEN'S
HEALTH**

Learn how to get well and stay well throughout life

See page 6



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PRINTED IN HAWAII

DEPRESSION IN WOMEN

A darker shade of blue

FOR A LOT OF WOMEN, today is a sad day.

In fact, it's one of many sad days in which they've pushed through life in a fog, turning away from what used to bring them joy—including their loved ones.

This kind of persistent sadness is called depression. And women are particularly vulnerable to developing it, reports the National Alliance on Mental Illness (NAMI). In fact, women are twice as likely to be depressed as men.

BODY, MIND AND SPIRIT Depression is more than feeling down. It's a medical illness that affects nearly every aspect of a person's life. According to the NAMI and other medical experts, people with depression may:

- Feel sad, hopeless or empty.
- Lack interest in doing things they used to enjoy.
- Have trouble falling or staying asleep, or they may sleep too much.
- Find it difficult to concentrate.
- Lose their appetite or eat too much.
- Develop physical problems, such as headaches or an upset stomach.
- Have thoughts of suicide.

WORSE FOR WOMEN Depression usually results from a combination of factors. In women, there may be

more of these factors at work than in men. For example, there seems to be a link between mood problems and hormonal changes related to menstruation, pregnancy and menopause.

Women are also more apt than men to have experienced life events that can make depression more likely.

When mental health issues arise, help is just a phone call away. For a provider referral, call 263-5400.

For example, sexual abuse happens twice as often to women as to men, reports the NAMI. And the stress of managing work and family responsibilities often takes a greater toll on women—especially if they're single parents.

Women may also experience depression differently. They may be more likely than men to oversleep and gain weight. And depressed women feel anxious and show anger more often than depressed men.

LIFTING THE CURTAIN If you're a woman and you're feeling depressed, see your doctor right away. Treatment helps most people get over depression, but it can take a few weeks or months to feel better. Your doctor may prescribe an antidepressant or recommend that you see a therapist. Some people do better with both.

Meanwhile, until your depression improves, you can make things easier on yourself. The American College of Obstetricians and Gynecologists recommends these steps:

- Avoid making major life decisions until you're better.
- Talk to people you trust about how you feel.
- Give yourself a break—having realistic goals each day can help give you a better outlook on life.

Go Castle Medical Center operates a 29-bed inpatient Behavioral Health Services unit. For more information, call 263-5400 or visit castlemed.org.



NEED HELP GETTING HEALTHY?

Find out what CMC can do for you. See page 4.

HOW TO FIND US

call us:
808-263-5500

e-mail us:

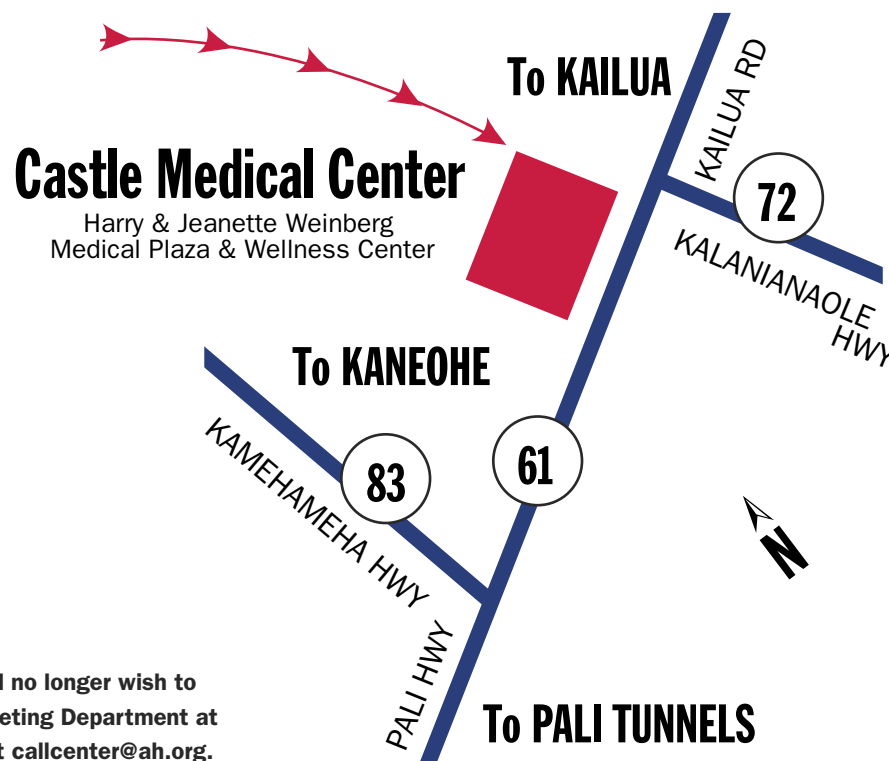
Visit our website at castlemed.org and click on "Contact Us." We'd be happy to hear from you!

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

write or visit us:

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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 2010

CMC Marketing wins 10 IABC Ilima Awards

The Hawaii chapter of the International Association of Business Communicators (IABC Hawaii) recently honored Castle Medical Center's Marketing and Communications Department with 10 Ilima Awards.

Marketing and communications professionals throughout Hawaii submitted their best work of 2009 for this year's Ilima Awards program at the Waialae Country Club in Kahala.

The Ilima Awards recognize excellence in communications programs. Castle Medical Center won two awards of excellence for:

- Marketing and communications: The joint care TV ad.
- One-time special event: Women's Health and Beauty Fair.

The hospital won eight awards of merit for:

- Marketing and communications: Vera Zilber Birth Center TV ad.



- Internal publication: *Uluono*.
- External publication: *Windward Health*.
- Internal publication: *Ku Ika Mahalo*.
- Internal publication: *Castle MD*.
- Publication design: *Uluono*.
- Publication design: *Annual Quality Report*.
- Special print communications and design and content: *Annual Quality Report*.

"Castle won the most awards ever for a nonprofit and for the industry," says Jasmin Rodriguez, director of the Marketing and Communications Department. "And these pieces were done for Castle and by Castle. I am very proud of our team!"

IABC professionals in chapters across the nation judged the entries.



TREE LIGHTING CEREMONY

Make your holiday bright

Castle Medical Center and its community partners will host Castle's annual Community Christmas Tree Lighting ceremony on Wednesday, Dec. 1, from 6:15 to 9 p.m., on the grounds of Castle Medical Center.

The Marine Forces Pacific Band will perform at 6:15 p.m. The formal program will kick off at 7 p.m. with a performance by The Honolulu Boy Choir.

In addition to a visit and photos with Santa and Mrs. Claus, enjoy keiki activities at the Wellness on Wheels van, refreshments and trolley rides into Kailua Town, compliments of Kaneohe Ranch and the Harold K. Castle Foundation.



DIABETES

Have a holiday eating plan

Just when you've gotten the hang of eating with diabetes, along comes a superchallenge: the holidays. It's a time when food, family and fun all seem to conspire against your healthy resolutions.

Don't despair, however. You won't have to stay on the sidelines to maintain your healthy eating plan. According to the American Diabetes Association and other experts, these simple adjustments can help keep you on track during holiday parties and meals:

- When going to a party or someone's house for a meal, curb your appetite by eating a low-calorie snack before you leave home. Also, consider preparing a healthy dish to bring along. That way you'll have a tasty alternative to the rich foods.
- If you're the host, nibble on raw veggies while you cook. Add healthy items to the meal, such as whole-grain breads and fresh or canned fruits.
- Step away from the sweets. Standing near a bowl of candy or the dessert table can be too much temptation.
- Watch your portion sizes. The holiday spirit—and large plates—can lead to

Call 263-5400 to sign up for the Season's Eatings workshop. See page 8 for details.

oversized helpings. Also, it's OK to occasionally indulge in your favorite holiday treats if you keep the portions small.

- Be selective. Make conscious choices about which foods you'll eat, and keep the rest off your plate.
- Drink water—it has no calories.
- Eat slowly and savor each bite. It helps you eat less.
- Counteract any poor holiday food choices by getting back to your usual eating habits right away.
- Other ideas for staying healthy during the holidays:
 - Get plenty of rest. Wearing yourself out can make it harder to control your glucose level.
 - Take a deep breath and try to relax. The holidays can be stressful, and stress hormones can raise your blood sugar level.

Castle specialist receives teaching award



William Scruggs, MD

Emergency medicine specialist William Scruggs, MD, who has been working in Castle's Emergency Department for nearly four years, was recognized by the John A. Burns School of Medicine (JABSOM) at the University of Hawaii at Manoa with the Clinical Faculty Teaching Award in Emergency Medicine for 2009.

"I am so glad Dr. Scruggs is receiving more recognition for the tremendous job

he is doing with teaching the medical students," says Catherine Oliver, MD, medical student clerkship director at JABSOM. "He is too humble. The award he received... was in recognition of excellence in teaching in emergency medicine. All fourth-year students do a four-week rotation in emergency medicine, which includes doing shifts at one of eight sites and also attending lectures and workshops. In addition to...serving as the site preceptor for Castle, [Dr. Scruggs] also runs the ultrasound workshop for the course as well."

Dr. Scruggs was chosen for the award because the students voted him as the best teacher during the clerkship.

Wellness for everyone CASTLE'S RECIPE FOR HEALTH

BY MELE POCHEREVA

Start with proper nutrition, add a generous serving of exercise and hold the tobacco. Those are the three ingredients that have biggest influence on a healthy lifestyle—and the foundation of the programs and services you will find at the Castle Wellness & Lifestyle Medicine Center.

“Our goal is to provide not only the tools but the inspiration to help people make the lifestyle changes they need to stay healthy,” says Beth Davidann, director of the Wellness Center. “Staffed by experts in the fields of nutrition, fitness, smoking cessation and stress management, we take a holistic approach, building a healthy mind, body and spirit.”

Small successes are celebrated throughout the Wellness Center, whether they take place on an exercise mat or in a weight-loss or smoking cessation program.

“Our emphasis is to provide an encouraging environment for all of our wellness programs,” Davidann says. “We don’t see failure—we just see steps on the path to success.”

The center’s many health-enhancing programs are open to everyone in the community, whether or not they have been a Castle patient. Physician referrals are also welcome. Programs offered through the Wellness Center are free or available at a nominal charge, and some are covered by insurance plans.

For more information about the programs and classes offered at the Wellness Center, call **Go** 263-5050 or visit castlemed.org.



HERE TO HELP: Beth Davidann, Eileen Towata and Cara Sadira, tobacco treatment specialist

Fitness for every body

A DOZEN DIFFERENT TYPES OF CLASSES are on the fitness menu at the Wellness Center. From the “Bone Builder” class to strengthen muscles and prevent bone loss, to “Pilates,” “Interval Training” and the new “Mom and Baby” fitness class, just about everybody can find the right type of class—or combination of classes—to match their fitness level and physical abilities.

Even those with Parkinson’s disease, ataxia, arthritis or other movement disorders may find that specialized classes such as “Freedom of Movement” can improve overall fitness while addressing physical limitations.

“What I like about teaching here is the emphasis on safety and what is appropriate for the health of each individual,” says Eileen Towata, a fitness instructor at the Wellness Center. “We provide a welcoming and encouraging environment for all of our students.”

The great thing about the Wellness Center’s fitness program is the ability to try an unlimited number of classes for a fixed fee of \$40 per month or \$100 per quarter.

Along with the regular schedule of fitness classes, the Wellness Center offers one-on-one fitness assessments and training with a certified fitness trainer. A personalized program can be designed to help you reach your fitness goals—whether you want to improve flexibility, strength or stamina, or lose a few extra pounds.

The power to stop smoking

“NOW THAT I’VE STOPPED SMOKING, I am realizing that if you put your mind to it, you can do it,” says former Castle patient Craig Shimomi, who was grateful for the encouragement he received in the hospital to stop smoking after he was discharged. “I found the anxiety of quitting was greater than actually quitting.”

Shimomi is still tobacco-free nearly a year later.

His is one of many success stories resulting from the smoking cessation programs offered at the Wellness Center, one of Hawaii’s most comprehensive facilities for nicotine dependency treatment. Since Castle is a tobacco-free campus, patients who are smokers like Shimomi receive a gentle, nonintrusive query during their stay to find out if they are interested in quitting for good. If they are ready to quit, several options are available.

Cara Sadira is a certified tobacco treatment specialist, trained to provide one-on-one counseling and to help smokers design a quit plan tailored to their needs. She helps smokers manage the behavioral challenges of quitting and provides counseling about effective medications that help manage the physical challenges of nicotine withdrawal.

Castle also regularly offers the “BreatheFree Plan to Stop Smoking,” a remarkably effective eight-session group program. Graduates or participants in the program or one-on-one counseling can receive ongoing motivation and support at Castle’s free, weekly “Smoke-Free Support Group.”

“Research shows that 60 to 80 percent of smokers are thinking about, or wanting to quit,” says Sadira, adding that on average, smokers try to quit 7 to 14 times before they quit for good. “Each time they feel they have failed, and the fear of failure often becomes a barrier to quitting. At the Wellness Center, we help smokers understand that quitting is a journey, and each quit attempt is a small success along the way.”



Patricia Avila, MD

Wellness Center welcomes first medical adviser

Castle Medical Center is pleased to welcome Patricia Avila, MD, as medical adviser for the Castle Wellness & Lifestyle Medicine Center.

In this newly created role, Dr. Avila contributes medical advice and support to enhance existing wellness programs and to help the center develop new programs that respond to the needs of our patients and physicians. A trained preventive medicine specialist and primary care physician for more than 20 years, Dr. Avila helps establish wellness programs that support coordinated care and encourage prevention, early detection screening and high-quality health care.

"My passion is to help support our community in improving health and continued wellness throughout a person's lifespan," Dr. Avila says. "I am excited that my new role as medical adviser is in line with and supports our nation's new health care reform law that recognizes the need for improved prevention and early detection screening in a well-coordinated system.

"One key message that I always encourage all my patients to address is basic preventive care—by getting recommended medical screenings at age-appropriate times, for example colon cancer screening starting at age 50 and recommended vaccines. The Wellness Center will continue to provide excellent education and motivational support to help our community achieve optimal health and wellness."



UP IN SMOKE: Former patient Craig Shimomi recently visited wellness educator Allie Yamada, who encouraged him to quit smoking while a patient at Castle. Shimomi reported that not only has he remained smoke-free, he has convinced a friend to quit.



HEALING HANDS: Licensed massage therapist Kelly Rasmussen provides seated massage therapy, one of the Wellness Center's newest services. Call 263-5050 or e-mail cmcwellness@ah.org to make an appointment.

Two scoops of nutrition

LIKE THE FITNESS PROGRAMS, the nutrition classes and counseling services at the Wellness Center are designed to meet the many different needs of Windward community members.

Monthly "Wellness Cuisine Cooking" classes taught by local culinary artists help aspiring home cooks discover healthy, easy ways to prepare nutritious and tasty dishes that the whole family can enjoy.

Appointments can be made with a registered dietitian for those seeking a customized nutrition plan or counseling to address a number of health concerns, including weight loss, cholesterol reduction, diabetes education, women's wellness, the benefits of a vegetarian diet and more.

Castle's comprehensive weight-management program brings together fitness and nutrition professionals to help people make major changes to their lifestyles with several months of nutrition counseling and fitness training.

learn more about
Castle's wellness
programs and community
classes, call 263-5050
visit castlemed.org.

More harmful than you know

Maybe you started smoking as a teenager because that's what all the so-called cool girls did. Or maybe your mom or sister smoked, and you grew up thinking it's no big deal if a woman smokes. Or maybe you turned to cigarettes to help cope with a one-time stressful situation, and you got hooked.

Whatever the reason you started smoking, maybe it's time to finally quit.

A lethal drag

You probably know that smoking can cause lung cancer, which is the leading cancer killer of women, and that the majority of lung cancer deaths are due to smoking.

But you may not know that smoking can also trigger a host of other cancers—such as cancer of the cervix, pancreas, esophagus and stomach—or that it can significantly increase your risk of developing cardiovascular problems, such as heart disease and stroke.

Smoking also shortens women's lives.

On average, women who smoke die 14.5 years earlier than women who don't smoke, reports the Centers for Disease Control and Prevention.

Kicking butts

Giving up smoking is not easy. But the health benefits of quitting are so great that it's worth trying—even if you've tried before and weren't successful.

A number of tools are available to help you quit, including smoking cessation programs, support groups and medicines. You can learn more: Call CMC Wellness & Lifestyle Medicine Center about our tobacco treatment services at 263-5050.



For women **A guide to lifelong wellness**

Pick up the dog from the vet—done. ♦ Prepare client presentation—done. ♦ Sign up kids for soccer camp—done. ♦ Join the gym and lose a few pounds—maybe someday. ♦ Sound familiar? If so, then it's time to move those “someday” tasks—especially the ones that involve your health—to a more prominent spot on your to-do list. After all, you can't continue to take care of everyone else if you don't take care of yourself. No one benefits when you neglect your health. ♦ What follows is a basic guide to women's wellness. You've probably heard most of the information before. But it can't hurt to refresh your memory—and to remind yourself why following these recommendations is a priority.

Stay active. It's hard to overstate the health benefits of regular physical activity. According to the federal Office on Women's Health, exercise can help:

- Lower your risk of problems like heart disease, high blood pressure, cancer and depression.
- Prevent weight gain.
- Strengthen bones and muscles.

Any exercise is better than none at all. But you'll get more out of your movement if you aim for at least 2½ hours of moderate-intensity physical activity each week. Moderate activity causes your heart to beat faster but still allows you to talk easily. Examples include washing windows or waxing the car, walking briskly, or raking leaves.

You can get the same benefits in a shorter amount of time if you step up the intensity level with vigorous exercise—where your heart rate increases significantly and it's difficult to talk because you're breathing hard. Aim for at least 75 minutes of vigorous activity each week. Jogging, swimming laps and participating in an aerobics class are good examples of vigorous exercise.

You should also do muscle-strengthening exercises twice weekly to improve your bone strength. These are activities that use resistance, such as lifting weights, doing push-ups or sit-ups, or doing heavy yard work like shoveling.

Keep in mind that you don't have to get your exercise all at once—a plus for busy schedules. You can break up exercise into 15-minute bouts that you do intermittently throughout the day.

No matter what kind of exercise you choose, don't overexert yourself. Start slowly, warm up and drink plenty of fluids.

Eat right. It's hard sometimes to eat a healthy diet when time is tight and fast food is easy and cheap to buy. But good nutrition can help you and everyone in your family stay at a healthy weight, have more energy and reduce the risk of developing life-threatening diseases, such as heart disease, cancer and stroke.

Try to make sure that your diet includes:

- A variety of fruits and vegetables.
- Plenty of whole grains, such as whole-wheat bread or pasta, oatmeal, and brown rice.
- Fat-free or low-fat versions of milk, cheese, yogurt and other dairy products.
- Low-fat sources of protein, such as fish, skinless poultry, lean red meats, beans and eggs.
- Polyunsaturated and monounsaturated fats (the good types of fat), which are found in nuts and safflower and olive oil.



Try to limit foods with saturated and trans fats, such as butter and commercial baked goods that contain hydrogenated and partially hydrogenated oils. And watch your intake of sodium and sugar, including added sugars, such as corn syrup and fructose.

Be kind to your bones. The right nutrients and adequate exercise may also help lower your risk of osteoporosis, a bone disease that is more common in women than in men.

In particular, be sure that you're getting enough calcium and vitamin D every day.

Is it time to schedule your next mammogram? If so, call us at 263-5400 to be referred to a Castle physician.

Dairy products and spinach are great sources of calcium. But vitamin D can be hard to get through diet alone.

Vitamin D helps your body absorb calcium. Your body produces vitamin D when your skin is exposed to sunlight. You don't need much sun—only 10 to 15 minutes of exposure on unprotected skin two or three times a week is enough to produce a sufficient amount of vitamin D, reports the American Dietetic Association.

Keep in mind, however, that exposing unprotected skin to the sun does increase the risk for skin cancer. So you may try to meet your vitamin D needs with fortified foods or supplements instead. Talk with your doctor about how much vitamin D you need and how to safely get enough.

Watch your weight. Do you know your body mass index (BMI)? If not, you can find it at www.nhlbisupport.com/bmi.

BMI is an estimate of body fat based on your height and weight. A person with a BMI of 18.5 to 24.9 is considered at a normal weight. A person with a BMI of 25 to 29.9 is considered overweight, and a person with a BMI of 30 or higher is considered obese. According to government officials, 2 out of 3 adults in the U.S. are either overweight or obese.

Your BMI may indicate your risk

of developing serious health problems including type 2 diabetes, high blood pressure, osteoarthritis and some types of cancer. All of these diseases are more likely in women whose BMI is above the normal range.

Develop other healthful habits.

Make a point of protecting yourself from accidents, illness and disease with these steps:

- Take commonsense precautions. Regularly wear sunscreen, and always wear your seat belt.
- Reduce stress. Make time for fun and relaxation, and try to get sufficient sleep (at least seven hours a night).
- Get checkups. See your primary care physician, eye doctor and dentist regularly.
- **Talk with your doctor about what vaccines and screenings you need.** Depending on your age and risk factors, they may include:
 - A bone mineral density test. Find screening guidelines at the website of the National Osteoporosis Foundation at www.nof.org. Type "bone mass measurement" in the search box.
 - Cancer screenings—such as mammograms and Pap smears—for breast, cervical, colon or skin cancer. Visit the American Cancer Society's website for a recommended screening schedule at www.cancer.org. Type "guidelines" in the search box.

- Blood pressure and cholesterol tests to get a picture of your heart health. The Agency for Healthcare Research and Quality offers guidelines for these tests at www.ahrq.gov/ppip/healthywom.htm.

- Diabetes screening. The National Institute of Diabetes and Digestive and Kidney Diseases offers guidelines for when you should be tested for diabetes at www.niddk.nih.gov. Type "diabetes diagnosis" in the search box.

Your doctor may also recommend other preventive measures, such as taking certain medications.

For example, if you're at a higher-than-normal risk of developing heart disease or breast cancer, there are medicines that may help reduce your risk.

You'll also want to make sure you're up-to-date on your immunizations, such as a tetanus shot and a yearly flu shot. Other vaccinations you may need include those against pneumonia, shingles and meningitis. Your doctor will help you decide which of these are right for you.

FIND OUT MORE Every woman has unique health needs. Learn more about health topics that interest you at www.womenshealth.gov.

It really is a women's issue

"Until I had a heart attack myself, I thought heart attacks were for old men."

Unfortunately, just like the 50-something woman who said those words, too many women still believe heart disease is a man's problem.

Yet statistics say otherwise: Each year, 1 in 4 American women die from heart disease, making it the No. 1 killer of women in this country.

Make it personal

To help reduce your risk of becoming another female heart disease statistic:

- **Control your blood pressure and blood cholesterol levels. Have your blood pressure checked every one to two years and your cholesterol levels tested at least once every five years. Abnormal cholesterol and blood pressure levels, both of which raise the risk for heart disease, can usually be managed through lifestyle changes and medications.**

- **Get screened for diabetes. If you're 45 or older, consider getting tested. People with diabetes have high blood sugar levels, which can increase the risk of cardiovascular disease. Proper management of blood sugar, however, can help lower that risk.**

- **Maintain a healthy weight. Being overweight is a major risk factor for heart disease. A healthy diet and regular exercise are the best ways to lose extra pounds. Choose foods low in saturated fat and cholesterol, and eat a variety of vegetables, fruits and grains—especially whole grains—daily.**

- **And try to get at least 30 minutes of exercise every day.**

- **If you smoke, try hard to quit. Smoking harms your heart and is particularly dangerous if you also take birth control pills. Ask your health care provider for help in quitting.**

Sources: American Heart Association; U.S. Department of Health and Human Services

TAKE TIME FOR YOUR HEALTH

Castle Medical Center



Make this fall fun and healthy 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."

EVENTS CALENDAR



FAMILY

Call for locations.

Birth Center Tour

Tuesdays, Oct. 12 or 26;
Nov. 9 or 23; Dec. 7 or 21
5 p.m.

Call for a reservation.

Breastfeeding

■ Thursdays, Oct. 14,
Nov. 4 or Dec. 16
■ Tuesday, Nov. 23
6 to 8:30 p.m.

\$25 (or free with a child-birth class)

Taught by a certified lactation consultant.

Childbirth Basics Seminar

Tuesday, Nov. 30
5 to 10 p.m.
\$50 (single)/\$65 (couple);
delivering at Castle: \$45
(single)/\$55 (couple)

COOKING CLASSES

Delicious samples and recipes included! Fee: \$15 per class. Discounts: Students and seniors (65+) with ID: \$10; \$20 per couple. Preregistration and fee required two days before each class.

Scrumptious Squash

Thursday, Oct. 28
6:30 p.m.
Explore the "gourd-geous" and delicious world of squash. High in fiber and vitamins, squash come in a variety of shapes and sizes. Let chef Rebecca Woodland show you creative recipes good for any time of the year.



General Newborn Care

Tuesdays, Oct. 12, Nov. 2
or Dec. 7
6:30 to 9:30 p.m.
\$25 per couple

Infant CPR and Safety

Tuesdays, Oct. 19,
Nov. 16 or Dec. 21
6:30 to 9:30 p.m.
\$15 per person

Does not provide certification.

Lamaze Prepared Childbirth

These six-class series begin:

■ Mondays, Nov. 15 or
Dec. 27

6:30 to 9:30 p.m.

■ Sundays, Oct. 10 or
Nov. 21

10 a.m. to 1 p.m.

■ Sundays, Oct. 31 or
Dec. 12

3 to 6 p.m.

\$75 per couple; delivering
at Castle: \$65 per couple

New Moms Support Group

Tuesdays
11:15 a.m. to 12:15 p.m.
FREE



Eileen Towata

Fall Harvest Bounty

Thursday, Nov. 18
11 a.m.
Enjoy a cornucopia of fruits, vegetables and grains. Wellness educator Eileen Towata will offer ideas for preparing dishes for your vegan friends this holiday season as well as simple ways to expand your culinary repertoire.

Mom and Baby Fitness Class

Tuesdays
12:15 to 1 p.m.
\$10 per class or \$35 for
five-class punch card.

FITNESS

Exercise Classes

Registration required (may include a medical clearance and physical therapy screening).

- Bone Builder
- Core Strength
- Freedom of Movement
- Interval Training
- Longer Life
- Lunch Crunch/Express
- Mom and Baby
- Pilates/Express
- Qigong
- Steady on Your Feet
- Stretch and Balance

Personal Training

Ongoing, by appointment
Assess your current fitness level and design a tailored plan to help you reach your fitness goals, whether you want to improve your health, flexibility, strength and stamina, or just want to lose a few pounds. Group rates are available. Call 263-5050 for more information.

NUTRITION

Diabetes Info Session

Free 30-minute session that provides an overview of Wellness Center resources that may help you manage your diabetes. Call 263-5050 for more information.

Diabetes Interactive Group Education

Morning and evening sessions available
This four-class series is designed to transform the way you learn about diabetes. To register or for class dates, call 263-5050.

Nutrition Counseling

Ongoing, by appointment
To help you get on a healthy diet and nutrition program for optimal health. Focuses include weight loss, diabetes (covered by many HMSA plans and Medicare Part B), heart disease and cholesterol reduction, and wellness specific to women and men. Call 263-5050 for more information.



WEIGHT LOSS

Individualized Weight-Management Program

Ongoing, by appointment
Includes four one-on-one nutrition counseling sessions with a registered dietitian, four one-on-one personal training sessions with a certified exercise specialist, personalized menu planning, fitness classes and body composition analysis. Take advantage of our free 15-minute information consultations with a dietitian and fitness trainer to discuss if this program is right for you. Call 263-5050 for more information.

Take Shape For Life!

Learn about Castle's popular weight-loss product at www.castlewellness.tsfl.com/hp. Call 263-5050 to schedule a consultation and taste testing and to learn about special discounts.

Weight-Loss Surgery Seminar

Wednesdays, Oct. 20,
Nov. 17 or Dec. 15
6:30 p.m.

Learn about Castle's comprehensive surgical weight-loss program from bariatric surgeon Steven Fowler, MD, and other members of the bariatric team, including a dietitian, nurse coordinator, and fitness and wellness specialists. Preregistration required.



SMOKING CESSATION

Individual and Group Stop-Smoking Services

Group class begins Nov. 2
7 to 8:30 p.m.
For more information, including additional group locations and access to free nicotine replacement therapy (NRT) for program participants, call 263-5050. Call 263-5050 for individual appointments. Call 263-5400 to register for the group class.

SCREENINGS

HMSA HealthPass

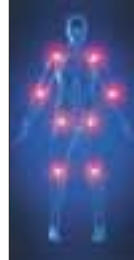
Thursdays, Oct. 7, Nov. 4
or Dec. 2

An in-depth assessment of your current lifestyle and health risks. Body measurements and blood screening included to create a personalized health guide. Free to HMSA members. Call 948-6456 to schedule an appointment.

JOINT CARE

Joint Care Seminars

Day:
Oct. 12 or
Dec. 14
10 to
11 a.m.
Evening:
Nov. 9
6:30 to
7:30 p.m.



Orchid Room

Learn options to reduce hip and knee pain through diet, exercise, medication or joint replacement surgery.

SUPPORT GROUPS

Free and open to the public.

- Bereavement Support Groups
- Cancer Support Group
- Caregivers' Support Group
- Parkinson's Support Group
- Mental Illness Caregivers' Support Group (N.A.M.I.)

FREE WORKSHOPS

Presented by HMSA at the Castle Wellness & Lifestyle Medicine Center. Light refreshments provided.



Season's Eatings

Thursday, Oct. 21, noon
Wellness Auditorium
The holidays are full of temptations. In this free workshop, we discuss strategies to maintain your weight and health while still enjoying yourself. Learn about food safety; calorie awareness; and how eating habits are affected by container size, design and proximity. Light refreshments provided.