

Windward HEALTH

Adventist Health
Castle

Summer 2019



INSIDE THIS ISSUE

Insert: Health is wealth, and a good primary care provider is a treasure

Page 2: Be a community hero! Volunteer for Convoy of Hope O'ahu

Better health together

Lucy Ching, who was diagnosed with lupus at the age of 19, knows the importance of having a good doctor. When she moved to Hawai'i, she wanted to find a primary care physician close to where she lived in Kailua. Her research eventually led her to Maria Wilson, MD, at the Castle Primary Care Clinic in Kailua.

"Dr. Wilson is not only a good doctor, she's a good human being," Ching says. Read about her and Junior Ah You's patient experiences inside.



Community connections



27th annual I Love Kailua Town Party
Adventist Health Castle shared its mission of “Sharing God’s Love by Inspiring Health, Wholeness and Hope” at the I Love Kailua Town Party. The event included glucose and blood pressure screenings as well as information about Castle’s quality awards, Mammography Services, Cardiovascular Services, Joint and Spine Center, and Bariatric Services. Castle’s physicians were at the “Ask A Doctor” table, and Castle’s birth center provided car seat safety information to parents.

A “Mission in the Community” tent invited visitors to share their personal mission activities and their thoughts about the needs of Kailua and the Windward community.

A volunteer extraordinaire

Castle held its annual Volunteer Appreciation Luncheon on April 19 at the Ko’olau Glass Ballroom. Joyce Patrick, pictured here with Castle Governing Board member Michael W. Perry and Hospital President Kathy Raethel, was recognized for her 40 years of volunteer service to Castle.



Patrick graduated from the St. Francis School of Nursing before deciding to become a flight attendant. In her free time, she decided to use her nursing background to volunteer at Castle. For the past 28 years, Patrick has also volunteered with St. Francis Hospice, where she is involved with patient care alongside certified nursing assistants and registered nurses.



AH Castle welcomes new leader

Ryan Ashlock joined Castle in April as the new operations executive. Ashlock comes to Castle from Adventist Health Feather River, where he was the finance executive.

“Ryan is a strong, mission-driven executive leader and will be a positive addition to our team here at AH Castle,” President Kathy Raethel says.

Ashlock received a bachelor of science in accounting from La Sierra University in California and a graduate degree from the University of California, Davis, Graduate School of Management.

VOLUNTEERS NEEDED!



Convoy of Hope O’ahu community event

Adventist Health Castle encourages you to join Convoy of Hope! Castle needs help serving thousands of guests with free resources such as groceries, haircuts, family portraits, job and health services, a kids zone, and more.

Info TO VOLUNTEER, register online at convoy.org/oahu.
For more information, call **380-3356**.

- **Volunteer rally:** 6:30 p.m. Friday, Aug. 30, First Assembly of God, 3400 Moanalua Road, Honolulu.
- **Volunteer check-in:** 7 a.m. Saturday, Aug. 31, Aloha Stadium, 99-500 Salt Lake Blvd., Honolulu.

Achievements and accolades

AH Castle receives four 2019 Healthgrades awards
Healthgrades recently honored Adventist Health Castle with:

Two hospital quality awards

- **America’s Best 250 Hospitals Award™:** Top 5 percent of hospitals in the nation for consistently delivering clinical quality.
- **Outstanding Patient Experience Award™:** Top in the nation for overall patient experience based on nine measures related to doctor and nurse communication, hospital cleanliness and noise levels, and medication and post-discharge care instructions. This is the third consecutive year that AH Castle has received this award.


Two specialty clinical quality awards

- **Critical Care Excellence Award™:** Superior clinical outcomes in treating pulmonary embolism, respiratory system failure, sepsis and diabetes emergencies.
- **America’s 100 Best Hospitals for General Surgery Award™:** Superior clinical outcomes in bowel obstruction treatment, colorectal surgeries, gallbladder removal, esophageal and stomach surgeries, and small intestine surgeries.


Healthgrades is a U.S. company that provides online information about physicians, hospitals and health care providers. It evaluates hospital performance using objective quality measures including clinical outcomes and patient safety, as well as patient experience. Healthgrades has amassed information on over 3 million U.S. health care providers.

AH Castle wins national and international marketing awards

Castle honored for creativity in video production


 **AVA Digital Awards**—an international competition that recognizes excellence by creative professionals responsible for the planning, concept, direction, design and production of digital communication—awarded AH Castle the 2019 Gold Award for Creativity (Video Production) for the video “Data Manifesto.” The competition is held by the Association of Marketing and Communication Professionals. Entries are judged at random and not compared directly to other entries in their categories. Judges base their decisions on learned perceptions of creative excellence.

Castle gets the Gold and Bronze at SIA Awards

 **Service Industry Advertising (SIA) Awards** recognizes the advertising excellence of the service industry. More than 600 advertising agencies and over 825 institutions participated in the 16th annual SIA Awards. A national panel of judges evaluated and rated entries in eight groups and 26 categories. AH Castle won:

- Gold for the Winter 2018 issue of *Windward Health*.
- Bronze for the Spring 2018 issue of *Windward Health*.
- Bronze for “Patient Orientation” (Special Video category).

Castle wins Platinum and Gold Hermes Creative Awards 2019

 **Hermes Creative Awards** is administered and judged by the Association of Marketing and Communication Professionals. The international organization consists of several thousand creative professionals who oversee awards and recognition programs, provide judges, and reward outstanding achievement and service to the profession. Castle won:

- Platinum for “Because of Love” (Electronic Media—Corporate Image).
- Platinum for the Summer 2018 issue of *Windward Health* (Print Media—Magazine).
- Gold for “Data Manifesto” (Electronic Media—Corporate Image).
- Gold for *COPE Scholars at Adventist Health Castle* (Documentary).
- Gold for the Winter 2018 issue of *Windward Health* (Print Media—Newsletter).



Care from good doctors & good people

Running Tita's Grill is a family affair for the Ah Yous. Pictured with his wife, Myra, Junior holds some of the wildly popular bread he bakes. He says they sell about 1,000 loaves every week.



Primary care close to home

By Mele Pochereva



A DOCTOR TO FIT YOUR NEEDS!

Many of our clinicians are accepting new patients, and they usually can accommodate same-day appointments for those requiring urgent care. **Turn the page** to see a list of primary care clinics and providers.

IN SICKNESS OR IN HEALTH, regular visits to a primary care provider (PCP), such as an internist or a family practice doctor, can help you stay healthy as you age. Studies have shown that people with access to a PCP have better health outcomes and often have fewer emergency room and hospital visits, which results in lower health care costs.

These medical professionals are not only trained to diagnose and treat a wide range of health issues, but they also provide preventive services such as immunizations and routine health screenings to detect illnesses and health risks when they are easier to treat. When a medical specialist is needed, your PCP can recommend and coordinate care with other physicians.

Having a PCP is especially valuable for the continuity of care they offer over one's lifetime. As a trusted health care partner who is familiar with your lifestyle, medical history and potential hereditary health risks, your provider can monitor and detect changes in existing health conditions, as well as uncover and treat medical conditions you may not have noticed.

Primary priority at AH Castle

As the Baby Boomer generation ages and more Americans live longer, health care needs have increased and the demand for primary care physicians has soared, leaving a shortage of PCPs in Hawai'i and nationwide.

Since 2015, Adventist Health Castle has established five new primary clinics in Kailua, Kaneohe and Laie, while actively recruiting new providers to better serve the need of our Windward O'ahu community.

"Our network of primary care providers is helping to keep pace with the growing demand for convenient, high-quality health care close to home," notes Derek Dickard, who oversees the day-to-day operations of the clinics as director of the Castle Physician Network. "Many of these doctors are accepting new patients, and they usually can accommodate same-day appointments for those requiring urgent care that is not life-threatening."

When a medical issue requires a specialist, further diagnostic tests or interventions, patients have access to AH Castle's 300-plus medical experts and the newest and most innovative treatments and technology.



A family doctor, family friend for Junior Ah You

For more than two decades, Laie resident Junior Ah You has relied on Marc Shlachter, MD, for his medical care. Other members of the large Ah You 'ohana, including Junior's wife and many of their seven children and 36 grandchildren, also count themselves among the patients of the longtime "Country Doctor" who started his family medicine practice in a Hauula beach house 48 years ago before moving to offices in Laie Shopping Center in 1989.

In 2015, Dr. Shlachter partnered with AH Castle to open Castle Health Clinic of Laie in an expanded space at the shopping center. Since then, the clinic has added more health care professionals and services to better serve the North Shore community.

For Ah You, Dr. Shlachter is more than a family doctor; he also is a family friend. "He's that kind of doctor—one who provides your health care and then some," says Ah You. "He's a wonderful, caring person. That's hard to beat."

Earlier this year, after a lingering cough and other symptoms left him feeling poorly for more than three weeks, Ah You made an appointment with Dr. Shlachter. When an examination of his chest and stomach failed to find an obvious cause for Ah You's symptoms, Dr. Shlachter referred him to Castle for an MRI. The scan detected an aneurysm that, if left untreated, could have been life-threatening. Ah You was sent right into surgery to have the blood vessel repaired.

Reflecting on the fact that his symptoms were unrelated to the aneurysm, Ah You is sure that his ongoing cough and malaise were the Lord's work, creating a reason to visit his doctor. "The Lord was watching over me," he says. Fortunately, so was Dr. Shlachter.

Lucy Ching finds a great health care partner

Diagnosed with lupus at age 19, Lucy Ching has long known the importance of having good doctors—and she has had many over the years. When she moved to Kailua from Los Angeles 10 years ago, she set out to find new doctors, including a new primary care provider. She asked a lot of people for recommendations, hoping to find a female doctor close to home, but many weren't taking new patients.

After further research, Ching found Marie Wilson, MD, an internist at Castle Primary Care clinic in Kailua.

"My first visit was a very good experience," Ching recalls. "She took time to hear about my health issues and took notes about everything."

Three years later, Ching can't say enough good things about her care under Dr. Wilson, whom she sees every six months. "I feel so good when I get back home; she's so amazing that I started recommending her to my husband and friends."

Dr. Wilson also helped Ching find an excellent rheumatologist, and the three work together as a team to manage Ching's health issues.

'We're going to get through it together'

A serious health scare last February reinforced Ching's appreciation for her primary care provider. It was her day off of work, and she was feeling poorly. The day before had been stressful and she was feeling very tired, so she went to bed early. The next morning, she woke up with numbness in her arms and a burning sensation in her chest that was spreading to her neck. Thinking she was having an asthma attack, she called her husband, who came home right away and took her to Castle's Emergency Department. Blood work found the real cause of Ching's symptoms: a heart attack.

She spent the next two days in the hospital. A stress test and other diagnostic procedures showed a 95% blockage in one of her arteries, and she had a stent put in to open the artery.

Ching, age 47, maintains a healthy diet and exercises daily. She never expected to have a heart attack at such a young age, so she had ignored the symptoms. The frightening experience left her depressed.

"When I went to see Dr. Wilson after my surgery, I was in tears," she says. "Dr. Wilson took my hand and said, 'Lucy, this is normal. We're going to get through it together.'"

"Dr. Wilson is not only a good doctor, she is a good human being. Castle should be very proud to have a doctor like her. It's such an honor to have her as my primary care doctor."



Quality care, convenient access

Our providers accept most major insurance plans, including Quest and Medicare.

Castle Health Clinic of Laie

Laie Shopping Center
55-510 Kamehameha Highway, Suite 5
263-5017

Services:

- Primary care for all ages.
- Dental services.
- OB-GYN services.
- Otolaryngology (ENT) services.
- Pediatric services.
- Pregnancy tests, flu and pneumonia shots, flu and strep tests, and blood sugar and A1C checks.
- Women's health services by Pali Women's Health Center.



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



Brijit Reis, MD, specializes in pediatric services.



Marc Shlachter, MD, specializes in family practice.



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



Kara Berlin, FNP, is a nurse practitioner.



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

Castle Primary Care of Kailua

30 Aulike St., Suite 501
263-5015

Services:

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



Howard Keller, MD, specializes in internal medicine.



Angela McCarthy, MD, specializes in internal medicine.



Maria Wilson, MD, specializes in internal medicine.



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

Castle Primary Care of Kailua 2

30 Aulike St., Suite 303
263-5018

Services:

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



Clara Yong, MD, specializes in internal medicine.



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

Castle Primary Care of Kaneohe

Castle Professional Center
46-001 Kamehameha Highway, Suite 303
263-5019

Services:

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



Benjamin Roney, MD, specializes in family practice.



Joseph Tsai, MD, specializes in internal medicine.



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

Castle Primary Care of Kaneohe 2

Castle Professional Center
46-001 Kamehameha Highway, Suite 311
263-5020

Services:

- Primary care for ages 18 and older.



Robin Matsukawa, MD, specializes in internal medicine.



Changhua Wang, MD, specializes in internal medicine.



TAKE TIME FOR YOUR HEALTH

events calendar




Take time for yourself with Adventist Health Castle's health programs. We invite you to register for a health-promoting class or seminar or call for a physician referral. Call **263-5400**, or visit adventisthealthcastle.org and click on "Classes and Events," under "Patient Resources."

Click  sign up online

adventisthealthcastle.org

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

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

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

FAMILY

Take a tour of the birth center or sign up for classes:

- Giving Birth at Castle
- Lamaze
- The Bradley Method
- Infant Safety
- General Newborn Care
- Breastfeeding
- Car Seat Safety
- Healthy Pregnancy

Visit adventisthealthcastle.org or call **263-5400** for dates and registration.

FITNESS

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

Exercise Classes

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

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



Walking Wednesday

Jamba Juice Kailua
7:30 to 8:00 a.m.

Come and join the Wellness team every Wednesday for a walk around the community. No registration required. Dog and baby stroller friendly. Questions? Call **263-5050**.

JOINT & SPINE SEMINARS

- July 18: Hip and Knee Replacements and Revisions; NAVIO robotic-assisted partial and total knee replacement: Linda Rasmussen, MD
- Aug. 15: Neck and Back Pain: William Beringer, DO
- Sept. 5: Shoulder Pain: Surgical and Nonsurgical Options for Care: Brandee Black, MD

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

MASSAGE

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

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

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

SUPPORT GROUPS

Free and open to the public. Call **263-5050** or visit adventisthealthcastle.org for details:

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

DIABETES CARE

AH Castle Wellness Center

Castle Professional Center

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

WEIGHT LOSS

Weight-Loss Surgery Seminars

Sessions are held in the Castle Wellness Center Auditorium unless otherwise noted.

- Wednesday, July 17, 6:30 to 8 p.m.
- Wednesday, Aug. 14, 6:30 to 8 p.m.
- Saturday, Sept. 21, 7 to 8:30 p.m.

Learn about Castle's Comprehensive Metabolic and Bariatric Surgery Program from our bariatric surgeon, Steven Fowler, MD, and other bariatric team members. Registration required. Call **263-5400**.

HEALTHY WEIGHT AND YOUR CHILD

5:15 to 7:30 p.m. Mondays and Wednesdays, Aug. 5 through Dec. 9

Families attend a twice-weekly 25-session program to learn about healthy eating, physical activity, portion control, internal and external triggers, reading food labels, and goal setting and rewards. To qualify, a child must be 7 to 13 years old, carry excess weight (BMI of 95th percentile or more), and attend with a parent or guardian. \$80 per family for 25 sessions. Financial assistance available to those who qualify. Program is provided in partnership with YMCA of Honolulu, Adventist Health Castle and Hawai'i Pacific Health. Call **548-0951** to register with Noel Gibeau, or email ngibeau@ymcahonolulu.org.

EAT WELL FOR LIFE

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

\$12/class per person. Call 263-5050 to register.

AH Castle Wellness & Lifestyle Medicine Center Auditorium

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



July 25
Love and Support Your Liver: Salads Galore
Sheila Wrede, Wellness Becomes You, LLC

Cook and Holistic Health Coach Sheila Wrede believes food is medicine for our bodies and souls. "Health is wealth," she says. Wrede will be demonstrating a fennel, apple, dandelion and arugula salad; a cleansing beet and carrot drink; and a kale cranberry salad.



Aug. 22
Dishes from the Daniel Plan
Dan Swift, Culinary Director

We will explore the ingredients recommended for The Daniel Plan, explore foods that have the power to heal us and sample three dishes that meet the guidelines for this popular eating plan. Recipes will highlight vegetables, low-glycemic fruits, whole grains and more. The presentation will add another perspective to your shopping and food preparation techniques. Swift is the culinary director for the Hiilaniwai Foodservice Innovations Training Program at Windward Community College.

Sept. 26
Fall Freshness

Sheila Wrede, Wellness Becomes You, LLC
Sheila Wrede will help you welcome the fall with her recipe for carrot ginger soup with hints of cinnamon and orange, alongside a roasted veggie dish and a side salad to complete the plate.

TOBACCO TREATMENT

Free counseling by appointment

Thinking about cutting back on tobacco or e-cigarette use? Contact our certified tobacco treatment specialists for one-on-one coaching and expert guidance and to learn about nicotine patches, gums and lozenges—available to eligible participants. Call **263-5050** to schedule an appointment.





Castle Medical Center

640 Ulukahiki St.
Kailua, HI 96734

Now known as:



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

In Sickness & In Health

Second Thursday monthly, 6 to 7 p.m. Adventist Health Castle Wellness & Lifestyle Medicine Center Auditorium. For class registration, call **263-5050**. These free monthly seminars provide expert health and wellness education from leading health care professionals. Healthy refreshments will be served.



July 11 Optimizing Brain Health With Simple Lifestyle Changes

Pat Borman, MD

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



Aug. 8 Learn What to Do About Common Ear, Nose and Throat Problems in Children

Darin Wright, MD

Discussion includes identifying and treating tongue tie, ear infections, sinus infections, and tonsil and adenoid problems. Q&A session will address audience questions about other pediatric ear, nose and throat problems also.

Sept. 12 Breast Health and Early Detection Tracy Buscher, RT(R)(M), and Jessica Mowry, RT(R)(M)(CT)

Early detection is the best prevention. Learn tips for playing an active role in your own health.

Kailua physicians

Family Practice Sarah Canyon, MD 263-3020

328 Uluniu St., Suite 103
All ages accepted



Susan Christensen, MD 263-7383

970 N. Kalaheo Ave., Suite C-306
All ages accepted



Amy Kogut, MD 263-3020

328 Uluniu St., Suite 103
All ages accepted



Le Lee, MD 263-7383

970 N. Kalaheo Ave., Suite C-306
All ages accepted



Kimberly Lund, MD 263-7383

970 N. Kalaheo Ave., Suite C-306
All ages accepted



Internal Medicine Angela McCarthy, MD 263-5015

30 Aulike St., Suite 501
Age 18 and older accepted



Maria Wilson, MD 263-5015

30 Aulike St., Suite 501
Age 18 and older accepted



Pediatrics Amy Harpstrite, MD 263-7340

30 Aulike St., Suite 405
Birth to age 18 accepted



Robin Lynch, MD 263-8822

30 Aulike St., Suite 500
Birth to age 18 accepted



John Nagamine, MD 262-5060

642 Ulukahiki St., Suite 304
Birth to age 18 accepted



Brijit Reis, MD 263-8822

30 Aulike St., Suite 500
Birth to age 18 accepted

Kaneohe physicians



General Practice Scott Miscovich, MD 247-7596

46-001 Kamehameha Highway, Suite 109
Age 7 and older accepted



Internal Medicine Robin Matsukawa, MD 263-5020

46-001 Kamehameha Highway, Suite 311
Age 18 and older accepted



Joseph Tsai, MD 263-5019

46-001 Kamehameha Highway, Suite 102
Age 18 and older accepted



Changhua Wang, MD 263-5019

46-001 Kamehameha Highway, Suite 402
Age 18 and older accepted



Family Medicine Benjamin Roney, MD 247-9779

46-001 Kamehameha Highway, Suite 102
All ages accepted



Pediatrics Robin Lynch, MD 263-8822

46-001 Kamehameha Highway, Suite 311
Birth to age 18 accepted



Brijit Reis, MD 263-8822

46-001 Kamehameha Highway, Suite 311
Birth to age 18 accepted



Kahuku physicians

Internal Medicine Ember Christensen, MD 293-6236

56-117 Pualalea St.
Age 12 and older accepted



Jason Hughes, MD 293-6236

56-117 Pualalea St.
Age 12 and older accepted



Laie providers

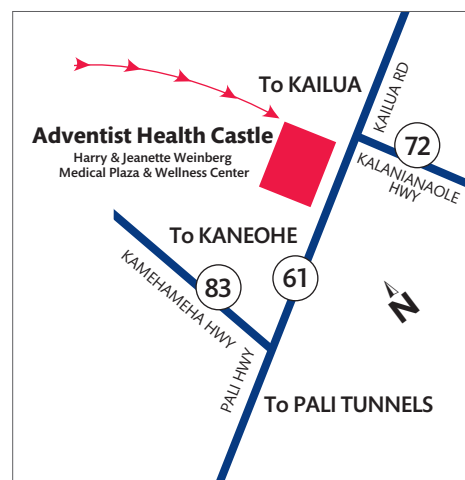
Family Practice Marc Shlachter, MD 293-8558

55-510 Kamehameha Highway
All ages accepted



Ryan Tenn, NP 293-8558

55-510 Kamehameha Highway
All ages accepted



If you wish to be removed from this mailing list and no longer wish to receive *Windward Health*, please write to the Marketing Department at 640 Ulukahiki St., Kailua, HI 96734 or email us at callcenter@ah.org.

WINDWARD HEALTH is published quarterly as a community service for the friends and patrons of ADVENTIST HEALTH CASTLE, 640 Ulukahiki St., Kailua, HI 96734, telephone: 263-5163, website: adventisthealthcastle.org.

Kathryn Raethel
President

Jasmin Rodriguez
Director of Marketing & Communications

Helene Waihee
Editor

Information in WINDWARD HEALTH comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

2019 © Coffey Communications, Inc.
All rights reserved.

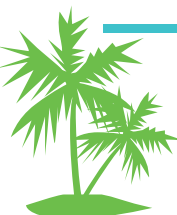
SUMMER 2019



PRINTED IN HAWAII



Find us on Facebook and YouTube:
Adventist Health Castle



How to find us

Call us: 263-5500

Visit us at adventisthealthcastle.org

Email us: Visit adventisthealthcastle.org, and click on "Contact Us." We'd be happy to hear from you!

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

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