

Windward

HEALTH



Fall 2013



A few short months after Maureen Lichter had the revolutionary Makoplasty procedure done on her knee, she's able to resume walking and swimming on Kailua Beach.



Awards confirm great care at Castle

PROFESSIONAL Research Consultants recently awarded Castle Medical Center 13 Excellence in Healthcare Awards.

Castle received four four-star awards for scoring in the top 25 percent nationally on the Associate Engagement Survey for “Excellent” responses in the following categories: ▶ Communication. ▶ Employee Senior Leadership. ▶ Teamwork Between Departments. ▶ Total Compensation Package.

Castle received nine awards for “Excellent” responses on the Physician Satisfaction Survey.

Four four-star awards (top 25 percent nationally) were given in the following categories: ▶ Administration. ▶ As a Place to Practice Medicine. ▶ Surgical Services. ▶ Quality of Care.

Five five-star awards (top 10 percent nationally) were given in the following categories: ▶ Hospitalist Services. ▶ Nursing Care. ▶ Patient Safety. ▶ Medical Records. ▶ Emergency Services.

“It’s great to know that we continue to excel across so many measures,” CEO Kathy Raethel said in announcing the awards to staff. “Congratulations on these exemplary results!”



INSIDE THIS ISSUE

Pages 4 and 5: Find out how Makoplasty has helped make life a beach again for Maureen Lichter (pictured above) and other people with knee pain.

Page 6: Save the date to help us celebrate this year’s Christmas Tree Lighting!

Castle Medical Center

Adventist Health

*Exceptional Medicine
by Exceptional People*

Hawai'i News Now's history-making broadcast

THIS SUMMER, Hawai'i News Now broadcasted live from Castle Medical Center (CMC). It was the first time in Hawai'i history that a TV station set up a live broadcast from a hospital. The Hawai'i News Now team was at CMC to mark the medical center's 50th anniversary.

Shown are (standing, from left) CEO Kathy Raethel and Director of Marketing & Communications Jasmin Rodriguez with (seated, from left) Hawai'i News Now's Howard Dicus, Steve Uehara, Grace Lee and Dan Cooke.



2013 I Love Kailua Town Party

CASTLE MEDICAL CENTER participated in the annual I Love Kailua Town Party in the spring. Castle presented a mini health fair that included free bike helmet fittings and bike helmets for children, sponsored by Kore Liow, MD, and Hawai'i Pacific Neuroscience; free screenings and health and wellness information; and an opportunity to visit with physicians. Mahalo to our volunteers and these physicians who participated:

- ▶ Alan Cheung, MD.
- ▶ Thomas Harding, MD.
- ▶ Kevin Higashigawa, MD.
- ▶ Albert Ing, MD.
- ▶ Jane Hernandez Ing, MD.
- ▶ David Kamiskas, MD.
- ▶ Stuart Lerner, MD.
- ▶ George Nardin, MD.
- ▶ J.D. Panetta, DO.
- ▶ Robert Sloan, MD.
- ▶ Emese Somogyi, MD.
- ▶ Maria Wilson, MD.
- ▶ Clara Yong, MD.

Welcome, John J. Garvie, MD



JOHN J. GARVIE, MD, gastroenterologist, is an attending physician at Castle Medical Center and is seeing patients at the Outpatient Clinic in the Harry & Jeanette Weinberg Medical Plaza & Wellness Center, 642 Ulukahiki St., Kailua.

Dr. Garvie received his medical degree from Rush Medical College in Chicago. He completed an internship and residency in internal medicine at the Jewish Hospital of St. Louis/Washington University School of Medicine in St. Louis, Mo. He

was awarded a fellowship in gastroenterology at the University of California, San Francisco.

Dr. Garvie is certified by the American Board of Internal Medicine, with a subspecialty certificate in gastroenterology.



To schedule an appointment, call **263-5174**, weekdays, 8 a.m. to 4 p.m. Quest patients are welcome.

How well we communicate

CMC Marketing & Communications honored with 25 industry awards

CASTLE MEDICAL CENTER'S Marketing & Communications Department recently won 25 awards recognizing excellence in public relations and communications.



Koa Anvil Awards

Castle garnered 11 awards at the Public Relations Society of America, Hawai'i Chapter's 2013 Koa Anvil Awards Dinner on July 25. The awards recognize the best public relations professionals in the state.

Among the awards were three Koa Hammer Awards (recognizing public relations tactics) for various publications, as well as seven Koa Hammer Certificates for our Pink Glove Dance Video, our website and other categories.

Castle also won a Koa Anvil Certificate (recognizing entire public relations programs) for its In Sickness & In Health seminars.



Ilima Awards

IABC Hawai'i honored Hawai'i's top communications professionals with the 2013 Ilima Awards.

Castle's Marketing & Communications Department won 12 Ilima Awards of Merit in categories such as audio programs, design, advertising and digital communications. Castle also won two Ilima Awards of Excellence in writing for *Castle MD* and the *Annual Giving Report*.

3-D MAMMOGRAMS

A new view for breast cancer

MAMMOGRAMS GIVE women a crucial head start on finding breast cancer early, when a tumor is still too tiny to feel and treatment is often most effective.

Still, although they've saved countless lives, these breast X-rays aren't perfect.

Mammograms miss about 20 percent of all breast cancers, the National Cancer Institute reports. They can also cause false alarms by indicating abnormalities that turn out not to be cancer.

As a result, women may undergo unnecessary—and often anxiety-producing—additional testing, including biopsies.

A new dimension in breast X-rays

A new type of mammogram, however, shows real promise for overcoming these flaws and improving the accuracy of breast cancer screening. It's called three-dimensional, or 3-D, mammography. (Breast tomosynthesis is another name for it.) It can be performed at the same time as a standard 2-D breast X-ray on the same piece of equipment. Here's how it works:

During a 3-D mammogram, a woman's breast is compressed, just as it is for a typical mammogram. An X-ray

machine moves over the breast, taking multiple, slicelike pictures. Special computer software then creates a detailed 3-D image of the breast. (The process is similar to the way a CT scanner produces detailed images of the brain, bones and other body parts.)

Research suggests that the combination of 3-D and 2-D mammography has the potential to:

- ▶ Improve the ability of doctors to accurately diagnose breast cancer.
- ▶ Find tumors that may have remained hidden on a 2-D mammogram alone.
- ▶ Greatly reduce the number of women called back for false alarms.

Get tested

The American Cancer Society urges most women to have yearly mammograms starting at age 40. In addition to offering breast tomosynthesis (3-D mammograms), we also offer the MammoPad, a soft foam pad that helps minimize discomfort in a screening mammogram.



Schedule a softer, more comfortable mammogram by calling **263-5166, opt. 1**, or call **263-5400**

to learn more about breast tomosynthesis.



Mammography Technologist Lisa Oshiro and LPN Malia Kamau'u with the Selenia Digital 3-D mammography scanner



Some of the Castle babies who attended the open house gathered for a commemorative picture.

CMC CELEBRATES

50 YEARS

OF CARING FOR WINDWARD 'OAHU

IN JULY, Castle Medical Center (CMC) celebrated its 50th anniversary with special events for associates and the community.



KAILUA INDEPENDENCE DAY PARADE

People born at the hospital were invited to accompany our float in the parade. Our float took first place!



50TH ANNIVERSARY WORSHIP SERVICE

On July 13, a special worship service was held on the hospital grounds.

Hawai'i Conference of Seventh-day Adventists President Elder Ralph S. Watts III (in the foreground, with his wife, Sharon) presented a special message at the service.



OPEN HOUSE CELEBRATION

On July 14, the hospital held a 50th-anniversary open house that included tours, cooking demonstrations, free health screenings by Castle physicians, ongoing entertainment, refreshments and keiki activities.

Terry George, Harold K.L. Castle Foundation; Kathy Raethel, Castle Medical Center CEO; and Mitch D'Olier, Harold K.L. Castle Foundation.

Makoplasty offers a leg up on knee replacement surgery



BY MELE POCHEREVA

WELL INTO ADULTHOOD, Maureen Lichter kept in shape by walking three miles a day and playing soccer with a Kailua women's team. Those activities came to a halt in 2007 as her chronic knee pain became increasingly worse.

"I had been through knee surgery before, so I wasn't looking forward to more surgery," Lichter explains.

In fact, she delayed doing anything and continued to live with the pain. "My hip and other parts of my body began hurting, too, as compensation for the knee pain," she recalls.

Happy that life's a beach again

Then she met orthopaedic surgeon Linda J. Rasmussen, MD. Dr. Rasmussen was treating Lichter's husband, who has quadriplegia, for a broken leg. As her husband's primary caregiver, it was important that Lichter take care of herself too, Dr. Rasmussen reminded her.

After cortisone shots failed to alleviate the knee pain, an X-ray showed that Lichter was a good candidate for Makoplasty, a new partial knee replacement procedure available at Castle Medical Center. Castle is the first and only hospital in Hawai'i to offer this innovative technology, which is less invasive and less painful and usually results in a quicker recovery time than a total knee replacement.

"Makoplasty is different from any other surgery I've had," Lichter noted after having the surgery earlier this year. "I spent just one night in the hospital and could walk before I left. After a day, I no longer needed crutches, and after two weeks, the only pain left was from the incision."

Since her procedure, Lichter is again able to walk to the beach from her home in Kailua for a morning swim.

Innovation and precision

For people with early or midstage osteoarthritis, like Lichter, Makoplasty is an exciting alternative treatment to traditional total knee

replacement. Titanium implants, sized for each patient, replace just those areas of the knee joint that are affected, enabling the surgeon to preserve the healthy bone and tissue, including the four ligaments that connect the femur (thigh bone) and fibula (calf bone).

A key advantage of Makoplasty over other partial replacement procedures is the precision with which the implants are fitted onto the knee joint. Presurgical CT imaging of the joint provides data to create a computerized, three-dimensional "road map" for the preparation of

the implant area and implant positioning. Then, through a 4- to 6-inch incision, the surgeon guides a highly advanced robotic arm, called Rio, to resurface the bone a little at a time and according to the presurgical plan.

Rio is programmed to follow the plan precisely. It provides the surgeon with visual, auditory and tactile feedback throughout the procedure—even stopping the robotic arm if necessary—so

that adjustments can be made. When the resurfacing is complete, the implant is guided and secured into position, perfectly integrated with the prepared bone.

Getting back to normal

The result is a more natural-feeling joint and better range of motion compared with total knee replacement.

Patients typically spend just one night in the hospital after their surgery, followed by about three weeks of physical therapy, after which they usually have regained a full range of motion.

"Our patients have been able to return to work and other low-impact activities very quickly," Dr. Rasmussen says. "It's pretty impressive."

"Makoplasty is different from any other surgery I've had. I spent just one night in the hospital and could walk before I left."

—Maureen Lichter



For Makoplasty patient Maureen Lichter, life is a beach again!



Karen Saiki

Pain-free and back at work

Karen Saiki and Carol Davis are two Castle patients who are grateful that Makoplasty has enabled them to return to work within weeks of surgery.

“My life revolves around my work,” says Saiki, who, as a hairstylist, is on her feet for much of the day. Increasing pain in her right knee began to limit her activities; she couldn’t go out shopping or to other places. “I felt isolated,” she recalls.

A co-worker gave her a brochure about Castle’s new Makoplasty technology, but never having had surgery before, Saiki needed some time to overcome her apprehension and decide it was time to

treat her pain. Today, she’s happy with her decision and her newfound mobility.

“I’m so grateful to be able to walk again, and I really have to thank Jesus Christ, who gave me the strength through this whole experience,” she says.

Davis is self-employed as a custom seamstress for interior designers. Always active, she loved to dance, cycle and swim until about three years ago, when something in her left knee “snapped” during one of her workouts. When the pain didn’t go away after a few weeks, a doctor prescribed physical therapy. Not only did the pain persist, but her right knee began hurting, too, as it compensated for the injured knee.

Davis was referred to Dr. Rasmussen, who found osteoarthritis to be the cause of the pain.

“She advised me not to rush into surgery because new technology was being developed,” Davis remembers. “At that time, full knee replacement was the only option.”

For two years Davis endured painful cortisone injections without much relief. The pain in her right knee made it difficult to drive or operate her sewing machine, the core of her business. Finally, this past spring, her knee pain was so intense that Davis called Dr. Rasmussen for help, nearly in tears. She was greeted with the good news that Castle now offered Makoplasty.

Within a month, Davis underwent her first Makoplasty surgery, on her right knee. Two months later, she had the procedure on her other knee. After just three weeks, she was able to drive and operate her sewing machine again, and she looks forward to the day when she can sit on the floor and play with her dog or sit in her garden and dig weeds—activities that used to be too painful for her.



Carol Davis



KNEE-DEEP IN PAIN?

Call **263-5400** to attend a free seminar and learn more about Makoplasty and other treatment options for knee and hip pain.

Meet our orthopaedic surgeons

All of our five orthopaedic surgeons can be reached at **261-4658** (Kailua) or **235-6474** (Kaneohe).



Kevin H. Higashigawa, MD,

received his medical degree and completed his residency at the John A. Burns School of Medicine, University of Hawai‘i, Mānoa. He is board-qualified by the American Board of Or-

thopedic Surgery and is a member of Castle Health Group.



Robert J. Medoff, MD,

received his medical degree from the University of Pennsylvania School of Medicine. He completed his residency at the University of Tennessee–Campbell Clinic, Memphis. He is certified by the American Board

of Orthopedic Surgery and is a member of Castle Health Group.



Minh D. Nguyen, MD,

received his medical degree from and completed his residency at Ohio State University. He is board-qualified by the American Board of Orthopedic Surgery and is a member of Castle Health Group.



Linda J. Rasmussen, MD,

received her medical degree from the University of Washington School of Medicine. She completed her residency at San Francisco Orthopedic Residency Training Program. She is certified by the American Board

of Orthopedic Surgery and is a member of Castle Health Group.



Stuart K. Wakatsuki, MD,

received his medical degree from and completed his residency at the St. Louis University School of Medicine. He is certified by the American Board of Orthopedic Surgery and is a member of Castle Health Group.



For updates, visit castlemed.org or call 263-5400.

Nathan Aweau, winner of multiple Hōkū awards, at 7:30 p.m.

► Free popcorn, Christmas cookies and beverages.

Arrive at Castle early with your picnic supper and grab a prime spot on the lawn with your family. No time to cook? No problem! Light meal options will be available for purchase at The Bistro tent.

32ND CEREMONY SCHEDULED FOR WEDNESDAY, DEC. 4

CASTLE MEDICAL CENTER'S

32nd annual Community Christmas Tree Lighting Ceremony will take place on Wednesday, Dec. 4. This event—a beloved family tradition for Windward 'Oahu—promises to be even more special this year as the medical center celebrates its 50th anniversary!

Plans include colorful decorations, bright lights, holiday concerts and trolley rides that make this a must-attend event for 'Oahu residents.

Event highlights

You'll enjoy:

- A pre-ceremony Christmas concert at 6:15 p.m. by the Marine Forces Pacific Band.
- The formal ceremony at 7 p.m., which includes special music, the lighting of the tree and the arrival of Santa.
- Castle's 60-foot Christmas tree, festooned with thousands of lights, specially lit in commemoration of the hospital's 50th anniversary.

► Lit trees and holiday decorations throughout the medical center campus.

► Trolley rides into Kailua to see the Christmas lights, compliments of Kaneohe Ranch and the Castle Foundation.

► Photo opportunities with Santa Claus and Mrs. Claus and Nana Bear.

► Activities for the children at the Wellness on Wheels van.

► A special holiday concert by

Parking and shuttle advisory

► Event parking has been reserved at Kailua High School with shuttle buses running regularly from 5 p.m.

► Trolleys will run between the hospital and the Kailua Town Center (in front of Macy's) beginning at 5 p.m.

► No parking will be available on Manu Aloha Street (adjacent to Castle's emergency room).

This event is made possible by generous sponsorships from Kaneohe Ranch, the Harold K.L. Castle Foundation and other community partners.

ON STAGE



Dawn O'Brien

Celebrity master of ceremonies Dawn O'Brien is a media personality on the radio, TV and web and in print. She hosts *The Dawn of a New Day* morning show on The FISH 95.5 FM, live every weekday.

O'Brien is a freelance writer and editor and an accomplished motivational speaker. She holds a master's degree in speech and taught at the University of Hawai'i, Mānoa, before accepting a position at New Hope 'Oahu, assisting Pastor Wayne Cordiero with written resources and co-hosting the TV talk show *Connecting Point*. O'Brien has devoted herself full-time to radio since 2007.

IN CONCERT



Nathan Aweau

Nathan Aweau was born into a musical family that fostered his obvious talent. As a child he learned the piano, guitar and ukulele; was proficient at the saxophone; and had a natural ability to sing. In college he developed a passion for the electric bass.

In his early professional career, Aweau accompanied performers such as Gabe Baltazar, Henry Kaponu, Loyal Garner and Nohelani Cypriano. He was a member of the Hōkū award-winning groups Ka'eo, The Ali'i's and Hapa. For

16 years he worked with the legendary Don Ho.

Aweau's first CD, *E Apo Mai*, received Hōkū awards for Song of the Year and Contemporary Hawaiian Album of the Year. Following that, he released a CD, called *Bass Etude*, which focused on the electric bass and won the Hōkū award for Jazz Album of the Year. He is the only male artist to be honored with the Hōkū award for Male Vocalist of the Year three times. He also has worked on several Grammy Award-nominated CDs.



TAKE TIME FOR YOUR HEALTH

events calendar

sign up
online
castlemed.org

Take time for yourself with Castle Medical Center's health programs. We invite you to register for a health-promoting class or seminar or call for a physician referral. Call **263-5400**, or visit our website at castlemed.org and click on "Classes."

Castle Medical Center

Adventist
Health

ASTHMA EDUCATION

New
Class

Expert Asthma Patient Educator Training

Monday and Thursday,
Oct. 7 and 10, 7:30 to 9:30 p.m.,

Pikake Room

If you have reasonable control of your asthma and have a desire to help educate family, friends or your community, you can become a certified expert asthma patient educator by the end of this two-session class and help others understand asthma and the medications and treatments involved. Call **263-5158** to register.

DIABETES

Diabetes Education

Morning and evening groups available

A diabetes educator leads a four-session class to help manage diabetes, addressing nutrition, physical activity, monitoring blood glucose, preventing complications, medications and lifestyle changes. Quarterly grocery shopping tour and diabetes cooking class offered for all participants. Most health insurance covers fee.

EAT WELL FOR LIFE CLASSES

Eileen Towata gives practical food choice tips and simple recipes. Includes samples and written recipes. This is a food demonstration class. Registration is required. \$10 fee is due two days prior to class.



Pasta Power

Thursday, Oct. 24, 6 to 7 p.m.

Get ideas for pasta sauces and dressings. In addition to whole-wheat pasta, enjoy sampling gluten-free options.

Bread From the Heart and Hands

Thursday, Nov. 21, 6 to 7 p.m.

Learn how to make yeast bread the old-fashioned way (no bread machine). Quick bread will be on the menu, too, just in time for holiday feasting!

FAMILY

Giving Birth: The Castle Experience

Four sessions:

Thursdays, Oct. 3 to 24, Nov. 7 to 28 or
Dec. 5 to 26, 6 to 8 p.m.

'Ohana Room

Taught by a knowledgeable labor and delivery nurse. Suggested for couples in their third trimester that plan to give birth at Castle. Fee: \$45 per individual, \$80 per couple.

The Bradley Method®

Mondays, Oct. 28 to Jan. 20, 2014,
6:30 to 8:30 p.m.

A comprehensive 12-week course of education in pregnancy, labor and natural childbirth. Fee: \$300 for two people.

Breastfeeding

Wednesdays, Oct. 2 or 16, Nov. 6 or 20, or
Dec. 4 or 18, 6 to 8:30 p.m.

Taught by a certified lactation consultant. Fee: \$25 (free with a childbirth class).

Birth Center Tour

Sundays, Mondays or Thursdays, 5 p.m.

Call for a reservation.

Car Seat Safety Check (by appointment only)

First and third Thursdays, 3 to 5:30 p.m.

To schedule a time, call **263-5270**.

General Newborn Care

Tuesdays, Oct. 8 or 22, Nov. 5 or 19, or
Dec. 3, or Monday, Dec. 23, 5:30 to 8:30 p.m.

Fee: \$30 per couple.

Healthy Pregnancy Class

Wednesdays, Oct. 23 or Nov. 27, 6 to 7 p.m.

Free class for couples to prepare for a healthy pregnancy. No registration required.

Infant Safety

Tuesdays, Oct. 8, Nov. 12 or Dec. 10,
5:30 to 8:30 p.m.

Fee: \$15 per couple.



FITNESS

Exercise Classes

Registration and fitness assessment are required (may include medical clearance).

- ▶ Bone Builder. ▶ Core Strength. ▶ Exercise for Life. ▶ Interval Training. ▶ Longer Life. ▶ Lunch Crunch/Roller. ▶ Pilates. ▶ Qigong. ▶ Steady on Your Feet.

Fitness Training

Ongoing, by appointment

Our certified fitness trainer will assess your current fitness level and design an individualized program to help you reach your fitness goals.

Fitness Yoga

Tuesday and Thursday,
8 to 8:45 a.m.

Come join us as we focus on building strength and balance for the mind and body. Level of difficulty: beginner to intermediate. Bring a mat or towel.

JOINT CARE

Joint Care Seminars

Thursdays, Oct. 3, Nov. 7 or Dec. 5,
6 to 7 p.m.

Wellness Center

Orthopaedic surgeon Linda J. Rasmussen, MD, discusses treatments to manage joint pain, including total knee and total hip replacements and Makoplasty, a partial knee resurfacing option, for those with mild to moderate osteoarthritis, that allows the knee to move more freely and without pain.

MASSAGE

Weekdays

Provided by licensed massage therapists. Call for more information or for an appointment.

NUTRITION

Nutrition Counseling With a Registered Dietitian

Ongoing, by appointment

Guidance to help you eat well for optimal health. May address obesity, high blood pressure, cholesterol and chronic kidney disease.

SUPPORT GROUPS

Free and open to the public. Call **263-5400** or visit castlemed.org for details.

- ▶ Alzheimer's Caregivers. ▶ Bereavement. ▶ Caregivers. ▶ Parkinson's Disease.

TOBACCO TREATMENT

One-On-One Coaching

Expert guidance for stopping smoking. Free nicotine patches, gum and lozenges.

Live Well...Tobacco-Free Group

Tuesdays, 2 to 3 p.m.

Free "talk story" group is open to ex-smokers, those thinking about quitting, and supportive family and friends.

WEIGHT MANAGEMENT

Take Shape for Life

Program uses Medifast products

Call for consultation and taste-testing.

Weight-Loss Surgery Seminar

Saturday, Oct. 12, 7 to 8:30 p.m.

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

Wellness Center Auditorium

Learn about Castle's comprehensive surgical weight-loss program from bariatric surgeon Steven Fowler, MD, and other members of the team. Registration is required; call **263-5400**.

How to find us

CALL US:

808-263-5500

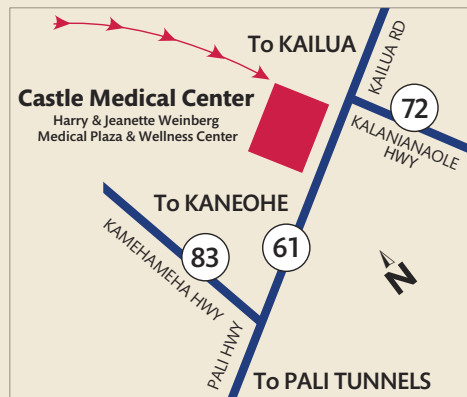
EMAIL US:

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


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

WRITE OR VISIT US:

Castle Medical Center,
640 Ulukahiki St., Kailua, HI 96734-4498



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.

 Visit us at
castlemed.org.

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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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FALL
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Castle Medical Center



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Seminars

6 to 7:30 p.m.
Castle Wellness & Lifestyle Medicine Center Auditorium

These **free** monthly seminars provide expert health and wellness education from leading health care professionals. Healthy refreshments will be served.

Registration is required. Call **263-5400** or visit castlemed.org.



Minh Nguyen, MD

Carpal Tunnel, Jersey Finger, Shark Bites and Other Injuries You Shouldn't Ignore

Thursday, Oct. 10

▶ Minh Nguyen, MD, orthopaedic surgery
▶ Wiley Brunel, MD, general surgery
Take a brief graphic tour of common and some not-so-common injuries that are treated by a hand and upper-extremity surgeon.



Wiley Brunel, MD

Get Your Feet Feeling Good!

Thursday, Nov. 14

▶ Sandra Au, DPM, podiatry
Discover great solutions for common foot conditions.



Sandra Au, DPM

Coping With the Holiday Blues

Thursday, Dec. 12

▶ Denis Mee-Lee, MD, psychiatry

For some of us, the Christmas season is anything but joyful. Memories and loneliness can be painful. Learn what you can do to cope with depression and truly have a merry Christmas and a happy new year.



Denis Mee-Lee, MD

NEW at the Wellness & Lifestyle Medicine Center

Sport Excellence and Performance (SEP) package

Prepares athletes of all ages physically and mentally for competition and performance. Individual and team sessions provide the competitive edge you need through:

- ▶ Personalized nutrition and hydration strategies before, during and after competition.
- ▶ Advice on dietary supplements, meal and fluid replacements, and sports bars and gels.
- ▶ New evidence-based training such as high-intensity interval training to improve sport-specific performance.
- ▶ Advice on mental preparation, success, and lowering anxiety during practice and competitions.
- ▶ Help building cohesive and positive team dynamics, leadership, and coaching behaviors.

SEP team (from left): Erica Woekel, PhD; Amanda O'Neill, RD, CSSD; and Cindy Carvalho, BS, ACE-certified personal trainer.

Individualized Weight-Management Program

This program is designed to provide practical strategies to improve your health and well-being through a lifestyle of healthy eating and exercise. Sessions include:

- ▶ Tailored, one-on-one coaching and support from a multidisciplinary team of experts in nutrition, fitness and motivation.
- ▶ Body fat and other biometrics analysis with state-of-the-art DEXA and Tanita equipment.
- ▶ Up to six months of coaching with wellness experts.
- ▶ Email and follow-up support.



For more information about these programs, call Erica Woekel at **263-5051**.

