

## New Program Offers Chronic Pain Relief



Above: Jeff Loh, MD, and Kyle Mitsunaga, MD, of the Queen's Pain and Spine Program.

IF CHRONIC PAIN is a part of your daily life, then help is available at the new Queen's Pain and Spine Program. Put more simply, if you have any kind of persistent pain, call the Queen's Pain and Spine Program. "Whether it's managing medications or referrals to other physicians or surgery, we just want to improve

the quality of your day to day life," says Jeff Loh, MD, Medical Director of the Pain Management Program.

Different from Pain & Palliative Care, which cares for inpatients, the Pain and Spine Program is for outpatients, and represents a largely missing component in Hawai'i's health care system. "We've

had good access to medical care, but there hasn't been much available for the treatment of pain," says Dr. Loh.

Most people think of the neck and back when it comes to chronic pain, such as from a pinched nerve. Dr. Loh confirms it's true that most problems are related to the neck and back, but many other conditions can cause chronic pain too. Some people have rheumatoid arthritis in certain joints, or have general joint pain. Others suffer from pain caused by cancer. Surgery can also cause residual chronic pain from an irritated structure or scar tissue pushing on a nerve.

Medical care is increasingly moving not only toward treating specific problems, but also helping to coordinate care for patients from multiple specialists. Queen's Pain and Spine Program exemplifies this. With the understanding that acute and chronic pain greatly affects quality of life, the Program's multidisciplinary team of highly trained and skilled specialists use the latest approaches to diagnose, treat, and rehabilitate patients to help them return to normal activities. Queen's multidisciplinary approach includes the entire scope of pain management, from managing medications to behavioral and rehabilitation services, and surgery, if needed.

"Queen's Pain and Spine Program offers comprehensive, individualized treatment plans for managing pain," says Kyle Mitsunaga, MD, Medical Director of the Spine Surgery Program. He noted that the Program brings together the expertise of board-certified, fellowship-trained anesthesiologists, pain management specialists, spine surgeons, physiatrists, rheumatologists, neurologists, psychologists, acupuncturists, physical therapists,

(Continued on page 4.)

# A Quitter of the Best Kind at NHCH

CAREN JAVILLONAR, Medical Assistant at North Hawai'i Community Hospital's Waimea Women's Center is a quitter. A beautiful, healthy quitter. More than six months ago, Caren quit smoking cigarettes. In support of February as American Heart Month, NHCH celebrates Caren for being a quitter! Caren tells the story in her own words:

For more than a year, Andrea Hess, Employee Health nurse, nagged me to stop smoking every time that she saw me. She would say, "Have you quit smoking yet?" or "You can't quit, can you?" Her constant, nagging (but loving) comments began to become a motivating factor—I wanted to prove her wrong!

Last May, I got a really bad cold and continued to smoke through it. I coughed all night, couldn't sleep, and was put on antibiotics. The cold lasted more than 5 weeks and was particularly nasty.



Caren Javillonar and Andrea Hess of NHCH.

Just 3 weeks later in July, I got sick again. I decided I wasn't going to go through sleepless nights, coughing fits

with a burning chest, and more weeks of antibiotics. So, on July 23, 2014, I quit smoking. I couldn't wait to tell Andrea "Ha—I did it." But she was on extended leave. Then, one day she popped her head in my office. I proudly smiled and said, "Guess what? I quit." No more nagging!

I honestly never thought I would quit smoking. I'm so happy that I did. I notice a significant difference in my breathing, and I feel A LOT better. My car, clothing and hair don't stink of smoke any more. My kids and hus-

band are also happy that I quit, and I haven't gotten sick once! Thank you Andrea. Now go nag somebody else (with love).

YOU ARE CORDIALLY INVITED TO ATTEND THE

## 2014 Employee of the Year Tea

Friday, March 6, 2015 • 2:30 – 3:30 pm • Mabel Smyth Auditorium

					
<b>Jamie Akiona</b> Staff RN QET 5 Neuro	<b>Juliet Beniga</b> Staff RN Tower 4 Neuro ICU	<b>Eugene Blancaflor</b> Nursing Assistant Kinau 3 Surgery Center	<b>Sharon Wong</b> Staff RN IV Therapy	<b>Suzanne Beauvallet</b> Clinical Database Coordinator Cardiac/Geriatrics/Med Admin	<b>Susan Block</b> Administrative Secretary Imaging Service Admin
					
<b>Leticia Bareng</b> Staff RN Kinau 3 Surgery Center	<b>Mona Baggett</b> Staff RN Pauahi 4 Med	<b>Kenneth Lo</b> Clinical Pharmacist Pharmacy	<b>Brandon Fillazar</b> OR Assistant Operating Room	<b>Jacqueline Ramos</b> Nursing Assistant Kamehameha 4 Short Stay	<b>Frances Rothwell</b> Mammography Tech Women's Health Center Mammography

*This special event will recognize the 2014 Employees of the Month and announce the 2014 Employee of the Year. We look forward to having you join us at this special event.*



**THE QUEEN'S  
MEDICAL CENTER**

# A Great Run, With Lots of Aloha

By Lisa Sekiya

Queen's employees and their family and friends showed up almost 400 strong to take part in the Great Aloha Run on Presidents' Day! Queen's is a proud legacy sponsor of the 2015 Great Aloha Run, and every year provides employees and their families specially designed, free Queen's Team T-shirts as a bonus for participating.

This year, there were a total of 23,053 runners. The 8.15-mile race began at Aloha Tower and ended at Aloha Stadium, where the Queen's Team got to be a part of the Presidents' 100 Club post-race party after crossing the finish line. Here are the pictures from the event that has raised more than \$10.6 million for local charities and the military since 1985!



Volunteers Doris Hurley (mom of Boyd Hurley of Security & Safety Services), Dane Furutani and Judy Nagase helped distribute five boxes of Queen's Team T-shirts at Harkness Kiosk the week before the race. Judy beautifully folded more than a third of the shirts in record time!



Lourdes Tupper, who works on Pauahi 4, and her children, David Paul, Dylan (in glasses) and Leia, all did the run. Leia models the 2015 Queen's Team T-shirt. Isn't she adorable!



From L - R: Shari Moses, RN, at Kamehameha 3 Makai; Casey Shoda, clinical operations manager at the QMC - West O'ahu Physicians' Center; and their friend Clarissa Calibuso had fun at the Run together.



Selfie time! From L - R: Jean Look and Queen's employee Rhea Yamashiro pause for a pic.



Nathalie Arios, who works in Respiratory Services at QMC - West O'ahu, wore her Fitbit on race day and logged 24,805 steps or 10.52 miles, which included walking to the car, the shuttle, and start line! From left to right, her daughters Nicole and Sarah, Nathalie, pup Daisy and husband Elden.



Case manager Donalyn Baldeviso, RN, enjoyed the event with her husband Dean, a firefighter with the Honolulu Fire Department, and their two sons - Dylan and Devyn.



Shannon Vrechek, a CARE•Link clinical trainer, went with her husband Jeff and son Matthew, who was participating in his first Great Aloha Run. Matthew was so proud that he finished the race and wants the family to do it every year because they had so much fun!

## MGH 'Ohana Celebrate King's Birthday



There's nothing quite like celebrating any event on Moloka'i, where the 'ohana always show why their nickname is the Friendly Isle.



"HEART VALVE DISEASE: New Ways to Mend the Heart," a free Speaking of Health lecture, will be held on Wednesday, February 25, from 5:30 – 7:00 pm at the Queen's Conference Center. People with heart valve disease experience shortness of breath, fatigue, lightheadedness, and chest pain, with an increased risk of irregular heartbeat, stroke, and heart failure. Over the past 10 years, FDA-approved, minimally invasive surgery options have reduced risk, shortened recovery times, and changed lives for the better. Learn more about the catheter-based valve repair and replacement procedures that have helped people—including 80- and 90-year-olds—breathe easier and live life to the fullest. Join Christian Spies, MD, Interventional Cardiologist and Director of Structural Heart Interventions at Queen's, and hear from the patients themselves who will share their experiences. Register online at [www.speakingofhealth-heart.eventbrite.com](http://www.speakingofhealth-heart.eventbrite.com), or call the Queen's Referral Line at 691-7117.

ROSS OSHIRO, MS, ATC, CSCS, coordinator of the Queen's Center for Sports Medicine, has been awarded an National Athletic Trainers Association (NATA) Athletic Trainer Service Award. Ross served as the Hawai'i Athletic Trainers Association (HATA) secondary school chairman and established a mentoring program for young athletic trainers during that time. He is co-director of the Hawai'i Concussion Awareness and Management Program, which provides concussion education to youth and high school students, parents, coaches, and school administrators. He is also on the HATA legislative committee which successfully pushed through the 2012 Hawai'i concussion law and registration for athletic trainers.

JOIN THE FIGHT TO CURE DIABETES by joining the Queen's 'ohana at the American Diabetes Association's 2015 Step Out Walk. This year, Queen's will host one big team and all are encouraged to invite their friends and families as well. Regis-

## Pain & Spine Program

(Continued from page 1.) and case managers to provide comprehensive care in one place. When should you go in? "If it bothers you on a daily basis and you can't ignore it," answers Dr. Loh. "If it's affecting what you do, you should come in and seek help to make your life better."

Whatever the case may be, each patient undergoes a thorough examination to provide them with a personalized treatment plan to manage pain and improve their quality of life. A full range of leading-edge, non-surgical and surgical treatment options are offered. Non-surgical therapies include medications, physical therapy, behavioral therapy, and acupuncture. Pain and Spine Program specialists can also offer patients more complex treatments, including epidural steroid and other injections, nerve ablations, minimally

ter this week on Monday or Wednesday, February 23 or 25, or on Friday, March 6, or Tuesday, March 10, from 11:00 am – 1:00 pm at the Harkness kiosk. The event will be held on Saturday, March 21 at Kapi'olani Park. You can also register or donate online at <http://main.diabetes.org/goto/QueensTeam>. Call Alana Buskerus of the Queen's Diabetes Education Center at 691-7050 for more information.

MATTHEW KOENIG, MD, has been named program director of QHS Telehealth/Telemedicine. He will oversee further development of telemedicine services throughout the QHS and coordinate all clinical aspects of programs that improve patient access to care using information technologies. This includes remote access to subspecialty services for neighbor island patients, as well as infrastructure development, technological training, and support for providers. Dr. Koenig is Associate Medical Director of QMC Neurocritical Care, Clinical Director of the Hawaiian Islands Regional Stroke Network, and Assistant Professor of Medicine at the John A. Burns School of Medicine.

THE WOMEN'S HEALTH CENTER at the Queen's campus in Honolulu is offering a sweetheart special for the month of February. Book a facial or massage for February and you will receive 15% off of

invasive spinal surgery, spinal fusion surgery, and other types of treatments. The referring physician will be advised of their patient's progress and treatment plan. After completion of treatment, the patient will be returned to their referring physician for continuation of their care.

One interesting aspect is how behavioral health can help with pain. Dr. Loh explains that the way a person perceives pain will affect how they deal with it. Psychologists can help patients deal with pain through cognitive behavioral therapy, as well as help to train their brain to calm itself down with biofeedback.

"We're looking to improve pain treatment in Hawai'i," says Dr. Loh. "I want to sit down and talk with patients and relate to them. That will lead to the best outcomes." Queen's Pain and Spine Program is located in the Physicians Office Building III, suite 509. To schedule an appointment or for more information, please call 691-8885.

your next visit. Call 691-7734 to schedule an appointment or for more information.



**QUEEN'S**  
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WEEKLY

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