Life in These Parts
Honolulu Magazine reports that Honolulu already has: 4 medical centers that do open heart surgery; 5 that do invasive catheter procedures; 6 that do catheter diagnoses; and 1 that does heart transplants.

By January 1997: Kaiser will be doing open heart surgery at Moanalua; Straub will have its new Cardiac Prevention Center; Castle will open its first cardiac cath lab and St. Francis will have its second cath lab.

Queens does 800 open heart surgeries and 2,000 cardiac caths a year; Kuakini does 300 heart surgeries; Straub does 250; Kaiser 235 and St. Francis 220 (not including 25 heart transplants since 1987).

Increasing aged, blind and disabled clients pushed Medicaid costs $62.4 million over the amount budgeted for this year. Emergency funding will be requested from the Legislature to cover costs through June. The state Dept. of Human Services will boost its next two year budget requests by more than $131 million just to meet the rising Medicaid costs.

Elected, Honored & Appointed
The late Jeffrey Nakamura, oncologist and leading researcher in the HTLV-I virus (which may be responsible for Adult T-Cell Leukemia/lymphoma) was honored in a dedication and blessing of the KMC Makai 5 oncology wing. Jeff died at age 42 on January 3 1991 of a ruptured cerebral aneurysm.

Kuakini Medical Center's medical staff elected Edward Quinlan as its Physician of the Year. Ed, director of radiation therapy, retired recently after 25 years. We'll all miss his friendly smile and twinkling eyes.

At the March of Dimes Governor's Ball and Community Service Awards Ceremony, held at the Hilton Hawaiian Village in October, two physicians, Oahu's Calvin Slia and Kauai's Suzanne Nelson were awarded the Jonas Salk Memorial Award for Maternal and Child Health.

Ryouz Yanagimachi, UH Medical School professor was awarded the Japan Academy of Science's International Prize for Biology for his research on in-vitro fertilization (A prize of 10 million yen, about $112,000 comes with the award).

Sportsmen
Rub of the Green (Mid Pac CC newsletter for November): 95 year old Dr Takakid Shoots His Age writes Mike Okhiro: "I never heard of any 95-year-old golfer shooting his age, but this is exactly what Herb Takaki did on Thursday, Sept 19. He turned the front nine with a 31 (which is not unusual for him). On the back nine he suddenly began to chip and putt as though he had two eyes (Herb is blind in one eye). His ball reacted as though it also had eyes. He parred two holes, suffered only a single buzzard and shot a 44."

Mike also writes: "Herb retired ten years ago only because his nurse retired. In his youth Herb was into martial arts, kendo and judo, in a big way. While attending the University of Chicago, he was a Big Ten wrestling champ in his weight division for three years. Despite his ninety five years, he shows no trace of senility. He may forget a bet he has lost, but never forgets to collect one he has won. He smokes a couple of packs of cigarettes a day, but his immune system seems to have totally rejected all carcinogens. He has bacon and eggs for breakfast, eats four meals a day including daily portions of rich vanilla ice cream for dessert and shows nary a sign of athero-sclerotic heart disease."

On a cool, windy November Sunday afternoon at Beretania, we watched the smooth power strokes of a young tennis player. Tennis buff Virgil Jobe told us that his son Ikaika is ranked first among 14-year-olds.

Physician Moves
Pediatric and adult neurosurgeon Michon Morita opened his practice at Kapiolani Medical Center, 1319 Punahou, POB Ste 999.

Surgical Consultants of Hawaii, Robert Oishi and Nancy Furumoto announced the association of Junji Machi, MD, PhD and Andrew J. Oishi at Kuakini Medical Plaza, 321 N. Kuakini Street, Ste 305. The Colorectal Associates (C.S. Sakai, R.J. Wong and G.B Lischina) at 1380 Lusitana Street, Ste 614, lost Richard Omura when he retired as of June 30.

General surgeon Clifford Chang also announced his retirement after 32 years of practice. He thanks his patients, colleagues and friends for their friendship and support throughout the years. Patient records have been transferred to P.S. Chan in the Interstate Building, Rm 707. Central Medical Clinic's pediatrician and pediatric hematologist- oncologist Arthur Osako retired. His practice will be assumed by his associates Elliot Tomomitsu and Derrick Kida.

General surgeon Brandt Lapschies opened his practice at Kapiolani Medical Center at Pali Momi Medical Office Bldg., Suite 250.

Richard Friedman, board certified in internal medicine and geriatric medicine is the new medical director at Waianae Coast Comprehensive Health Center. Richard was professor of medicine at the University of Wisconsin for 25 years.

General surgeon Roy Tanoue retired as of Oct. 31. "To my patients for their trust and faith, to my peers and friends for their encouragement and help, a very sincere Thank you."

Orthoped Donald Maruyama announced that he will continue to practice orthopedic medicine with emphasis on worker's compensation, no-fault, sports and personal injuries at 321 N. Kuakini, Ste. 309.

Quotable Quotes
Surgeon Bob Oishi: "Simple—sounds simple, but it isn't all that simple." During an Oncology conference at KMC, moderator Ken Sumida asked Bob to comment on what constituted a simple mastectomy. A 44-year-old P2G2 Asian woman who faithfully had annual mammograms found a lump under her right nipple. She had a simple mastectomy. During the prosthetic repair, the surgeon removed a metastatic nodule from the flap. The problem was what to do next? "Toward More Picturesque Speech...Pretty Women "Her beauty caused a crisis in my vocabulary" Mary Lou Finley "When she had passed, it seemed like the ceasing of exquisite music." Henry Wadsworth Longfellow "She had a smile I would accept as my last view of earth." Wallace Stegner, Reader's Digest, Nov '96

Putting Them in Their Place
He put the "rat" in "ungratitude"
She puts the "ache" in "forsaken"
She puts the "mess" in "obnoxious"
He puts the "rat" in "ungratitude"
She puts the "tank" in "cantankerous"
He puts the "ox" in "obnoxious"
Kate Stronk

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Medical Tidbits
(from Chet Nierenburg’s column Mr Fitness)

Antioxidants usually include: Vitamin C, A, and E; Selenium; cysteine; ascorbyl palmitate. “Superoxide” (SOD) is an antioxidant. Some authorities feel antioxidants prevent excessive oxidation by counteracting “free radicals.” The free radicals are present from too much oxidation and are thought to be related to cancer and aging. But antioxidants do not enhance performance. There is some evidence that Vitamin E may prevent heart problems. Whether the other antioxidants have health benefits, only the future will tell.

Don’t expose a new scar to sunlight. After a week to 10 days, the scab will fall off and expose pink skin which is extremely sensitive to sunlight and may become permanently discolored a dark brown. The hypersensitivity period lasts about 3 months.

Low back problems: Swimming is still one of the best exercises, but if you don’t like swimming, then perhaps you should try boogie-boarding. Boogie-boarding entails a lot of kicking motion which is very helpful for building muscles in the lower back.

Rotator cuff injuries: Rotator cuff tendinitis, called impingement syndrome or bursitis, is the most common shoulder ailment I see. After age 40, it is a lot easier to get and a lot harder to heal. First, eliminate all shoulder pressing from your weight lifting, including bench press and military press. Second, start decreasing the weight and increasing the repetitions in your shoulder exercises. After age 40, you should do at least 15 repetitions of any exercise. After age 50, raise the number of repetitions to 20.

Potpourri

A marine officer newly assigned to the American Embassy in Peru was warned that sanitation was primitive. So he drank alcohol instead of water. He was invited to a function at the Embassy and attended in full dress uniform. The music started and he spied a tall figure in a flowing red gown. He tapped the figure on the shoulder and asked politely, “May I have this dance?” The figure refused the invitation and gave these three reasons: “First you are drunk, second, this is not dance music, but the Peruvian National Anthem, third, I am the Archbishop of Lima.” (Myron Shirasu heard the joke from his daughter who recently visited Peru).

A man and his pup were ready to board the city bus when he saw the sign “No animals allowed.” He quickly turned away, unzipped his pants and concealed the pup. As he took a seat, the frisky pup managed to stick out his paw. Across the aisle were two nuns and they noticed the furry moving paw. Commented one sister to the other. “Sister Beatrice, I’m so glad I took my vows. Do you see all those teeth at the end of that thing?” (another Myron Shirasu gem)