



Life in these parts

Everyday is a Nice Day!

While my wife and I were vacationing in Hawaii, we went to see the USS Arizona Memorial, but got lost and ended up at a gate manned by a young marine. After he gave me directions to the memorial, I thanked him and said, "Have a nice day."

As I was about to leave he said, "Sir, I'm 20 years old, single and stationed in Hawaii. Every day is a nice day."

Michael Crain Humor in Uniform Reader's Digest Jan '97

Personal Glimpses

We had only recently noticed that one of our favorite cardiologists, **Ed Chesne** no longer presented with a cigarette dangling from his lower lip, "Don't you smoke anymore?" he teased.

"Gave it up 20 years ago. It must still be in your computer," he replied.

KHVV Radio Paul Harvey News

May 21, '96

"Mr Bush commented on his golf game, when queried: 'Playing golf is different these days. Ex-presidents don't win as often.'"

Sportsmen

Of Doctors and Fast Cars

"Actually there are some similarities. When you drive a race car, your concentration has to be absolute. You cannot allow yourself to be distracted. It's the same thing in the operating room when you're doing surgery. Because racing requires so much concentration—it sounds strange, but—it is very refreshing. When you jump out of the car at the end of a ride, you feel exhilarated. You can get that feeling at the end of a surgical case. There is the same kind of reward." Quotes from an interview with Honolulu Urologist **Tom Ito** who races his Formula Ford in five or six races a year and incidently owns three franchise Jiffy Lube stores in town

(Pacific Business News March 4, 1996.

Interview by Andrew Gomes)

The Grandfather

After delivering more than 10,000 babies, it's inevitable that Hawaii's "grandfather of obstetrics" (81-year-old **Colin Craig McCorriston**) would run into someone he knows at the grocery store. Colin confesses. "I spend 50% of my time shopping and 50% yakking with old patients." "Colin is not only an OB/GYN, he's a complete

physician," says one of his former students, **Ralph Hale**, executive director of the American College of OB/GYN and the U.S. Olympic Committee vice president. "He's the type of physician all of us strive to emulate." When Hale was at UH and McCorriston had just retired from Straub after 41 years, Hale recruited him to teach. So that is what Colin still does as an associate professor of OB/GYN. He meets with students and residents four mornings a week at Kapiolani.

"The way to keep going is to keep using your brain and exercise."

McCorriston cites dramatic changes in medical practice and education because of managed care. "As primary care doctors, obstetricians and gynecologists are required to deal with sore throats, headaches, sprained ankles and all kinds of things we weren't really taking care of before. Unfortunately, HMO's look to nothing but the bottom line, black and white and dollars and they're not looking at quality care. There is more and more paper work. It takes away from patient care."

(Excerpts from Star-Bulletin writer Helen Altonn's articles)

The Godfather

Calvin C.J. Sia "Godfather of Hawaii's Children"

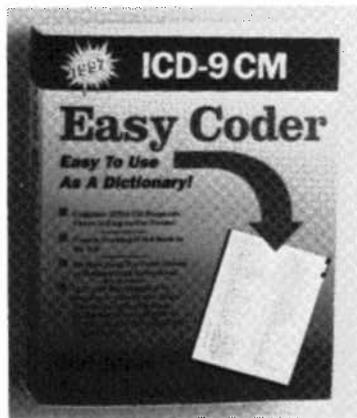
As a kid growing up his first 12 years in China, he saw poverty, devastation, bodies floating in rivers and his father saving lives with an iron lung. "The imprints were significant," said Calvin C.J. Sia, a 69-year-old pediatrician who has pioneered for nearly 40 years to turn those imprints into healthier lives for children and families. The Godfather of Hawaii's Children has co-founded the Hawaii Family Stress Center, Hawaii Healthy Start, the Medical Home concept, Zero to Three program and Healthy and Ready to Learn Center. He also created the Variety School for learning disability children.

He recently received the Jonas Salk Memorial Award; he is a chairman of the Advisory Commission on Childhood Vaccine for Health and Human Services. He has embarked on a Carnegie Foundation mission to create an integrated family health care system, which Cal feels may be his best achievement.

At Punahou, Cal won the American Legion Boy of the Year for sports and academics and popularity. After army service, Cal attended Dartmouth College on the GI Bill and met his wife and strongest supporter, Kathy, on a blind date. They married over the protests of her Hong Kong family. They have three sons.

Cal sums up his life achievements with: **"The exciting part is one pediatrician can affect the lives of many."**

Cal's pediatric nurse since 1959, Lorraine Yuen best summarizes his personality: "He's a good organizer. He was just able to divide himself up into little pieces wherever he was needed. He really is a gem. When he is angry, the most he does is, he has a big smile on his face, he pounds



Finally, an answer to your diagnosis coding questions!

Available in these versions:

- Comprehensive
- Cardiology
- Dermatology
- ENT
- Family Practice
- Internal Medicine
- Ob/Gyn
- Ophthalmology
- Orthopedics
- Psychiatry
- Urology

Available at:

BUSINESS FORMS NETWORK, INC.
 96-1362 Waihona Street, Bay #1
 Pearl City, Hawaii 96782
 PHONE: (808) 455-6695 / FAX: (808) 455-4102
 NEIGHBOR ISLANDS: 1-800-422-6851

The largest selection of medical forms including:

- HCFA-1500
 - 1 PLY CONTINUOUS
 - 2 PLY CONTINUOUS
 - 2 PLY CONTINUOUS W/O BAR CODE
 - 1 PLY LASER
 - 2 PLY SNAP SET
 - WC2 WORKERS COMP 3 & 4 PLY CONTINUOUS
 - STATEMENT & ENVELOPES FOR MANY MEDICAL SOFTWARE PACKAGES
 - COMPUTER PAPER
- Complete Custom Printing For Your Practice.

on the table and says, "I'm so mad." Patients kept returning because he has this magnetism. Somehow people just believe all he has to do is touch their child and the child will get well."

(more excerpts from Helen Altonn's superb articles)

Medical Tidbits

A study of 28,271 women age 30 and older who had mammograms between 1985 and 1992 indicates that breast density does not affect the accuracy of mammograms.

"The problem is that in women under 50, breast cancer is not very amenable to screening because its such a fast growing disease. It is unclear why tumors grow more rapidly in younger women. They are probably linked to premenopausal hormones," says the study's lead author **Karla Kerlikowske**, associate director of San Francisco VA Medical Center's Women Veterans Comprehensive Health Center. The researchers recommend screening mammograms every one or two years for women over 50 and every year for younger women.

The National Cancer Institute says there is not enough evidence to justify mammograms every one to two years before age 50, but plans to review that decision.

Geckos a Source of Salmonella

Richard Vogt, state epidemiologist says Salmonella has been found in turtles, iguanas and other reptiles, and has also been cultured from geckos.

(from Checkup on Health by Wes Young)

Boogie Board Benefits Lower Back Problems

Swimming is still one of the best exercises for back problems. If you don't like swimming, then perhaps you should try boogie boarding.

(Dr Fitness by Chet Nierenberg)

Honolulu Heart Program Studies

A JAMA article (written by lead author **Lenore Launer**, neuro-epidemiologist and co-written by researchers at the University of Hawaii and the U.S. National Institute on Aging) reports that Japanese American men who had high systolic pressures in mid-life were 2-1/2 times more likely to have poor cognitive function in old age than men with low systolic pressures. For every 10 point increase in systolic BP, there is a 9% increase in risk of poor cognitive function. The study involved 3,735 Japanese American men who were enrolled in a heart study in the 1960's and studied through the early 1990's. Co-author **Kamal Masaki** says brain scans performed on the patients since the study was written indicate that many suffered silent strokes. The study did not explore whether high blood pressure has any role in dementia such as Alzheimer's.

In September **Lon White**, director of the Honolulu-Asia Aging Study reports that Japanese-American men in the Honolulu Heart Program (started in 1965 on 8,000 Japanese-American men born between 1900 and 1919) have a higher rate of Alzheimer's than men in Japan.

In October, Honolulu epidemiologist **Dr Boji Huang** reported in the American Journal of Epidemiology that Japanese-American men in Hawaii

who tended to retain a more Japanese life-style (ie. low fat Japanese diet viz rice, tofu and fish) have lower diabetes rates. About 70% of the 500 Japanese-American diabetics had never lived in Japan and had higher fat intake, exercised less and were more obese.

Miscellany

A missionary, a salesman, and an engineer were sentenced to death by guillotine for various misdeeds. First up was the missionary. He wanted to die looking up toward heaven, still seeking forgiveness from God. With head in position, the lever was released. The shiny blade came down with a swish. But suddenly, it stopped half way and he was spared.

The salesman had witnessed the miracle of the faulty guillotine blade. He too elected to look up and pray for heavenly intervention. Again, the lever was released. The blade came swishing down and again stopped halfway. And he was spared.

The engineer was last. He had watched the two miracles and he too elected the face up position. As he was being prepared, he looked up at the guillotine rack with his engineering perspective and yelled suddenly, "Wait! I see what the problem is!"

(As told by Walter Young)

A man was celebrating his 100th birthday. His family and friends had ordered a special birthday cake, from whence a scantily clad luscious blond popped out. She whispered into his better ear, "I'm here to give you super sex." He whispered back, "I'll take the soup."

(Another Walter Young contribution)

Did you hear about the insomniac dyslexic agnostic? He stayed up all night wondering if there really was a dog.

(Contributed by Daniel Klaiman)

Gleaned from Reader's Digest Oct. '96)

A man confided to his wife that he was having short-term memory problems. Then he read an article about a doctor who treated such cases.

"I have that problem, too," said his wife.

"Lets go together."

Several weeks later the man was telling a friend about the doctor's program and how well it worked.

"I'd like to see that doctor, too," said the friend.

"What's his name?"

"Help me with this," said the man.

"I need the name of a flower. It has a long stem and has thorns."

"Rose?" said the friend.

"Yes, that's it!" said the man.

"Hey, Rose! What's the name of that doctor we go to?"

The Jokesmith

Clothes Encounter

When a woman goes to her closet and says, "I don't have anything to wear," she really means "I don't have anything NEW to wear." When a man goes to his closet and says, "I don't have anything to wear," what he really means is "I don't have anything CLEAN to wear."

A Wife's Little Instruction Book (Avon)

All in a Day's Work

The five phone lines at our busy eye doctor's office were ringing at once. A receptionist picked up a line on hold and told the patient, "Take it out, rinse it and put it back in." Her advice, however, was met with dead silence. Then my co-worker realized that she was talking not to a contact lens patient, but to a person suffering from a bloodshot eye. Finally the patient mustered a response, "I think I'll get another opinion," she said.

(Reader's Digest Nov. 1996)

The kindergarten teacher was showing the class an encyclopedia page picturing several national flags. She pointed to the American flag and asked, "What flag is this?"

A little girl called out, "That's the flag of our country."

"Very good," the teacher said, "And what is the name of our country?"

"Tis of thee," the girl replied confidently.

The kindergarten teacher had just finished a science demonstration on magnets. As usual she wrapped up the lesson by asking the kids to summarize what she'd explained. "My name begins with 'M' and I pick things up," she said, "What am I?"

"A mother," was the instant reply from several kids.

How lazy is he? Well, I've seen him step into a revolving door and wait.

Analyst: So you have trouble making up your mind?

Patient: Well, yes and no.

"My doctor tells me I can't play golf."

"So he's playing with you too, eh?"

Potpourri

Two nuns were riding their bicycles down an old Paris street when one remarked, "I've never come this way before." "Maybe," the other nun suggested, "it's the cobble stones."

On a beautiful sunny Saturday afternoon, Kurt stood on the first tee of his country club. He had just pulled out his driver when a young woman in a wedding gown came running up to him. "You bastard!" she screamed. "You stinking no-good bastard!"

"What's the problem?" he asked, "I told you, only if it rains."

Playboy June '95

20/20 Blindness (condensed version)

As a medical student, I was assigned to a small farming community where I spent two months as a requirement. One day a local farmer came in for an annual check up. The doctor asked me to do a general history and physical. When I got to the visual acuity test, I stood the patient 20 feet from the eye chart. I asked him to cover his right eye first and he read the letters perfectly. Then I asked him to do the same for the left eye and again he read it perfectly. I then said, "Now both." There was a silence. He couldn't even read the large E at

Continued on Next Page

the top. I turned to discover he was covering both eyes.

Richard Klein, *Toronto Stitches*
September '96

Quotable Quotes

"I feel that if I stop working I'll get old. My father, **Dr Sidney Kirby**, used to say that when he was still working in his 80's. (Mid Pac CC "Rub of the Green" member profile Claire Simpson quote). (Sidney Kirby was medical director at Kalaupapa in the 1950's and died in 1981 when he was 96-years-old).

"When a man sits with a pretty girl for an hour, it seems like a minute. But let him sit on a hot stove for a minute—and it's longer than any hour. That's relativity." *Albert Einstein*

(Gleaned from the *Medical Arts Press*
Newsletter Sept/Oct 96)

"If you want to recapture your youth, just cut off his allowance." *Al Bernstein*

"Music washes away from the soul the dust of everyday living." *Leopold Stokowski*

"The best executive is the one who has sense enough to pick good men to do what he wants done, and self restraint enough to keep from meddling with them while they do it."

Theodore Roosevelt

"Which pharmaceuticals company will find a sure cure for impotence?" asks comic Paul Ryan.

"Speaking for joke writers everywhere, I hope it's Upjohn."

Quoted in Los Angeles Times

A candidate came home late one night and gave his wife the glorious news.

"Darling, I've been elected!"

"Honestly?" she replied exuberantly.

"Hey," he said, "why bring that up?"

Contributed by Cathryn Hopkins

Overheard: "The trouble with getting to work on time is that it makes the day so long."

Edgar Argo in National Enquirer

"Youth is a wonderful thing. What a crime to waste it on children."

George Bernard Shaw

Points to Ponder

Young writers often suppose that style is a garnish for the meat of prose, a sauce by which a dull dish is made palatable. Style has no such separate entity; it is nondetachable, unfilterable. The beginner should approach style warily, realizing that it is himself he is approaching, no other; and he should begin by turning resolutely away from all devices that are popularly believed to indicate style—all mannerisms, tricks, adornments. **The approach to style is by way of plainness, simplicity, orderliness, and sincerity.**

E.B. White "Elements of Style"

Sketches from Stitches

What Can You Say?

Recently one of my well known middle aged female patients presented urgently to the office.

"I have a headache," she said, "but I don't know what it is because there isn't much in there to hurt."

Marie Cescon MD, Woodville Ont.

High Tech Exam

John, yet in his 30's was concerned about prostate cancer. His father was found to have the condition and he had spent hours in a urologist's office reading pamphlets on prostate cancer and its prevention.

"I'm sorry," he said, "but could you tell me what tests I need to check for prostate cancer?"

"A blood test and a rectal exam," I repeated.

"OK, OK, But if I'm really at risk, I don't want just any rectal exam. I want one of those new digital ones"

I.W. Tobson MD, White Rock, B.C.

Methamphetamine Abuse: An Overview for Health Care Professionals

Continued from Page 36

3. Greberman SB, Wada K. Social and legal factors related to drug abuse in the United States and Japan. *Pub Hlth Rep* 1994;109(6):731-7.
4. Kaplan HI, Sadock BJ, Grebb JA. Synopsis of psychiatry. 7th ed. Baltimore: Williams & Wilkins, 1994:411-28.
5. Morgan P, Beck JE, Joe KA, McDonnell D, Gutierrez R. Ice and other methamphetamine use: an exploratory study. San Francisco: Institute for Scientific Analysis, 1990.
6. Miller MA. Trends and patterns of methamphetamine smoking in Hawaii. *Methamphetamine Abuse: Epidemiologic Issues and Implications*. NIDA Res Monogr 1991;115:72-83.
7. Jaffe JH. Amphetamine (or amphetaminelike)-related disorders. In: Kaplan HI, Sadock BJ, editors. Comprehensive textbook of psychiatry. 6th ed. Baltimore: Williams & Wilkins, 1995:791-8.
8. Jaffe JH. Drug addiction and drug abuse. In: Gilman AG, Rall TW, Nies AS, Taylor P, editors. Goodman and Gilman's The Pharmacological Basis of Therapeutics. 8th ed. New York: Pergamon, 1990:539-45.
9. Nestor TA, Tamamoto WI, Kam TH, Schultz T. Crystal methamphetamine-induced acute pulmonary edema: a case report. *Hawaii Med J* 1989;48:457-60.
10. Furst SR, Fallon SP, Reznik GN, Shah PK. Myocardial infarction after inhalation of methamphetamine [Letter]. *N Eng J Med* 1990;323:1147-8.
11. Szustler, R.R. Methamphetamine in psychiatric emergencies. *Hawaii Med J* 1990;49:389-91.
12. Sato M, Chen C, Akiyama K, Otsuki S. Acute exacerbation of paranoid state after long-term abstinence in patients with previous methamphetamine psychosis. *Biol Psychiatry* 1983;18(4):429-40.
13. Streltzer J, Leigh H. Amphetamine abstinence psychosis - does it exist?. *Psychiatr Opinion* 1977; Jan/Feb:47-50.
14. Tomiyama G. Chronic schizophrenia-like states in methamphetamine psychosis. *Jpn J Psychiatry Neurol* 1990;44(3):531-9.
15. Inaba D, Cohen W. Uppers, downers, all rounders. Ashland, OR: Cinemed Inc, 1990.
16. Centers for Diseases Control, US Public Health Service. Increasing morbidity and mortality associated with abuse of methamphetamine-United States, 1991-1994. *MMWR* 1995;44(47):882-6.

Hawaii Medical Journal

Extra copies of the *Hawaii Medical Journal* September Special issue on Domestic Violence and the December Special issue on Death and Dying are available. For more information please contact the Hawaii Medical Association at (808) 536-7702, or Fax us at (808) 528-2376.

Until there's a cure,
there's the American
Diabetes Association.



**ALOHA
LABORATORIES, INC.**

On the Cutting Edge of Pathology
CAP Accredited Laboratory

Surgical Pathology
Dermatopathology
Cytology
Frozen Sections
Intraoperative Consultations

David M. Amberger, M.D.

2036 Hau Street Honolulu, HI 96819
(808) 842-6600 Fax: (808) 848-0663



American Heart
Association
*Fighting Heart Disease
and Stroke*

**Medical miracles
start with research**