The results of the three week Hawaii Health Program were quite remarkable:

- Group weight loss was an average of 10.8 lbs per person
- Average cholesterol dropped 24% (average of 205 to 157 mg/dl)
- Average blood pressure fell from 130/79 to 120/75.

(The 23 participants included community leaders and individuals of Hawaiian ancestry)

Governor Ben Cayetano lost a total of 12 lbs and his triglyceride level dropped from 617 to 83; and his cholesterol level from 234 to 162.

Terry Shintani MD, director of the Hawaii Health Program and co-founder of the Hawaii Health Foundation said, “If Hawaii is to become a world center for health, its leaders need to be healthy. The Hawaii Health Program, rather than being simply a ‘diet’ is a life-style change program. It lowers the fat content in Hawaii’s popular ethnic dishes and aims to increase the awareness of the health needs of native Hawaiians. Optimal health is achieved through whole person diet and life-style changes based on universal, multicultural principles expressed in Hawaiian values of ‘alo‘a, ‘lokahi’ (oneness) and ‘pono’; (righteousness/justice).”

Our Aging Population

The population in Hawaii aged 60 and above increased by 52.5% between 1980 and 1990; while the total population grew 14.9 percent. The oldest segment of this population, 85 years and older, increased 87 percent during this same period. (Statistics from the state’s Executive Office on Aging).

By the year 2010, the 60-plus group is expected to grow by 53 percent to 265,800, or one in every five people. The 85-plus group will grow by 167 percent to 27,800 by 2010 and by 2020, this 85-plus group may grow by 242%, second highest in the nation behind only Nevada.

This rapidly growing elderly population in Hawaii is creating a massive demand for more personalized care and medical services. The financial strains on families, the elderly, private and government health insurance companies and medical and long term care facilities. (From an article in PBN by Malia Zimmerman)

Doctor Jokes

“The best thing for you,” the doctor said, “is to cut out all sweets and fatty foods, give up alcohol and stop smoking.”

“I see,” the patient said. “To be honest, I don’t deserve the best. What’s second best?”

“I can’t do the things I used to do,” the patient said to the doctor. “I wish you had some magic way of making me younger.”

“You got it wrong,” the doctor said. “My job is to see that you get older.”

Doctor: “I can’t do anything about your condition. I’m afraid it’s hereditary.”

Patient: “In that case, send the bill to my parents.”

“It’s just a cold,” the doctor said. “There is no cure, and you just have to live with it until it goes away.”

“But Doctor,” the patient whined, “It’s making me so miserable.”

The doctor rolled his eyes toward the ceiling. Then he said, “Look, go home and take a hot bath. Then put a bathing suit on and run around the block three or four times.”

“What?” the patient exclaimed, “I’ll get pneumonia.”

“We have a cure for pneumonia,” the doctor said.

The Byting Edge

(808) 523-6888

“We leave the others Speechless.”
located at Hilo Orthopedic Center, 45 Mohouli Street announced that they were the official orthopedic surgeons for UH-Hilo Vulcans and Hawaii Winter Baseball-Hilo Stars. OB-GYN physician Lyn Mikala Lam announced she was taking new patients at North Hi Community Hospital, Big Island.

Sportsmen
“A few years ago, golfer Sandy Lyle was asked what he thought of Tiger Woods. ‘I don’t know,’ said Lyle, ‘I haven’t played there yet.’ Lyle and just about everyone else, now know that Woods is a force of nature—and nurture.”

Time Dec 23 ’96

Miscellany
Tosh and Yosh, avid baseball players were getting old and wondered about baseball in heaven. They pledge to each other that should either one get there first, he would let the other know. Tosh got to heaven first. Tosh came to Yosh at night in a dream.
Tosh: “I have good news and bad news.”
Yosh: “Well, give me the good news first.”
Tosh: “Yup, there’s baseball in heaven.”
Yosh: “What’s the bad news?”
Tosh: “You are pitching tomorrow.”
(As told by our favorite tennis pro, Clay Benham)

Visiting professor jokes
The following is my wife Sheila’s story about why men and women are so different. We were looking for a certain restaurant and I was driving around in circles.
Sheila: “Do you know why it takes 180,000 sperms to impregnate a single egg?”
It’s because none of them will stop to ask directions.”

A HMO director arrived at the Pearly Gates. St. Peter: “We’re delighted to see you. We’ve followed your career carefully. Welcome to Heaven.”
As he opened the Gate to let the new arrival in, St. Peter added, “I’m sorry to tell you that you are granted three days only.”

A farmer stood leaning on a fence at the edge of his property. He watched as a red sports car come over the top of a hill and followed the road up to the spot where he stood.
“Do you know how I can get to Route 91?” the driver asked. The farmer thought for a few seconds. Then he said, “Nope.”
“Do you know where the nearest turnpike entrance is?” the driver asked.
“Nope.”
“How about the town of Hadley. Do you know which direction it is from here?”
“Nope.”
Exasperated, the driver raced his engine. “You don’t know very much, do you?”
“Nope,” the farmer said. “But I’m not lost.”