Life in These Parts

Plastic surgeon Benjamin Chu saw a dozen women who needed correction of cosmetic facial surgery performed by a “Doctor from Korea.” Narcotics investigator Ed Howard found and reported, “She’s a medical receptionist in Seoul who learned how to do it by watching the doctor she worked for.” Ben says, “Overall it’s pretty sloppy work. Some had bad scars or extremely uneven eyelids. Many had silicone injected in their lips, cheeks and around their eyes.” State narcotics investigators halted the underground operator with a drug bust on a Pawa’ai area apartment. A 54-year-old woman, allegedly performing the surgeries, was issued a citation ordering her to cease operations and fined only $500 because “she was doing the procedures on people with their consent,” according to Sharon On Leng of the state Regulated Industries Complaints Office. Ed Howard says, The woman arrived in Hawaii on March 8 and was scheduled to return to Seoul April 1. She was booked every day while here (doing several surgeries daily). The cash-only price for eyelid surgery was from $600 to $800 while a face lift cost $1,100 to $5,000. The clients were Korean women. And this has been going on for a long time, at least 4 years or longer.”

Vivian Ho, president and CEO of Queen’s International is the first person from Hawaii to be honored by the Health Care Forum as a 1998 International Emerging Leader in Health Care for promoting the state’s health and wellness tourism industry. The Health Care Forum is a 10-year-old international educational organization based in San Francisco. Vivian says, “tourism and health care are the two largest industries in Hawaii.”

Queen’s International is a first-tier subsidiary of the Queen’s Health Systems which works with health care and visitor industries to bring patients and health visitors from Asia/Pacific.

Eye Opening Colombian Trip
(Sharon Lipton Mid Week Apr 23 issue)

Steve Friedman, SFH ER physician leads groups of Hawaii folks every month to Dr Virgilio Glavis’ mountain outpost (an hour from Bogota Columbia) for Lasik surgery.

The world reknown 51-year-old Glavis has done over 6,000 procedures using the 10-minute Lasik procedure to treat near and far sightedness and astigmatism. PRK is passe in Columbia. The Lasik procedure uses a highly advanced narrow beam German manufactured excimer laser which creates precise results and involves laser tracking technology. Even local physicians have gone for treatment via a prominent Honolulu eye surgeon and OB man Francis Terada who gained 20/20 vision for his 70th birthday and was able to discard his thick myopic glasses.

Ciguatera Fish Poison Kits

While Y. Hokama (UH Med School professor of Pathology) did the original research on cigua toxin back in 1974 and developed free initial test kits, now a new commercial test kit for cigua toxin has been developed and marketed by Ocean Test Systems. Cigua-Test costing $23 to $30 for 5 applications tests for toxicity in Ulua, Palani, Barracuda, Papio, Wrasse and other suspect fish in these tropical regions.

Latest Procedure for Snoring
Maui oral surgeon Michael Clark is the first in Hawaii to offer Somnoplasty (approved in July by FDA) for turbinate reduction. The equipment costs $50,000 and the patient pays $1,950 for three treatments. The procedure takes 15 minutes and involves a local anesthetic and insertion of a probe behind the soft palate. A very low energy, low temperature radio frequency shrinks and stiffens the tissue. The patients are able to return to work immediately with minimal pain.

Till now, LAVP (Laser assisted uvuloplasty) has been the primary procedure for snoring, but is quite painful and requires a longer recovery period.

Worker’s Comp Crisis
(Beverly Creamer, Honolulu Advertiser, Sunday Apr 19)

In 1995, the state Legislature made sweeping changes in worker’s compensation primarily by cutting fees to specialists. While employers’ cost of worker’s comp insurance dropped, Hawaii saw an 11% decline in the number of orthopedic surgeons and lost a good many physical therapists as a result. Physicians say the headaches of dealing with the massive paper work required and the low fees, just aren’t worth it.

Len Howard, HMA president said, “This is not a case of the greedy physician who wants to make more money. This is about those who unfairly suffer the most—the injured worker. Physicians are being forced to curtail the number of injured workers they treat in order to stay in practice. The medical fee schedule doesn’t even cover the cost of providing care.”

But law makers maintain the reforms are working well and have saved Hawaii employers $100 million in the past two years.

Miscellany
(Laughter The Best Medicine)

God and St. Peter were playing a round of golf.

On the first hole, God drives into the water. The waters part and God chips onto the green. On the second hole, God takes a tremendous whack and the ball lands ten feet from the pin. An earthquake causes part of the green to rise and the ball rolls into the cup. On the third hole, God lands in a sand trap. He creates life: single cell organisms de

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Panic Disorders
Definition: Recurrent, unexpected panic attacks, occurring at least once a month and a/c persistent anxiety.

P.D. Symptoms: (At least four of the following)
• SOB, smothering sensation
• Dizziness, unsteadiness, or faintness
• Palpitations or tachycardia
• Trembling or shaking
• Sweating
• Choking
• Nausea or abdominal distress
• Depersonalization
• Paresthesias or numbness
• Flushing or chills
• Chest pain or discomfort
• Fear of dying
• Fear of going crazy

Development & Progression P.D.
First panic attack or clusters of attacks Increasing frequency of panic attacks Anticipating anxiety Avoidance behavior Development of phobias

Prevalence of P.D. & Medical Utilization:
• 30-50% of pts with recurrent chest pain;
• 1.6-2% of general population;
• High risk of HTN (1.91), MI (4.54) and CVA (4.95)
• 13.3% of primary care pts;
• Fear of dying
• Risk of psychiatric comorbidity
• High rate of unemployment

P.D.: Lifetime 2% chronic long term disorder e excess morbidity.

Goals of Acute Therapy:
• Block P.D.
• Block anticipatory anxiety
• Extinguish avoident behavior
• Restore normal functioning

Drugs for P.D.
Antidepressants:
• SSRIs
• Tricycles
• MAOIs

Benazeprazepines:
a. alprazolam or clonazepam (Xanax) (Klonopin)

Other Agents:
- Combined treatments
- Anticonvulsants, H2 Blockers

Anticholinergic Cardiac Toxicity Dependence Withdrawal

SSRI + - + - +
Benzodiazepine ++ +++ ++++
Tricycles + + + +

SSRI's more effective than imipramine and alprazolam (Tofranil) (Xanax)
Sertaline in P.D. (Zoloft)
Start with 25 or 12.5 mg/d and after 1 week increase to 50 or 100 mg/d

SSRI's: Starting Doses Maintenance Doses
Fluoxetine 5 mg/d 20-80 mg/d
Fluvoxamine 25 mg 50-300 mg
Paroxetine 10 mg 20-50 mg
Sertaline 25 mg 50-200 mg

Failure Reasons in P.D. Therapy:
- Inadequate dose or length of Rx
- Comorbid conditions
- Environmental stresses
- Misdiagnosis

P.D. Conclusions:
- Chronic disabling condition
- Pts have high medical utilization rates
- Medical and psychiatric comorbidity common
- SSRI's are first line of therapy
- Combination Rx with Benzodiazepine or with cognitive behavioral therapy

Mask & Glove Relief.—Sensitivity barrier gel reduces irritation from latex, nitrile, polyethylene face masks & gloves. Free evaluation sample to USA physicians. Call Sahara Cosmetics Oahu 808-735-8081, USA toll free 1-877-280-2020, record complete delivery address.

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Seeking Applicants.—Associate Director of Trauma, The Queen's Medical Center. Applicants must be board-certified/eligible in General Surgery and have completed a Surgical Critical Care Fellowship. Direct CV and inquiries to: Gail Tominaga, MD, Medical Director of Trauma, The Queen's Medical Center, 1301 Punchbowl St., Honolulu, HI 96813. Ph (808) 547-4557; Fax (808) 547-4646.

New Office.—Kristi Adachi MD is pleased to announce the opening of her new office at Queen's POB I, 1380 Lusitania St., Ste. 502, Honolulu, HI 96813. Specializing in Head and Neck Oncology, Obstructive Sleep Apnea and Sinus Disease. Ph (808) 533-0711; Fax (808) 538-6763.


Office Space

Pearl City Business Plaza.—Tenant Improvement Allowances for Long Leases; 680 sq ft; 24-hour security; free tenant/customer pkg; Gilford Chang 581-8853 DP, 593-9776, 531-3526.

Hilo Medical Office Space.—Largest Specialist office ideal for ENT, Neurologist, Orthopedics, Gastroenterologist, Podiatrist, Operating Suite on Premises. Will trade for office time in Honolulu or rent/very flexible. Contact Pacific Surgical Associates Inc. 1-808-961-3330.

Pediatrician's Office.—(Ground floor of Aiea Medical Bldg.) Wants a specialist to share the space with flexible arrangement. Call 488-8646.

Dr's Office Space Sharing.—M thru S, 8 am to 1 pm. Family, General Med., Psychiatrist, Ala Moana Bldg. 605, 941-3997.