

Ka Leo 'O Ke Aloha Me

Ka Leo 'O Ke Ola

"The Voice of Aloha, The Voice of Health"

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Ka mana'o o na kauka

(The thoughts of the doctors)



By Gerard Akaka, MD
WCCHC Medical Director

Ano 'ae e me ka welina o ke aloha e ka po'e o Wai'anae

Greetings with aloha to the people of Wai'anae

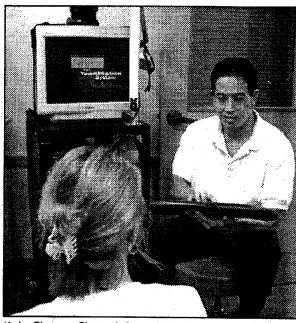
The Wai'anae Coast Comprehensive Health Center is continuing to progress in ways to provide the highest standard of care for you. In this column I'd like to tell you about an exciting development - Telemedicine.

We have been very fortunate to receive equipment from the Harry & Jeanette Weinberg Foundation, as well as a University of Hawaii grant, to develop a Telemedicine Program at our Health Center. Using this technology, the Health Center has collaborated with Georgetown University for a diabetes

management project. Over the past year, 25 diabetic patients have received computers and internet service which they use to report their blood sugars, as well as to receive feedback from their doctors. The results have been encouraging and their diabetes control is better than national averages.

More recently, we have begun collaboration with the University of Hawaii to include the medical school faculty in our project. This is how the project works: Telemedicine works over the telephone lines and a television. You can come to your doctor at the Health Center and he can call a doctor at Queen's Hospital. The doctor at Queen's will be able to see and talk to your doctor and you at the Health Center, and you and your doctor will be able to see and hear the doctor at Queen's. We have already had 2 telemedicine encounters in which the doctor is at Queen's Hospital while the patient and one of our staff is here in Wai'anae! This is a significant advancement for our Health Center and it will be especially helpful for certain patients to have access to specialists that are not available in Wai'anae.

Malama pono a hui hou kakou (Take care, until we meet again)



Kyle Chang, Clinical Social Worker, demonstrates how the Telemedicine equipment works.

The Dreaded...

"Bad Cold"

What is a "Bad Cold"? It is an upper respiratory infection caused by one of more than 100 possible viruses. At this time, there is no vaccine for the common cold. Antibiotics like Penicillin will not work against colds.

You most likely caught this virus by hand to hand spread. This means that a virus on one person's hand (from infected droplets or mucus) is spread to another person (so wash your hands often), or by direct droplet infection in which virus from the ill person directly contacts another person's mucus membranes (nose, mouth).

Your body will fight off the cold in 7 to 10 days. (For smokers, it may be weeks, so stop smoking now!) You can help by resting (so the body's energy is used to fight off the cold). Over the counter medications can reduce the miserable symptoms.

Here is a recipe for fighting colds:

Time (7-10 days) Rest

- LOTS of fluids (juices, teas, soups, water)
- Decongestants every four to six hours (or 12 hours if long-acting)
- Cough medications to loosen phlegm
- Pain medication (Tylenol, not aspirin)
- Nasal irrigations (normal Saline sprays)

These may also help:

- Vitamin C 500 mg 1 tablet four times a day
- Echinacea 1 tablet two or three times a day

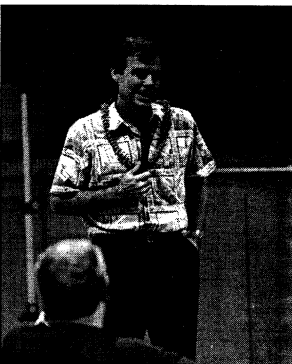
When should you see your medical professional?

The signs of complications include focused pain in the face, ear, chest, or throat areas. Other signs may be fever lasting greater than 40 to 72 hours, discolored or bloody sputum, and lasting longer than 7 to 10 days. Infants, the elderly, or folks with pre-existing conditions such as diabetes, asthma, or heart conditions, should also see their doctors.

LEGISLATIVE UPDATE

Thanks, Wai'anae, for your support at our February 16 Town Meeting, and for contacting the Governor and our Legislators regarding the importance of keeping our ER open 24-hours a day. Your calls are working, but we won't know the final outcome until the close of the Legislature on May 2. Other bills important to the Health Center, and the community, include:

- HB 2969/SB 2968: Replacing WCCHC's 27-year old central air conditioning system.
- HB 2394/SB 2030: Providing funding to serve the uninsured.
- HB 2966/SB 2969: Providing funding for the medically underserved and uninsured.
- HB 2238: Providing wraparound funds to community health centers to cover the full cost of providing services.
- HB 2156/SB 2027: Providing funding for dental coverage for uninsured adults.
- HB 2277/SB 2496: Providing that tobacco funds be used for direct health and prevention services.



Dr. Bruce Anderson, Department of Health Director, addresses Town Meeting participants on the importance of WCCHC's emergency room and how the Department of Health plans to use tobacco monies to focus on prevention.