Two Outstanding Physicians Highlight Excellence at QMC

Each year, two physicians are honored as Ke Kauka Po'okela—Outstanding Physicians of the Year. This year, the hospital-based Physician of the Year is Reid Ikeda, MD, Medical Intensivist and Pulmonologist on QET 4 Medical; the community-based POY is Norman Sato, MD, Sonologist at the Queen's Women’s Health Center. The criteria for Ke Kauka Po'okela honorees are physicians who not only serve with distinction, but with aloha. They have contributed immeasurably toward improving medical care for the people of Hawai’i and are exemplary examples of the spirit of the Queen’s ‘ohana.

Hospital-Based Physician of the Year
Reid K. Ikeda, MD, FACP, FCCP
Medical Intensivist & Pulmonologist

You don’t want to see Reid Ikeda professionally. But if you ever have the misfortune to be sick enough to be admitted to Queen’s Medical Intensive Care Unit, you want to see Reid Ikeda professionally. A Fellow of the American College of Physicians (FACP), Dr. Ikeda is also a Fellow of the College of Chest Physicians (FCCP), a designation given to physicians who specialize in pulmonology, thoracic surgery, and critical care medicine. He graduated with a BA from Yale University in New Haven, Connecticut, and earned his medical degree at Northwestern University Medical School in Chicago, Illinois. Dr. Ikeda went on to do his internship and residency in Internal Medicine at the University of California, San Diego Medical Center, where he was chief resident in his last year. He went on to also complete his fellowship in Pulmonary and Critical Care Medicine at UCSD.

While he contemplated college, the Punahou graduate's mother—who was an English major—told him she'd kill him if he also majored in English. She needn't have worried. Dr. Ikeda decided to pursue medicine in his first year at Yale, and graduated as a Biology major in three years to save money, cum laude, no less. His decision to pursue medicine was based on his affinity for science coupled with a desire to help people.

At the beginning of medical school, Dr. Ikeda wanted to become a urologist because they had a strong department at Northwestern, but decided to forego specialization in favor of internal medicine, which appealed to him more because it dealt with the whole body. He chose UCSD to complete his training because it not only had a strong training program, but he felt that San Diego was the closest thing to home on the mainland. UCSD also had (Continued on page 2.)
Outstanding Physicians

(Continued from page 1.)

mentors and attendings in pulmonology that Dr. Ikeda respected, and he found critical care challenging and exciting because, as an internist, he could care for the whole person, but for really sick patients.

Dr. Ikeda was happy in San Diego working at the Veterans Affairs Medical Center and at the UCSD Medical Center, but decided to move back to Hawai‘i because his family and his wife Lori Ann’s family live here. “I was told, ‘you can always tell where a young doctor will practice by where his mother-in-law lives,’” he joked, but assured that he has a good relationship with both women in his family. So in 2002, Dr. Ikeda came to work at Queen’s. “Growing up in Hawai‘i, I always knew this was the hospital my family wanted to get care at,” he remarked about his connection to Queen’s. He also noted that Queen’s has a remarkable pool of talent, has the most resources, and the best technology. Plus, being born at Queen’s helps cement the connection. One of the most rewarding parts of his job, says Dr. Ikeda, is teaching and working with residents.

Community-Based Physician of the Year

Norman E. Sato, MD, OB/GYN, Sonologist

These days, Norm Sato is all about the pictures. His work with ultrasound imaging at the Women’s Health Center mirrors his work in photography in that seeing is all-important. Though the two pursuits have different purposes, he sees full-circle connections between them. But there’s much more to Dr. Sato, much of it reflected in his photography: nature, visual metaphors, teamwork, lifelong learning, diversity of thought, to name a few.

For Dr. Sato, all things in life are related, connected. That goes for the honor of being named Community-Based Physician of the Year. “Queen’s is a great hospital,” he says, “but it’s not the buildings—it’s the people, it’s us. It’s not one person; it’s teamwork, teamwork, teamwork.” When I come to work, there are people who have taken care of the parking and facilities, Security has provided for my safety, cafeteria staff provide food, and someone cleans my office. All are important.” Good medicine, he says, doesn’t happen because of one person—everyone contributes. He cites those who take care of the landscaping at Queen’s as a specific example. “It’s been scientifically proven that it’s relaxing and therapeutic,” says Dr. Sato, who expressed appreciation and respect for everyone’s work and talents, and how important they are in making his work possible.

Dr. Sato hails from Hilo, where he grew up learning from the ethic of a small town, where people acknowledged you as you walked down the street, and took part in raising you, even if indirectly. At Hilo High, there wasn’t much to foster his interest in science, but speakers came to lecture students on scientific topics. The science of genetics spoke to Dr. Sato, and he was accepted into a National Science Foundation apprenticeship program for high schoolers. The apprenticeship program gave him the opportunity to study genetics at the University of Hawai‘i.

That led Dr. Sato to earn his BA in Chemistry at the University of Hawai‘i at Manoa, although he wanted to study biochemistry, but there was none at the time. Dr. Sato did DNA research, but also took philosophy, political science, and photography, for which he developed a lifelong appreciation and respect for everyone’s work and talents, and how important they are in making his work possible. As a specific example. “It’s been scientifically proven that it’s relaxing and therapeutic,” says Dr. Sato, who expressed appreciation and respect for everyone’s work and talents, and how important they are in making his work possible.

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That led Dr. Sato to earn his BA in Chemistry at the University of Hawai‘i at Manoa, although he wanted to study biochemistry, but there was none at the time. Dr. Sato did DNA research, but also took philosophy, political science, and photography, for which he developed a lifelong love. In his senior year, he decided to become a doctor, feeling that working in a lab didn’t afford the diversity of people he desired. “As genetic diversity makes you stronger, diversity of thought—different ways of thinking and doing—makes you stronger,” he mused. In those days, the medical school office was across the hall from the lab, so he asked for an application and took his MCAT (Medical College Admission Test)—not the conventional way to enter medicine since he wasn’t a pre-med student. At the time, the UH medical school only had a two-year program—and was only in its second year of existence—so when Dr. Sato finished, he applied at the University of Texas Medical School at San Antonio. It was the cheapest, he admits as his reason, and he had to sell his camera to get plane fare. “So maybe now I’m overcompensating,” he laughed, referring to his vintage Hasselblad camera retrofitted with a digital back and other fancy equipment. “But then again, if I didn’t sell my camera and go to medical school, I probably wouldn’t be able to do photography now—everything’s connected.” After earning his medical degree, Dr. Sato came back to Hawai‘i and did his residency in Obstetrics and Gynecology at Queen’s and Kapi’olani Medical Center through the University of Hawai‘i.

Picking up on the connections theme, he reflected that what he does now—prenatal diagnosis and genetics—goes back to his initial interest in genetics, but came via becoming an OB/GYN, though the connection was not a conscious one. But (Continued on page 3.)

Walk for Arthritis

Arthritis is the nation’s number one cause of disability, and over 236,000 people in Hawai‘i are affected by it. Arthritis is not a single disease, but is a term that covers over 100 medical conditions. Osteoarthritis (OA) is the most common form of arthritis, usually affecting those over the age of 50, but other forms can affect people at a very early age, including children. Hawai‘i is a part of the Arthritis Foundation’s Pacific Region Service Area where over 42,000 children are reported to have arthritis. May is National Arthritis Month and your support can make a difference. Join the Queen’s Team at the 2012 Arthritis Walk to be held on Sunday, May 20 at Kaka‘ako Waterfront Park. QMC is the host sponsor of this year’s event and also home base for the 2012 Medical Honoree, rheumatologist Ken Arakawa, MD, who said, “I am honored to be selected by the Arthritis Foundation. They are fundamental in providing education for the thousands of people in Hawai‘i suffering from the crippling effects of arthritis. Ongoing research funded by the Arthritis Foundation provides greater insight into the pathogenesis and treatment of these diseases. The past decade has seen an explosion of new therapeutic regimens that have literally transformed our approach to many forms of arthritis. The future of arthritis care is indeed very bright and the Arthritis Foundation is an integral part of this exciting journey.”

Registration begins at 7:30 am, followed by opening ceremonies and warm-up session at 8:00 am. The leisurely one or three mile (your choice) walk begins (Continued on page 3.)
We all live in a community in one way or another and we all have an opportunity to make it better in some way,” opined Debbie Ford, writer, The Daily Om website. At Queen’s, we have a history of strong community support and involvement exemplified by our volunteers. But, like a dimmer switch on a bright light, the halls of Queen’s won’t shine with their usual wattage on Tuesday, April 18. This is National Volunteer Week, and Tuesday is the day all our volunteers are treated to lunch and fellowship at an off-campus event to thank our many, many helping hands. Queen’s volunteers are students and seniors, men and women, novices and professionals, kama’aina, and snowbirds. Queen Emma is said to be our very first volunteer, visiting often and bringing flowers cut from her own gardens to patient bedsides.

Volunteers lend a hand just about everywhere. “We are fortunate to have so many dedicated volunteers,” said Beverly Parker, Volunteer Services Manager. “With over 70 volunteer positions, there is something for everyone.” As Nobel Peace Prize winner Albert Schweitzer once said, “I don’t know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve.”

Read next week’s issue for a recap of the Volunteer Luncheon, including the announcement of the Kokua Po’okela, Adult and Student Volunteers of the Year.
By The Way...

Welcome to the following new providers: Trissy M. Chun, MD; Patrick Fujimoto, MD; Joanne Godley, MD; Christina A. Hardaway, MD; Ernest M. Lai, DDS; Steven J. Lypen, MD; Diane E. Nunley, PA-C; Josephine P. Quensell, MD; Barugur S. Ravi, MD; Emmanuel C. Taylor, DDS; Eric J. Trevino, MD; James M. Warner, MD; Wayne D. Warrington, DO.

Volunteers are needed on Tuesday, April 17 in the afternoon and evening for a presentation on motorcycle and moped helmet safety to be held at UH Manoa. Call Cora Speck at 691-7059 if you have time to help.

The SJögren's Syndrome support group meets on Thursday, April 19, from 5:30 to 7:30 pm in the Queen's Conference Center. RSVP to melacacannella@yahoo.com.

Fidelity Workshops for different investors will be held on Tuesday, April 17 in the Kamehameha Auditorium. Building a Portfolio in Any Weather will be offered at 12:00 pm for individuals who want to improve their investment mix in their workplace savings plan. Confident Investing in Any Market will be held at 1:30 pm for individuals actively engaged in managing their investment strategy. Quarterly Market Update will be held at 3:00 pm for those who want to understand how to actively manage their portfolios based on current and historical market activity. Class size is limited and reservation are taken at www.queens.org/traindev/reg/investing.asp.

Basic Financial Strategies: Estate Planning, a free seminar presented by the Queen's Federal Credit Union, will be held on Tuesday, April 17, from 5:00 to 7:00 pm at 715 South King Street, Suite 110. For reservations, email Mona at memberservices@queensfcu.org.

An Introduction and Overview of Acupuncture will be presented on Thursday, April 26 from 12:00 to 1:00 pm by Jayne Tsuchiyama, LAc, in the Women's Health Center classroom. Learn how acupuncture can be successfully integrated into treatment for many women's health issues, such as PMS and menopausal, or post partum issues.

Rent

Aina Haina: 3/2/2 hse, newly renov, lg yd, BBQ, patio, nr elem schl & mkt. No pets. $3,000+1 mo dep. Call 386-8862.

Salt Lake: 1/1/1+guest pkg, 350sf, newly renov, 24-hr sec, pool, sauna, tennis ct, bkt-ball ct, BBQ area & lg comm rec rm w/ TV & ping pong. $1,150 incl water, sewer, trash, elec. 6 mo lease. Call Jennifer @ 381-4059.

Mo'ili'ili: 1/1, sec bldg, clean, new carpets & drapes. $1,200 incl utils. Info call 277-7756.

Upper Kalihi: 3/1/1 off LikeLike by Valley Vw Dr. 1000+sf/w/lg liv rm, w/d, BBQ patio, 10 min to QMC. No pets. $1,725 incl utils/cable. Call/txt 221-2381.

Nu'uanu/Pauoa: 3/2/1. Upstairs living area, lg lanai, gated sec sys, smoke & alarm sys, w/d, 5 min to QMC. No pets. $1,895+elec. Richard 216-5005 or 533-2994.

Misc

Roommate(s) wanted: 5/3 Punchbowl home, built 2011, 3,800sf, w/d, d/w. Walk to QMC, pvt BR, bath. $1,250. 801-633-6096.

Wendy Kodama, MN, FNP, RN, has been named Director of the QHS Physician Group Practice.

Free influenza vaccinations for Queen's employees are available at the Queen's POB II Pharmacy (Mondays through Fridays) while supplies last. Please bring your Queen's ID badge.