

Dr. Rosita Leong Mini-Medical School on Healthy Aging

John A. Burns School of Medicine



2019
Oct 5 - Nov 2
FALL



Aloha! Welcome to this all new Mini-Medical School on Healthy Aging! Are you interested in learning more about healthy aging and gaining accurate, reliable information from aging experts? Hearing what our current medical students are learning about aging? Here is your opportunity to do all of that – and more – by enrolling in our *Dr. Rosita Leong Mini-Medical School on Healthy Aging*, sponsored by the *John A. Burns School of Medicine (JABSOM)*, the *University of Hawai'i Cancer Center (UHCC)* and the *University of Hawai'i Foundation (UHF)*.

The topics in this Fall 2019 course curriculum are new this year and were suggested by previous class participants. Join us and become a “mini-medical student.”

This course is being offered free to UH donors, UH alumni and community members. Space is limited and pre-enrollment is required.

All New Topics – Spring/Fall 2019!

Fall 2019 Schedule

Oct. 5 – Nov. 2

Five Saturday mornings

9–11:30 a.m. (two topics)

**Interactive options from 11:30 a.m.–12:20 p.m.

Course Location

Sullivan Conference Center

UH Cancer Center, Kaka'ako Campus

651 Ilalo Street, Honolulu, HI

Map: www.jabsom.hawaii.edu/minimedschool/map.pdf

Course Curriculum

Subject to schedule changes – continued on back

Oct. 5: Session 1

- 8:15 a.m.** Handouts, binders and nametags available at Sullivan Conference Center
- 8:45 a.m.** **Oli** – Dr. Kalani Brady, Assoc. Professor Native Hawaiian Health, JABSOM
Welcome – Dr. Jerris Hedges, Dean, JABSOM and Dr. Randall Holcombe, Director, UH Cancer Center
- 9 a.m.** **A Life Plan for Looking and Feeling Your Best**
Dr. Clyde Ishii, Chi Plastic Surgery Center
- 10:30 a.m.** **The Eye, Achieving Maturity and Wisdom**
Dr. John H. Drouilhet, Retina Associates of Hawai'i and Clinical Professor, JABSOM
- 11:30 a.m.**** **Option: Tour of JABSOM ****
Ms. Julie Inouye, Director of Development for JABSOM

Enroll online: www.uhfoundation.org/MMS-Fall19



Course Curriculum, continued

Oct. 12: Session 2

- 9 a.m. **The Aging Gut: Common Gastrointestinal Issues for Seniors**
Dr. Traci T. Murakami, Gastroenterology, The Queen's Medical Center and Asst. Clinical Prof., JABSOM
- 10:30 a.m. **Memory and Reasoning with Age: The Impact of Sleep and Exercise**
Dr. Robert Nichols, Professor, Cell & Molecular Biology, JABSOM and Assoc. Member, UHCC
- 11:30 a.m.** **Option: JABSOM Willed Body Program - Being a Silent Teacher ****
Mr. Steven Labrash, Director of Willed Body Program, JABSOM

Oct. 19: Session 3

- 9 a.m. **Your Inflammatory Health: the Key to Health and Longevity**
Mr. David Watumull, President and CEO of Cardax
- 10:30 a.m. **Learn about What Happens AFTER You Dial 911**
Dr. Libby Char, Emergency Medicine
- 11:30 a.m.** **Option: Tour of UH Cancer Center ****
Ms. Sharon Shigemasa , Public Information Officer, UHCC

Oct. 26: Session 4

- 9 a.m. **Your Feet Are Made for Walking – Keep them Healthy**
Dr. Greg Morris, Podiatry – Foot and Ankle Specialist
- 10:30 a.m. **Break up with Your Clutter**
Ms. Alice Inoue, Expert Life Guide and Chief Happiness Officer of Happiness U
- 11:30 a.m.** **Swim Your way to Good Health ****
Dr. Jan Prins, Director of Aquatic Research Laboratory, UH Mānoa

Nov. 2: Session 5

- 9 a.m. **Hospital Stays – Get Treated and Get Out Quickly**
Dr. Kamal Masaki, Professor and Chair of Geriatric Medicine, JABSOM
- 10:30 a.m. **Graduation Speaker – “Delving More Deeply into Your Microbiome”**
Dr. Virginia Hinshaw, Chancellor Emeritus/Professor, JABSOM
- 10:50 a.m. **Graduation and Music**
Music – Ben Vegas and T.C. Chun
- 11:30 a.m.–
1 p.m.** **Celebration Lunch****

*Mahalo nui loa to our endowment sponsor **Dr. Rosita Leong**
and to our many generous donors (2014—2019):*

Session Sponsors: Brigitte and Robert Campbell, Virginia and Bill Hinshaw, Elahé Omidyar Mir-Djalali, iAGE Channel (Core Group One and Spectrum/Oceanic 342/1342), and Anonymous Donor

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MMS Friends/Class Participants



For more information please contact the Mini-Medical School

Email: mmsaging@hawaii.edu | Phone: (808) 692-1215 | www.jabsom.hawaii.edu/minimedschool

