

Dr. Rosita Leong Mini-Medical School on Healthy Aging

John A. Burns School of Medicine



2021
Oct 2 – Oct 30
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 2021 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 2021!

Fall 2021 Schedule

Oct. 2 – Oct. 30

Five Saturday mornings

9–11:30 a.m. (two topics)

Course Location

Due to the COVID-19 pandemic and our concern for your safety, the Fall 2021 MMS course will be online sessions using the Zoom Platform.

Course Curriculum

Subject to schedule changes – continued on back

Oct. 2: Session 1

8:45 a.m. **Oli** – Dr. Kalani Brady, Associate Professor, Department of Native Hawaiian Health, JABSOM
Welcome – Dr. Jerris Hedges, Dean, JABSOM and Mr. Tim Dolan, CEO, UH Foundation

9 a.m. **Update on COVID-19 in Hawai'i**
Dr. Lee Buenconsejo-Lum, Associate Dean for Academic Affairs, JABSOM

10:30 a.m. **What's New in Parkinson's Disease Treatment and Research**
Dr. Webster Ross, Clinical Professor of Neurology, JABSOM,
Associate Chief of Staff for Research and Development,
Veterans Affairs Pacific Islands Health Care System

Enroll online: www.uhfoundation.org/MMS-Fall21



Course Curriculum, continued

Oct. 9: Session 2

9 a.m.

Addiction in the Elderly: "What potions have I drunk of Siren tears?"

Dr. William Haning, Professor Emeritus of Psychiatry, JABSOM,
Director of Addiction Psychiatry/Addiction Medicine Residency Training Programs,
President-elect, American Society of Addiction Medicine

10:30 a.m.

Revisiting an Old and Underappreciated Medicine

Dr. Richard Szuster, Clinical Assistant Professor, Department of Psychiatry, JABSOM,
Certified Mindful Practice Facilitator

12:00 p.m.

Thai Chi for Arthritis & Fall Prevention Health

Mr. Randal Lau, Tai Chi, Qi Gong, Kung Fu, Massage Therapy, Licensed Massage Therapist,
Fall Prevention Certified, Tai Chi for Health Institute

Oct. 16: Session 3

9 a.m.

Knee Osteoarthritis, a Physiatrist's Perspective

Dr. Cedric Akau, Associate Clinical Professor and
Chief of the Division of Physical Medicine and Rehabilitation, JABSOM,
Physiatrist, Hawaii Pacific Health Medical Group

10:30 a.m.

Health Literacy: Understanding Your Own Health

Dr. Tetine Sentell, Director/Chair, Office of Public Health Studies, UH Mānoa

Oct. 23: Session 4

9 a.m.

Periodontal Disease

Dr. Rohinton Patel, Director, Hawaii Pacific Dental Group, Inc.,
Adjunct Clinical Professor, Boston University, Goldman School of Dental Medicine

10:30 a.m.

How to Manage Chronic Pain

Dr. Troy Tada, Anesthesiologist and Chronic Pain Management Specialist,
Honolulu Pain Management Clinic, LLC

12:00 p.m.

Practical Self Defense for Seniors

Mr. Randal Lau, Tai Chi, Qi Gong, Kung Fu, Massage Therapy, Licensed Massage Therapist,
Fall Prevention Certified, LauShen Kung Fu

Oct. 30: Session 5

9 a.m.

What Every "Legacy" Person Should Know About Preventing Diabetes Now

Dr. Marjorie Mau, Professor, Department of Native Hawaiian Health, JABSOM

10:15 a.m.

Graduation Speaker- Caste, Race and Culture—How Can Elders Effect Meaningful Change?

Dr. Naleen Andrade, Professor, Department of Psychiatry, JABSOM

11:15 a.m.

Graduation

Dr. Jerris Hedges, Dean, JABSOM

*Mahalo nui loa to our endowment sponsor Dr. Rosita Leong
and to our many generous donors (2014—2021):*

Presenting Sponsors: Virginia and Barry Weinman

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MMS Friends/Class Participants

For more information please contact the Mini-Medical School

Email: mmsaging@hawaii.edu | Phone: (808) 692-1210 | www.jabsom.hawaii.edu/minimedschool

