



John A. Burns School of Medicine Mini-Medical School on Healthy Aging

2015
January 31-March 7
Spring



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 **Mini-Medical School on Healthy Aging sponsored by the John A. Burns School of Medicine (JABSOM) and the University of Hawai'i (UH) Foundation**. The topics in this Spring 2015 course curriculum are all new and were suggested by previous class participants. Join us and become a “mini-medical student”.

This course is being offered free to select UH Foundation donors and their guest. Space is limited and pre-enrollment is required.

All New Topics—Spring 2015!

Spring 2015 Schedule

Jan. 31—Mar. 7

Six Saturday mornings

9–11:30 a.m. (two topics)

**Interactive option 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: jabsom.hawaii.edu/JABSOM/about/map.php

Parking will be provided.

Course Curriculum

Subject to schedule changes – continued on back

Jan. 31 : Session 1

- 8:15 a.m.** Handouts, binders and nametags available at Sullivan Conference Center
- 8:45 a.m.** **Oli Aloha** – Dr. Cedric Akau, Straub Hospital Sports Medicine
Welcome – Dr. Jerris Hedges, Dean, JABSOM, and **Ms. Donna Vuchinich**, President, UH Foundation
- 9 a.m.** **Preventing Injuries While Getting into Shape**
Dr. Cedric Akau, Straub Hospital Sports Medicine
- 10:30 a.m.** **Improving the Lives of Our Senior Patients**
Dr. Kamal Masaki, Professor and Chair of Geriatric Medicine (with medical student/resident/fellow), JABSOM

Enroll online: www.uhfoundation.org/UHM-MiniMedicalSchool2015



Course Curriculum, continued

Feb. 7: Session 2

9 a.m. **Healthy Teeth... Healthy Smiles**

Dr. Armand Chong, Dentist, Kaimuki Dental Clinic

10:30 a.m. **Wisdom of Regenerative Medicine for Seniors**

Dr. Elizabeth Chen Christenson, Director, CHI (Comprehensive Health Innovations) Medical Center, Assoc. Clinical Professor, Dept. of Complementary & Alternative Medicine, JABSOM

11:30 a.m. **Interactive Option** – Tai Chi & Qigong: Life-Force Healing Movements**

Dr. Elizabeth Chen Christenson

Feb. 14: Session 3

9 a.m. & **Changes in Hearing and Speech with Strategies for Improvement**

10:30 a.m. Dr. Henry Lew, Professor and Chair, Communications Sciences and Disorders

Dr. Edson Hirohata, Asst. Professor, Communication Sciences and Disorders

Dr. Amy Lower, Jr. Specialist, Communication Sciences and Disorders

Feb. 21: Session 4

9 a.m. **Cancer Screening Works!**

Dr. Ryon Nakasone, Hematology/Oncology, OnCare Hawaii Incorporated

10:30 a.m. **Defining Genetic and Environmental Factors in Specific Cancers**

Dr. Michele Carbone, Professor and Director of UH Cancer Center, UH Mānoa

Feb. 28: Session 5

9 a.m. **The Road to Healthy Brain Aging**

Dr. June Lee, Asst. Professor, Dept. of Psychiatry, JABSOM

10:30 a.m. **Resistance Training Is Good For You!**

Mr. Brian Copeland, Personal Trainer, BFit

Mar. 7: Session 6

9 a.m. **Taking Care of Your Largest Organ – Your Skin**

Dr. Carla Nip-Sakamoto, Dermatologist

10:30 a.m. **Pearls of Wisdom Panel**

Dr. Nanette Judd, Professor Emeritus, JABSOM

Dr. Kalani Brady, Assoc. Prof., Native Hawaiian Health, JABSOM

Dr. Virginia Hinshaw, Chancellor Emeritus/Professor, JABSOM

11:30 a.m. **Special Celebration/Graduation****

–1 p.m. **Graduation Speaker Ms. Alice Inoue**, Expert Life Guide and Chief Happiness Officer of Happiness U
Music and Lunch

Mahalo for the gracious support provided by the following sponsors -

Session Sponsor — Elahé Omidyar Mir-Djalali

**Course Materials Sponsors—Claire S. Durham, Harold and Susan Jensen, and
Bill and Virginia Hinshaw**



For more information please contact the Mini-Medical School

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