

Dr. Rosita Leong Mini-Medical School on Healthy Aging

John A. Burns School of Medicine



2018
Feb 10 - Mar 10
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 *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 Spring 2018 course curriculum are new this year (to be repeated Fall 2018) 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 2018!

Spring 2018 Schedule

Feb 10 – Mar 10

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

Course Curriculum

Subject to schedule changes – continued on back

Feb. 10: Session 1

8:15 a.m. Handouts, binders and nametags available at Sullivan Conference Center

8:45 a.m. **Oli** – Mr. Kamuela Werner, Research Associate, JABSOM

Welcome – Dr. Jerris Hedges, Dean, JABSOM, Ms. Donna Vuchinich, President, UH Foundation, and Dr. Randall Holcombe, Director, UH Cancer Center

9 a.m. **Conquering depression**
Dr. Kamal Masaki, Professor and Chair of Geriatric Medicine, JABSOM

10:30 a.m. **Long term care options—Plan ahead!**
Ms. Norine Wong, VP, Operations & Business Development, FirstVitals Health & Wellness, Inc

Enroll online: www.uhfoundation.org/MMS-Spring18



Course Curriculum, continued

Feb. 17: Session 2

9 a.m. **Be Fit in a Bit**

Ms. R. Makana Risser Chai, Well-being author and speaker; Certified stress and wellness consultant; forgiveness facilitator; teacher of yoga, meditation and Pilates

10:30 a.m. **Grief: The Journey of Courage & Hope**

Ms. Felicia Marquez-Wong, Bereavement Services Manager, St. Francis Hospice

11:30 a.m.** **Exploring Intimacy and Sexuality ****

Dr. Patricia Nishimoto, Oncology Clinical Nurse Specialist, Tripler Army Medical Center; Associate Professor, School of Nursing, UH Mānoa

Feb. 24: Session 3

9 a.m. **Image guided tumor ablation: A less invasive cancer treatment**

Dr. Louis Hinshaw, Professor of Radiology and Urology & Chief, Abdominal Imaging & Intervention, University of Wisconsin School of Medicine and Public Health

10:30 a.m. **How to Care For Your Skin and Nails Like a Dermatologist Would**

Dr. Molly Hinshaw, Associate Professor of Dermatology, University of Wisconsin School of Medicine and Public Health

Mar. 3: Session 4

9 a.m. **Can you hear me now? Yes indeed!**

Dr. Lisa Taniguchi, Assistant Professor, Dept. of Communication Sciences and Disorders, JABSOM

10:30 a.m. **Achieving Value-based Cancer Care**

Dr. Randall Holcombe, Director, UH Cancer

11:30 a.m.** **Finding Accurate Information about Medical Issues ****

Ms. Kristen Anderson, Director, JABSOM Health Sciences Library, and **Ms. Melissa Kahili-Heede**, Librarian, JABSOM Health Sciences Library

Mar. 10: Session 5

9 a.m. **Innovative Cancer Therapeutics (Targeted Therapies and Immunotherapy)**

Mr. William Hinshaw, Jr., Former Executive Vice President U.S. Oncology, Novartis

10:30 a.m.– **Pearls of Wisdom – “How is your microbiome doing?”**

11 a.m. **Dr. Virginia Hinshaw**, Chancellor Emeritus/Professor, JABSOM

11 a.m.– **Graduation and Music**

11:30 a.m. **Music – Dr. Maya Hoover**, Professor, and **Dr. Jonathan Korth**, Assoc. Professor, Dept. of Music, UH Mānoa

11:30 a.m.– **Celebration Lunch****

1 p.m.**

*Mahalo nui loa to our endowment sponsor **Dr. Rosita Leong**
and to our many generous donors (2014—2017):*

Session Sponsors: Brigitte and Robert Campbell, Bill and Virginia Hinshaw, Elahé Omidyar Mir-Djalali, Oceanic Time Warner iAGE (342/1342), and Anonymous Donor

Course Materials Sponsors: Claire S. Dunham, Bill and Virginia Hinshaw, Noreen and Melvin Inamasu, Harold and Susan Jensen, Judy Pyle and Wayne Pitluck, Julia Wo and Brian Soma, Denise and Randal Yoshida

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

