

# Dr. Rosita Leong Mini-Medical School on Healthy Aging

*John A. Burns School of Medicine*



**2019**  
Feb 9 - Mar 9  
**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 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!**

## Spring 2019 Schedule

**Feb. 9 – Mar. 9**

**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](http://www.jabsom.hawaii.edu/minimedschool/map.pdf)

## Course Curriculum

*Subject to schedule changes – continued on back*

### Feb. 9: 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, Ms. Donna Vuchinich, President, UH Foundation, 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. **Learn about What Happens AFTER You Dial 911**  
Dr. Libby Char, Emergency Medicine
- 11:30 a.m.\*\* **Option: Tour of JABSOM** \*\*  
Ms. Elaine Evans, Director of Development for JABSOM

Enroll online: [www.uhfoundation.org/MMS-Spring19](http://www.uhfoundation.org/MMS-Spring19)



## Course Curriculum, continued

### Feb. 16: Session 2

- 9 a.m. **Common Digestive Problems in Maturing Adults**  
Dr. Scott Kuwada, Section Chief, Queen's Gastroenterology Services
- 10:30 a.m. **Your Inflammatory Health: the Key to Health and Longevity**  
Mr. David Watumull, President and CEO of Cardax
- 11:30 a.m.\*\* **Option: JABSOM Willed Body Program - Being a Silent Teacher \*\***  
Mr. Steven Labrash, Director of Willed Body Program, JABSOM

### Feb. 23: Session 3

- 9 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
- 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 UH Cancer Center \*\***  
Mr. Todd Cullison, Assoc. Director of Development for UHCC, UHF

### Mar. 2: 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. **How to Break Up 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

### Mar. 9: 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, Bill and Virginia Hinshaw, Elahé Omidyar Mir-Djalali, iAGE Channel (Core Group One and Spectrum/Oceanic 342/1342), and Anonymous Donor

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

**MMS Friends/Class Participants**



For more information please contact the Mini-Medical School

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