

Dr. Rosita Leong Mini-Medical School on Healthy Aging

John A. Burns School of Medicine



2024 **SPRING**
Feb 3 - Mar 9



Aloha! Welcome to the Spring 2024 Mini-Medical School on Healthy Aging! Are you interested in learning more about healthy aging and gaining accurate, reliable information from experts? Want to hear what our current medical students are learning about aging, but tailored for a general audience? Enroll now in the ***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 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, alumni, and community members. Space is limited and pre-enrollment is required.

Spring 2024 Schedule

Feb. 3 – Mar. 9

Five Saturday Mornings

(No Session Feb. 10)

9–11:30 a.m. (two topics)

Course Location

**John A. Burns School of Medicine
Medical Education Building
Library, 1st Floor
651 Ilalo Street, Honolulu**

NOTE NEW LOCATION!

Course Curriculum

Subject to schedule changes – continued on back

Feb. 3: Session 1

8:45 a.m. Welcome – Dr. Lee Buenconsejo-Lum, Interim Dean, JABSOM and Mr. Tim Dolan, CEO, UH Foundation

9 a.m. Common Foot Problems in Older People
Dr. Darren Day, DPM, FACFAS
Board-Certified Podiatrist/Foot & Ankle Surgeon, Academy Foot Center of Hawaii

10:30 a.m. Coping with Grief
Sara-May Colón, Director, Mission & Spiritual Care, Adventist Health Castle



Feb. 17: Session 2

- 9 a.m. **Glaucoma Diagnosis and Treatment**
Dr. Michael Yim, Ophthalmologist, Queen's Medical Center; Assistant Clinical Professor, JABSOM
- 10:30 a.m. **How to Respond to an Emergency at Home**
Pamela Foster, Registered Nurse; President and CEO of AED Institute of America; Founder of Kids4CPR
- 11:30 a.m. **(Optional) Hula for Seniors**
Kumu Jessica Warmoth

Feb. 24: Session 3

- 9 a.m. **Stresses and Joys of Caregiving**
Dr. Shari Kogan, Associate Clinical Professor, Department of Geriatric Medicine, JABSOM; Geriatrician, Queen's Medical Center
- 10:30 a.m. **Heart Rhythm Disturbances**
Dr. David Singh, Clinical Cardiac Electrophysiologist, Queen's Medical Center

Mar. 2: Session 4

- 9 a.m. **Leukemia: Types and Updates in Treatment**
Dr. Craig Boddy, Hematologist/Oncologist, Hawaii Pacific Health
- 10:30 a.m. **Osteoporosis Prevention and Treatment**
Dr. Serena Lo, Geriatrician, Kaiser Permanente; Assistant Clinical Professor, JABSOM
- 11:30 a.m. **(Optional) Self-Defense for Seniors**
Randall Lau

Mar. 9: Session 5

- 9 a.m. **Potential Health Impacts of the Red Hill Spill**
Dr. Catherine Pirkle, Associate Professor, Health Policy and Management, UH Manoa
Dr. Rosana Weldon, Associate Specialist, UH Manoa Office of Public Health Studies
- 10:30 a.m. **Graduation Speaker - Aging and Independence**
Dr. Jon Ho, Center for Proactive Living
- 11:20 a.m. **Graduation, Music, and Celebration Lunch**
Dr. Lee Buenconsejo-Lum, Interim Dean, JABSOM

*Mahalo nui loa to our endowment sponsor **Dr. Rosita Leong**
and to our many generous donors (2014—2023)*

Presenting Sponsors: Virginia and Barry Weinman, HMSA Foundation

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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

