

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

*John A. Burns School of Medicine*



**2025**  
Feb 8 - Mar 8  
**SPRING**



**Aloha!** Welcome to the Spring 2025 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)**!

Prepare to learn more about healthy aging and gain accurate, reliable information from experts! Hear what our current medical students are learning about aging, but tailored for a general audience! The topics are new each year and are suggested by previous class participants.

Congratulations on being a "mini-medical student!"

## Spring 2025 Schedule

**Feb. 8 – Mar. 8**

**Five Saturday Mornings**

9–11:30 a.m. (two topics)

## Course Location

Sullivan Conference Center  
UH Cancer Center, Kakaako Campus  
651 Ilalo Street, Honolulu

## Course Curriculum

*Subject to schedule changes – continued on back*

### Feb. 8: Session 1

- 8:45 a.m. **Oli** – Dr. Kalani Brady  
**Welcome** – Dr. T. Samuel Shomaker, Dean, JABSOM
- 9 a.m. **How to Use Assistive Devices Correctly**  
Bennett Zazzera, PT, DPT, OCS  
Program Director, Physical Therapist Assistant Program, Kapiolani Community College
- 10:30 a.m. **Healthy Brain Aging and Dementia**  
Dr. Kamal Masaki, Professor and Chair, Department of Geriatric Medicine, JABSOM



## Feb. 15: Session 2

- 9 a.m. **Common Liver Diseases**  
Dr. Naoky Tsai, Clinical Professor, Department of Medicine, JABSOM
- 10:30 a.m. **Aging and the Musculoskeletal System: How to Change It**  
Dr. Suzanne Yandow, Professor of Orthopedics and Sports Medicine, University of Washington;  
Former Chief, Department of Pediatric Orthopedics and Sports Medicine, Seattle Children's Hospital
- 11:30 a.m. **(Optional) JABSOM Tour**

## Feb. 22: Session 3

- 9 a.m. **All You Need to Know About Medicare**  
Dr. Kenric Murayama, Executive Vice President and Chief Health Officer, HMSA
- 10:30 a.m. **Climate Change and Health**  
Dr. Elizabeth Kiefer, Assistant Clinical Professor, Department of Medicine, JABSOM
- 11:30 a.m. **(Optional) Chair Tai Chi**

## Mar. 1: Session 4

- 9 a.m. **Update on Cataracts**  
Dr. Michael Yim, Ophthalmologist, Queen's Medical Center; Assistant Clinical Professor, JABSOM
- 10:30 a.m. **Skin Cancers**  
Dr. Westley Mori, Dermatologist; Assistant Clinical Professor, Department of Medicine, JABSOM
- 11:30 a.m. **(Optional) Cancer Center Tour**

## Mar. 8: Session 5

- 9 a.m. **Valvular Diseases of the Heart**  
Dr. Benjamin Plank, Interventional Cardiologist, Queen's Medical Center
- 10:30 a.m. **Graduation Speaker - Blue Zones**  
Dr. Vanessa Wong, Associate Professor, JABSOM
- 11:20 a.m. **Graduation, Music, and Celebration Lunch**  
Dr. T. Samuel Shomaker, Dean, JABSOM

*Mahalo nui loa to our endowment sponsor **Dr. Rosita Leong**  
and to our many generous donors (2014—2025)*

***Special Endowment: Elaine and Eddie Flores***

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For more information please contact the Mini-Medical School

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