

# **HAWAII MATTERS**

QUARTERLY REPORT

APR / MAY / JUN 2022

AIR TIME: 6:30AM; LENGTH: 30 MINUTES

KDDB WAIPAHU

APR 2022

**APR 3, 2022**

## **Dr. Rebecca Bassett / Genetics & Genetic Counseling**

Dr. Rebecca Bassett, a genetic counselor, talks about the basics of genetic counseling; genetic mutations and what they cause in a person; genetic mutations; the uses of genetics in general healthcare; genetic testing; the process of a counseling session; how genetics can help someone's current health; the controversy of gene editing;

## **APR 10, 2022 – Dr. Rebecca Sawai-Colorectal Surgeon / Colorectal Cancer**

This week's guest is Dr. Rebecca Sawai. She's a colorectal cancer surgeon. She talks about the disease, it's prevalence in the US, warning signs, lifestyle contributors, diagnosis, treatment, and prevention. The preparation process for a colonoscopy.

The Lt. Gov. also updates us on the issue with water safety on Red Hill.

## **APR 17, 2022 – Dr. Jennifer Loh / Diabetes in Hawaii**

Dr. Loh gives us a background on endocrinology, diabetes, fatty liver, and other diseases associated with endocrinology. She discusses the factors that lead to these diseases, diagnosis, prevention, indicators for diabetes, pre-diabetes. She talks about blood tests, blood sugar levels, and what a normal range is for most people. The risks for long-term diabetes. She offers strategies to battling diabetes, like portion control and controlling types of foods. Dr. Loh also talks about the medications used to control diabetes. She also covers gestational diabetes (diabetes during pregnancy).

## **Apr 24, 2022 – Steve Alm / City Prosecutor / Crime in Honolulu**

Topics include the roles of the prosecuting attorney's office, his history in law enforcement; the project "Hope Probation," a unique program that helped improve the probation process; the importance of immediate consequences to deter recidivism; the perceived increase in crime; staffing in the prosecutor's office.

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## **MAY 1, 2022 – Diane Seo / Editor Honolulu Magazine**

She highlights her career and the attitude that got her to where she is today. She talks about having the gumption to go and do things on a whim; the beginnings of Metro Mix Honolulu, NonStop Honolulu and Frolic, which led to her position as Editor of Honolulu Magazine. We talk about the significance and importance of the magazine. The struggle of the print industry, advertising, and keeping Honolulu relevant and operating. What is the future of Honolulu Magazine?

FEB 2022

## **MAY 8, 2022 – Dr. Jennifer Loh / Diabetes in Hawaii**

Dr. Loh gives us a background on endocrinology, diabetes, fatty liver, and other diseases associated with endocrinology. She discusses the factors that lead to these diseases, diagnosis, prevention, indicators for diabetes, pre-diabetes. She talks about blood tests, blood sugar levels, and what a normal range is for most people. The risks for long-term diabetes. She offers strategies to battling diabetes, like portion control and controlling types of foods. Dr. Loh also talks about the medications used to control diabetes. She also covers gestational diabetes (diabetes during pregnancy).

## **MAY 15, 2022 – Dr. Sharon Sakurai-Burton / Strokes in Hawaii**

Dr. Sakurai-Burton outlines the hazards of a stroke, what it is, types of stroke, what to look for if someone is experiencing a stroke (BEFAST), prevalence of strokes, how to react if someone has a stroke, the effect of smoking on strokes, how to prevent strokes, aspirin's role in stroke prevention, recovering from a stroke.

## **MAY 22, 2022 – Diane Seo / Editor Honolulu Magazine**

She highlights her career and the attitude that got her to where she is today. She talks about having the gumption to go and do things on a whim; the beginnings of Metro Mix Honolulu, NonStop Honolulu and Frolic, which led to her position as Editor of Honolulu Magazine. We talk about the significance and importance of the magazine. The struggle of the print industry, advertising, and keeping Honolulu relevant and operating. What is the future of Honolulu Magazine?

FEB 2022

## **MAY 29, 2022 – Dr. Abby Pandula / Long Covid**

Dr. Pandula talks about one of the overlooked aspects of COVID-19, the long-lasting effects after the disease is gone. She covers: defining long-Covid; how to discern it from other conditions; the symptoms of long Covid; aspects of the long Covid experience; the amount of

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people with long Covid; treatment; the myth that only hospitalized patients get long Covid; what brain fog is like in a long Covid patient; how to handle the fatigue of long Covid; when to contact your doctor; the effect of vitamins & supplements on long Covid recovery; how doctors cope; where to obtain information if you think you have long Covid.

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JUNE 2022

## **JUN 5, 2022 – Steve Alm / City Prosecutor / Crime in Honolulu**

Topics include the roles of the prosecuting attorney's office, his history in law enforcement; the project "Hope Probation," a unique program that helped improve the probation process; the importance of immediate consequences to deter recidivism; the perceived increase in crime; staffing in the prosecutor's office.

## **JUN 12, 2022 – Dr. Abby Pandula / Long Covid**

Dr. Pandula talks about one of the overlooked aspects of COVID-19, the long-lasting effects after the disease is gone. She covers: defining long-Covid; how to discern it from other conditions; the symptoms of long Covid; aspects of the long Covid experience; the amount of people with long Covid; treatment; the myth that only hospitalized patients get long Covid; what brain fog is like in a long Covid patient; how to handle the fatigue of long Covid; when to contact your doctor; the effect of vitamins & supplements on long Covid recovery; how doctors cope; where to obtain information if you think you have long Covid.

## **JUN 19, 2022 – Dr. Christopher Lum / Cataracts**

Dr. Christopher Lum is an ophthalmologist from Kaiser Permanente. He talks about ophthalmology and what the area covers. Dr. Lum talks about what cataracts is, the problems caused by cataracts, the history of treatment, who it affects, how it's treated today, and the process of the surgery.

## **JUN 26, 2022 – Haylin Dennison / Mental Health in Teens**

Our guest is Haylin Dennison, the founder of Spill The Tea Café, a local mental health clinic for teens. She describes the state of teen mental health here in Hawaii. She discusses the stigma, how race and culture affect one's approach to mental health, the importance of seeking mental health, teen mental health during the pandemic. Dennison gets into some of the services available at Spill The Tea. The possible reasons for the high teen suicide rate during the pandemic. They also discussed the importance parents play as their teen seeks mental health care.