

Hawaii Matters
Quarterly Report
Jan Feb Mar 2016

Air Date: January 10, 2016

Air Time: 6:30am

Duration: 30 min

Topic: Emergency Medicine

Guest: Jay Ishida, MD, Kaiser Emergency Medicine

Synopsis: On the topic of Emergency Medicine, ways to prevent injury and prevent trips to the Emergency Room are discussed. Also, common sports injuries and overuse injuries were discussed along with types of exercises to do to prevent injuries. Also, the Great Aloha Race was discussed.