



Course Syllabus
2026 Primary Care Update
September 19, 2026

53 By the Sea
53 Ahui Street
Honolulu, Hawaii 96813

The Hawaii Association of Osteopathic Physicians and Surgeons
Michael Jaffe, D.O., HAOPS President & Program Chair
Spencer Lau, D.O., Executive Director
www.hawaiiosteopathic.org



OSTEOPATHIC PLEDGE OF COMMITMENT

As members of the osteopathic medical profession, in an effort to instill loyalty and strengthen the profession, we recall the tenets on which this profession is founded – the dynamic interaction of mind, body and spirit; the body’s ability to heal itself; the primary role of the musculoskeletal system; and preventive medicine as the key to maintain health. We recognize the work our predecessors have accomplished in building the profession, and we commit ourselves to continuing that work.

I pledge to:

Provide compassionate, quality care to my patients; Partner with them to promote health;

Display integrity and professionalism throughout my career; Advance the philosophy, practice and science of osteopathic medicine; Continue life-long learning;

Support my profession with loyalty in action, word and deed; and Live each day as an example of what an osteopathic physician should be.



TABLE OF CONTENTS

Osteopathic Pledge of Commitment	Page 2
Program-at-a-Glance	Page 4
Conference Information Includes Disclaimer, Disclosure Information	Page 5
CME/Credit Hours Information	Page 11
Program Guide	Page 13

Available on-site only:

Conference & Speakers Evaluation Survey

CME Attendance Attestation Survey

Both are required to earn AOA 1-A CME Credits

HAOPS 2026 Primary Care Update
PROGRAM-at-a-GLANCE: SATURDAY, September 19, 2026

7:30 am - 8:00 am

Registration, Continental Breakfast, Visit with Exhibitor Booths, Welcoming Remarks and Housekeeping Announcements.

HAOPS President & Program Chair Michael Jaffe, D.O.

8:00 am - 9:00 am

A Clinical Approach For Treatment of Neuropathic Pain

Michael Jaffe, D.O., FSMB, AAOE

9:00 am - 10:00 am

Peripheral Neuropathy Update

Monique Canonico, D.O.

10:00 am - 10:15 am

Coffee break/Visit Exhibitor Booths

10:15 am - 11:15 am

Updates in Cardiology

Andrew So, D.O., FACC

11:15 am - 12:15 pm

Modern Neurology: Headache Evaluation and Treatment in 2026

David Kaminskas, M.D.

12:15 pm – 1:15 pm Lunch & Visit Exhibitor Booths

1:30 pm Program concludes

CONFERENCE INFORMATION

The Mission of the Hawaii Association of Osteopathic Physicians and Surgeons is to:

- Aid and encourage those actively engaged in the practice of osteopathic medicine and surgery in the State of Hawaii to maintain high standards of osteopathic practice.
- Collect and disseminate information for the education and improvement of the profession, as well as, encouraging active participation in the legislative process to advocate for our patients and our profession, and to promote opportunities for fellowship among the osteopathic community in the State of Hawaii.
- Support and encourage AOA CME activities and programs in the State of Hawaii.

Conference Questions, Comments?

Michael Jaffe, D.O., HAOPS Program Chair: (858) 663-5843 – michael@jaffesd.com

Spencer Lau, D.O., HAOPS Executive Director: (808) 382-3366

drspencerlau@gmail.com

Conference Audience

This live in-person CME program is designed to provide a well-balanced clinical update on various topics for primary care and specialty physicians including: neuropathic pain management, peripheral neuropathy, cardiology, and headache management.

Practice Gaps, Outcomes

Physicians need to comprehend, update, and manage changes in patient care and practice management in order to provide optimal patient care. This activity will help to close gaps in physician knowledge and practices to improve their performance and patient outcomes. This activity was developed based on the needs of physicians identified through:

- evaluation surveys of CME meeting participants
- new advances in treatment and practice management identified in major publications or research studies
- new methods of diagnosis or treatment
- availability of new medication(s) or indication(s)
- development of new technology
- input from experts regarding advances in medical knowledge
- legislative, regulatory or organizational changes affecting patient care
- epidemiological data
- journal articles/literature citations
- among other methods

Specific learning outcomes for each session are included in the Program Guide of this Syllabus.

Inclusion of Osteopathically Distinct CME

Osteopathically distinct Continuing Medical Education (CME) is evidence or practice-based medical education which includes the body of knowledge and skills essential to the osteopathic profession and patient care, and integrates osteopathic tenets and philosophy.

HAOPS CME Committee works to assure the inclusion of appropriate Osteopathic content in the CME activities it presents and to assure their activities will achieve the stated objectives of each session in a setting which is evidence-based, culturally sensitive and free of commercial bias. The Committee will monitor the quality of all activities conducted. The Osteopathic Core Competencies of Osteopathic Philosophy, Principles, Practice and Manipulative Medicine, Medical Knowledge, Patient Care, Interpersonal and Communications Skills, Professionalism, Practice-Based Learning and Improvement and System-Based Practice will also be incorporated into all CME activities.

Conference Handouts

Conference handouts and slides, where available from the speakers, will be posted online at this website: <http://hawaiiosteopathic.org/CME2026>. A copy of this Syllabus will also be posted.

Post-Conference Evaluation

Accreditation requires a Conference Evaluation as well as the Attendance Attestation. We have combined these into one survey that will be provided on-site only and you must complete both sections for CME credits to be processed. See the CME Credits section for additional information.

Internet Access, CME Location

Wireless internet will be available in the conference space. The password will be available on site. The CME presentations will be held in the conference space at 53 By The Sea.

Exhibitors

Exhibitors will be located in a room adjacent to the conference room.

Americans with Disabilities Act

HAOPS is committed to making this program accessible to all individuals. Every effort will be made to accommodate requests per the Americans with Disabilities Act. Please contact HAOPS President, Michael Jaffe, DO in advance at (858) 663-5843 – michael@jaffesd.com.

Grievance Policy

If you are in any way dissatisfied with your experience at the conference, please contact HAOPS Executive Director, Spencer Lau, DO at (808) 382-3366 or by email to drspencerlau@gmail.com so that HAOPS may address your concerns.

Unresolved issues regarding compliance with the AOA “Uniform Guidelines” can be brought to the attention of the Bureau of Osteopathic Education in writing to

Secretary, Bureau of Osteopathic Education, American Osteopathic Association, 142 East Ontario Street, Chicago, IL 60611.

Disclaimer

This continuing medical education (CME) course is made available by the Hawaii Association of Osteopathic Physicians and Surgeons (HAOPS). The material presented in this CME course is for education purposes only. This material is not intended to represent the best or only methods or procedures appropriate for the medical situation discussed; rather, the material is intended to present an approach, view, statement, or opinion of the presenter(s), which may be helpful, or of interest, to all attendees, including clinical practitioners. The content of any CME presentation is the personal view, statement, or opinion of the presenter and such content is intended for the attending audience as a whole and not to the specific circumstance of any individual attending the CME program.

Statements of fact and opinion expressed in any HAOPS CME program are those of the individual presenters and, unless expressly stated, are not the views, statements, or opinions of the co-sponsors. HAOP does not endorse or approve, and does not assume any responsibility for, the content, accuracy, or completeness of the information presented in any HAOPS CME program. The CME program is not intended, nor should it be construed in any way, to replace the independent professional judgment and study of the specific facts and circumstances an attendee may be experiencing. The information presented in any CME presentation is not intended to be, and should not be received as, medical advice or a substitute for medical advice, and attendees are advised to seek an independent, competent medical opinion as to any specific set of circumstances the attendee seeks to address.

All attendees participate in this CME program with the full knowledge and awareness that the attendee waives any claim he or she may have against the CME Program sponsor for reliance on any information presented in the CME program. Furthermore, the attendee waives any claim he or she has or may have against the sponsor for any injury or any other damage whatsoever that may

result in any way from his or her participation in the CME program. All of the presentations of the Conference are intended for limited publication only, and all property rights in the material presented, including common-law copyright, are expressly reserved to the speaker or the sponsor. No statement or presentation made at the CME Conference is to be construed or in any way regarded as dedicated to, or intended for, the public domain. Any sound reproduction, transcript, or any other use of the material presented at any CME Conference is prohibited to the full extent of common-law copyright to, and in, such material.

Disclosure Statement

It is the policy of the Hawaii Association of Osteopathic Physicians and Surgeons (HAOPS) to ensure balance, independence, objectivity, and scientific rigor in all of their sponsored educational activities. All faculty participating in a sponsored activity are expected to disclose to the activity audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of the continuing medical education program, including significant financial interest or other relationship: (1) with manufacturer(s) of any commercial product(s) and/or provider(s) of commercial services discussed in an educational presentation, and (2) with any commercial supporters of the activity. (Significant financial interest or other relationships may include such things as grants or research support, employee, consultant, major stockholder, member of speaker's bureau, etc.)

The intent of this disclosure is not to prevent a presenter with a significant financial or other relationship from making a presentation, but rather to provide listeners with information on which they can make their own judgments. It remains for the audience to determine whether the presenter's interests or relationships may influence the presentation.

Speakers were asked to declare any financial interest/arrangement or affiliation that may be perceived as a conflict of interest in the context of their presentations along with any anticipated off-label use or unlabeled/unapproved uses of drugs or products. The information reported by Speakers are included along with their biographical sketch and their learning objectives in the "Program

Guide” section of this Syllabus. Any potential conflicts have been resolved per our review process.

In addition to presenters, the Planning Committee also provided disclosures. These are the members of the Committee with their conflicts and disclosures:

President & Program Chair Michael Jaffe, DO no conflicts, nothing to disclose; Executive Director Spencer Lau, DO no conflicts, nothing to disclose; Vice President Sharon Hiu, DO no conflicts, nothing to disclose; Secretary/Treasurer Terri Kakugawa, DO no conflicts, nothing to disclose; Member Ashley Baldauf, DO no conflicts, nothing to disclose; Member Devin Hazama, DO no conflicts, nothing to disclose; Member Bernyce Peplowski, DO no conflicts, nothing to disclose.

Acknowledgements & Commercial Support

The Hawaii Association of Osteopathic Physicians and Surgeons Continuing Medical Education programs ensure balance, independence, objectivity and scientific rigor in their educational programs. Individual activities are developed independently of educational grant support. In accordance with the standards of the AOA Bureau of Osteopathic Education, any commercial supporters of this meeting have had no influence over topics or speakers. Acknowledgement of commercial support is provided in conference program materials. HAOPS did not receive any commercial support for this conference.

CME & CREDIT HOURS INFORMATION

CME Credits Information

You MUST complete, sign and submit the CME Evaluations & Attendance Attestation Survey. This survey will be provided at the conference only. It must be completed and submitted to HAOPS in order for your CME credits to be granted and submitted to the AOA Continuing Medical Education office. No exceptions are allowed due to accreditation requirements. Please remember to complete this two-part survey before you depart the conference. **The deadline for submitting the survey is Saturday, September 19, 2026.**

The Hawaii Association of Osteopathic Physicians and Surgeons (HAOPS) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians. HAOPS designates this program for a maximum of 4 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's activity in this activity.

CME certificates will be e-mailed approximately 2 weeks after the conference, so please be sure we have your correct e-mail address on the evaluations & attendance survey. Certificates cannot be processed on-site. The survey must be received on **Saturday, September 19, 2026**. Evaluations & Attendance surveys submitted AFTER this date will not be processed for credits.

Specialty Credits Information

As FYI, CME Policies from the AOA are found here:
<https://osteopathic.org/cme/cme-guide/>.

Important – to get your CME Credits:

Learners must complete and submit the online Evaluations & Attendance Survey on site. Certificates of CME Credit Earned will be emailed approximately two weeks following the conference. They will be sent by our Executive Director from this email address: Hawaii.AOPS808@gmail.com.

FYI, for D.O. participants, credits will be posted directly to the AOA and will be included in your AOA Report (a benefit for members of the AOA).

PROGRAM GUIDE – HAOPS Primary Care Update 2026

Saturday, September 19, 2026

7:30 am – 8:00 am Registration, Continental Breakfast, and Welcoming Remarks
Michael Jaffe, DO, HAOPS President & CME Program Chair

8:00 am – 9:00 am A Clinical Approach For Treatment of Neuropathic Pain



Michael Jaffe, D.O., FFSMB, AAOE earned his medical degree from Kirksville College of Osteopathic Medicine and completed residency training in Physical Medicine & Rehabilitation at the Rehabilitation Institute of Michigan/Wayne State University, followed by fellowship training in Pain Management. He is board certified in both Physical Medicine & Rehabilitation and Pain Management.

Dr. Jaffe spent more than 20 years with Kaiser Permanente in San Diego, where he practiced Physical Medicine & Rehabilitation and later developed and directed a multidisciplinary Pain Management program. He moved to Hawai'i in 2017 and currently practices at Hawai'i Brain & Spine

in Kailua.

He also serves as a Clinical Associate Professor at A.T. Still University and Western University of Health Sciences and is President of the Hawai'i Association of Osteopathic Physicians and Surgeons.

Disclosure/Slides: Dr. Jaffe has no conflicts or disclosures. Dr. Jaffe serves on the HAOPS Board and is the Program Chair for this CME Program. Slides will be posted on the conference webpage.

Learning Objectives - At the conclusion of the presentation, the learner will be able to:

- Identify the four types of pain
- Understand Nociplastic/Neuroplastic pain effects on the CNS
- What medications work best for neuropathic pain
- Understand what the multi-modal treatment approach is for neuropathic pain

9:00 am – 10:00 am - Peripheral Neuropathy Update

Monique M. Canonico, D.O. is originally from Pittsburgh, Pennsylvania. She received her medical degree from the Kansas City University College of Osteopathic Medicine and completed her Neurology Residency at the National Capital Consortium in Bethesda, Maryland. Following residency, Dr. Canonico served eight years in the U.S. Army and practiced as a Staff Neurologist at Tripler Army Medical Center before joining Kaiser Permanente Hawai'i, where she has practiced as a Staff Neurologist since 2001.

In addition to her clinical practice, Dr. Canonico has taken on leadership and academic roles, including serving as a lead on Kaiser's Neurosciences Department Quality Committee, a reviewer for *The Permanente Journal*, and an Assistant Professor at the University of Hawai'i John A. Burns School of Medicine. She also earned Headache Certification through the United Council of Neurologic Subspecialties in 2020.

Dr. Canonico has remained active in the community through longstanding service with the Olomana Community Board and the Multiple Sclerosis Society. Outside of medicine and community service, she enjoys staying active, and one of her favorite exercise routines is trampolining.

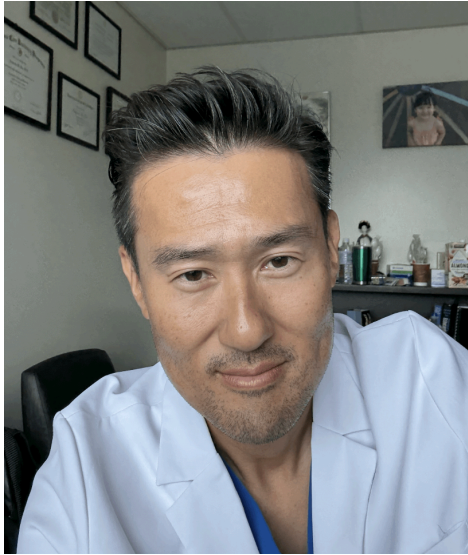
Disclosure/Slides: Dr. Canonico has no conflicts and no disclosures. Slides will be posted on the conference webpage.

Learning Objectives - At the conclusion of the presentation, the learner will be able to:

- Describe clinical symptoms of PN
- Describe the anatomy of PN
- Discuss diagnosis of PN
- Plan Treatment options for symptoms

10:00 am – 10:15 am - Coffee break/Visit Exhibitor Booths

10:15 am – 11:15 am - Updates in Cardiology



Andrew So, D.O., FACC received his medical degree from the Philadelphia College of Osteopathic Medicine and completed his Internal Medicine residency at Christiana Care Health System. He then completed his Cardiology Fellowship at Geisinger Medical Center in Pennsylvania, where he also served as Chief Fellow.

Dr. So subsequently practiced general cardiology on Kaua'i for 16 years with Wilcox Hospital and Kauai Medical Clinic, where he held several leadership roles, including Medical Director for Cardiac Services, Director of Cardiac Rehabilitation, and Chief of Medical Subspecialties. He relocated to O'ahu in November 2025 and currently practices non-invasive cardiology with Kailua Cardiology,

including at a newly opened office in the Kuakini area.

He brings broad experience in general and non-invasive cardiology, including cardiac CT, nuclear cardiology, echocardiography, stress testing, transesophageal echocardiography, cardiovascular consultation, preoperative cardiac evaluation, and comprehensive cardiology care. In addition to his clinical practice, Dr. So has served as an Assistant Clinical Professor of Medicine at the University of Hawai'i John A. Burns School of Medicine since 2015 and is a Fellow of the American College of Cardiology.

Disclosure/Slides: Dr. So has no conflicts and no disclosures. Slides will be posted on the conference webpage.

Learning Objectives - At the conclusion of the presentation, the learner will be able to:

- Manage hypercholesterolemia
- Understand role of GLP-1 and Cardiometabolic disease
- Recognize and manage HFpEF
- Utilize coronary calcium scoring for early prevention

11:15 am - 12:15 pm - Modern Neurology: Headache Evaluation and Treatment in 2026



David Kaminskas, M.D. received his medical degree from the USC Keck School of Medicine and completed his Neurology residency at the University of California, San Diego, following internship training at Henry Ford Hospital. He is board certified by the American Board of Psychiatry and Neurology and has served as an Assistant Clinical Professor of Neurology at the University of Hawai'i John A. Burns School of Medicine since 2004.

Dr. Kaminskas has extensive experience in general neurology and the diagnosis and treatment of headache and facial pain. He previously directed the Center for Headache and Facial Pain at Hawai'i Pacific Neuroscience and the Pacific Headache Center at Manakai O Mālama. He currently practices as a Staff Neurologist at Adventist Health Castle and serves as Director of the Resident Neurology Clinic at the VA Medical Center in Honolulu.

In addition to his clinical and academic work, Dr. Kaminskas currently serves as President of the Hawai'i Neurologic Society and has been recognized as a Honolulu Magazine Top Doctor for multiple years. He has also received both a U.S. Marine Corps Certificate of Commendation and a Certificate of Special Congressional Recognition from U.S. Senator Mazie Hirono for his actions during the 2015 MV-22 Osprey incident at Marine Corps Training Area Bellows.

Disclosure/Slides: Dr. Kaminskas has no conflicts and discloses affiliation with speakers' bureau for Abbvie, Pfizer. Slides will be posted on the conference webpage.

Learning Objectives - At the conclusion of the presentation, the learner will be able to:

- Understand the major clinical features of both Migraine and Cluster headache.
- Appreciate the varied number and appropriate use of therapeutics in treating Migraine.
- Familiarize the learner with the unique clinical features and available treatments for Trigeminal Neuralgia.

12:15 pm – 1:15 pm - Lunch & Visit Exhibitor Booths

1:30 pm - Program concludes

Worth repeating - to get your CME Credits:

Learners must complete and submit the Evaluations & Attendance Survey on-site before departing on September 19, 2026. Certificates of CME Credit Earned will be emailed approximately two weeks following the conference. They will be sent by our Executive Director from this email address: Hawaii.AOPS808@gmail.com.

FYI, for D.O. participants, credits will be posted directly to the AOA and will be included in your AOA Report (a benefit for members of the AOA).

Mahalo!

We hope you will join us again next year for the
2027 Primary Care Update.

www.hawaiiosteopathic.org



www.hawaiiosteopathic.org