

**News Release**

Nashimoto & Associates  
1833 Kalakaua Avenue, Suite 201  
Honolulu, Hawaii 96815  
Phone: (808) 955-9361 Fax: (808) 955-9742  
Email: [info@nashimoto.com](mailto:info@nashimoto.com)

Contact: Dr. Alan Wu, M.D.  
Dr. Tony Trpkovski, M.D.  
Doctors of Waikiki  
Sheraton Princess Ka'iulani Hotel, Ground Floor  
120 Ka'iulani Avenue, #KW10&11  
Honolulu, HI 96815  
Office: (808) 922-2112  
Email: [info@doctorsofwaikiki.com](mailto:info@doctorsofwaikiki.com)  
[www.doctorsofwaikiki.com](http://www.doctorsofwaikiki.com)

**Give Yourself a Healthy Heart Checkup Today for Valentine's Day  
"Doctors of Waikiki" to Offer Hawaii Residents FREE Blood Pressure Checks  
During Entire Month of February 2020**



**DR. ALAN  
WU, M.D.**



**DR. TONY  
TRPKOVSKI, M.D.**

**Honolulu, HI (February 14, 2020)** - "Doctors of Waikiki" to offer Hawaii residents FREE blood pressure checks during entire month of February 2020. For Hawaii residents only (Must show proof of Hawaii residency). No appointment necessary. Screening for and treatment of high blood pressure substantially reduces the incidence of heart failure, heart attack, stroke, and chronic kidney disease. High blood pressure is a prevalent condition, affecting approximately 30% of the adult population. It is the most commonly diagnosed condition at outpatient office visits. The evidence on the benefits of screening for high blood pressure is well-established. Previous evidence reviews commissioned by the U.S. Preventive Services Task Force (USPSTF) found good-quality evidence that screening for hypertension has few major harms and provides substantial benefits. High blood pressure is a major contributing risk factor to heart failure, heart attack, stroke, and chronic kidney disease. Screening for and treatment of high blood pressure in adults substantially reduces the incidence of cardiovascular events.



Give yourself a healthy heart check-up today for Valentine's Day!

Elevated blood pressure, or hypertension, is a dangerous condition that puts your body at increased risk for heart attack, stroke, and kidney failure. Medication and lifestyle changes like getting exercise and eating healthier can control or reduce hypertension, but research has also suggested that being in love can serve as a natural way to reduce blood pressure levels. A 2007 study published by the US Department of Health Services looked at the relationship between marriage, physical health, and longevity, and found that married couples have lower blood pressure and a reduced risk for cardiovascular disease. In an analysis of cardiovascular disease risk, the American College of Cardiology looked at 3.5 million participants who were single, divorced, or widowed. They found that married couples under 50 years old tended to have a 12% lower risk of vascular disease. Married people between the ages of 51 and 60 had a 7% lower risk for disease than their unmarried counterparts.

#### Butterflies in your Stomach

Have you ever felt your heartbeat speed up, palms sweat, or stomach churn (in a good way) at the sight or thought of someone you love? When in love, cortisol levels increase and the body goes into fight-or-flight mode. "Your limbic or emotional brain activates the vagus nerve that goes from the brain to your gut," Dr. Daniel Amen, psychiatrist and neuroscientist, told NBC News. "When you get nervous, or when you get excited (as I explain to my patients, it's the same feeling, but it depends on your interpretation of it) this nerve is stimulated that activates the gut."

#### Happier

Being in love releases dopamine, a neurotransmitter that controls the brain's reward and pleasure center, which makes couples feel happy around each other. In 2005, a study published in The Journal of Comparative Neurology scanned 2,500 brain images of 17 individuals who self-identified as being in love. Researchers found that participants who looked at a photo of a person they romantically loved showed brain activity in two areas highly associated with dopamine: the caudate nucleus and ventral tegmental area.

#### Feel Less Pain

Love alters your mood and impacts your experience of pain. Being in love has been shown to have pain-reducing qualities, although most doctors wouldn't recommend relying solely on love after, say, a serious surgery or injury. A 2010 study published in the journal PLOS ONE took fMRI scans of participants in new romantic relationships. The researchers found that people who viewed images of romantic partners had increased activity in several reward-processing regions in the brain, suggesting that love (and distraction) may reduce the experience of pain.

"When people are in this passionate, all-consuming phase of love, there are significant alterations in their mood that are impacting their experience of pain," Dr. Sean Mackey, senior author of the study, told Stanford Medicine News Center.

“Doctors of Waikiki” opened the largest, most advanced Urgent Care in the State of Hawaii on December 1, 2018 at the Sheraton Princess Ka’iulani Hotel in Waikiki located on the ground floor at 120 Ka’iulani Avenue. The new 5,000 square foot location has the newest state-of-the-art technology with vein finder, digital x-ray (offering immediate results), in-house lab with results in 15 minutes (for blood chemistry, blood count, liver, lipids, urinalysis, influenza, rsv, strep and many more), in-house pharmaceutical dispensary, IV (intravenous therapy) for normal hydration, multi-vitamin infusion, detox, anti-aging and immune boost IV.



State-of-the-art vein finder (vein illuminator) for patient satisfaction



Digital x-ray (offering immediate results)



In-house lab with results in 15 minutes (for blood chemistry, blood count, liver, lipids, urinalysis, influenza, rsv, strep and many more)



In-house pharmaceutical dispensary



IV (intravenous therapy) for normal hydration, multi-vitamin infusion, detox, anti-aging and immune boost IV



Courtesy complimentary transportation service between Waikiki hotels to/from Doctors of Waikiki

Doctors of Waikiki is the largest and most fully staffed Urgent Care in Waikiki. 90% of all employees (nurses, other medical staff, client service representatives, reception, administration and others) are qualified and experienced (bilingual) English, Japanese, Chinese & Korean speaking. They will offer courtesy complimentary transportation service between Waikiki hotels to/from Doctors of Waikiki as well as provide House/Hotel room calls in Waikiki and shall be the only Urgent Care in Waikiki open until midnight daily. “We both have decided to sacrifice our personal time and stay open until midnight daily to provide Urgent Care services currently not available but needed in Waikiki during late night hours. Hopefully our Urgent Care services can also decrease the burden of non-emergency visits to the ER coming from patients coming from Waikiki,” says Dr. Alan Wu and Dr. Tony T. of Doctors of Waikiki.

**Insurance Accepted:**

All major insurance including travel insurance is accepted  
 (Universal Health Care)  
 (Japanese overseas travel insurance included with JCB credit card)

**Payments Accepted:**

All major credit cards accepted  
 Currency: U.S. Dollar and Japanese Yen



### **About "Doctors of Waikiki"**

#### **Dr. Alan Wu, MD.**

##### **Internal Medicine**

Physician at Straub Clinic and Hospital, Hawaii Pacific Health  
2015-2018

Medical School: University of Hawaii

Residency: National Capital Consortium Walter Reed Hospital, Washington D.C. - Internal Medicine  
15-years military experience

Awarded U.S. Army Aviation Association "Aviation Medicine Award of the Year 2017"

Awarded U.S. Army "Meritorious Service Medal" 2013-2017, 25th ID, US Pacific Command

Awarded U.S. Army "Bronze Star" 2010-2011, 101<sup>st</sup> Airborne DIV, Afghanistan

##### **Brigade Flight Surgeon**

##### **Chief of Aviation Medicine Department**

US Army  
2013-2017

##### **Major**

US Army  
2002-2017

##### **Assistant Chief, Internal Medicine Clinic Tripler Army Hospital**

US Army  
2012-2013

##### **Resident Physician**

Walter Reed Army Medical Center  
2007-2010

#### **Dr. Tony Trpkovski, MD.**

##### **Internal Medicine**

Physician at Straub Clinic and Hospital, Hawaii Pacific Health  
2012-2018

##### **Chief of Medicine - Internal Medicine**

Kauai Medical Clinic  
2005-2012

Awarded "Best Doctor" in Kauai

##### **Internal Medicine**

Gulf Medical Clinic  
2005-2006

##### **Hospitalist**

Synergy Medical Group  
2005

##### **CEO/Internal Medicine**

Trpkovski Primary Care  
2002-2005

##### **Internal Medicine**

Primary Care of Venice  
1997-2002

##### **Internship and Chief Resident in Internal Medicine**

Wright State University  
1994

##### **Medical School**

Saints Cyril and Methodius University Medical School in Skopje, Macedonia  
1993

##### **Full Scholarship**

1984-1992

National Board Certified in Internal Medicine



### **Focus on Improving Health**

"The new "Doctors of Waikiki" Urgent Care, will offer the highest quality medical care in Waikiki. Whether you live or work in Waikiki, or visiting, "Doctors of Waikiki" can provide you with your health care needs.

"Doctors of Waikiki" offers a full range of medical care, including Urgent Care, physician services, laboratory and x-ray. In addition, "Doctors of Waikiki" offers a full range of occupational health services such as contracted pre-employment physical examinations, drug tests, worker's compensation care and immunizations for adults. Our physicians at "Doctors of Waikiki" are assisted by a full staff of nurses, accredited technicians, patient service representatives and Japanese/English bilingual translators.

"Doctors of Waikiki" is NOT an emergency room. If you believe that you have an emergency, you should call 911 or go immediately to the closest hospital emergency room.

### **Services include:**

- Courtesy complimentary transportation service between Waikiki hotels to/from Urgent Care
- House/Hotel room calls
- Diagnosis and treatment of illness and injury including work-related injuries
- Contracted pre-employment physicals and drug screenings
- Immunizations for adults
- Complimentary validated parking
- Ages of patients seen 2 yrs old - 100 +
- Pharmaceutical dispensary

"Doctors of Waikiki" accepts major insurance plans, including contracted overseas travel insurance, HMSA (Blue Cross & Blue Shield), HMAA, UHA, Aetna, Cigna, Tricare, MDX, Medicare and more.

### **Location:**

Doctors of Waikiki  
Sheraton Princess Ka'iulani Hotel, Ground Floor  
120 Ka'iulani Avenue, #KW10&11  
Honolulu, HI 96815  
Office: (808) 922-2112  
Email: [info@doctorsofwaikiki.com](mailto:info@doctorsofwaikiki.com)  
[www.doctorsofwaikiki.com](http://www.doctorsofwaikiki.com)

**Hours of Operation: 8:00 am - 12:00 am midnight (Open Daily)**