

UCSF Osher Center for Integrative Medicine presents Mini Medical School for the Public



Tuesday evenings, October 11 - November 15 OPTIMIZING WELL-BEING IN OLDER AGE

7:00 to 8:30 pm • UCSF's Parnassus Campus • School of Nursing Building • 513 Parnassus Avenue, San Francisco, CA 94158

Soon one-fifth of the US population will be over 65 years old, a greater proportion than at any time in history. To support older adults and maximize well-being in later life, specialists in caring for older adults can recommend powerful but often simple changes. This course will focus on key areas where interdisciplinary and integrative approaches can make the biggest impact to improve the lives of older adults and those involved in their care. This includes ways to stay active, socially connected, maintain cognition, and to comprehensively plan for the future. It will also review ways to optimize medications to improve well-being, an increasingly important issue as we know that older adults are prescribed more medications than any other age group.

TOPICS

• ACTIVITY AND MOBILITY • HEALTH BENEFITS OF STAYING SOCIAL • MEDICATION OPTIMIZATION • COGNITIVE AGING • UNDERSTANDING PROGNOSIS • COMPREHENSIVE ADVANCE CARE PLANNING

COURSE CO-CHAIRS

Anna H. Chodos, MD, MPH
Assistant Professor of Medicine
Division of General Internal Medicine
Zuckerberg San Francisco General Hospital and Trauma Center
Division of Geriatrics, UCSF

Louise C. Walter, MD
Professor of Medicine • Chief, Division of Geriatrics
Chief, Division of Geriatrics
University of California, San Francisco
San Francisco VA Medical Center



Wednesday evenings, October 12 - November 16 LGBT HEALTH AND TRANSGENDER SURGERY

7:00 to 8:30 pm • UCSF's Parnassus Campus • School of Nursing Building • 513 Parnassus Avenue, San Francisco, CA 94158

People who are lesbian, gay, bisexual and transgender (LGBT) are diverse, but they also have a common need for access to culturally sensitive health care that recognizes and responds to their needs. The first half of this course will address the current health status of the LGBT population, the impact of discrimination and violence on the LGBT community, and the individual experience of LGBT individuals at UCSF. The second half of the course will focus on transgender health/surgery, including an overview of health issues affecting the transgender community, preparation for and perspectives on transgender surgery, and a review of current surgical techniques.

TOPICS

• LGBT HEALTH OVERVIEW • VIOLENCE AND DISCRIMINATION IN THE LGBT COMMUNITY • LGBT TRAINEES SPEAK OUT • TRANSGENDER HEALTH OF "VAPING" AND "DABBING" • TRANS SURGERY: PREPARATION AND PATIENT PERSPECTIVE • TRANS SURGERY: STATE-OF- THE-ART TECHNIQUES

COURSE CO-CHAIRS

Maurice M. Garcia, MD, MAS
Assistant Professor of Urology, UCSF

Elisabeth Wilson, MD, MPH
Vice Chair of Education
Professor of Family and Community Medicine, UCSF
Zuckerberg San Francisco General Hospital and Trauma Center
UCSF School of Medicine



Thursday evenings, October 13 - November 17 TRAUMA CARE

7:00 to 8:30 pm • UCSF's Parnassus Campus • School of Nursing Building • 513 Parnassus Avenue, San Francisco, CA 94158

This course on Trauma Care will provide participants with an understanding of the coordinated systems necessary to provide state-of-the-art trauma care to our community. Participants will hear from distinguished trauma surgeons and emergency medicine physicians from Zuckerberg San Francisco General Hospital as well as from community members about current advances in trauma care and the impact they are having on the lives of San Franciscans.

TOPICS

• AN INSIDE LOOK AT A TRAUMA TEAM RESPONSE • THE WORK OF A TRAUMA SURGEON • TRAUMATIC BRAIN INJURY • CURRENT ADVANCES IN TRAUMA SCIENCE • PHYSICAL REHABILITATION AND EMOTIONAL RECOVERY • A TRAUMA PATIENT'S PERSPECTIVE

COURSE CO-CHAIRS

Mary P. Mercer, MD, MPH
Assistant Professor of Emergency Medicine
Associate Director, EMS/Disaster Medicine Fellowship, UCSF

Sue Peterson, RN, MSN
Trauma Program Manager
Zuckerberg San Francisco General Hospital and Trauma Center

Rachael A. Callcut, MD, MSPH
Associate Professor of Surgery, UCSF
Zuckerberg San Francisco General Hospital and Trauma Center



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UCSF's Osher Mini Medical School courses address a wide array of topics in science and health and provide an interactive forum to learn more about innovations, new research, and integrative clinical approaches to personal health. For further information, call (415) 476-4251 or email OsherMiniMed@ucsf.edu.