PALLIATIVE CARE: LIVING AS WELL AS POSSIBLE FOR AS LONG AS POSSIBLE – FOR PEOPLE WITH SERIOUS ILLNESS, THOSE WHO LOVE SOMEONE WITH SERIOUS ILLNESS, AND THE CURIOUS

Tuesday evenings
May 19 - June 23
7:00 to 8:30 pm • Main Campus, 513 Parnassus Avenue

A course in preventive cardiology focusing on the role of genetics, diet, exercise, cholesterol, lifestyle changes and integrative care. The course will also focus on the advances currently available for patients with heart failure in terms of drug and device treatments as well cardiac transplantation. The audience will learn about the latest advances in the treatment of patients with heart attacks as well as the remarkable progress in non-open chest repair of heart valves. Finally, the course will summarize the causes and treatment options for patients with cardiac rhythm abnormalities such as use of ablation for cure of atrial fibrillation, heart disease, angina, chest pain, and heart attacks. Dr. Van Selby, assistant professor, will focus on the treatment and prevention of heart disease and heart failure. This course will address advances in preventive cardiology focusing on the role of genetics, diet, exercise, cholesterol, lifestyle changes and integrative care. The course will also focus on the advances currently available for patients with heart failure in terms of drug and device treatments as well cardiac transplantation. The audience will learn about the latest advances in the treatment of patients with heart attacks as well as the remarkable progress in non-open chest repair of heart valves. Finally, the course will summarize the causes and treatment options for patients with cardiac rhythm abnormalities such as use of ablation for cure of atrial fibrillation.

REGISTRATION FORM

Name: (Dr • Mr • Ms • Mrs)
Street address: __________________________________________________________
City: __________________________ State: __________________________ Zip: __________
Phone: __________________________ Email: __________________________
Exp. Date: __________________________
Authorized Signature: __________________________

Select course by checking box(es):

[ ] MLL15021 PALLIATIVE CARE: Living as Well as Possible for as Long as Possible—For People with Serious Illness, Those Who Love Someone with Serious Illness, and the Curious

[ ] MLL15022 GETTING TO THE HEART OF THE MATTER: Advances in Cardiology

FOUR EASY WAYS TO REGISTER:

Online: Register at osherminimedicalschool.ucsf.edu
Phone: Call (415) 476-5808. Please have your Visa, MasterCard or American Express card number and expiration date ready.
Fax: Send completed form to (415) 502-1785. Please have your credit card number and expiration date ready.
Mail: Send the registration form and your check payable to “UCSF Regents” to:
UCSF Osher Mini Medical School
3333 California Street, Suite 450
San Francisco, CA 94118-0742

Fees:

Course fee (per series)

One course $75
Two courses $130
Student fee (per series)

$30 (with registration form and check payable by 6/6/15)

Preventive Cardiology

May 20 PREVENTIVE CARDIOLOGY

How do lifestyle changes in terms of exercise, stress, smoking cessation and cholesterol levels affect my chances of getting heart disease?

Anne Thorson, MD
Associate Professor of Medicine, Division of Cardiology, UCSF

May 27 REPLACING HEART VALVES WITHOUT OPEN CARDIAC SURGERY

What can we do, short of open heart surgery, to open closed coronary arteries or diseased heart valves?

Valkom S. Mahadevan, MD
Director of Structural and Adult Congenital Interventions, William W. Pampliny Endowed Chair in Cardiology, Associate Professor of Medicine, Division of Cardiology, UCSF

June 3 RHYTHMS OF THE HEART

What makes for normal heart rhythm and what are the causes and newer treatments for patients with rapid palpitations?

Melvin M. Scheinman, MD
Professor of Medicine, Emeritus; Walter H. Shorenstein Endowed Chair in Cardiology, UCSF School of Medicine

June 10 SUDEN CARDIAC DEATH

What can be done to recognize the person at risk for sudden cardiac death and what are the newer treatments available?

Byron K. Lee, MD
Professor of Medicine, Cardiac Electrophysiology and Arrhythmia Service, UCSF School of Medicine

June 17 EXAMINING HEART FAILURE: HOW TO RECOGNIZE AND TREAT THE WEAK HEART

Munir Jannmohamed, MD
Assistant Professor of Medicine, Division of Cardiology, UCSF

June 24 GENETICS ADDS A NEW DIMENSION TO PREVENTIVE CARDIOLOGY

Robert Nussbaum, MD
Chief of Genomic Medicine, UCSF Medical Center; Co-Director, Program in Cardiovascular Genetics, UCSF Heart and Vascular Center

July 15 FREE PLANNING: ADVANCE CARE IN WRITING

For, what does it do, why should I want it and when?

Steven Pantiltad, MD
Professor of Medicine, Alan M. Kates and John M. Burnhard Endowed Chair in Palliative Care, Director, Palliative Care Program, UCSF School of Medicine

June 19 COMMUNICATING WITH YOUR DOCTORS AND NURSES TO ENSURE THE BEST CARE.

Lessons from those who have been there

Wendy Anderson, MD
Assistant Professor of Medicine, Division of Hospital Medicine and Palliative Care, UCSF

June 23 IT TAKES A VILLAGE: CARING FOR THE CAREGIVER

Megan D. Gallo, MD
Professor of Medicine, Division of General Internal Medicine; Associate Director, Palliative Care Leadership Center, UCSF

Palliative Care:

May 9 PALLIATIVE CARE: WHO IS IT FOR, WHAT DOES IT DO, WHY SHOULD I WANT IT AND WHEN?

Steven Pantiltad, MD
Professor of Medicine, Alan M. Kates and John M. Burnhard Endowed Chair in Palliative Care, Director, Palliative Care Program, UCSF

May 26 GIVING YOUR LOVED ONES THE GIFT OF KNOWING WHAT YOU WANT: PUTTING YOUR WISHES IN WR ITING: ADVANCE CARE PLANNING (including an advance directive) what you want to complete your own advance care plan

Rebecca Sudore, MD
Associate Professor of Medicine, Division of Geriatrics, UCSF

June 2 ARE THERE AGE THREATS IN A FOXHOLE?: THE SPIRITUAL DIMENSION OF ILLNESS

The Rev. Denah Joseph, BCC
Adult Palliative Care Chaplain, Department of Spiritual Care Services, UCSF

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