

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

Advances in healthcare over the past 50 years have helped us to live longer and better. With these tremendous benefits comes the reality that most of us will live a long time with serious illness. In the 21st century we are likely to live into our 80s and 90s and die from a chronic illness such as cancer, heart disease, emphysema, cirrhosis, dementia, and stroke that we will have for years or decades. Unfortunately while our current healthcare system is perfectly adapted to provide highly invasive, high tech interventions in response to acute illness, it is poorly designed to provide the kind of integrative care needed by people with serious illness to help them live as well as possible for as long as possible. Responding to the reality of people living for many years with serious illness requires a new way of thinking about, organizing, and providing healthcare. Leading this evolution in healthcare is the field of Palliative Care. Palliative Care is medical care focused on promoting quality of life for people with serious illness. Palliative Care providers are experts in managing the pain, symptoms and stress of serious illness for the patient and family. Palliative Care addresses not only medical issues but also the social, emotional, psychological and spiritual issues that are central to our humanity and our experience of wellness and healing. Forget everything you think you might know about Palliative Care and be prepared to learn about what it really has to offer. Find out how Palliative Care can help you and your loved ones live better and longer, improve care for the patient and family, and promote healing. In this course we will explore key issues in the experience of serious illness, what Palliative Care is, and what it can offer to help people achieve the best possible quality of life for as long as possible regardless of the illness they have.

COURSE CHAIR
Steven Pantilat, MD – Professor of Medicine, Alan M. Kates and John M. Burnard Endowed Chair in Palliative Care; Director, Palliative Care Program, UCSF School of Medicine

May 19 PALLIATIVE CARE: WHO IS IT FOR, WHAT DOES IT DO, WHY SHOULD I WANT IT AND WHEN?

Steven Pantilat, MD
 Professor of Medicine, Alan M. Kates and John M. Burnard 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 WRITING: ADVANCE CARE PLANNING (including an advance directive workshop to complete your own advance care plan)

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

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

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

June 9 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 16 EASING THE PAIN: INNOVATIVE AND EFFECTIVE APPROACHES TO MANAGING PAIN ASSOCIATED WITH SERIOUS ILLNESS

**Christine Ritchie, MD, MSPH, FACP,
 FAAHPM**
 Harris Fishbon Distinguished Professor,
 Clinical Translational Research and Aging,
 Division of Geriatrics, UCSF

June 23 IT TAKES A VILLAGE: CARING FOR THE CAREGIVER

Michael Rabow, MD
 Professor of Medicine, Division of General
 Internal Medicine; Associate Director,
 Palliative Care Leadership Center, UCSF

GETTING TO THE HEART OF THE MATTER: ADVANCES IN CARDIOLOGY



Wednesday evenings
 May 20 - June 24
 7:00 to 8:30 pm • Main Campus,
 513 Parnassus Avenue

The last two decades have witnessed incredible advances in our understanding and treatment of heart disease. The UCSF Osher Center for Integrative Medicine Mini Medical School course on Advances in Cardiology 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 advances 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 common rhythm disturbances including Atrial Fibrillation. The issue of sudden death in young people and the role of genetic testing for patients and families at risk will also be addressed.

COURSE CHAIRS:
Melvin M. Scheinman, MD – Professor of Medicine, Emeritus; Walter H. Shorenstein Endowed Chair in Cardiology, UCSF School of Medicine
Byron K. Lee, MD – Professor of Medicine, Cardiac Electrophysiology and Arrhythmia Service, UCSF School of Medicine

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, MS
 Associate Professor of Medicine,
 Division of Cardiology; Associate Director,
 Center for Prevention of Heart and
 Vascular Disease, UCSF

Michelle A. Albert, MD, MPH
 Professor of Medicine; Director, Center for
 the Study of Adversity and Cardiovascular
 Disease, Division of Cardiology, UCSF

John Kane, MD, PhD
 Professor
 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?

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

John MacGregor, MD
 Professor of Medicine, 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

Gregory Marcus, MD, MAS
 Associate Professor of Medicine,
 Division of Cardiology; Director of
 Clinical Research, UCSF

June 10 SUDDEN 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 Janmohamed, MD
 Assistant Professor of Medicine,
 Division of Cardiology, UCSF

Liviu Klein, MD, MS
 Assistant Professor of Medicine,
 Division of Cardiology; Director, Mechanical
 Circulatory Support & Heart Failure
 Device Programs, UCSF

Van Selby, MD
 Assistant Professor,
 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

Julianne Wojciak, MS, LGC
 Licensed Genetic Counselor
 UCSF Cardiovascular Genetics Program

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Do you want to be on our priority email list? YES NO

Select course by checking box(es):

Tuesday evenings, May 19 – June 23
 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**

Wednesday evenings, May 20 – June 24
 MLL15022 **GETTING TO THE HEART OF THE MATTER:
 Advances in Cardiology**

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COURSE FEES	
ONE Course	\$75
TWO Courses	\$130
STUDENT	\$30 per series (Valid Student ID required at check-in)

FOUR EASY WAYS TO REGISTER:

Online: Register at osherminimedicalschool.ucsf.edu

Phone: Call (415) 476-5808. Please have your
 Visa, MasterCard or Amex ready.

Fax: Send completed form to (415) 502-1795.
 Include your credit card number and
 expiration date.

Mail: Send the registration form and your check
 payable to "UC Regents" to:

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SPRING 2015
COURSE CATALOG

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



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**GETTING TO THE HEART OF THE MATTER:
Advances in Cardiology**

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