

WOMEN'S HEALTH: A CRITICAL UPDATE ACROSS THE LIFESPAN



Tuesday evenings • February 10 – March 17
7:00 to 8:30 pm • Mission Bay Campus,
Byers Auditorium, Genentech Hall Building

Women's health needs are unique and cover a wide spectrum over the course of a woman's life. This series will explore a broad range of topics including stress management, sexual health, exercise and the athlete in each of us, osteoporosis, breast cancer in the Bay area, and fibroid treatment options.

Presented by UCSF faculty from the Women's Health Center, Osher Center for Integrative Medicine and the Department of Orthopaedic Surgery (all of which are recognized internationally for their expertise in providing comprehensive care), this course will address both comprehensive and integrative approaches in women's health. Often it's hard to find time to explore these issues in an interactive forum – now is the time for you to make some time!

COURSE CO-CHAIRS:

Jeannette Lager, MD, MPH – Assistant Professor, Department of Obstetrics, Gynecology & Reproductive Sciences, UCSF

Rebecca Jackson, MD – Professor of Obstetrics, Gynecology & Reproductive Sciences and of Epidemiology & Biostatistics; Chief, Obstetrics, Gynecology & Reproductive Sciences, San Francisco General Hospital

February 10

EVERY PATIENT IS AN ATHLETE

Carlin Senter, MD
Assistant Professor
Departments of Orthopaedics and
Internal Medicine, UCSF

February 17

FACTS ABOUT MENOPAUSE

Michael S. Policar, MD, MPH
Professor of Obstetrics, Gynecology and
Reproductive Sciences, UCSF

February 24

SEXUAL DYSFUNCTION AND OPTIMIZING SEXUAL HEALTH

Tami Rowen, MD, MS
Clinical Instructor, Department of Obstetrics,
Gynecology and Reproductive Sciences,
UCSF

March 3

OUTSMARTING STRESS ONE BREATH AT A TIME

Margaret A. Chesney, PhD
Director, UCSF Osher Center for Integrative
Medicine

March 10

BREAST CANCER IN THE BAY AREA

Leah M. Kelley, MD
Clinical Instructor, Department of Obstetrics,
Gynecology and Reproductive Sciences,
UCSF; Physician, Marin Specialty Care

March 17

NOT ALL ROADS POINT TO HYSTERECTOMY: TREATMENT OPTIONS FOR FIBROIDS

Jeannette Lager, MD, MPH
Assistant Professor, Department of
Obstetrics, Gynecology & Reproductive
Sciences, UCSF

Maureen Kohi, MD
Assistant Professor of Radiology,
Department of Radiology and Biomedical
Imaging, UCSF

NEW GUIDELINES FOR PREVENTIVE MEDICINE IN ADULTS:

AN INTEGRATIVE APPROACH TO PREVENT CANCER, STROKE, HEART DISEASE, INFECTIONS AND OTHER DISEASES OF AGING



Wednesday evenings
February 11 – March 18
7:00 to 8:30 pm • Main Campus,
513 Parnassus Avenue

Prevention is the essence of wellness and good health. Although preventive medicine has focused traditionally on children and younger adults, current medical thinking is that adults—and especially older adults—also need specific attention to preventive medicine to minimize the chance of acute and chronic illnesses. In the last year, several new guidelines and many new studies have been published transforming the clinical approach to prevention in adults. This course, taught by UCSF experts on preventive medicine, integrative medicine, and internal medicine will review current evidence on the prevention of cancer, heart disease and stroke, infections, and other diseases of aging. The course will focus on the latest evidence about nutrition, exercise, and healthy lifestyle practices, vaccines for adults, and common screening tests to prevent illness. The course will also discuss the role of medications and alternative therapies to prevent the complications of high blood cholesterol, high blood pressure, and osteoporosis.

COURSE CHAIR:

Robert B. Baron, MD, MS – Director, UCSF Osher Mini Medical School for the Public; Professor of Medicine; Associate Dean for Graduate and Continuing Medical Education, UCSF

February 11

OPTIMIZING VACCINES TO PREVENT INFECTIONS IN ADULTS OF ALL AGES

Katherine A. Julian, MD
Professor of Medicine; Program
Director, UCSF Primary Care
General Internal Medicine
Residency Program

February 18

NEW GUIDELINES FOR TREATMENT OF CHOLESTEROL: Implications for the Prevention of Heart Disease and Stroke

Robert B. Baron, MD, MS
Director, UCSF Osher Mini Medical School
for the Public; Professor of Medicine;
Associate Dean for Graduate and Continuing
Medical Education, UCSF

February 25

PREVENTING AND TREATING HIGH BLOOD PRESSURE: Finding the Right Balance of Integrative and Pharmacologic Approaches

Robert B. Baron, MD, MS
Director, UCSF Osher Mini Medical School
for the Public; Professor of Medicine;
Associate Dean for Graduate and Continuing
Medical Education, UCSF

March 4

CONTROVERSIES IN CANCER PREVENTION AND SCREENING: Using the Best Evidence in 2015

Judith M. E. Walsh, MD, MPH
Professor of Medicine,
Women's Health Clinical Research Center
and UCSF Women's Health Center
of Excellence, UCSF

March 11

PREVENTION OF DISEASES OF AGING: What Can We Do to Prevent Dementia, Osteoporosis, and Urinary Dysfunction

Eliseo J. Perez-Stable, MD
Professor of Medicine; Chief, Division of
General Internal Medicine, UCSF

March 18

THE USE OF DIET AND NUTRITIONAL SUPPLEMENTS TO MAXIMIZE WELLNESS AND PREVENT ILLNESS

Robert B. Baron, MD, MS
Director, UCSF Osher Mini Medical School
for the Public; Professor of Medicine;
Associate Dean for Graduate and Continuing
Medical Education, UCSF

DISASTER PREPAREDNESS: THE IMPACT OF DEALING WITH THE UNEXPECTED



Thursday evenings
February 12 – March 19
7:00 to 8:30 pm • Main Campus,
513 Parnassus Avenue

In light of recent disasters such as infectious outbreaks, earthquakes, tsunamis and building collapses, Drs. Brown and Yeh have put together a course on dealing with the many issues of disasters and emergencies. Topics covered during the course will include earthquakes, calling 911, stress and psychiatric implications of trauma and disasters, and an update on local San Francisco response teams. The course will also feature other timely issues including nuclear, biological and chemical disasters as well as the next big outbreak. So if you want to become even more prepared and knowledgeable in dealing with unexpected events and their impact - while learning ways to heal the mind and body - this course is most definitely for you!

COURSE CO-CHAIRS:

John F. Brown, MD – Associate Professor, Department of Emergency Medicine, UCSF

Clement Yeh, MD – Associate Professor, Department of Emergency Medicine, UCSF

February 12

THE ANATOMY OF A 911 CALL: How Does the EMS System Translate a Call for Help into an Organized Medical Response?

John F. Brown, MD
Associate Professor, Department of
Emergency Medicine, UCSF
Clement Yeh, MD
Associate Professor, Department of
Emergency Medicine, UCSF

February 19

NEIGHBORHOODS RESPONDING IN DISASTERS: Turning Connection into a Powerful Response to Catastrophe

Lt. Erica Arteseros
Program Coordinator, Neighborhood
Emergency Response Team, San Francisco,
CA

February 26

HOME PREPAREDNESS IN EARTHQUAKE COUNTRY

Matthew Springer, PhD
Associate Professor, UCSF School of
Medicine

March 5

PSYCHOLOGICAL EFFECTS OF DISASTERS: Identifying the Problem and Helping Individuals Cope

Thomas Neylan, MD
Professor, Department of Psychiatry, UCSF

March 12

FUKUSHIMA AND BEYOND: The Principles of Radiation Disasters

Brian Savino, MD
Clinical Fellow, Department of Emergency
Medicine, UCSF

March 19

EMERGING BIOLOGICAL THREATS: EBOLA, INFLUENZA AND ANTHRAX: What are Health Providers Doing to Cope with New Diseases

George W. Rutherford, MD
Professor and Head, Division of Preventive
Medicine and Public Health; Director,
Institute for Global Health; Salvatore P. Lucia
Professor of Preventive Medicine; Professor
of Pediatrics and of Family and Community
Medicine, UCSF; Adjunct Professor of
Epidemiology and Health Administration,
School of Public Health, UC Berkeley

REGISTRATION FORM

Name: (Dr • Mr • Ms • Mrs) _____

Street address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Month & day of birth: ____ / ____

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

Select course by checking box(es):

Tuesday evenings, February 10 – March 17

MLL15011 **WOMEN'S HEALTH: A Critical Update Across the Lifespan**

Wednesday evenings, February 11 – March 18

MLL15012 **NEW GUIDELINES FOR PREVENTIVE MEDICINE IN ADULTS: An Integrative Approach to Prevent Cancer, Stroke, Heart Disease, Infections and Other Diseases Of Aging**

Thursday evenings, February 12 – March 19

MLL15013 **DISASTER PREPAREDNESS: The Impact of Dealing with the Unexpected**

Please charge my Visa MasterCard American Express

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Exp. Date _____ Authorized Signature _____

COURSE FEES

ONE Course **\$75**
TWO Courses **\$130**
THREE Courses **\$185**
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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UCSF Osher Center for Integrative Medicine Mini Medical School for the Public

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WINTER 2015
COURSE CATALOG

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



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WOMEN'S HEALTH: A Critical Update Across the Lifespan



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Thursday evenings, February 12 – March 19

DISASTER PREPAREDNESS: The Impact of Dealing with the Unexpected



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