

## 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

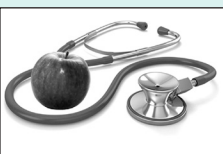
#### NOT ALL ROADS POINT TO HYSTERECTOMY: TREATMENT OPTIONS FOR FIBROIDS

**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

No. \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

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](http://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:

UCSF Osher Mini Medical School  
3333 California Street, Suite 450  
Box 0742  
San Francisco, CA 94143-0742



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94143-0742



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

### DIRECTOR

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

### PLANNING COMMITTEE

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

### Tymothi Peters

Director, Office of Continuing Medical Education,  
UCSF School of Medicine

### Jeffrey A. Tabas, MD

Professor of Emergency Medicine; Director of Outcomes  
and Innovations; Office of Continuing Medical Education,  
UCSF School of Medicine

### COURSE MANAGER

**Jane Brooks, MSc, CMP**  
Conference Manager, Office of Continuing Medical  
Education, UCSF School of Medicine

### REGISTRATION MANAGER

**Natasha Serikova**  
Registration and Financial Manager,  
Office of Continuing Medical Education,  
UCSF School of Medicine

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[www.osherminimedicalschool.ucsf.edu](http://www.osherminimedicalschool.ucsf.edu)



**WINTER 2015**  
COURSE CATALOG

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



**Tuesday evenings, February 10 – March 17**

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



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

**ONLY  
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150YRS**



**Thursday evenings, February 12 – March 19**

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



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