NEW GUIDELINES FOR PREVENTIVE MEDICINE IN ADULTS: AN INTEGRATIVE APPROACH TO PREVENT CANCER, STROKE, HEART DISEASE, INFECTIONS AND OTHER DISEASES OF AGING

Wednesday evenings Begins 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 traditionally focused on children and younger adults, current medical thinking is that adults—and especially older adults—benefit greatly from the attention to preventive medicine to minimize the chance of acute and chronic illnesses. In the last year, several new guidelines and new therapies have been published transforming the clinical approach to prevention in adults. This course, taught by UCSF experts on preventive medicine, will review the latest evidence on the prevention of cancer, heart disease and stroke, infections and other chronic diseases. 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 CO-CHAIRS:
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

Matthew Springer, PhD — Associate Professor, UCSF School of Public Health, UC Berkeley

February 10
EVERY PATIENT IS AN ATHLETE
Carlin Senter, MD
Assistant Professor, Departments of Orthopedics and Internal Medicine, UCSF

February 17
FACTS ABOUT MENOPAUSE
Michael S. Poliarc, MD, MPH
Professor of Obstetrics, Gynecology and Reproductive Sciences, UCSF

February 24
SEXUAL DYSFUNCTION AND OPTIMIZING SEXUAL HEALTH
Mindy Goldman, MD
Professor, 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 and Gynecology, UCSF; Professor, 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 and Reproductive Sciences, UCSF

Maureen Kohli, MD
Assistant Professor of Radiology, UCSF; Adjunct Professor of Radiology and Biomedical Imaging, UCSF

WINTER 2015
REGISTER ONLINE: www.osherminimedicalschool.ucsf.edu

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MIND!

February 12
THE ANATOMY OF A 911 CALL: How Does the Emergency System Translate a Call for Help into an Organized Medical Response?
John F. Brown, 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, RN
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 Nekyl, MD
Professor, Department of Psychiatry, UCSF

March 12
FUJISAKA AND BEYOND: The Principles of Radiation Disasters
Brian Savino, MD
Professor, Department of Radiology, UCSF

March 19
EMERGING BIOLOGICAL THREATS: Ebola, Influenza and Anthrax: What Health Providers Doing to Cope with New Diseases
George W. Rutherford, MD
Professor and Head, Division of Preventive Medicine, UCSF; Director, UCSF 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

April 15
EMERGING BIOLOGICAL THREATS: Ebola, Influenza and Anthrax: What Health Providers Doing to Cope with New Diseases
George W. Rutherford, MD
Professor and Head, Division of Preventive Medicine, UCSF; Director, UCSF 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

February 12
PREVENTING AND TREATING HIGH BLOOD PRESSURE: Finding the Right Balance of Integrative and Pharmacological 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

February 25
PREVENTING AND TREATING HIGH BLOOD PRESSURE: Finding the Right Balance of Integrative and Pharmacological 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
PREVENTION IN ADULTS: DISASTERS: Turning Connection into an Organized Response
Lt. Erica Arteseros
Program Coordinator, Neighborhood Emergency Response Team, San Francisco, CA
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

Wednesday evenings, February 11 – March 18
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
DISASTER PREPAREDNESS: The Impact of Dealing with the Unexpected