

BONES AND JOINTS: INJURY AND REPAIR



Tuesday evenings,
May 10 - June 14
7:00 to 8:30 pm

UCSF's Parnassus Campus
School of Nursing Building
513 Parnassus Avenue

COURSE CHAIR:

Theodore Miclau, III, MD
Professor and Vice Chairman, Department of Orthopaedic Surgery
Director of Orthopaedic Trauma
Chief, Orthopaedic Surgery, San Francisco General Hospital
UCSF School of Medicine

The World Health Organization (2010 report) determined that musculo-skeletal diseases were the second greatest cause of disability worldwide, and in the United States the healthcare cost burden associated with traumatic injuries has surpassed that of cardiovascular diseases. This trend is likely to continue as the population ages and there is an increase in age-related bone and joint injuries. Bone is one of the few tissues in the body that heals with new bone, indistinguishable from the pre-injured tissue. Bone is the second-most commonly transplanted tissue (behind blood) with an estimated 1.6 million grafting procedures performed annually. Joint replacement is the third most common surgery in the United States. This course will address the most common bone and joint injuries, and provide an in-depth, integrative glimpse at how bone and joint injuries are treated, and the fascinating way that they heal.

TOPICS

- OVERVIEW OF MUSCULOSKELETAL DISEASES
- COMMON BONE AND JOINT INJURIES
- OSTEOPOROSIS
- JOINT REPLACEMENT
- HEALING OF BONES AND JOINTS
- FRACTURE REPAIR AND BONE GRAFTING

MENTAL HEALTH AND ILLNESS: FROM NEUROSCIENCE TO CLINICAL CARE



Wednesday evenings,
May 11 - June 15
7:00 to 8:30 pm

UCSF's Parnassus Campus
School of Nursing Building
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COURSE CHAIR:

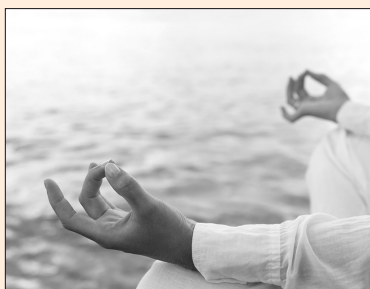
Erick Hung, MD
Associate Professor of Psychiatry
Director of Education, Department of Psychiatry
UCSF School of Medicine

There is no health without mental health. Mental well-being and mental illness are essential topics for 21st century health care systems and for society. With advances in neuroscience and changes to our health care delivery systems, understanding mental health and illness has never been as critical as it is today. This course, designed by professors in the UCSF Department of Psychiatry, will explore a variety of topics from defining mental health and illness, an integrative approach to mental illness, the neuroscience of mental disorders, current opportunities, challenges, and dilemmas in the field, and the public health implications of mental illness.

TOPICS

- IMPACTS OF STRESS ON THE INDIVIDUAL
- WHAT IS MENTAL ILLNESS AND HOW DO WE DEFINE IT
- MENTAL ILLNESS AND VIOLENCE
- TOBACCO AND CANNABIS: THE MENTAL HEALTH IMPLICATIONS OF "VAPING" AND "DABBING"
- AUTISM
- GENETICS IN MENTAL HEALTH DISORDERS

INTEGRATIVE MEDICINE AND MINDFULNESS: FROM THE MONASTERY TO MODERN MEDICAL PRACTICE



Thursday evenings,
May 12 - June 16
7:00 to 8:30 pm

UCSF's Parnassus Campus
School of Nursing Building
513 Parnassus Avenue

COURSE CO-CHAIRS:

Shelley R. Adler, PhD
Interim Director & Director of Education,
UCSF Osher Center for Integrative Medicine
Professor, Department of Family and Community Medicine
UCSF School of Medicine

Frederick (Rick) Hecht, MD
Professor of Medicine
Osher Foundation Endowed Chair in Research in Integrative Medicine
Research Director, Osher Center for Integrative Medicine
UCSF School of Medicine

Mindfulness meditation originated in Buddhist tradition, but the secular application of mindfulness practices in the United States has grown exponentially in recent years. Clinicians and researchers have conducted hundreds of studies assessing the physical and mental health benefits of mindfulness—the practice of maintaining a moment-by-moment awareness of one's thoughts, feelings, bodily sensations, and environment. We will present an engaging series of lectures and experiential exercises by Osher Center for Integrative Medicine experts in mindfulness practice, research, and education. Join us to learn what role mindfulness can play in your own health and wellness.

TOPICS

- MINDFULNESS
- INTEGRATIVE MEDICINE
- ESTABLISHED HEALING APPROACHES
- WELL-BEING OF THE WHOLE PERSON
- HEALTHY LIFESTYLES
- NEW MODELS OF CARE

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, May 10 – June 14
MLL16021 **BONES AND JOINTS: INJURY AND REPAIR**
- Wednesday evenings, May 11 – June 15
MLL16022 **MENTAL HEALTH AND ILLNESS: FROM NEUROSCIENCE TO CLINICAL CARE**
- Thursday evenings, May 12 – June 16
MLL16023 **INTEGRATIVE MEDICINE AND MINDFULNESS: FROM THE MONASTERY TO MODERN MEDICAL PRACTICE**

To register for a session, please list date/s you will be attending:
Session Date/s: _____

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)
SESSION FEES	
ONE Session	\$15
STUDENT	\$5 (Valid Student ID required at check-in)

Amount to be charged \$ _____

- FOUR EASY WAYS TO REGISTER:**
- Online:** Register at osherminimedicalschool.ucsf.edu
Online registration available for 6-week course only.
To register for individual weekly sessions, please register by phone, fax or mail.
- 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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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
UCSF School of Medicine

PLANNING COMMITTEE

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Interim Director & Director of Education, UCSF Osher Center for Integrative Medicine
Professor, Department of Family and Community Medicine
UCSF School of Medicine

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Director, Office of Continuing Medical Education
UCSF School of Medicine

Jeffrey A. Tabas, MD

Professor of Emergency Medicine
Director of Outcomes and Innovations
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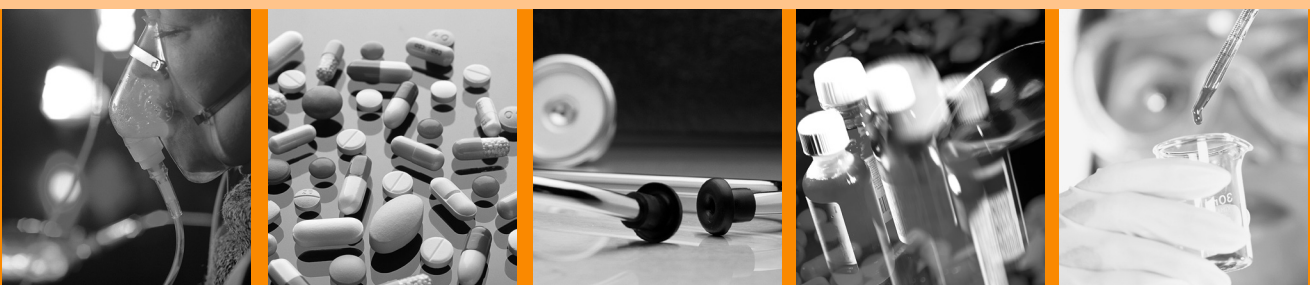


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SPRING 2016
COURSE CATALOG

UCSF Osher Center for Integrative Medicine

Mini Medical School for the Public



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