

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

HEALTHY MIND, HEALTHY BODY: A WOMAN'S GUIDE TO WELLNESS IN TODAY'S CHALLENGING WORLD



Tuesday evenings, October 30 - December 11
7:00 to 8:45 p.m., Main Campus, 513 Parnassus Avenue

Today's fast-paced women can find themselves caught up in what has been called the "Superwoman Syndrome." Women often feel pressure to achieve in many domains: at home, with their families, in their work, in caring for friends, and even with their appearance. Many times, women do not have the time or energy to care for themselves, or even to get enough sleep. This course will explore these unique pressures and investigate their origins, physiological impacts, as well as current, scientifically-proven strategies for managing priorities, fostering wellness, and achieving a balanced portfolio for health.

This program was sponsored in part by a grant from the George Family Foundation to the UCSF Osher Center for Integrative Medicine.

COURSE CHAIR:

Margaret A. Chesney, PhD, Director, Osher Center for Integrative Medicine; Professor in Residence, UCSF School of Medicine

October 30

The Female Brain: Balancing Social Expectations with Your Own Health

Louann Brizendine, MD, Professor of Clinical Psychiatry; Author, "The Female Brain" and "The Male Brain;" Lynne and Marc Benioff Endowed Chair; Director, Women's Mood and Hormone Clinic

November 6

Body Image: Don't Let "Ideal" Get in the Way of Real Health

Andrea Garber, PhD, RD, Associate Professor of Pediatrics, Division of Adolescent Medicine

November 13

Women and Sleep: From Stressful to Restful

Kathryn Lee, PhD, RN, FAAN, Professor, School of Nursing, Family Health Care Nursing

November 27

Mind Your Heart: Stress, Mental Health and Heart Disease

Mary Whooley, MD, Professor of Medicine, Epidemiology and Biostatistics, University of California, San Francisco; Staff Physician, San Francisco VA Medical Center

December 4

Family Caregiving as Fate but also Opportunity: Views from Mind and Body

Elissa Epel, PhD, Associate Professor, Department of Psychiatry

December 11

Overcoming the Superwoman Syndrome: Creating Your Personal Path to Wellness

Margaret A. Chesney, PhD, Director, Osher Center for Integrative Medicine; Professor in Residence, UCSF School of Medicine

INSIDE UCSF MEDICAL SCHOOL: FOUNDATIONS FOR FUTURE HEALTH CARE PROVIDERS



Wednesday evenings, November 7 - December 19
7:00 to 8:45 p.m., Main Campus, 513 Parnassus Avenue

Have you ever wondered what it would be like to be a first year medical student? Are you planning to pursue a career in healthcare but want to learn more first? Learn from the same faculty who teach the fundamental concepts of medicine to first-year medical students at UCSF. This course is an exciting and in-depth look at the core concepts of Anatomy, Physiology, and Pathology. We have taken the essential concepts of these three important disciplines and condensed them into three, two-part classes suitable for students from any educational background. Prepare to challenge yourself as we explore the physical structures of the cardiovascular system, what makes it "tick," as well as see first-hand how things can go wrong.

This is the first of a special year long, three-part series which will include: Immunology, Pharmacology, Microbiology, Neurology, and Genetics. Certificates of participation will be provided for attendance.

COURSE CHAIR:

Marieke Kruidering-Hall, PhD, Assistant Professor, Department of Cellular and Molecular Pharmacology; Co-Director, Postdoctoral Teaching Fellowship Program

November 7

Follow Your Heart: Anatomy of the Cardiovascular System, Part I

Betty Smoot, PT, DPTSc, Assistant Professor, Department of Physical Therapy and Rehabilitation Sciences and Department of Anatomy; Course Co-Director, Prologue Series

November 14

Follow Your Heart: Anatomy of the Cardiovascular System, Part II

Betty Smoot, PT, DPTSc, Assistant Professor, Department of Physical Therapy and Rehabilitation Sciences and Department of Anatomy; Course Co-Director, Prologue Series

November 28

Heart Matters: Physiology of the Body's Powerhouse

Igor Mitrovic, MD, Jack D. and DeLoris Lange Endowed Chair in Systems Physiology; Professor, Department of Physiology; Director, Professional School Education, Department of Physiology

December 5

Blood Vessel Physiology: Overview of Primary Concepts

Igor Mitrovic, MD, Jack D. and DeLoris Lange Endowed Chair in Systems Physiology; Professor, Department of Physiology; Director, Professional School Education, Department of Physiology

December 12

Blood Vessels: Pathology of the Intravascular Highway

Henry Sanchez, MD, Professor of Clinical Pathology, Schools of Medicine and Dentistry

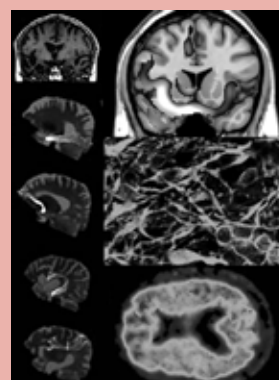
December 19

Heart: Pathology of the Malfunctioning Corazón

Henry Sanchez, MD, Professor of Clinical Pathology, Schools of Medicine and Dentistry

THE MULTIDIMENSIONAL MIND

NEW MISSION BAY LOCATION, INTERACTIVE ART AND MUSIC EVENTS, TOURS OF NEUROSCIENCE CENTER, SPECIAL TIME FROM 6:30-8:00PM ENDING 9:00PM ON SPECIAL EVENT EVENINGS



Thursday evenings, November 1 - December 13
6:30 to 8:30 p.m., Mission Bay Campus, 600 16th Street

Who are you, and why are you who you are? What is the brain basis for learning and emotional disturbances in childhood, and how does brain circuitry contribute to these traits? Once our brain and behavior become well formed in adulthood, how and why does it change? Do you stay the same person all your life? Modern tools of neuroscience are providing us new insights into the structural and functional components of the brain, which in turn are raising new questions about creativity, language and emotions. These fundamental human experiences define us as individuals. Yet, these fundamentals can change when the brain changes due to healthy aging or neurodegenerative disease. These changes help us to understand the gross and molecular anatomy of these brain areas but also lead to questions about what it means to be human.

This course, led by a multidisciplinary team of experts at the forefront of aging and brain function, will cover the most recent findings. You will learn from leading experts in neurology, neuropsychology, neuroscience and geriatrics about how your brain works and how it changes with age. Neuroscientists will describe how they probe model systems to understand and treat neurological decline. In the first and last sessions, former and current Hellman Visiting Artists will share their creative endeavors that evolved during their residency at the UCSF Memory and Aging Center with patients, families, scientists and medical professionals. The November 15th session will include a special showcase of cutting-edge technologies helping us to visualize and understand the brain better.

COURSE CHAIR:

Bruce L. Miller, MD, A.W. & Mary Margaret Clausen Distinguished Chair; Director, Memory and Aging Center; Professor of Neurology and of Psychiatry

November 1

Creative Brains: Music, Art and Emotion

Bruce L. Miller, MD, A.W. & Mary Margaret Clausen Distinguished Chair; Director, Memory and Aging Center; Professor of Neurology and of Psychiatry

Keith Vossel, MD, Clinical Instructor, Neurology Research Scientist, Gladstone Institute of Neurological Disease

Indre Viskontas, MM, PhD, Cognitive Neuroscience Affiliate; Professor, San Francisco Conservatory of Music; Memory and Aging Center Fellow

Heidi Clare Lambert, 2009-2011 Hellman Visiting Artist, Memory and Aging Center

November 29

Genes and the Brain: From Worms to People

Aimee Kao, MD, PhD, Assistant Professor of Neurology

Dena Dubal, MD, PhD, Assistant Professor of Neurology

Jennifer Yokoyama, PhD, Postdoctoral Fellow in Genetics

December 6

Communicating Brains: From Autism and Dyslexia to Progressive Aphasia

Elysa Marco, MD, Assistant Professor of Clinical Neurology

Nina Dronkers, PhD, Director, Center for Aphasia & Related Disorders

Maya Henry, PhD, Assistant Professor of Neurology

November 8

Brain Circuits: Breakdown in Dementia and Hopes for Repair

William Seeley, MD, Associate Professor of Neurology

Gil Rabinovici, MD, Assistant Professor of Neurology

Adam Boxer, MD, PhD, Associate Professor of Neurology; Director, Memory and Aging Center Clinical Trials Program

November 15

Brain Games that Capture Brain Circuits & What Neuroscience Tells Us about the Self

Winston Chiong, MD, PhD, Neurology Fellow

Brianne Bettcher, PhD, Neuropsychology Fellow

Kate Possin, PhD, Assistant Professor of Neuropsychology

December 13

Emotional Brains: Captured in the Laboratory and in Art

Howie Rosen, MD, Associate Professor of Neurology

Virginia Sturm, PhD, Assistant Professor of Neurology

Deborah Aschheim, 2009-2011 Hellman Visiting Artist, Memory and Aging Center

Lisa Mezzacappa, Musical Collaborator

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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):

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MLL13001 **HEALTHY MIND, HEALTHY BODY**

Wednesday evenings, November 7 - December 19

MLL13002 **INSIDE UCSF**

Thursday evenings, November 1 - December 13

MLL13003 **MULTIDIMENSIONAL MIND**

Please charge my Visa MasterCard American Express

No. _____ / _____ / _____

Exp. Date _____ Authorized Signature _____

FOUR EASY WAYS TO REGISTER:

Online: Register at minimedicalschool.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, P.O. Box 45368, San Francisco, CA 94145-0368.

For information, call 415/476-4251.

COURSE FEES	
ONE Course	\$75
TWO Courses	\$130
THREE Courses	\$185

REGISTER ONLINE:

www.minimedicalschool.ucsf.edu



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**UCSF Osher
Mini Medical School for the Public**

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FALL 2012
COURSE CATALOG

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