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 Geffen 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
Andrew Gette, PhD, RD, Associate Professor of Pediatrics, Division of Adolescent Medicine

November 6
Body Image: Don’t Let “ideal” Get in the Way of Real Health
Kathryn Liu, PhD, RN, FAAN, Professor of Nursing, Family Health Care Nursing

November 13
Women and Sleep: From Stressful to Restful

December 4
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

DEC 4
Mind Your Heart: Stress, Mental Health and Heart Disease
Mathy Asmar, MD, Assistant Professor of Medicine, Epidemiology and Biostatistics, University of California, San Francisco. Staff Physician, San Francisco VA Medical Center

DECEMBER
Family caregiving as Fat or also Opportunity: Views from Mind and Body
Ellisa Egel, PhD, Associate Professor, Department of Psychiatry

DECEMBER
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? Would you like to learn more about the fundamental concepts of medicine? First-year medical students at UCSF take this course in an exciting and in-depth look at the core concepts of Health and Physiology. We take the essential concepts of these three important disciplines and condense them into two, ten-part modules suitable for students from any educational background. Prepare to challenge yourself as we explore the physiologic 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 Kruidinger-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 Smotz, JD, PT, DPT, ScD, 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 Smotz, JD, PT, DPT, ScD, 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
Henry Sanchez, MD, Professor of Clinical Pathology, Schools of Medicine and Dentistry

DECEMBER
Blood Vessels Physiology: Overview of Primary Concepts
Igor Minzuk, MD, Jack D. and Celine Longa 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 Corazon
Henry Sanchez, MD, Professor of Clinical Pathology, Schools of Medicine and Dentistry

This course is 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, neurophysiology, neuroscience and geriatrics about how your brain works and how it changes with age. This course will delve into how these changes impact and treat neurological disease. In the first and last sessions, former and current Helen Hamlyn 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

November 8
Brain Circuits: Breakdown in Dementia and Hopes for Repair
William S. Koroshetz, MD, A.W. & Mary Margaret Clausen Distinguished Chair in 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 Chang, MD, PhD, Neurolinguistics Fellow
Briane Backer, PhD, Neurolinguistics Fellow
Kate Possin, PhD, Assistant Professor of Neuropsychology

COURSE FEES

ONE COURSE $75
TWO COURSES $150
THREE COURSES $185

在线: Register at minimedicalschool.ucsf.edu

FALL 2012

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 NIGHTS

November 1
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 see the same person all your life? Modern tools of neuroscience are beginning to give 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.

November 29
Genes and the Brain: From Worms to People
Anne H. Mesulam, MD, PhD, Associate Professor of Neurology

November 6
Brain and Body: From the Multidimensional Mind to Healthy Body
Deborah Aschheim, 2009-2011 Hellman Visiting Artist, Memory and Aging Center Fellow

November 7
Music, Art and Emotion
Lisa Mezzacappa, Musical Collaborator

November 8
Brain Circuits: Breakdown in Dementia and Hopes for Repair
William S. Koroshetz, MD, A.W. & Mary Margaret Clausen Distinguished Chair in Neurology; Director, Memory and Aging Center Clinical Trials Program

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Kate Possin, PhD, Assistant Professor of Neuropsychology

COURSE FEES

ONLINE 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)
Tuesdays evenings, October 30 - December 11
MLL13001 HEALTHY MIND, HEALTHY BODY
Wednesday evenings, November 7 - December 19
MLL13002 INSIDE UCSF
Thursday evenings, November 1 - December 13
MLL13003 MULTIDIMENSIONAL MIND

COURSE FEES
One Course $75
Two Courses $130
Three Courses $185

Payment Options

Check or Visa, MasterCard or American Express

Uri Bokov, Ph.D., Assistant Professor of Psychology

NO

EXP. Date

Authorized Signature

EASY WAYS TO REGISTER:

Online: Register at minimedicalschool.ucsf.edu
Phone: Call 415-476-5880, ext. 1105
Fax: Send completed form to 415-476-3863.
Mail: Send the registration form and your check payable to “UC Regents” to UCSF, P.O. Box 45368, San Francisco, CA 94145-3682.

For information, call 415-476-4251.
FALL 2012 COURSE CATALOG

UCSF Osher Center for Integrative Medicine presents

Mini Medical School for the Public

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