

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

## INSIDE UCSF: FOUNDATIONS FOR FUTURE HEALTH CARE PROVIDERS

Tuesday evenings, May 21 - June 25  
7:00 to 8:45 p.m., 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 some of the core concepts relevant to understanding blood-related diseases and cancer. You will explore non-malignant and malignant hematology and oncology as well as conventional and integrative medicine treatments of cancer. This course presents the essential parts of these important disciplines from the same curriculum taught to our medical students and condensed them into six classes suitable for high school students to adults. Prepare to challenge yourself as we explore the foundations of modern medical education.

This is the final course in a special three-part series. Certificates of participation will be provided for attendance of five or more classes.

\$20 Special Registration for Students with a Valid ID

**COURSE CHAIR:**

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

**May 21**

Understanding the Basics of Clinical Oncology, from Diagnosis to Treatment

Andrew Ko, MD, Associate Professor, Division of Hematology/Oncology

**May 28**

Oncology from Top to Bottom: A Survey of Cancers through the Gastrointestinal Tract

Andrew Ko, MD, Associate Professor, Division of Hematology/Oncology

**June 4**

Stem Cells, and Blood Cells, and Blood Counts, Oh My!

Andrew D. Leavitt, MD, Professor, Department of Laboratory Medicine and Medicine

**June 11**

Keeping Things Fluid: The Delicate Balance Between Bleeding and Clotting

Andrew D. Leavitt, MD, Professor, Department of Laboratory Medicine and Medicine

**June 18**

Bone Marrow Failure and Acute Leukemia: More Mutations, More Problems

Rebecca L. Olin, MD, Assistant Professor of Medicine, Division of Hematology/Oncology

**June 25**

Integrating Complementary and Conventional Therapies in Cancer Care

Donald I. Abrams, MD, Professor of Medicine, Division of Hematology/Oncology; Integrative Oncology, Osher Center for Integrative Medicine

## EATING FOR HEALTH (AND PLEASURE): THE UCSF GUIDE TO GOOD NUTRITION

Wednesday evenings, May 22 - June 26  
7:00 to 8:45 p.m., 513 Parnassus Avenue



Few topics receive more attention in the media and in our own conversations than food. Everyone loves to eat! But how do we know what to eat to stay healthy, prevent and treat common illnesses, preserve our planet, and fully enjoy our food? This course, designed for all that love to eat, is taught by UCSF nutrition experts from the Schools of Medicine and Nursing. The course will provide the latest scientific evidence supporting healthy food choices and provide practical advice on preventing and treating common illnesses with nutrition.

**COURSE CHAIR:**

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

**May 22**

Principles of a Healthy Diet: How Do We Know What to Eat?

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

**May 29**

Dietary Fiber: The Most Important Nutrient?

Katie Ferraro, MPH, RD, CDE, Assistant Clinical Professor, Family Health Care Nursing, UCSF School of Nursing

**June 5**

Obesity: Facts and Fictions

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

**June 12**

Dietary Fats: The Good, the Bad, and the Ugly

Katie Ferraro, MPH, RD, CDE, Assistant Clinical Professor, Family Health Care Nursing, UCSF School of Nursing

**June 19**

Fat Chance: The Bitter Truth about Sugar

Robert H. Lustig, MD, Professor of Pediatrics, Division of Pediatric Endocrinology

**June 26**

Vitamin and Mineral Supplements: An Evidence-Based Approach

Jeffrey Tice, MD, Associate Professor of Medicine

REGISTER ONLINE:

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

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 21 - June 25

MLL13031 **INSIDE UCSF**

Wednesday evenings, May 22 - June 26

MLL13032 **EATING FOR HEALTH**

Please charge my  Visa  MasterCard  American Express

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

Exp. Date \_\_\_\_\_ Authorized Signature \_\_\_\_\_

FOUR EASY WAYS TO REGISTER:

Online: Register at [minimedicalschool.ucsf.edu](http://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.

<b>COURSE FEES</b>	
ONE Course	\$75
TWO Courses	\$130
<b>STUDENT</b>	
	\$20
<small>(Valid Student ID required at check-in)</small>	



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University of California  
San Francisco  
*advancing health worldwide™*

## UCSF Osher 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  
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Co-director, Postdoctoral Teaching Fellowship Program

Tym Peters

Director, Office of Continuing Medical Education, School of Medicine

Jeffrey A. Tabas, MD

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

### COURSE MANAGER

Matt Trojnar

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School of Medicine

### REGISTRATION MANAGER

Natasha Serikova

Registration and Financial Manager, Office of Continuing Medical  
Education, School of Medicine



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

SPRING 2013

COURSE CATALOG

UCSF Osher Center for Integrative Medicine presents

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