

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

PAIN 101: THE SCIENCE, THE TREATMENT, AND THE IMPACT

Tuesday evenings, October 25 - December 6
7:00 to 8:45 p.m., 513 Parnassus Avenue



Pain is the most common reason for medical visits in the United States. It can be as simple as a stubbed toe or signal a complex, systemic disease. And although many pain sensations resolve quickly, it can also be a devastatingly severe, chronic, lifetime condition. This course will explore pain as it presents across multiple medical disciplines and will bring together experts from a broad range of specialties. We will learn the basic science of pain and some of the most common ways it manifests. Moreover, we will investigate the modern practices of pain management and the cutting-edge advances in treatment currently being developed in the research halls of UCSF.

COURSE CHAIRS:

Dean Chou, MD
Associate Professor of Neurosurgery, UCSF Spine Center

Praveen Mummaneni, MD
Associate Professor of Neurosurgery; Co-Director, UCSF Spine Center; Director, Minimally Invasive Spine Surgery

October 25

The Evidence for Physical Therapy to Address Chronic Pain

Jill Gleason, DPT, Physical Therapist, Department of Physical Therapy and Rehabilitative Science

November 1

Low Back Pain: Causes, Conservative Treatment & Surgical Interventions

Dean Chou, MD, Associate Professor of Neurosurgery, UCSF Spine Center

Praveen Mummaneni, MD, Associate Professor of Neurosurgery; Co-Director, UCSF Spine Center; Director, Minimally Invasive Spine Surgery

November 8

Advances in Non-Operative Pain Management: A Spectrum of Options

Melanie M. Henry, MD, MPH, Assistant Professor, Department of Anesthesia & Pain Medicine

November 15

Fibromyalgia: It's Real, It's Managable, What You Can Do

Andrew J. Gross, MD, Associate Professor, Rheumatology Clinic Director

November 29

Pain of the Weekend Warrior

Brian Feeley, MD, Assistant Professor; UCSF Sports Medicine and Shoulder Services

December 6

The Science of Pain

Allan I. Basbaum, PhD, FRS, Professor and Chair, Department of Anatomy

EMOTIONS, THOUGHTS, AND HEALTH: WHAT ALL AGING BODIES SHOULD KNOW

Thursday evenings, October 27 - December 8
7:00 to 8:45 p.m., 513 Parnassus Avenue



How we think and feel changes with age. There are damaging myths but also helpful facts, and we might forget them all if we don't pay attention to our daily life, our aging brains and how to foster neuronal resilience. Could it be that paying attention might even slow our cellular aging? Or that certain emotional interactions can predict relationship happiness decades later? Come hear the new science on the intersection between cognition, emotion, health and aging, as experts discuss their foundational and new research in this exciting frontier.

COURSE CHAIRS:

Elissa Epel, PhD
Associate Professor in Residence, Department of Psychiatry

Wendy Berry Mendes, PhD
Sarlo/Ekman Chair in the Study of Human Emotion, Associate Professor, Department of Psychiatry

December 1

How Our Emotional Lives Mature: Changes and New Strengths

Robert Levenson, PhD
Professor, Department of Psychology; Director, Institute of Personality and Social Research (IPSR); Director, Clinical Science Program and Psychology Clinic, University of California, Berkeley

December 8

Emotions, Decisions and Behavior Across the Life Span: Surprises from Social Psychology

Wendy Berry Mendes, PhD
Sarlo/Ekman Chair in the Study of Human Emotion, Associate Professor, Department of Psychiatry

October 27

Emotion and Aging: Exploding the Misery Myth

Laura Carstensen, PhD
Professor of Psychology and the Fairleigh S. Dickinson Jr. Professor in Public Policy; Director, Stanford Center on Longevity

November 10

Emotions, Stress, and Rate of Telomere Shortening: Are Our Cells Listening to Us?

Elissa Epel, PhD
Associate Professor in Residence, Department of Psychiatry; Assistant Director, Center for Health and Community

November 3

Exploring the Crossroads of Attention and Memory in the Aging Brain: Views from the inside

Adam Gazzaley, MD, PhD
Associate Professor of Neurology, Physiology and Psychiatry; Director, Neuroscience Imaging Center

November 17

The Aging but Resilient Brain: Keeping Neurons Happy

Joel Kramer, PsyD
Professor of Neuropsychology

REGISTER ONLINE:

www.minimedicalschoo.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):

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MLL12001 **Pain 101**

Thursday evenings, October 27 - December 8

MLL12002 **Emotions, Thoughts, Health**

Please charge my Visa MasterCard American Express

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FOUR EASY WAYS TO REGISTER:

Online: Register at minimedicalschoo.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



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advancing health worldwide™

Mini Medical School for the Public

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Director, Mini Medical School for the Public; Professor
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Continuing Medical Education

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FALL 2011

COURSE CATALOG

UCSF Osher Center for Integrative Medicine presents

Mini Medical School for the Public



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