



## Advancing Diversity, Equity and Inclusion in Medicine



**Monday evenings**

**October 25 –  
December 6**

**7:00 – 8:30 pm**

**Live Streamed**

Racism and white supremacy are fierce, ever present and challenging forces that are the fabric of the United States from slavery through emancipation, Jim Crow segregation and Civil Rights. They impact the thinking, behavior and actions of individuals and institutions, including professional education and health care. The pernicious nature of racial and ethnic inequities requires a long-term commitment to change through education, systems changes and individual action.

Last year, during the Covid-19 pandemic and reeling from the tragic death of George Floyd, UCSF launched the Anti- Racism Initiative to address the impact of systemic racism on the health, health care and life expectancy of Black, Indigenous and other people of color (BIPOC) communities.

This unique course will feature UCSF leaders of the Anti-Racism Initiative and discuss the impact and opportunity of this work for all.

**COURSE CO-CHAIRS J. Renée Navarro, PharmD, MD • Alejandra Rincon, PhD**

## Optimizing Wellness: UCSF Orthopaedics Keeping You in the Game



**Tuesday evenings**

**October 26 –  
December 7**

**7:00 – 8:30 pm**

**Live Streamed**

Injuries and degenerative conditions affect us all and can result in pain, dysfunction and decreased quality of life. When we lose our mobility, our overall wellness suffers. What can we do to keep our body running at its best, help it recover when it gets injured, and maintain an active lifestyle? Presented by leaders in their field from the UCSF Department of Orthopaedic Surgery, this course is designed to explore how to optimize wellness and not let aches and pains get you down.

**COURSE CO-CHAIRS Jeff Barry, MD • Lan Chen, MD • Sara L. Edwards, MD**

## Advances in the Understanding and Treatment of Pain



**Wednesday evenings**

**October 27 –  
December 8**

**7:00 – 8:30 pm**

**Live Streamed**

The majority of Americans are living with pain, according to the findings from a report recently released by the National Center for Health Statistics. Pain affects more than your body, increasing stress and depression which can make pain worse, leading to a vicious cycle. While many of us experience pain, there can be significant differences in how pain is perceived due to the interplay of environment, genetics, and psychology. Despite its prevalence, massive financial burden, and widespread association with disability, the effective management of pain remains a challenge. In this six-part series taught by leading experts at UCSF, we will explore the causes, consequences, and treatment of pain as well as barriers to providing effective pain relief.



**COURSE CHAIR Melanie M. Henry, MD, MPH**

FOR FURTHER INFORMATION, THE SCHEDULE, AND TO PRE-REGISTER ONLINE:

FALL 2021

[osherminimed.ucsf.edu](https://osherminimed.ucsf.edu)

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## Advances in the Understanding and Treatment of Pain

### DIRECTOR

**Robert B. Baron, MD, MS**

Director, UCSF Osher Mini Medical School for the Public  
Professor of Medicine, Associate Dean of CME  
UCSF School of Medicine

## live stream UCSF Osher Mini Medical School

PRE-REGISTER NOW AT [osherminimed.ucsf.edu](https://osherminimed.ucsf.edu)

**Interactive Webinar:** Due to the constraints of the pandemic, the UCSF Osher Mini Medical School for the Public spring quarter will be live-streamed. Opportunities will be available to interact with the speakers on each evening. Schedule and details are available on the website.

### UCSF Osher Mini Medical School for the Public

Office of CME, Box 0742  
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