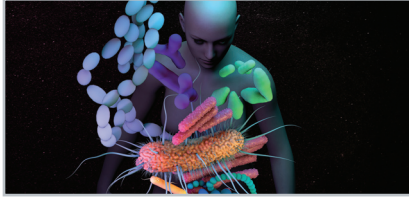




The Human Microbiome: Exploring the Potential to Predict, Prevent and Treat Disease



Tuesday evenings
May 3 – June 7

7:00 - 8:30 pm

Live Streamed

Our bodies are dynamic ecosystems housing trillions of microbes that, while invisible to the naked eye, play a critical role in shaping human health. Taught by internationally recognized faculty from UCSF's Benioff Center for Microbiome Medicine, this course will explore some of the many superpowers of our microbiomes, including how infant microbiomes influence childhood health and how the gut microbiome transforms diet and drugs and impacts mental health. To learn more about your microbial superpowers please join us.

COURSE CHAIR **Susan V. Lynch, PhD** • Director, Benioff Center for Microbiome Medicine

Transforming Cancer Care with Integrative Oncology



Wednesday evenings
May 4 – June 8

7:00 - 8:30 pm

Live Streamed

Cancer has a major impact on our society with approximately 1 in 3 adults in the U.S. diagnosed during their lifetimes, according to the National Cancer Institute. In this course, a team of leading UCSF scientists and world-renowned clinicians in cancer care share a window into their work to help empower you and your loved ones to become active participants in your healthcare. You'll understand the paradigm shift to integrative oncology, separate myths from facts, and learn strategies to reduce cancer risk. You will gain specific guidance on how to prioritize nutrition, exercise, symptom and pain management, natural products, mind-body medicine, acupuncture and world healing approaches, to help care for your whole self.

COURSE CHAIR **Kavita K. Mishra, MD, MPH** • Professor, Radiation Oncology

Health Policy in 2022: Restoring the Health and Well-Being of Californians



Thursday evenings
May 5 – June 9

7:00 - 8:30 pm

Live Streamed

COVID-19 changed many aspects of our lives over the last two years. Policymakers at the local, state, and federal level are seeking solutions to myriad problems, including health workforce burnout, maintaining appropriate use of telehealth, ensuring food security and maintaining safety-net services, keeping schools safely open, and addressing rising rates of substance misuse and addiction. Rigorous and accurate evidence is needed to guide them, and ongoing data tracking is needed to make sure progress is being made. In this course you will learn from leading health policy researchers about the effects of the pandemic on diverse aspects of our health and healthcare system, including how we make policy decisions based on evidence in real-time, how and from who we receive care, how we deal with the consequences of unhealthy choices made to cope with the pandemic, and how we can protect the most vulnerable among us.

COURSE CO-CHAIRS **Janet Coffman, PhD, MPP, MA** • Professor, Institute for Health Policy Studies

Beth Griffiths, MD, MPH • Assistant Professor, Medicine

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

SPRING 2022

osherminimed.ucsf.edu

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UCSFOsherMiniMedSchool



OsherMiniMed

Tuesday evenings, May 3 – June 7 (7:00 - 8:30 pm)

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Health Policy in 2022: Restoring the Health and Well-Being of Californians

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

***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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San Francisco, CA 94143

