



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

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

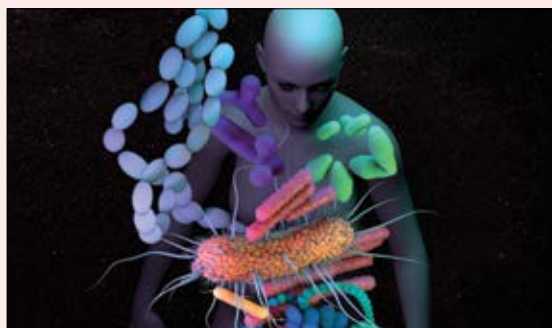
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 UCSFOsherMiniMedSchool
  OsherMiniMed



All courses VIRTUAL for Spring 2022

## 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

**COURSE CHAIR**

**Susan V. Lynch, PhD** Director, Benioff Center for Microbiome Medicine  
Associate Director, Microbiome in Inflammatory Bowel Disease Program  
Professor Department of Medicine - Gastroenterology

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.

- 5/3: **How to Build a Microbiome: Early Life Microbiomes and their Implications for Children's Health** Susan V. Lynch, PhD
- 5/10: **Can Big (Microbiome) Data Save the World?: Using AI and Microbiome Data to Predict Health Outcomes** Marina Sirota, PhD
- 5/17: **You are What you Eat: How Food and Drugs Interact with the Gut Microbiome** Peter Turnbaugh, PhD
- 5/24: **The Gut-Brain Axis: Gut Microbiome Influences on Neurological Disease** Sergio Baranzini, PhD
- 5/31: **The Microbes Upon Us: How the Cutaneous Microbiome Promotes Skin Health** Tiffany Scharschmidt, MD
- 6/7: **Microbes and Mental Health: Mood Enhancing Effects of Gut Microbes** Ryan Rampersaud, MD, PhD

## Transforming Cancer Care with Integrative Oncology



**Wednesday evenings**  
May 4 – June 8

7:00 - 8:30 pm

Live Streamed

**COURSE CHAIR**

**Kavita K. Mishra, MD MPH**  
Professor, Radiation Oncology  
Director, Ocular Tumor Radiation Therapy Program  
Faculty in Integrative Oncology, Osher Center for Integrative Health • University of California San Francisco

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.

- 5/4: **Integrative Oncology 101: Empowering Us to Reduce Risk, Support Treatment, and Promote Health** Kavita K. Mishra, MD, MPH • Kathleen Cavanaugh, NP
- 5/11: **Exercise and Cancer: Impact of Physical Activity** Natalie Marshall, MD
- 5/18: **Nutrition and Cancer: Do's and Don'ts** Donald Abrams, MD
- 5/25: **Introduction to Integrative Palliative Care & Symptom Management** Brieze Bell, MD
- 6/1: **Caring for Mind, Body, and Spirit: Approaches to Coping with Cancer Care** Jamie Cohen, PsyD
- 6/8: **Integrative Cancer Care: Bringing Innovative Approaches into the Clinic**  
Moderators: Anand Dhruva, MD • Kavita K. Mishra, MD, MPH  
Panelists: Jennifer Ashby, DAOM, LAc • Chloe Atreya, MD  
Shannon Fogh, MD

## 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

**COURSE CO-CHAIRS**

**Janet Coffman, PhD, MPP, MA**  
Professor, Institute for Health Studies, Associate Director for Policy Programs, Institute for Health Policy Studies

**Beth Griffiths, MD, MPH** • Assistant Professor, Medicine  
Associate Director for Policy Programs, Institute for Health Policy Studies; Director, Advocacy & Community Engagement, Internal Medicine Residency Health Equities & Advocacy Pathway

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.

- 5/5: **Food and Nutrition Security: Effective and Emerging Policies & Practices** Hilary Seligman, MD
- 5/12: **How can we Bolster the Safety Net for those Most Impacted by the Pandemic?** Rita Hamad, MD, PhD
- 5/19: **Turning Digital Fumes into a Breath of Fresh Air** Julia Adler-Milstein, PhD • A Jay Holmgren, PhD • Benjamin Rosner, MD, PhD
- 5/26: **Why are People Acting so Weird? Social Disruption, Stress and Substance Use During the Pandemic** Laura Schmidt, PhD
- 6/2: **Health Workforce Shortages in the Wake of the Pandemic: What Can Policy and Practice Leaders do to Resolve the Crisis?** Joanne Spetz, PhD
- 6/9: **Is There an Off-Ramp for That? K-12 Schools and COVID-19** Naomi Bardach, MD

live stream UCSF Osher Mini Medical School  
PRE-REGISTER NOW AT [osherminimed.ucsf.edu](http://osherminimed.ucsf.edu)

REGISTRATION FORM

Name: (Dr • Mr • Ms • Mrs • Mx) \_\_\_\_\_

Street address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Do you want to be on our priority email list?  YES  NO

Select course by checking box(es):

- Tuesday evenings, May 3 – June 7**  
**MLL22024 – The Human Microbiome: Exploring the Potential to Predict, Prevent and Treat Disease**  
7:00 - 8:30 pm
- Wednesday evenings, May 4 – June 8**  
**MLL22025 – Transforming Cancer Care with Integrative Oncology**  
7:00 - 8:30 pm
- Thursday evenings, May 5 – June 9**  
**MLL22026 – Health Policy in 2022: Restoring the Health and Well-Being of Californians**  
7:00 - 8:30 pm

To register for individual sessions, please list date/s you will be attending:

Session Date/s: \_\_\_\_\_

Please charge my:  Visa  MasterCard  American Express

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

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

**COURSE FEES**

ONE Course \$ 75  
TWO Courses \$120  
THREE Courses \$165

**SESSION FEES**

ONE Session \$15  
STUDENT FREE with valid ID

Amount to be charged \$ \_\_\_\_\_

THREE EASY WAYS TO REGISTER:

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

Phone: Call (415) 476-5808. Please have your Visa, MasterCard or Amex ready.

Mail: Send the registration form and your check payable to "UC Regents" to:  
University of California, San Francisco  
Office of CME, Box 0742  
490 Illinois Street, Floor 8  
San Francisco, CA 94143

Please note we can no longer accept enrollment by FAX.



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UCSF Osher Center for Integrative Medicine  
**Virtual 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 of CME  
UCSF School of Medicine

**PLANNING COMMITTEE**

**Shelley R. Adler, PhD**

Director, UCSF Osher Center for Integrative Medicine  
Osher Foundation Distinguished Professor of Integrative Medicine  
Professor of Family and Community Medicine

**Anand Dhruva, MD**

Director of Education, UCSF Osher Center for Integrative Medicine  
Osher Foundation Endowed Chair in Education in Integrative Medicine  
Professor of Medicine

**Tymothi Peters**

Director, Office of Continuing Medical Education  
UCSF School of Medicine

**Jeffrey A. Tabas, MD**

Professor of Emergency Medicine  
Director of Outcomes and Innovations  
Office of Continuing Medical Education  
UCSF School of Medicine

**COURSE MANAGER**

**Dawn N. Bohlmann**

Senior Conference Manager  
Office of Continuing Medical Education  
UCSF School of Medicine



SPRING 2022  
COURSE CATALOG



UCSF Osher **Center for Integrative Medicine**

# Mini Medical School for the Public



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

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

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**Transforming Cancer Care with Integrative Oncology**

Thursday evenings, May 5 – June 9 (7:00 pm - 8:30 pm)

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

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