


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

<http://osherminimed.ucsf.edu> | Like us on Facebook! 

All courses at UCSF Parnassus

## MOVE BETTER, FEEL BETTER: WHAT CAN PHYSICAL THERAPY DO FOR YOU?



Tuesday evenings,  
April 25 – May 30  
7:00 to 8:30 pm

UCSF's Parnassus Campus  
School of Nursing Building  
513 Parnassus Avenue

**COURSE CHAIRS:**

**Lowen Cattolico, PT, MS, OCS**

Clinical Instructor • Assistant Director Outpatient Rehabilitation, UCSF

**Andrew Lui, PT, DPT**

Associate Professor of Physical Therapy • Vice Chair for Clinical Services, UCSF

**Betty Smoot, PT, DPTSc**

Associate Professor of Physical Therapy • Vice Chair for Academic Programs, UCSF

Many conditions, such as low back pain, dizziness, and osteoarthritis have been shown to respond as well or better to physical therapy than medications or surgery! Physical therapy often complements these interventions and offers far fewer side effects. Learn how physical therapists develop treatment plans and implement techniques that improve movement, reduce pain, restore function, and help prevent future injury in individuals of all ages and in many settings. Taught by experts from the UCSF Faculty Practice in Physical Therapy, this course will highlight the wide variety of medical conditions that physical therapists can effectively treat using the latest research and proven approaches to ensure positive outcomes.

**TOPICS**

- EXPLORING THE BRAIN-BODY CONNECTION IN NEUROLOGICAL REHABILITATION
- HOW YOUR INNER EAR AND BRAIN WORK TOGETHER FOR PERCEPTION, BALANCE, AND MOVEMENT
- THE ROLE OF FASCIA IN MOVEMENT AND FUNCTION
- GUIDELINES FOR A HEALTHY SPINE
- PELVIC HEALTH: STAYING CONTINENT AND PAIN-FREE
- GUIDELINES FOR SKELETAL HEALTH AND AGING

## WILDERNESS MEDICINE: AVOIDING AND MANAGING OUTDOOR MEDICAL EMERGENCIES



Wednesday evenings,  
April 26 – May 31  
6:00 to 8:00 pm

UCSF's Parnassus Campus  
Health Sciences West  
513 Parnassus Avenue

**COURSE CHAIR:**

**Judith Klein, MD**

Assistant Professor of Emergency Medicine, UCSF

Medical emergency care delivered in remote settings has gained importance as increasing numbers of people visit the wilderness for outdoor adventure. Whether travelling to the highest peak in the Himalayas, the remotest stretch of ocean, the Mojave desert, or simply a day hike in Sutro woods, travelers are going where they have never gone before. For both the weekend hiker and the extreme mountaineer, familiarity with the potential hazards of the wilderness and the approach to evaluation, stabilization, evacuation, and initial treatment of acute injuries and illness can be life-saving. Delivered by experts from UCSF, this series will teach traditional wilderness emergency management techniques as well as cutting edge research developments and novel innovations.

**TOPICS**

- HIGH ALTITUDE MEDICINE, HYPOTHERMIA AND FROSTBITE
- REMOTE AREA AND TROPICAL MEDICINE
- DIVE MEDICINE AND MARINE ENVENOMATIONS
- BACKCOUNTRY TRAUMA
- SNAKE, INSECT, ARTHROPOD ENVENOMATION AND LIGHTNING INJURIES
- SPLINTING AND LITTERS WORKSHOP

## CONVERSATIONS WITH UCSF AUTHORS: INSPIRATION AND EXPERTISE



Thursday evenings,  
April 27 – June 8  
(No session May 4)  
7:00 to 8:30 pm

UCSF's Parnassus Campus  
School of Nursing Building  
513 Parnassus Avenue

**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, UCSF

What makes a world-class physician or scientist decide to write a book for the wide world of readers? Where do they find the inspiration and the time? What do they hope to accomplish? How do the satisfactions of writing compare to practicing medicine or writing scholarly articles?

This innovative course will ask these questions and more of six recently published UCSF authors.

In discussing their books, our UCSF experts will discuss several of today's most important health and health policy issues. Topics include patients and caregivers living well with serious illness; the potential overuse of medical care and when to say "enough"; the impact of technology and the digital revolution on health and health care; the impact of AIDS in San Francisco through the eyes of three doctors; the consequences of hazardous manufacturing and poisonous materials on public health; and the role of the pharmaceutical industry in creating a new disease, short stature, to sell a new medication. Please join UCSF Professors Steve Pantilat, Sharon Kaufman, Robert Wachter, Mark Jacobson, Paul Blanc, and Aimee Medeiros for this unique series of conversations.

**BOOKS**

- **SENSING LIGHT** – Mark Jacobson, MD in conversation with Susa Coffey, MD
- **HEIGHTENED EXPECTATIONS: THE RISE OF THE HUMAN GROWTH HORMONE INDUSTRY IN AMERICA** – Aimee Medeiros, PhD in conversation with Elena Conis, PhD
- **FAKE SILK: THE LETHAL HISTORY OF VISCOSE RAYON** – Paul D. Blanc, MD, MSPH in conversation with Peter Stansky, PhD
- **ORDINARY MEDICINE: EXTRAORDINARY TREATMENTS, LONGER LIVES AND WHERE TO DRAW THE LINE** – Sharon Kaufman, PhD in conversation with Dawn Gross, MD, PhD
- **THE DIGITAL DOCTOR: HOPE, HYPE AND HARM AT THE DAWN OF MEDICINE'S COMPUTER AGE** – Robert M. Wachter, MD in conversation with Katie Hafner, NY Times journalist
- **LIFE AFTER THE DIAGNOSIS: EXPERT ADVICE ON LIVING WELL WITH SERIOUS ILLNESS FOR PATIENTS AND CAREGIVERS** – Steven Pantilat, MD in conversation with Katie Hafner, NY Times journalist

### 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, April 25 – May 30  
MLL17021 • MOVE BETTER, FEEL BETTER: WHAT CAN PHYSICAL THERAPY DO FOR YOU?

Wednesday evenings, April 26 – May 31  
MLL17022 • WILDERNESS MEDICINE: AVOIDING AND MANAGING OUTDOOR MEDICAL EMERGENCIES

Thursday evenings, April 27 – June 8 (No session May 4)  
MLL17023 • CONVERSATIONS WITH UCSF AUTHORS: INSPIRATION AND EXPERTISE

To register for a session, 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 **\$130**  
THREE Courses **\$185**  
STUDENT **\$30** per series  
(Valid Student ID required at check-in)

**SESSION FEES**

ONE Session **\$15**  
STUDENT **\$5**  
ONE Session **\$5**  
(Valid Student ID required at check-in)

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

**FOUR EASY WAYS TO REGISTER:**

**Online:** Register at <http://osherminimed.ucsf.edu>  
Online registration available for 6-week course only.  
To register for individual weekly sessions, please register by phone, fax or mail.

**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 Osher Mini Medical School  
3333 California Street, Suite 450  
Box 0742  
San Francisco, CA 94143-0742



University of California  
San Francisco

advancing health worldwide™

0569  
UCSF Osher Mini Medical School for the Public  
3333 California Street  
Suite 450, Box 0742  
San Francisco, CA  
94143-0742



University of California  
San Francisco

*advancing health worldwide™*

## UCSF Osher Center for Integrative Medicine 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  
UCSF School of Medicine

### PLANNING COMMITTEE

**Shelley R. Adler, PhD**

Director, Osher Center  
Osher Foundation Distinguished Professorship in Integrative Medicine  
Professor of Family and Community Medicine  
UCSF School 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

**Elizabeth Isaacs**

Community Member

### COURSE MANAGER

**Jane Brooks, MSc, CMM**

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

### REGISTRATION MANAGER

**Natasha Serikova**

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



SPRING 2017  
COURSE CATALOG

UCSF Osher **Center for Integrative Medicine**

# Mini Medical School for the Public



Tuesday evenings, April 25 – May 30

**MOVE BETTER, FEEL BETTER:  
What Can Physical Therapy Do For You?**

Wednesday evenings, April 26 – May 31

**WILDERNESS MEDICINE: Avoiding and  
Managing Outdoor Medical Emergencies**

Thursday evenings, April 27 – June 8

**CONVERSATIONS WITH UCSF AUTHORS:  
Inspiration and Expertise**



University of California  
San Francisco

*advancing health worldwide™*

FOR FURTHER INFORMATION AND THE SCHEDULE, VISIT:  
<http://osherminimed.ucsf.edu/>