

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

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All courses at UCSF Parnassus

AGING BONES: UNDERSTANDING FRACTURES, HEALING, AND REPAIR



Tuesday evenings,
May 15 – June 19
7:00 to 8:30 pm

UCSF's Parnassus Campus
Health Sciences West
Building
513 Parnassus Avenue

COURSE CHAIR

Theodore Miclau, III, MD
Professor and Vice-Chair of Orthopaedic Surgery
University of California, San Francisco

There are over an estimated seven million fractures in the United States annually. Approximately 10% of these fractures fail to heal properly, accounting for billions of US dollars in expenses and lost wages every year. With a more physically active and increasingly aging population, fractures in the elderly make up a growing number of fractures annually. Treatment of patients with these injuries, however, often requires different approaches than similar injuries in younger adults. This course will address common issues in bone injuries in the elderly, and will provide an in-depth update as to what is being done to improve the care of geriatric patients with fractures.

TOPICS

- INJURY AND AGING: DO FRACTURES IN THE ELDERLY HEAL DIFFERENTLY?
- HIP FRACTURES: A GROWING EPIDEMIC
- FRAGILITY FRACTURE PREVENTION AND REHABILITATION: WHAT ARE THE STRATEGIES
- TREATMENT OF COMMON GERIATRIC FRACTURES: UPPER EXTREMITY
- TREATMENT OF COMMON GERIATRIC FRACTURES: SPINE AND PELVIS
- TREATMENT OF COMMON GERIATRIC FRACTURES: LOWER EXTREMITY

AGING, ACTIVITY, AND COMMUNITY: THE SCIENCE BEHIND FUNCTION AND SOCIAL CONNECTIONS IN OLDER AGE



Thursday evenings,
May 17 – June 28
(No session June 7)
7:00 - 8:30 pm

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

COURSE CHAIR

Anna Chodos, MD
Assistant Professor of Medicine
University of California, San Francisco
Divisions of General Internal Medicine and of Geriatrics
Zuckerberg San Francisco General

Evidence is building for the importance of physical and social activity as the way to optimize our well-being in older age. UCSF's Division of Geriatric Medicine faculty will review their research and cutting edge work on improving physical, social and emotional wellbeing in older adults. This includes topics on the myths of aging, improving surgical outcomes, the science of longevity, social connection in older adults, and tools for comprehensive advance care planning. This course is ideal for older adults, caregivers and anyone interested in optimizing well-being as they get older.

TOPICS

- COMMON MYTHS OF AGING
- PRE-HABILITATION: IMPROVING SURGICAL OUTCOMES IN OLDER ADULTS THROUGH PRE-SURGICAL EVALUATION
- BIOGERONTOLOGY AND THE SCIENCE OF LONGEVITY
- THE SCIENCE BEHIND SOCIAL CONNECTION IN OLDER ADULTS
- PLANNING FOR LIFE: TOOLS FOR COMPREHENSIVE ADVANCE CARE PLANNING

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, May 15 – June 19
MLL18021 • AGING BONES: UNDERSTANDING FRACTURES, HEALING,
AND REPAIR

Thursday evenings, May 17 – June 28 (No session June 7)
MLL18023 • AGING, ACTIVITY, AND COMMUNITY: THE SCIENCE BEHIND
FUNCTION AND SOCIAL CONNECTIONS IN OLDER AGE

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**
STUDENT **\$30** per series
(Valid Student ID required at check-in)

SESSION FEES

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

Amount to be charged \$ _____

FOUR EASY WAYS TO REGISTER:

Online: Register at osherminimedicalschool.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:

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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

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SPRING 2018
COURSE CATALOG

UCSF Osher **Center for Integrative Medicine**

Mini Medical School for the Public



Tuesday evenings, May 15 – June 19

**AGING BONES: Understanding Fractures,
Healing, and Repair**

Thursday evenings, May 17 – June 28 (No session June 7)

**AGING, ACTIVITY, AND COMMUNITY:
The Science Behind Function and Social
Connections in Older Age**



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