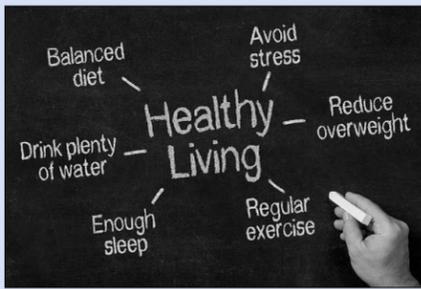


FOR FURTHER INFORMATION, THE SCHEDULE, AND TO REGISTER ONLINE:
<http://osherminimed.ucsf.edu> | Like us on Facebook! 

All courses at UCSF Parnassus

THE SCIENCE BEHIND OPTIMAL METABOLIC HEALTH AND NUTRITION: ADDING YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS



Tuesday evenings,
 February 20 - March 27
 7:00 to 8:30 pm

UCSF's Parnassus Campus
 School of Nursing Building
 513 Parnassus Avenue
 Room N-225

COURSE CHAIRS:

Elissa Epel, PhD
 Professor of Psychiatry, Associate Director, Center for Health and Community
 University of California, San Francisco

Ashley Mason, PhD
 Assistant Professor of Psychiatry
 University of California, San Francisco

The Directors of UCSF Center for Obesity Assessment, Study and Treatment (COAST) bring world experts in weight, food, metabolism and longevity to share the latest science-based practical information to the public. We will explore the drivers of weight, inflammation, and aging and how to promote a vibrant healthstyle and healthspan. This series of lectures will cover the roles of sleep, dieting, optimal nutrition, the sugary environment, and how to manage cravings for comfort foods. These lectures will separate out solid facts you can rely on from fads you should avoid, and you will learn about emerging science that you can use to experiment with changes to your daily life.

TOPICS

- **INSIDE THE EFFECTS OF EXERCISE: FROM CELLULAR TO PSYCHOLOGICAL BENEFITS** – Eli Puterman, PhD
- **FOOD AND FICTION: WHAT WE KNOW, AND WHAT WE DON'T ABOUT NUTRITION AND SUPPLEMENTS** – Frederick Hecht, MD; Chris Kresser, MS, LAC
- **FOODGATE: THE BREAK-IN, THE COVER-UP, AND THE AFTERMATH** – Robert Lustig, MD, MSL; Cristen Kearns, DDS, MBA; Laura Schmidt, PhD, MSW, MPH
- **THE FACE OF FOOD ADDICTION: LIVING THROUGH AND BEYOND** – Ashley Mason, PhD; Elissa Epel, PhD
- **SLEEP, INFLAMMATION, AND METABOLISM: SLEEP-WORTHY CONNECTIONS!** – Aric Prather, PhD
- **THE DIET TRAP: WHY YOU SHOULD NEVER GO ON A DIET AGAIN, AND WHAT TO DO INSTEAD** – Sandra Aamodt, PhD; Darya Rose, PhD

CYCLING TO HEALTH: HOW TO IMPROVE WELLNESS, DECREASE INJURY, AND MAXIMIZE PERFORMANCE



Wednesday evenings,
 February 21 - March 28
 7:00 to 8:30 pm

UCSF's Parnassus Campus
 School of Nursing Building
 513 Parnassus Avenue
 Room N-225

COURSE CHAIR:

Anna Abramson, MD
 Assistant Clinical Professor of Medicine
 University of California, San Francisco
 Co-founder, Medicine of Cycling

Justin Bosley, MD
 Emergency and Sports Medicine Physician
 Kaiser Permanente Oakland Medical Center

In the mid-19th century, the bicycle was becoming a popular form of transportation and recreation; by 2017, there were 66 million cyclists in the US. Cycling is a sport that is enjoyed by people of many ages, fitness and ability levels who share the joy of adventure, speed, and travel. All cyclists also share the pain of falling off the bike, overuse injuries, and other medical consequences. This course, led by a multidisciplinary team of medical experts and cyclists in a wide range of fields, will cover a wide range of topics which affect every cyclist. Join us and the cycling community to get the latest spin on living and loving the bike.

TOPICS

- **OVERUSE INJURIES**
- **REDUCING INJURY**
- **INJURY RECOVERY AND RETURN**
- **DIFFERENCES IN CYCLING BY MEN, WOMEN AND KIDS**
- **MENTAL FITNESS**
- **PHYSICAL FITNESS**
- **NUTRITION**
- **COMPARING HEALTH IN CYCLING VS OTHER SPORTS**

IMPROVING FUNCTION AND PERFORMANCE: ORTHOTICS AND PROSTHETICS



Thursday evenings,
 February 22 - March 29
 7:00 to 8:30 pm

UCSF's Parnassus Campus
 School of Nursing Building
 513 Parnassus Avenue
 Room N-225

COURSE CHAIRS:

Matthew Garibaldi, CPO, MS
 Professor and Executive Vice Chair
 Director of Orthotics and Prosthetics
 Department of Orthopaedic Surgery

Orthotics and prosthetics (O&P) is the evaluation, fabrication, and custom fitting of orthopedic braces, known as "orthoses," and artificial limbs, known as "prostheses." It draws on wide-ranging knowledge, from medicine to engineering to wiring and electronics and incorporating materials science, bioengineering, athletic training, kinesiology, orthopedics, and neurology. Topics will include limb loss, sports injury, osteoarthritis of the knee, fractures, back pain, knee arthritis, global health, and skull flattening in toddlers. Learn the current science and future potential of this rapidly expanding field.

TOPICS

- **ADVANCES IN PROSTHETIC TECHNOLOGY** – Richard Nguyen, CPO; Matthew Garibaldi, CPO, MS
- **BACK PAIN MANAGEMENT** – Heidi Turman, CPO; Kenneth Kane, CO; Felipe Villanueva, CPO; Patricia Zheng, MD
- **FRACTURE BRACING** – Aarti Deshpande, CPO; Alex Chimkus, CPO
- **SPORTS INJURY / OSTEOARTHRITIS KNEE BRACING** – Andrew Simpkins, ATC, CFO; Tim Baldwin, MA, ATC, CFO; Amber Pryor, MS, ATC, CFO
- **GLOBAL IMPACT / OUTREACH FOR LIMB LOSS** – Alex Hetherington, CP; Colin Shirley, MS
- **CRANIAL REMOLDING HELMETS** – Chrysta Irolla, MS, MSPO, CPO; Corin Shirley, MS

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, February 20 - March 27 MLL18011 • THE SCIENCE BEHIND OPTIMAL METABOLIC HEALTH AND NUTRITION: Adding Years to Your Life and Life to Your Years

Wednesday evenings, February 21 - March 28 MLL18012 • CYCLING TO HEALTH: How to Improve Wellness, Decrease Injury, and Maximize Performance

Thursday evenings, February 22 - March 29 MLL18013 • IMPROVING FUNCTION AND PERFORMANCE: Orthotics and Prosthetics

To register for individual sessions, please list the 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 session
<small>(Valid Student ID required at check-in)</small>	
SESSION FEES	
ONE Session	\$15
STUDENT	\$5
ONE Session	\$5
<small>(Valid Student ID required at check-in)</small>	

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
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 San Francisco, CA 94143-0742



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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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WINTER 2018
COURSE CATALOG

UCSF Osher [Center for Integrative Medicine](#)

Mini Medical School for the Public



Tuesday evenings, February 20 - March 27

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HEALTH AND NUTRITION: Adding Years to
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Orthotics and Prosthetics**



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