

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

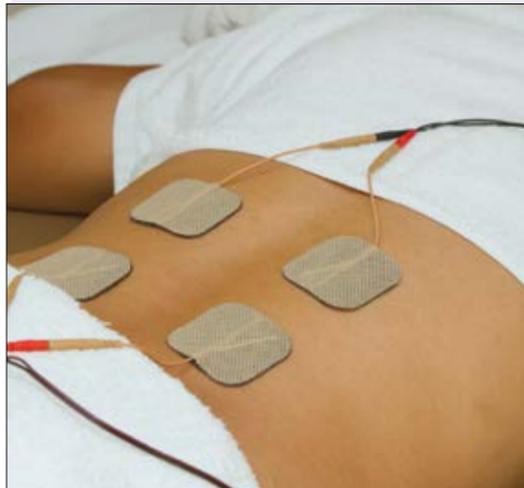
osherminimed.ucsf.edu

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 UCSFOsherMiniMedSchool
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All courses VIRTUAL for Winter 2023

Low Back Pain: What You and Your Doctor Should Know



Tuesday evenings
February 21-March 28
7:00 – 8:30 pm
Live Streamed

COURSE CHAIRS **Paul Su, MD**
Anesthesiologist & Pain Management Physician at UCSF
School of Medicine

Alexandra Chang, MD
Anesthesiologist & Chronic Pain Physician
SFVA Medical Center

It is estimated that up to eighty four percent of adults in the US will have low back pain at some time in their lives. It is a significant cause of disability, resulting in an immeasurable toll on function, happiness, and quality of life. While patients with this condition can fall through the cracks of the health care system, there have been major advances in safe, evidence-based, and affordable treatments which are frequently underrecognized and underutilized. This course, delivered by UCSF experts in pain management, will address the anatomy, physiology, and initial evaluation of low back, red flags for serious diseases, and multi-modal approaches to treatment including non-surgical interventions and medications for pain relief, physical therapy, surgical treatment, and the future of low back pain management.

Optimizing Your Primary Care: Best Practices for Preventing Disease and Treating Common Illnesses



Wednesday evenings
February 22-March 29
7:00 – 8:30 pm
Live Streamed

COURSE CHAIR **Robert B. Baron, MD, MS**
Professor of Medicine
Associate Dean, Continuing Medical Education
Director, UCSF Osher Mini Medical School for the Public

Having a skilled primary care clinician will go a long way to maintaining your health and wellness. Primary care clinicians know you as a person, are your go to clinician for prevention and treatment of most illnesses, and help you work with specialists and other clinicians. With a skilled primary care clinician your preferences and values will help guide the difficult decisions of today's health care using shared decision making. Taught by some of UCSF's best teachers, this course will cover a wide number of key topics in primary care to help inform day-to-day clinical decisions. Topics will include prevention of infectious diseases; prevention and early detection of common cancers; management of high blood pressure and high blood cholesterol; management of type 2 diabetes; principles of diet, exercise, and good nutrition for health and weight management; and medical and surgical management of obesity.

live stream UCSF Osher Mini Medical School

PRE-REGISTER NOW AT
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, February 21 - March 28
MLL23011 – Low Back Pain: What You and Your Doctor Should Know
7:00 – 8:30 pm

Wednesday evenings, February 22-March 29
MLL23012 – Optimizing Your Primary Care: Best Practices for Preventing Disease and Treating Common Illnesses
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 _____

Amount to be charged \$ _____

COURSE FEES

ONE Course \$ 75
TWO Courses \$120

SESSION FEES

ONE Session \$15
STUDENT FREE with
Each Session valid ID

THREE EASY WAYS TO REGISTER:

Online: Register at 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

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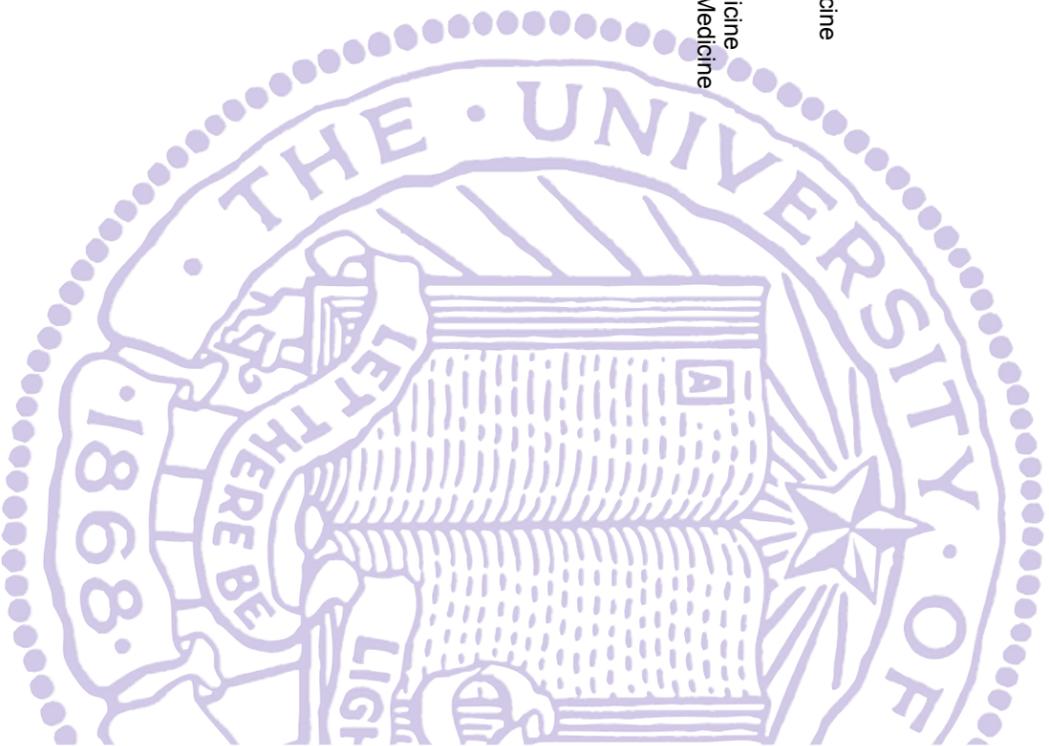
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WINTER 2023
COURSE CATALOG



UCSF Osher [Center for Integrative Medicine](#)

Mini Medical School for the Public



Tuesday evenings, February 21-March 28 (7:00 pm – 8:30 pm)
**Low Back Pain: What You and Your Doctor
Should Know**

Wednesday evenings, February 22-March 29 (7:00 pm – 8:30 pm)
**Optimizing Your Primary Care: Best Practices
for Preventing Disease and Treating Common
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