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

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 on innovative and cutting edge work on improving physical, social and emotional well being 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

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Exp. Date: ______/______/______
Authorized Signature: ____________________________

FOUR EASY WAYS TO REGISTER:
- Online: Register at osherminimedicalschool.ucsf.edu
- Phone: Call (415) 476-5808. Please have your Visa, MasterCard or Amex ready.
- Mail: Send the registration form and your check or money order to:
  UCSF Osher Mini Medical School
  3333 California Street, Suite 450
  Box 0742
  San Francisco, CA 94143-0742
- Fax: (415) 502-1795. Include your credit card number and expiration date.

ТOPICS
- INJURY AND AGING: DO FRACTURES IN THE ELDERLY HEAL DIFFERENTLY?
- HIP FRACTURES: A GROWING EPIDEMIC
- FRACTURE 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

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.

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

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Thursday evenings, May 17 – June 28 (No session June 7)
AGING, ACTIVITY, AND COMMUNITY: The Science Behind Function and Social Connections in Older Age