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 — Fred Hecht, MD; Chris Kresser, MS, LAc
• FOODGATE: THE BREAK-IN, THE COVER-UP, AND THE AFTERMATH — Robert Lustig, MD, MS, Cristen Keams, DDS, MBA; Laura Schmidt, PhD, MSW, MPH
• THE FACE OF FOOD ADDICTION: LIVING THROUGH AND BEYOND — Ashley Mason, PhD; Elissia 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 Ammot, PhD; Darya Rose, PhD

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:
• OVERSEASE 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

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 skin flattening in toddlers. Learn about the current science and future potential of this rapidly expanding field.

TOPICS:
• ADVANCES IN PROSTHETIC TECHNOLOGY — Richard Nguyen, CPO; Matthew Garibaldi, CPO
• BACK PAIN MANAGEMENT — Heidi Turman, CPO; Kenneth Kane, CO; Felipe Villanueva, CPO; Patricia Zheng, MD
• FRACTURE BRACING — Aarti Deshpande, CPO; Alex Chimkus, CPO
• OVERUSE INJURIES — Andrew Simpkins, ATC, CFO; Tim Baldwin, MA, ATC, CFO; Amber Pryor, MS, ATC, CFO
• 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; Corin Shirley, MS
• CRANIAL REMOLDING HELMETS — Chrysta Irolla, MSPO, MSPO, CPO; Corin Shirley, MS

The Science Behind Optimal Metabolic Health and Nutrition: Adding Years to Your Life and Life to Your Years

Course Chair:

Ashley Mason, PhD
Professor of Psychiatry, Associate Director, Center for Health and Community
University of California, San Francisco
Assistant Professor of Psychiatry
University of California, San Francisco

Course Chairs:

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

Mini Medical School for the Public

FOR FURTHER INFORMATION, THE SCHEDULE, AND TO REGISTER ONLINE:
http://osherminimed.ucsf.edu

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

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
Kaiser Permanente Oakland Medical Center

Cycling to Health: How to Improve Wellness, Decrease Injury, and Maximize Performance

Wednesday evenings, February 21 - March 28
7:00 to 8:30 pm
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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
THE SCIENCE BEHIND OPTIMAL METABOLIC HEALTH AND NUTRITION: Adding Years to Your Life and Life to Your Years

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

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

http://osherminimed.ucsf.edu/