HAWAI’I’S BIG ISLAND

ESSENTIALS OF WOMEN’S HEALTH: An Integrated Approach to Primary Care and Office Gynecology

PROGRAM CHAIRS
Robert B. Baron, MD, MS
Professor of Medicine
Associate Dean for Graduate and Continuing Medical Education

Rebecca Jackson, MD
Professor of Obstetrics, Gynecology & Reproductive Sciences

July 3-8, 2016
HAPUNA BEACH PRINCE HOTEL
BIG ISLAND, HAWAII

NORTHERN CAPE

ESSENTIALS OF PRINCIPAL CARE: A Core Curriculum for Ambulatory Practice

PROGRAM CHAIR
Robert B. Baron, MD, MS
Professor of Medicine
Associate Dean for Graduate and Continuing Medical Education

August 7-12, 2016
RESORT AT SQUAW CREEK
NORTH LAKE TAHOE, CALIFORNIA

Presented by the Division of General Internal Medicine Department of Medicine University of California, San Francisco
Increasing appreciation of the unique needs of women patients and women’s health care providers has created a need for innovative educational programs on women’s health. This program, designed for family physicians, internists, gynecologists, nurses, nurse practitioners, physician assistants, pharmacists, and all others involved in providing quality health care for women, will provide a practical update on a full range of common but controversial issues in women’s health. The course will serve to enhance the skills of those already working in women’s health as well as help develop new skills for those expanding their work to include more primary care and office gynecology. Developed and taught by UCSF faculty in both primary care internal medicine and obstetrics and gynecology, the course will present an integrated approach to women’s health. Emphasis will be placed on new developments in preventive care and cardiovascular risk factors in women, issues in reproductive health, and clinical strategies in the diagnosis and treatment of common gynecologic complaints and common medical problems of women. Special emphasis will be placed on office skills needed for modern day practice including: enhanced skills in physical examination, patient counseling, common office procedures, assessment of new medical technologies, interpreting ECG’s, clinical nutrition, and reading the medical literature. The course will use interactive lectures, clinical vignettes, hands-on workshops, small group discussions, audience response, and questions and answers. A detailed syllabus will be provided.

This course is presented by the Division of General Internal Medicine, Department of Medicine, and the Department of Obstetrics, Gynecology, and Reproductive Sciences and is sponsored by the Office of Continuing Medical Education, University of California, San Francisco.

EDUCATIONAL OBJECTIVES

The purpose of this course is to increase competence and improve clinician practice in women’s health. We specifically anticipate improvements in skills and strategies to:

• Implement new guidelines in office-based preventive medicine for prevention and early detection of cancer with clinical exam, pap tests, genetic testing and diagnostic imaging;
• Implement new guidelines for prevention and treatment of cardiovascular risk factors in women;
• Diagnose and treat common problems in women’s health including abnormal uterine bleeding, first trimester bleeding, pelvic pain, hypertension, high blood cholesterol, diabetes, arthritis, STI’s, and sexual concerns;
• Facilitate counseling and informed decision-making in contraception and abortion;
• Perform common office procedures in gynecology and contraceptive technology;
• Understand current guidelines for follow-up of abnormal pap and HPV tests;
• Evaluate and treat common musculoskeletal complaints and sports injuries;
• Perform guideline-based pre-operative evaluations;
• Counsel patients about dietary change and exercise;
• Effectively prescribe new diagnostic tests and new medications;
• Increase quality and decrease costs in medical practice.

ACCRREDITATION

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. UCSF designates this live activity for a maximum of 19.50 AMA PRA Category 1 Credits™.

This CME activity meets the requirements under California Assembly Bill 1195, continuing education and cultural and linguistic competency.

Family Physicians: Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Geriatric Medicine: The approved credits shown above include 10.50 geriatric credits toward meeting the requirement under California Assembly Bill 1820, Geriatric Medicine

ACOG: Cognates have been applied for through the American College of Obstetricians and Gynecologists (ACOG.)

HAWAII’S BIG ISLAND

Essentials Of Women’s Health: An Integrated Approach To Primary Care And Office Gynecology

July 3-8, 2016

Hawaii
SUNDAY, JULY 3, 2016
4:00 pm   Registration and Check-In
Moderator: Robert B. Baron, MD, MS
5:00   Welcome
5:10   G Cancer Screening For Women: New Recommendations, New Controversies
Moderator: Robert B. Baron, MD, MS & Rebecca Jackson, MD
6:00   G Modern Management of Hypertension: Should We SPRINT to Change Our Guidelines?
Moderator: Robert B. Baron, MD, MS

MONDAY, JULY 4, 2016
6:30 am   Continental Breakfast
Moderator: Robert B. Baron, MD, MS
7:00   G Advances in Prevention and Treatment of Stroke
Moderator: Jeff Kohlwes, MD, MPH
7:50   G Understanding Arthritis
Moderator: Carlin Senter, MD
8:40   Coffee Break
9:00   “My Stomach Hurts:” A Systematic Approach to Acute Pelvic Pain
Moderator: Jennifer Kerns, MD, MS, MPH
9:50   G Management of Lipid Disorders: Maximizing Benefits and Minimizing Harms
Moderator: Robert B. Baron, MD, MS
10:40 am   Adjourn

TUESDAY, JULY 5, 2016
6:30 am   Continental Breakfast
Moderator: Rebecca Jackson, MD
7:00   G Controversies in Breast Imaging: How to Use (or Not Use) Breast Density, Ultrasound, MRI, Digital Tomosynthesis, and Thermography
Moderator: Rebecca Jackson, MD
7:50   G Best Practices in Contraceptive Counseling: Integrating Shared Decision Making and Evidence-based Medicine
Moderator: Jody Steinauer, MD, MAS
8:40   Coffee Break
9:30   Coffee Break
9:50   G Concurrent Workshops (select one):
A: Mastering Office Procedures in Women’s Health
B: Nutrition Counseling for Office Practice: Understanding the New Guidelines and the Cacophony of Expert Opinion
Moderator: Jody Steinauer, MD, MAS
11:20 am   Adjourn

WEDNESDAY, JULY 6, 2016
6:30 am   Continental Breakfast
Moderator: Jeff Kohlwes, MD, MPH
7:00   G New Developments in Diagnosis and Treatment of Sexually Transmitted Infections and HIV
Moderator: Jeff Kohlwes, MD, MPH
7:50   G Addressing Female Sexual Needs
Moderator: Jennifer Kerns, MD, MS, MPH
8:40   G Updates in Preoperative Evaluation and Perioperative Care
Moderator: Henry Crevensten, MD
9:30   Coffee Break
9:50   G Concurrent Workshops (select one):
C: Clinical Pearls for Managing Complex Contraception Cases
Moderator: Jennifer Kerns, MD, MS, MPH
D: ECG Refresher Course: Everything You Need to Know in 90 minutes
Moderator: Jeff Kohlwes MD, MPH
11:20 am   Adjourn

THURSDAY, JULY 7, 2016
6:30 am   Continental Breakfast
Moderator: Carlin Senter, MD
7:00   G Sports Concussion: What the Clinician Needs to Know “Is my baby okay?” Evaluation of First-trimester Bleeding
Moderator: Carlin Senter, MD
7:50   G The Year in Review: Practice Changing Articles in Ob/Gyn
Moderator: Rebecca Jackson, MD
8:40   Coffee Break
9:30   Coffee Break
9:50   G Concurrent Workshops (select one):
E: Abnormal Pap and HPV Cases: Using the Increasingly Complex ASCCP Guidelines
Moderator: Rebecca Jackson, MD
F: Mastering the Musculoskeletal Exam
Moderator: Carlin Senter, MD
11:20 am   Adjourn

FRIDAY, JULY 8, 2016
6:30 am   Continental Breakfast
Moderator: Jody Steinauer, MD, MAS
7:00   G “Why am I bleeding?” Diagnosis and Treatment of Abnormal Bleeding
Moderator: Jody Steinauer, MD, MAS
7:50   G Management of Diabetes Mellitus: Should We Change Our Algorithm?
Moderator: Robert B. Baron MD, MS
8:40   G The Year in Review: Practice Changing Articles in Primary Care for Women
Moderator: Jeff Kohlwes, MD, MPH
9:20 am   Adjourn
G Geriatric Credit
Changing patterns of medical practice are placing greater responsibility on primary care clinicians. Increasingly difficult management decisions must now be made in the ambulatory setting. Primary care clinicians must be increasingly competent in office skills and procedures more commonly associated with specialist practice. At the same time, many specialty-trained physicians, particularly obstetrician/gynecologists, traditionally trained internists and medical subspecialists are being asked to play an expanding their role in primary care practice. Nurse practitioners and physician assistants are also playing an ever-increasing role. This course is designed to provide a comprehensive core curriculum in adult primary care. The course will serve as an excellent update and review for current primary care physicians and other primary care professionals and as an opportunity for specialists to expand their primary care knowledge and skills.

Particular emphasis will be placed on principles of primary care, office-based preventive medicine, practical management of the most common problems seen in primary care practice, and expanded skills in clinical examination and common office procedures. Special emphasis will be placed on examination, procedural skills and clinical problem solving in dermatology, gynecology and women’s health, orthopaedics and sports medicine, clinical nutrition, and critical skills for reading the medical literature. The course will utilize formal lectures, hands-on workshops, case discussions, an audience response system, and questions and answers. A detailed syllabus will be provided for all participants.

This course is presented by the Division of General Internal Medicine, Department of Medicine and is sponsored by the Office of Continuing Medical Education, University of California, San Francisco School of Medicine.

EDUCATIONAL OBJECTIVES

The purpose of this course is to increase competence and improve clinician practice in primary care. We specifically anticipate improvements in skills and strategies to:

- Implement new guidelines in office-based preventive medicine including cancer screening and management of cardiac risk factors;
- Develop strategies to care for common office problems including hypertension, lipid disorders, CAD, CHF, kidney disease, diabetes, head injuries, shoulder knee and ankle injuries, and sexually transmitted infections;
- Manage common problems in women's health including contraception, menopause, amenorrhea, PCOS, and office gynecological procedures;
- Diagnose and treat common skin disorders, skin infections, and skin cancer;
- Counsel patients to improve eating habits, lose weight, and increase physical activity;
- Perform an effective problem-focused history and physical examination for evaluation and treatment of dermatologic, gynecologic, and musculoskeletal complaints;
- Perform common office procedures in dermatology, gynecology and sports medicine;
- Critically evaluate the medical literature and apply the medical literature to clinical practice;
- Increase quality and decrease costs in medical practice.
SUNDAY, AUGUST 7, 2016
3:00 pm  Registration and Check-In
Moderator: Robert B. Baron, MD, MS
5:00  Welcome
5:10  G  Cancer Screening 2016: New Recommendations, New Controversies
      Moderator: Robert B. Baron, MD, MS
5:40  G  Modern Management of Hypertension: Should We SPRINT to Change Our Guidelines?
      Moderator: Robert B. Baron, MD, MS
6:50 pm  Adjourn

MONDAY, AUGUST 8, 2016
7:00 am  Continental Breakfast
Moderator: Robert B. Baron, MD, MS
7:30  G  Management of Lipid Disorders: Maximizing Benefits and Minimizing Harms
      Moderator: Robert B. Baron, MD, MS
8:20  G  Management of CAD: a Primary Care Perspective
      Moderator: Robert B. Baron, MD, MS
9:10  G  Break
9:30  G  Contraception in Medically Complicated Women
      Moderator: Michael S. Policar, MD, MPH
10:20  G  Common Dermatologic Problems: What the Primary Care Physician Needs to Know
      Moderator: Toby A. Maurer, MD
11:10 am  Adjourn

TUESDAY, AUGUST 9, 2016
7:00 am  Continental Breakfast
Moderator: Michael S. Policar, MD, MPH
7:30  G  New Developments in Management of Sexually Transmitted Infections
      Moderator: Michael S. Policar, MD, MPH
8:20  G  Dermatologic Infectious Disease: Viral, Fungal and Bacterial Skin Diseases
      Moderator: Toby A. Maurer, MD
9:10  G  Concussion in the Athlete: Current Status and Future Directions
      Moderator: Cindy J. Chang, MD, MPH
10:00  G  Break
10:20  G  Concurrent Workshops (select one):
      A: Mastering Office Gynecological Procedures
      B: Nutrition Counseling for Office Practice: Understanding the New Guidelines and the Cacophony of Expert Opinion
      Moderator: Michael S. Policar, MD, MPH
      Moderator: Robert B. Baron, MD, MS
11:50 am  Adjourn

WEDNESDAY, AUGUST 10, 2016
7:00 am  Continental Breakfast
Moderator: Toby A. Maurer, MD
7:30  G  Skin Diseases in the Aging Patient
      Moderator: Toby A. Maurer, MD
8:20  G  Five Common Knee and Ankle Conditions You Will See in Office Practice
      Moderator: Cindy J. Chang MD, MPH
9:10  G  Updated Guidelines for Managing Menopausal Symptoms
      Moderator: Judith M.E. Walsh, MD, MPH
10:00  G  Break
10:20  G  Concurrent Workshops (select one):
      A: Developing a Routine: Learning a Systematic Evaluation of the Knee, Shoulder, and Ankle
      B: Advances in Women’s Health: A Critical Review of the Year’s Most Important Papers
      Moderator: Cindy J. Chang, MD, MPH
      Moderator: Judith M.E. Walsh, MD, MPH
11:50 am  Adjourn

THURSDAY, AUGUST 11, 2016
7:00 am  Continental Breakfast
Moderator: Judith M.E. Walsh, MD, MPH
7:30  G  New Developments in Osteoporosis: Screening, Prevention and Treatment
      Moderator: Judith M.E. Walsh, MD, MPH
8:20  G  Five Common Upper Extremity Conditions You Will See in Office Practice
      Moderator: Cindy J. Chang, MD, MPH
9:10  G  Chronic Kidney Disease: What the Generalist Needs to Know
      Moderator: Michael G. Shlipak, MD, MPH
10:00  G  Break
10:20  G  Concurrent Workshops (select one):
      A: Developing a Routine: Learning a Systematic Evaluation of the Knee, Shoulder, and Ankle
      B: Advances in Primary Care: A Critical Review of the Year’s Most Important Papers
      Moderator: Cindy J. Chang, MD, MPH
      Moderator: Michael G. Shlipak, MD, MPH
11:50 am  Adjourn

FRIDAY, AUGUST 12, 2016
7:00 am  Continental Breakfast
Moderator: Michael G. Shlipak, MD, MPH
7:30  G  Congestive Heart Failure: Effective Diagnosis, Treatment and Monitoring
      Moderator: Michael G. Shlipak, MD, MPH
8:20  G  Management of Diabetes Mellitus: Should We Change Our Algorithm?
      Moderator: Robert B. Baron, MD, MS
9:30  G  Understanding Amenorrhea and PCOS
      Moderator: Michael S. Policar, MD, MPH
10:20 am  Adjourn

G  Geriatric Credit
REGISTRATION INFORMATION
Tuition: $825 Practicing Physicians
$685 Allied Health Professionals/Physicians in Training
$40 Optional Printed Syllabus
Payment may be made by Visa, MasterCard, AmEx or check.

Payment may be made by Visa, MasterCard, AmEx or check.

REGISTER VIA:
Online: www.cme.ucsf.edu
Mail: Complete course registration form and send with payment to:
UCSF Office of CME
P.O. Box 45368
San Francisco, CA 94145-0368

Fax: Fax completed registration form to:
(415) 502-1795 (be sure to include your credit card number)

Phone: To register by phone or to inquire about registration status, please call UCSF’s CME Registration Office at (415) 476-5808.

On-Site Registration: Registration is available on-site.
Please check our website for up-to-date information on the course: www.cme.ucsf.edu

REFUND POLICY
Cancellations received in writing before the first day of the course will be refunded, less a $75 administrative fee. No refunds will be made on cancellations received after that date.

ADDITIONAL TRAVEL INFORMATION
For rental car and air transportation options please visit our website at www.cme.ucsf.edu.

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Tuition: $825 Practicing Physicians
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ACCOMMODATIONS - HAWAII
Hapuna Beach Prince Hotel
Big Island, Hawaii
Situated along the Big Island’s Kohala Coast, the Mauna Kea Resort features the Mauna Kea Beach Hotel and the newer Hapuna Beach Prince Hotel.
For more details, visit www.princeresortshawaii.com.
A block of guestrooms has been reserved at both the Hapuna Beach Prince Hotel and at the Mauna Kea Beach Hotel at the following discounted rates:
HAPUNA BEACH PRINCE HOTEL:
Hapuna Beach Partial Ocean $296
Hapuna Beach Ocean View $277
Hapuna Beach Premium Ocean $308
Hapuna Beach Ocean Front $411
One Bedroom Ocean Suite $617
MAUNA KEA BEACH HOTEL:
Golf Vista $330
Plumeria Beach Club (Floors 2-4) $468
Ocean View (Floors 5-7) $560
Rates are per room, per night, single/double, and subject to occupancy tax; simply call toll-free (866) 774-6236, or fax (808) 944-4491 and identify yourself as a member of UCSF’s Women’s Health conference to receive the special rates. The cutoff date is June 3, 2016 or until the group block is filled. After this date, rooms will be provided on a space available basis only.
By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable. Please take this into consideration when making your accommodation decisions.
PRINCE KEIKI CLUB
Kids can have hours of fun with activities such as sandcastle building, pool swims, Hawaiian arts and crafts, and a whole lot more!
The Prince Keiki Club is available to Mauna Kea Resort guests ages 5-12 (no exceptions please).
For rental car and air transportation options please visit our website at www.cme.ucsf.edu.

ACCOMMODATIONS - NORTH LAKE TAHOE
Resort at Squaw Creek
North Lake Tahoe, California
Located in North Lake Tahoe’s Squaw Valley – site of the historic 1960 Olympic Winter games, the Resort at Squaw Creek is the perfect location in which to learn and relax. For more details, visit www.squawcreek.com.
A block of guestrooms has been reserved at the Resort at Squaw Creek at the following discounted rates:
Deluxe Guest Room $229
Fireplace Suite $279
Deluxe Fireplace Suite $299
Rates are per room, per night, single/double, and subject to 10% transient occupancy tax and a $20 per day resort fee; simply call (800) 403-4434 and identify yourself as a member of UCSF’s Women’s Health conference to receive the special rates. The cutoff date is July 7, 2016 or until the group block is filled. After this date, rooms will be provided on a space available basis only.
By staying at the host hotel, you help UCSF meet its contractual obligations and keep registration fees reasonable. Kindly take this into consideration when making your decisions.
CHILDREN’S ACTIVITIES
Children will love playing with new Mountain Buddies. A day at the Resort at Squaw Creek could include any of these awesome activities:
Swimming Arts and crafts
Hiking Fun Zone arcade
Biking Games
Fishing Waterslide
Tennis Nature trail
This fantastic addition to any kid vacation gives parents the option of selecting from full-day, half-day and evening sessions. All children must be 4-12 years of age and completely potty trained.
Reservations: For information or to reserve a spot for your child in our Mountain Buddies Program, please call (530) 583 6300, ext. 11, by 5 pm the day prior. Cancellations are required 12 hours in advance.
ADDITIONAL TRAVEL INFORMATION
For rental car and air transportation options please visit our website at www.cme.ucsf.edu.
For more information or to register online visit our website at www.cme.ucsf.edu. You may also reach us by calling the Office of CME at (415) 476-4251 or email info@ocme.ucsf.edu.

University of California, San Francisco
Office of Continuing Medical Education
UCSF Box 0742
San Francisco, CA 94143-0742

APRIL IN HAWAII
Primary Care Medicine: Update 2016
April 3-8, 2016
Maui, Hawaii

OCTOBER IN SAN FRANCISCO
Primary Care Medicine: Principles and Practice
October 12-14, 2016
San Francisco, California

DECEMBER IN SAN FRANCISCO
Controversies in Women’s Health
December 8-9, 2016
San Francisco, California

Hawaii

PROGRAM CHAIRS
Robert B. Baron, MD, MS
Professor of Medicine; Associate Dean for Graduate and Continuing Medical Education
Rebecca Jackson, MD
Professor of Obstetrics, Gynecology & Reproductive Sciences and of Epidemiology & Biostatistics; Chief, Obstetrics, Gynecology & Reproductive Sciences, San Francisco General Hospital

FACULTY
(University of California, San Francisco)
Henry Crevensten, MD
Assistant Professor of Medicine
Jennifer Kerns, MD, MS, MPH
Assistant Professor of Obstetrics, Gynecology & Reproductive Sciences
Jeff Kohlwees, MD
Professor of Medicine; Associate Program Director, Internal Medicine Residency Program; Director, PRIME Program
Carlin Senter, MD
Assistant Professor of Medicine and of Orthopaedic Surgery
Jody Steinauer, MD, MAS
Professor of Obstetrics, Gynecology & Reproductive Sciences; Co-Director, Family Planning Fellowship

Lake Tahoe

PROGRAM CHAIR
Robert B. Baron, MD, MS
Professor of Medicine; Associate Dean for Graduate and Continuing Medical Education

FACULTY
(University of California, San Francisco)
Cindy J. Chang MD
Associate Professor of Orthopaedics and Family and Community Medicine; UCSF Primary Care Sports Medicine
Toby A. Maurer, MD
Professor of Dermatology; Chief of Dermatology, San Francisco General Hospital
Michael S. Policar, MD, MPH
Professor of Obstetrics, Gynecology & Reproductive Sciences
Michael G. Shlipak, MD, MPH
Professor of Medicine, Epidemiology and Biostatistics; Chief, Division of General Internal Medicine, San Francisco VA Medical Center
Judith M.E.Walsh, MD, MPH
Professor of Medicine; Women’s Health Clinical Research Center
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**REGISTRATION FEES**

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<th>ESSENTIALS OF WOMEN'S HEALTH: An Integrated Approach to Primary Care and Office Gynecology</th>
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<td>Practicing Physicians: $825</td>
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<td>Nurses/Pharmacists/Allied Health Professionals/Residents/Fellows: $685</td>
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<td>$40 Printed Syllabus (optional)</td>
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**Please enroll me for the following ESSENTIALS OF WOMEN'S HEALTH workshops:**

- Register me for Workshop ____ (A or B) to be held 9:50-11:20am on Tuesday, July 5
- Register me for Workshop ____ (C or D) to be held 9:50-11:20am on Wednesday, July 6
- Register me for Workshop ____ (E or F) to be held 9:50-11:20am on Thursday, July 7

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<th>ESSENTIALS OF PRIMARY CARE: A Core Curriculum for Adult Ambulatory Practice</th>
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<td>Practicing Physicians: $825</td>
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<tr>
<td>Nurses/Pharmacists/Allied Health Professionals/Residents/Fellows: $685</td>
</tr>
<tr>
<td>$40 Printed Syllabus (optional)</td>
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**Please enroll me for the following ESSENTIALS OF PRIMARY CARE workshops:**

- Register me for Workshop ____ (A or B) to be held 10:20-11:50am on Tuesday, August 9
- Register me for Workshop ____ (C or D) to be held 10:20-11:50am on Wednesday, August 10
- Register me for Workshop ____ (E or F) to be held 10:20-11:50am on Thursday, August 11

Make checks payable to **UC Regents**

Please charge my credit card: □ Visa □ MasterCard □ AmEx $ _______________________

Card #: ______________________ Expiration date: /%

Name on Card (Please Print) ______________________ Authorized Signature ______________________

**Refund Policy:** Cancellations received in writing before the first day of the course will be refunded, less a $75 administrative fee. No refunds will be made on cancellations received after that date.

Please check our website for up to date information on the course at **www.cme.ucsf.edu**