

UNIVERSITY OF TORONTO SCHOOL OF CONTINUING STUDIES

Learn more.

Live Well: Explore Health & Wellbeing Courses

Register at learn.utoronto.ca or call **416-978-2400**.

At Ease with Disease (SCS 2002)

Course Objective: To Help Us Live with 'EASE' by Understanding and Avoiding 'DISEASE'.

This is the only health course of its kind offered in the GTA! Dr. Sheldon M. Joseph will provide an up-to-the-minute understanding of the world's three deadliest diseases that are most often in the News - Cardiovascular Disease, Cancers, and Mental Disorders - by summarizing current treatments, risk factors (tobacco, obesity, diabetes) and how changing our lifestyle can help us beat them.

(Mon 7:00 - 9:00PM; May 10 to Jul 5, 2010; 8 sessions; Flat Fee non-credit: \$290.00)

Week 1: Introduction and Course Overview

Weeks 2 and 3: Module A - Dying of a Broken Heart. The instructor will summarize dysfunctions that cause heart disease, global killer number #1. For example, students will learn how, when, and why high blood pressure (hypertension), high cholesterol (hypercholesterolemia), and/or hardening of the arteries (atherosclerosis) can lead to cardiovascular diseases (heart attacks and strokes). Students will learn how diet (plant sterols) and exercise (cardiac fitness) can delay or prevent cardiovascular disease.

Weeks 4 and 5: Module B - Cells Gone Wild - What are cancers and how does it 'spread'? Students will learn the underlying causes of the cancers, global killer #2. The instructor will define the term 'cancer', providing an overview of the genetic, immune, and cellular changes that lead to the development and spread of tumors. The module summarizes known familial (DNA), environmental (pollution), behavioral (smoking), and pathological (viral) causes of the top 10 cancers, in alphabetical order: Blood/Bone, Brain, Breast, Cervical, Colon, Lung, Pancreatic, Prostate, Skin, and Testicular. Students will understand difficulties involved in curing cancers and will learn about state-of-the-art cancer research, treatments, as well as preventive medicine and nutrition. Special case: Kaposi's Sarcoma due to AIDS.

Weeks 6 and 7: Module C - A Not-So-Beautiful Mind - What are mental disorders and how do we 'get' them? The instructor will introduce students to dysfunctions of the nervous system that collectively represent global killer #3. The how, when, and why of the major disorders of the central nervous system (brain and spinal cord) and the peripheral nervous system will be assessed. The module will cover Alzheimer's disease, Attention Deficit Hyperactivity Disorder (ADHD), Bipolar Disorder, Congenital Disorders (Autism, Down Syndrome), Depression, Multiple Sclerosis, Parkinson's disease, and Senility. Students will become familiar with the jargon such as 'onset of dementia', 'tangles and plaques', 'genetic mutations', and 'de-myelinated axons'. The contribution of neurotransmitter like dopamine and serotonin will be summarized. Close attention will be paid to behavioral symptoms that can promote an understanding of these diseases.

Week 8: Summary, Conclusion, and Q&A Session

Course Creator and Instructor:

Sheldon M. Joseph, PhD is President and CEO of Rejuven8Labs.com, a biological sciences company specializing in knowledge transfer, research, and product development. A young, vibrant, multiple award-winning educator, Sheldon effortlessly and naturally engages his students using visual aids, animations, and discussions of real-world examples.

Learn more. Live more. Lead more. Create more. Relate more. Achieve more. Earn more.

