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Live Well: Explore Health & Wellbeing Courses

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

System Errors of the Body (SCS 2179)

Course Objective: To understand the major diseases of all 10 human body systems.

This interactive health course takes a detailed, systemic approach to current data on causes, symptoms, risk factors, and treatments of major health problems affecting Canadians today. Discussions of drug actions will also be included.

(Wed 7:00 – 9:00PM; May 12 to Jun 30, 2010; 8 Sessions; Flat Fee Non-Credit: \$290.00)

Week 1: Introduction and Course Overview

Week 2: NERVOUS AND ENDOCRINE SYSTEMS – Control and Signaling Errors. Neuronal control and hormonal signaling disorders will be covered, namely Pain and Numbness, Epilepsy, Sleep Disorders, and Addictions. The following prevalent endocrine disorders will be discussed: Diabetes (Types I and II, Insipidus), Thyroid/Parathyroid Dysfunctions (Obesity, Hypocalcemia), as well as Pituitary and Adrenal Gland Disorders (Hypertension, Grave's, Cushing's, Addison's Diseases).

Week 3: CARDIOVASCULAR AND URINARY SYSTEMS – Power Flow, Waste Disposal, and Fluid Maintenance Errors. The following heart and blood vessel diseases will be discussed: Anemia, Angina, Stenosis, and Thrombosis. Common kidney disorders such as Renal Insufficiency, Kidney Stones, Polycystic Kidney Disease (PKD), Nephritis, and Phenylketouria (PKU) will be covered.

Week 4: MUSCULOSKELETAL SYSTEM – Mobility and Mechanical Errors. The following common mobility dysfunctions will be covered: Paralysis, Parkinson's, ALS, Fibromyalgia, and Tendonitis. Bone and joint diseases will also be discussed: Osteoporosis, Bone Spurs, Osteoarthritis, Rheumatoid Arthritis, and Carpel Tunnel Syndrome.

Week 5: SKIN AND DIGESTIVE SYSTEMS – Physical Barrier and Power Supply Errors. Students will learn about Melanomas, Diabetic Ulcers, Eczema, Wrinkles, and Liver Spots. Students will also learn about Peptic Ulcers, Irritable Bowel Syndrome (IBS), Crohn's Disease, Incontinence, Chronic Diarrhea, Hepatitis, Gall stones, as well as relevant cancers (Stomach, Liver, Pancreatic, Colorectal).

Week 6: RESPIRATORY AND IMMUNE SYSTEMS – Ventilation and Defense Errors. Disorders such as Emphysema, Bronchitis, Asthma, Lung Cancer, Leukemia, Lupus, and Lymphoma will be covered here.

Week 7: REPRODUCTIVE SYSTEM – Replication Errors. Ectopic Pregnancy, Gestational Diabetes, Benign Prostatic Hyperplasia (BPH), relevant cancers (Cervical, Ovarian, Prostate, Testicular), Urinary Urgency, Frequency, and Pain will be discussed.

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

Course Creator and Instructor: Sheldon M. Joseph, Hons. B.S., Ph.D. is President and CEO of Rejuven8Labs.com, a biological sciences company specializing in visual learning, research, and development. Sheldon is a young, vibrant, multiple award-winning educator, effortlessly and naturally engages his students by discussing real-world examples.

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