

Lectures and Learning



Podcasts

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Seven Doctors Project

The podcast features creative works from seven University of Nebraska Medical Center physicians who were paired with seven Omaha-area writers for an eight-week writing workshop experience. The seven UNMC physicians who participated in the project were Bud Shaw, M.D.; Debra Reilly, M.D.; William Lyons, M.D.; Molly O'Dell, M.D.; Lloyd Holm, D.O.; James Sorrell, M.D.; and Greg Bociak, M.D. The seven writers were Lindsey Baker; Mark Scott, Ph.D.; Todd Robinson, Ph.D.; Rebecca Rotert; Chuck Brown; Denise Brady; and Mike Sterba.

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American Institute of Architects (AIA) Nebraska:

Why Good Design Is Better Than An Apple A Day

Richard Jackson, M.D., M.P.H.

Adjunct Professor of Environmental Health and of City Regional Planning, University of California, Berkeley

For many of us, things just don't feel quite right. We are using more land, water, energy, and natural resources. We get fatter, and the planet gets hotter. Young people worry about the future, and older folks wonder what went wrong. Is this all inevitable, or could a real synergy of health and how we create our environments produce better results? In this lecture, Dr. Jackson presents health and environment data and discusses how good design can lead to major improvements in both the quality of our lives and the quality of our environments. Dr. Jackson co-authored *Urban Sprawl and Public Health*, a 2004 book from Island Press.

Presentation (1 hr.)

[view](#) (real media)

Links: [AIA Lecture Tonight in the Durham Research Center](#)

The Harman Lecture:

"Antioxidant Nutrients and Radical Medicine: The Promise and the Puzzle."

Jeffrey Blumberg, Ph.D., senior scientist and director of the antioxidants research laboratory at Tufts University in Boston

The role of antioxidants and disease prevention is the focus of this lecture. Antioxidants, which include vitamin C, E and beta carotene, are touted for their possible role in slowing the aging process and fighting heart disease, cancer, Alzheimer's and Parkinson's disease. Dr. Blumberg is recognized for his research on the effects of antioxidants and their health benefits, such as vitamin C, E, and flavonoids, which are present in green tea, almonds, cranberries, blueberries, broccoli and dark chocolate.

| [view](#) | (real media)

**The Harman Lecture:**

The Longevity Dividend: Sense and Nonsense

Robert Neil Butler, M.D.

Gerontologist, psychiatrist and Pulitzer Prize-winning author Robert Neil Butler, M.D. discusses why it is critical to set aside new resources to better understand how and why we grow old and live as long as we do. Dr. Butler is best known for his book *Why Survive?: Being Old in America*. He also wrote: *The New Love* and *Sex After 60*.

Presentation (1 hr. 4 minutes)

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Other formats:

[Real Media](#), [Windows Media](#)

Links: [Geriatric medicine pioneer to present Harman Lecture](#)



Stem Cells: Promise of the 21st Century Research

Thomas Rosenquist, Ph.D

David Crouse, Ph.D.

Experts in stem cell research, Thomas Rosenquist, Ph.D. and David Crouse, Ph.D. outline the history behind the research and explain the difference between embryonic and adult stem cells, their function and potential. Panelists answer questions and help distinguish hype from hope.

Presentation (56 minutes)

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Panel Discussion (1 hr. 13 minutes)

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Other formats:

[Presentation - Real Media](#), [Windows Media](#)

[Panel Discussion - Real Media](#), [Windows Media](#)

Links: www.unmc.edu/stemcell



Avian Flu

Sharon Medcalf, Associate Director

Center for Biopreparedness

World health officials are focusing on avian (or bird) flu as the next potential pandemic. Avian flu is caused by influenza viruses that occur naturally among wild birds, but the H5N1 variant is deadly and can be transmitted from birds to humans. There is no human immunity or vaccine available. Sharon Medcalf explains the the avian flu, how it spreads, how Americans could be affected, the status of the disease around the world, and steps you and your family can take to be prepared at home. (57 minutes)

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Other formats:

[Real Media](#), [Windows Media](#)

Links: www.unmc.edu/avianflu



Martin Luther King Lecture: Extending the Dream: [Realizing the Nightmare of Third World Refugees](#)
by Valda Boyd Ford, UNMC Community and Multicultural Affairs

Dr. Martin Luther King had a great interest in world events and conditions of the world's people. In this lecture Valda Boyd Ford bridges Dr. King's legacy with contemporary events, discussing the social, economic and political difficulties affecting the world's undeveloped nations and their people. (*51 minutes*)

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