



Discover SHC

STANFORD
HOSPITAL & CLINICS
Stanford University Medical Center

An Inside Look at Stanford Hospital & Clinics

June 2008

Issue No. 5

Welcome to Discover

Stanford Hospital & Clinics is recognized as one of the preeminent hospitals in the country, where inspiration, innovation and knowledge are uniquely combined for the benefit of our patients.

In this monthly newsletter, we will feature the extraordinary people whose accomplishments and dedication change lives every day.

We welcome your feedback at communications@stanfordmed.org.

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[Stanford Life Flight Pre-Hospital / Air Medical Symposium](#)

Thursday, June 5 & Friday, June 6

[Medicare, Medigaps, HMOs and the New Prescription Benefits for Seniors](#)

Thursday, June 12

[BeWell Health Risk Assessment](#)

Daily thru December 2008

IN FOCUS: Stanford Stroke Center

It Can Happen to Anybody



Tom Chivington and his wife Georgie were the picture of excellent health. "I've always been very healthy and in shape. My vocation was as a men's tennis coach at Foothill College," says Tom. "We ski, we go to the gym. I jog, ride bicycles, all of it. I wasn't a candidate. I had a very good cholesterol count, very normal blood pressure, not high at all. I guess what I'm saying is-it can happen to anybody."

[Read full article...](#)

TIA or Stroke – What is the Difference?

A TIA, or transient ischemic attack, is caused by a temporary interruption in the blood supply to the brain. These "mini-strokes" are accompanied by the same symptoms as a stroke-sudden dizziness, numbness or lack of coordination. The symptoms occur rapidly and last a relatively short time,



usually from a few minutes to several hours, always with complete recovery within 24 hours. Even though the symptoms do not last, TIAs can be a warning sign of an impending stroke and should be evaluated on an urgent basis.

[Read full article...](#)

SHC In The News

[Doctors Call for Space](#)

A recent Stanford Hospital Community Forum addressed the need for an expansion of the Hospital and its ED

[Better but Never the Same](#)

Former patients gathered at the Hospital's 4th Annual Trauma Survivors Reunion to share their amazing stories of recovery

[Offensive Lineman Heals without Surgery](#)

Dr. Allan Mishra's PRP procedure helps a Stanford University football player make a comeback.

[Energy Therapy: Mysticism Meets Science](#)

Stanford clinical trials looking at the healing power of energy therapy on cancer patients

Q&A with Connie Wolford, Nurse Coordinator and JJ Baumann, Clinical nurse Specialist



Connie Wolford and JJ Baumann have an entire shelf in their shared office dedicated specifically for toy brains of all shapes and sizes. But their giggles and youthfulness are just a façade—they are very serious when it comes to talking about strokes. Between the two of them they make sure that Stanford Hospital's TIA clinic is optimally run and that the mandated stroke code is strictly followed.

[Read full Q&A...](#)

Why I Volunteer



After many years in philanthropy, I decided two years ago to begin a new kind of giving: hands-on. I wanted to do something that would make a difference on an individual level. I chose Stanford Hospital & Clinics because of its excellent reputation. Now I volunteer two evenings a week in the Emergency Department, doing whatever I can to free the nurses, doctors and staff so they can concentrate on patient care.

[Read full article...](#)

Cookies for a Cure



Cami Carlomagno was six years old when she first came up with the idea to raise money for a cause.

"When I was a first grader I decided to set up a lemonade stand in front of our house," Carlomagno said. "We gave all the money to the Red Cross when we were done."

The idea of making a difference came again this year to Carlomagno, now a 12-year old seventh grader at La Entrada Middle School in Menlo Park. But this time, the cause was a more personal one.

[Read full article...](#)

Volunteer "Star"



Kris Stanfield is the "consummate volunteer" and has been with Stanford Hospital and Avenidas' [Partners in Caring](#) program since 2003. Kris has volunteered with numerous recipients of care in the Partners in Caring program. Kris's list of community volunteer activities is too long to mention and her leadership skills are evident in all that she does. Kris is devoted to her family and serves her recipients of care with the same dedication and caring. She is an excellent listener and brings a joyful smile to all those she visits in their homes. Kris has supported people in the last days of their lives and gives gentle and loving support. She has helped many people feel less alone and anxious. Kris loves cooking, gardening and entertaining! Yes, she bakes cookies for her recipients. Kris has also helped the Partner in Caring program in writing grants and assisting in other fundraising efforts in the past. Additionally, Kris's husband, Bob Stanfield, has been with Partners in Caring since 1997 volunteering with homebound seniors who need just a little assistance to remain independent at home. Both Kris and her husband, Bob, deserve recognition for their ongoing efforts in supporting their community.

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