

### 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 feature the extraordinary people whose accomplishments and dedication change lives every day.

We welcome your feedback at [communications@stanfordmed.org](mailto:communications@stanfordmed.org).

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## IN FOCUS: Arthritis

### Arthritis No Longer Unstoppable: Treatment Advances Reduce Its Impact



Laura Guglielmoni was still a teenager when doctors diagnosed her with rheumatoid arthritis, a chronic autoimmune system disorder that in its most obvious symptom, inflames the body's joints until they are too painful and distorted to move. Guglielmoni felt its full force. Guglielmoni never forgot that one day it was likely the arthritis would damage her joints so much that replacements would be her only option. [Read full article...](#)

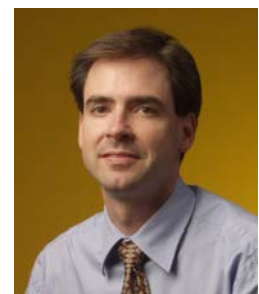
### Identifying Arthritis Earlier

Stanford has the advantage of a cross-disciplinary group of physicians who treat arthritis with state-of-the-art programs that combine surgery, customized therapies and sophisticated new medications for pain and disease control. More than 50 million Americans currently face a daily encounter with what arthritis does—that's more than one in five of us. [Read full article...](#)



### Q&A with Dr. Mark Genovese, Rheumatologist and Immunologist

Dr. Mark Genovese grew up in New Jersey and attended medical school at Johns Hopkins School of Medicine, where he became particularly interested in arthritis, immunology and rheumatology. When it was time to find a residency program he chose the West Coast's Stanford School of Medicine, where he ended up staying to do his fellowship. Genovese was later asked to join the School's faculty and then began practicing rheumatology at Stanford Hospital & Clinics. [Read full Q&A...](#)



## Stanford Medicine Outpatient Center Set to Open on February 17



Patients can now visit a wide array of Stanford outpatient clinics, from orthopaedic surgery and sports medicine to pain management and sleep medicine, through one main door. The Stanford Medicine Outpatient Center, which opens Feb. 17 in Redwood City, is the new home of specialized services that were previously located on the main campus at Stanford University Medical Center.

[Read full article...](#)

## Surgery without Scars: Hospital Pioneers Natural Orifice Procedures



After his first weight-loss surgery three years ago, Paul Martin considered getting a tattoo designed around the four small surgical scars on his side – say, a golf green. After a second weight-loss surgery in December, Martin didn't have any new scars to add to the design. "I woke up with just a slight sore throat," he says about the procedure, which took about two hours. "There wasn't any pain because there weren't any incisions." [Read full article...](#)

## With a Knitting Needle Piercing Her Heart, Kepping Cool Saved Patient's Life



Pick apart what happened to Ellin Klor on the front porch of a friend's house in 2006 and her miracle of survival reveals itself as a list of crucial moments-everything from her calm reaction to the shocking sight of a knitting needle sticking out of her chest to the easy availability of top-flight trauma surgeons at Stanford Hospital & Clinics. Then came another life saving diagnosis, precipitated by her emergency care. [Read full article...](#)

## Sending Patients and Families Home with Sweet Notes

### Healing Notes



The comfort and cheer of music heard seven days a week at Stanford Hospital & Clinics, played by its music program's pianists, harpists, and guitarists, has long charmed patients and staff alike. Now, those lyrical sounds of comfort and cheer won't be restricted to just the corridors and patient units. Music program director, Greg Kaufman, and the musicians have produced "Healing Notes," a CD of nearly 40 minutes of music. The music on the CD was recorded without special effects, Kaufman said, so it would sound "exactly as patients hear it being played in the hospital." [Read full article...](#)

## Volunteer "Star"



Michelle Lee has been a dedicated volunteer on surgical unit C2, a unit specializing in Urology, ENT, and Plastic Surgery patients, for the past four months. "What was immediately apparent about Michelle was the heartfelt compassion she offers to patients," says Karen Brandt, C2 Assistant Patient Care Manager. Michelle's decision to volunteer in a hospital setting stemmed from her desire to be a nurse, and to soak up the hospital atmosphere. After traveling extensively in South America, she returned to the U.S. and ultimately decided to pursue a career in nursing. Michelle was ecstatic to hear she had been accepted into the USF MSN nursing program on a day she happened to be volunteering on C2. The cheers and good wishes from the C2 staff reinforced that she was heading the right direction. In

addition to the spectacular job Michelle does on C2, in her spare time she enjoys yoga, music and hiking. "Michelle is a gift to C2," says Brandt, "and will give compassionate expert care to many fortunate patients in the future." [Click here for information on volunteering at Stanford Hospital & Clinics](#)

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