

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.

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IN FOCUS: Women's Heart Health

New Avenues to Recovery



Cindi Lubeck had noticed that she tired out just a quarter-mile into her usual two-mile treadmill walks. Her shortness of breath, she thought, came from the dust she had inhaled while cleaning out her mother's attic. A heart attack was not on her list of explanations. However, soon after Lubeck arrived at Stanford, she learned that she had had a heart attack, and that she was facing not just one blocked artery in her heart, but also that parts of her arteries were constricting when they should have been dialating. [Read full article...](#)

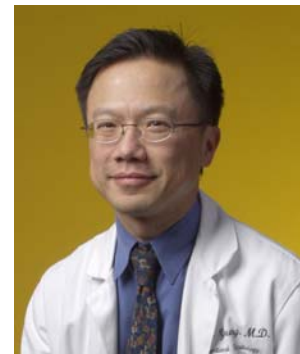
Effective Treatment for Women

Women's health has only recently become a field of study driving significant research to detect and analyze the differences in women's response to disease and illness. The startling statistics on women's heart health demand an immediate and proactive awareness in women and in the medical community. Heart disease kills more American women than any other illness or accident. [Read full article...](#)



Dr. Alan Yeung on Interventional Cardiology

Alan Yeung, MD, Division Chief, Director [Interventional Cardiology](#) at Stanford Hospital & Clinics, discusses his latest research in prevention and treatment of coronary heart artery blockages in an interview with Insidermedicine.com. [Click here](#) to watch the video or read a transcript of his interview.





Since 1970, the [Stanford Sleep Disorders Clinics'](#) leading researchers, professors and physicians have been the authority on providing solutions and discovering cures for a restful night's sleep. According to Stanford experts, "For those with insomnia, other sleep disorders, or medical problems that interfere with sleep, even a time change of an hour can have a serious effect on the person's sleep and daytime functioning. "As the time switch from Standard Time to Daylight Savings on March 8 approaches, follow these expert tips from the Stanford Sleep Clinic for an easy and restful transition:

- Gradually move your bedtime earlier by fifteen minutes 3-5 days in advance of the time change on March 8
- Establish a pattern of relaxing behaviors before bedtime, such as meditation, yoga, or taking a warm bath
- Bright light in the morning can help your body adjust to the new awakening time. Going outside or staying in an area that receives a lot of sunlight for 30 minutes within five minutes of awakening will enable you to receive the necessary bright light.
- Avoid exercise and stimulants such as caffeine or nicotine before bedtime.
- Avoid daytime napping
- Avoid alcohol directly before bedtime

Are you getting a good night's sleep? Take the [Epworth Sleepiness Scale Test](#) to find out.

NOTE: If you have persistent difficulty falling or staying asleep, have restless or frequently disturbed sleep, feel groggy in the morning, have difficulty staying awake during the day, and/or have problems with attention, memory, or mood that appear to be related to daytime fatigue or sleepiness, please contact the [Stanford Sleep Disorders Clinic](#) at (650) 723-6601.

Stanford Art Collection 4th Annual Art Sale



Almost 100 posters and original art works from the Hospital's extensive collection will be available for purchase from 10:00am-3:00pm, Thursday, March 19, in the Hospital's atrium. This fourth annual Art Program Art Sale makes available art works released from the collection we enjoy on walls throughout the Hospital. Sale prices will range from \$10 to \$1,000 – far below market value. Checks and credit cards will be accepted. Art works must be picked up no later than the day after the sale. All proceeds go to support the Art Program's maintenance fund. For more information, contact [Linh Dang](#), coordinator, Visual Art Collection. Hope to see you at the sale!

New Stanford Hospital & Clinics YouTube Channel



Check out the new [Stanford Hospital & Clinics YouTube Channel](#). The Channel features videos of Hospital related news coverage broadcasts, recaps of the Healthcare Tomorrow Speaker Series, and recorded staff testimonials. Additionally, be on the lookout for new Stanford Hospital & Clinics Facebook and Twitter pages, coming soon.

Volunteer "Star"



Nathan Ma's commitment to the community and Stanford Hospital & Clinics has made the Gunn High School senior this month's Volunteer Star. For the past four years, Ma has volunteered his services in many ways at SHC. He joined the Stanford University Medical Center Auxiliary Junior Membership Volunteer program before his freshman year at Gunn. Throughout the past four years, he has volunteered with SHC's Escort Service and helped organize the annual Junior Fundraiser, whose proceeds provide stuffed teddy bears to children admitted to the Hospital's Emergency Department. He now spends three hours every Saturday volunteering at the Hospital's main information desk. He is also chairman of the Hospital's Information Desk Junior Volunteers. "Nathan is a mature young man who isn't afraid to work hard to achieve his goals," says his supervisor at SHC, Judy Campbell. "We are so fortunate to have had such a wonderful young man be part of our team these past four years," she said. [Click here for information on volunteering at Stanford Hospital & Clinics](#)

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