

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.

In This Issue

SHC Events

SHC In The News

Restoring Structure

Complex Superstructure

Q&A with Melissa Fulsom

Nancy Lee Named Vice President

Picturing Epilepsy's Mysteries

Bigger, Safer, More Comfortable

Occupational Therapy Month

Volunteer "Star"

SHC Events

[Stanford Health Library Lectures](#)
April – June 2009

[Littlefield Women's Health Public Forum](#)
January – May 2009

SHC In The News

[KQED: Dr. James Brooks on prostate cancer screening](#)

[KGO-TV: Dr. Leah Millheiser on sex after a heart attack](#)

[Learn to say "Farewell to Falls"](#)

[Dermatology 50th anniversary](#)

IN FOCUS: Saving the Spine

Restoring Structure For Maximum Result



Back pain had been a constant in Jennifer Ford's life for years. "I always did sports," she said. The list was long - soccer, softball, tennis, track and basketball. She was good enough to be recruited by UCLA as a soccer player. Once there, she added lacrosse to her list of sports. She met her husband, Dustin, while leading cycling tours in France. A decade later—after working in public relations, teaching second grade and having two children—Ford, 33, began to feel more than her usual pain. [Read full article...](#)

Complex Superstructure, Comprehensive Care

The Hospital's orthopaedic physicians are responsible for several breakthroughs in spinal care, from techniques to improve recovery time from herniated disc repair to a higher precision of the diagnosis of spinal problems. The Center is also at the forefront of minimally-invasive surgery to the spine, using microdissection and microsurgery. [Read full article...](#)



Q&A with Melissa Fulsom, Occupational Therapist

Melissa is the primary occupational therapist on the neurosurgical floor and works frequently with patients recovering from brain or spine surgery. She is often responsible for helping patients regain the ability to perform some of life's most basic functions: getting dressed, brushing teeth, swallowing or standing up. Working with Melissa will be a patient's very first step on the road to recovery, but her advice on keeping the spine healthy is useful for all of us. [Read full article...](#)



Nancy Lee Named Vice President for Patient Care Services



Stanford Hospital & Clinics (SHC) has announced the appointment of Nancy Lee as vice president for patient care services and chief nursing officer, effective April 13, 2009. Lee, who has held several leadership roles at SHC over the past seven years, succeeds Cindy Day, who retired in August 2008. "We are very fortunate to have someone with Nancy's track record and experience at Stanford to assume this next level of leadership at such a critical time," said Chief Operating Officer Daniel Ginsburg. [Read full article...](#)

Picturing Epilepsy's Mysteries



Doctors, and a special patient, are using new imaging tools to document how a seizure travels through the labyrinth of the human brain. Joining information from an EEG and an fMRI may one day show physicians how to interrupt a seizure's path as it travels its network through the brain. It could mean a less invasive, less risky and more permanent treatment for a disorder that affects 50 million people worldwide. [Read full article...](#)

Bigger, Safer, More Comfortable



Patients will order meals, review X-rays with their physicians and watch movies—all on flatscreens hung on the walls of their private rooms. They'll regulate how much sunlight streams into their rooms with individual shade controls. And a family member will be able to spend the night in every room, including intensive care. [Read full article...](#)

April is Occupational Therapy Month: Celebrating a Vital Role



Stanford Hospital & Clinics occupational therapists are now celebrating Occupational Therapy Month. The occupational therapy staff, which also includes students, is proud to talk about the role their work plays in patient recovery and in community health. The OTs treat patients in several departments and divisions: Orthopaedics, Trauma, Neurosurgery, Neurology, Oncology, Psychiatry, Surgery, Cardiology and Plastic Surgery. The OTs also care for patients at the Outpatient Center in Redwood City. [Read full article....](#)

Volunteer "Star"



Arnold Posada's dedication and commitment to the community and to Stanford Hospital & Clinics has made this former science teacher our Volunteer Star of the month. Arnold has volunteered on E3, home to general surgery patients and transplant patients for kidney, liver and pancreas since 2007. He has a wonderful sense of humor and gets along very well with everyone. "His helping hands have been a true gift, not only to our patients and families, but also to our staff," said staff nurse Maggie Madlangbayan, Arnold's supervisor. "Arnold is an exemplary volunteer and we are very blessed to have him on our E3 team." Madlangbayan said she is also amazed at how Arnold, a full-time student at San Francisco

City College, finds time to help his community. He volunteers four hours a week at SHC, and he volunteers at 826 Valencia, a literacy program in San Francisco's Mission District and at The Crossroads, a program for homeless youth. Soon, he will be a Meals on Wheels volunteer. Somewhere amidst all those commitments, Arnold loves to play soccer. His ultimate goal is to earn an RN license and to be a nurse practitioner. [Click here for information on volunteering at Stanford Hospital & Clinics.](#)

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