



August 2009 Issue No. 19

### 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).

### In This Issue

- SHC Events
- SHC In The News
- Active Seniors
- Stanford Physician to Compete
- Q&A with Dr. Tim McAdams
- Torch Runner
- Former Patients to Compete
- Stanford Lecture Series
- Games Medical Care

### SHC Events

[2009 National Summer Senior Games-Lectures and Activities](#)  
August 1-15, 2009

### SHC In The News

[Salinas Valley Memorial Designated 'Blue Distinction Center for Cardiac Care'](#)  
TheCalifornian.com

[Hiking Now. Under a Rock 2 Years Ago](#)  
SF Chronicle reports on the amazing recovery of a trauma patient

## IN FOCUS: National Senior Games

### Being An Active Senior Beats Slowing Down



Every other year, the National Senior Games brings together thousands of older athletes, prepared with purpose and intent, whose continuing physical accomplishments after age 50 are shining proof that using it keeps you from losing it – a basic principle all doctors believe.

This year, Stanford Hospital & Clinics is a major sponsor of the Games, which open August 1 in Palo Alto. [Read full article.](#)

### Stanford Physician to Compete in Senior Games

With limitless determination, Stanford physician Randall Stafford beat two kidney transplants and used cycling as a way to keep healthy. He will be among 10,000 athletes competing in the 2009 National Senior Games. To watch the video and read the full story, [click here.](#)



### Q&A with Tim McAdams, MD, on the Benefits of Exercise for Adults Over 50

Orthopaedic surgeon Tim McAdams, who is also currently the team physician for the San Francisco 49ers, discusses the many benefits that exercising as we age can have on the body and which types of exercises are most beneficial. [Read Q&A.](#)



## Former 49er to Carry Senior Games Torch for Stanford Hospital & Clinics



Former San Francisco 49er Guy McIntyre, a 13-year NFL veteran and three-time Super Bowl champion, will carry a solar-powered torch through Palo Alto on Aug. 1, representing Stanford Hospital & Clinics in the symbolic opening of the 2009 Summer National Senior Games. McIntyre, currently the 49ers director of alumni relations, will be one of several torch carriers. It will begin in San Francisco and finish with the lighting of the Games cauldron at City Hall Plaza in Palo Alto. [Read full article.](#)

## Four Former Stanford Hospital Patients to Compete in Senior Games



Randall Stafford, MD, Greg Baker, and Claudia and Chris Simpson are four former Stanford Hospital patients who will be competing in the Senior Games. Stafford, who will compete in four cycling events, has undergone two kidney transplants. Baker had a tumor removed in 2008, and the Simpson sisters, aside from their health challenges, were both born at Stanford Hospital. [Read full article.](#)

## Stanford Hospital Hosts Lecture Series and Activities for 2009 Senior Games



Stanford Hospital & Clinics will host a series of lectures and activities on a variety of topics that focus on the diverse health needs of competitive, aging athletes. All lectures and activities are free and open to the public. Some sample lecture topics are Stretching 101, Strong for Life, The Runner's Foot, Your Heart on Exercise, Living Long Living Well, and many more. [Read full article](#)

## Stanford Hospital Mobilizes Championship Medical Care for Senior Games Athletes



Without a doubt, there will be Band-Aids, ice packs and antibiotic ointment aplenty when the Senior Games begin on Aug. 1. What is more singular is the extensive network of medical care designed to treat the athletes and the team of Stanford Hospital & Clinics specialist physicians who have volunteered to staff that system.

Stanford Hospital orthopaedic, sports and emergency medicine physicians will roam between venues by bicycle, available by cell phone and radio. Two other medical teams will make their way around the venues in golf carts. [Read full story](#)

Click Here for [Discover SHC Archives](#)