

Discover

An Inside Look at Stanford Hospital & Clinics

DECEMBER 2011

"I really had to pace myself at work... and nighttime was the hardest part of my day."

—Christian Roth

SEEKING SOLUTIONS TO PEACEFUL SLEEP SOMETIMES LEADS TO SPECIAL SURGERY

From the time Christian Roth was an infant, he had trouble sleeping. By the time he reached his 30s, sleep problems had begun to affect his health. [READ FULL ARTICLE AND WATCH VIDEO>](#)



Stanford Hospital Wins Prestigious Leapfrog Top Hospital Designation

For the third year in a row, and the fourth time since the creation of Leapfrog Group's annual class of top hospitals, Stanford Hospital & Clinics has been named as a top U.S. hospital. The Leapfrog Group's annual class of top hospitals - 65 from a field of nearly 1200 - was announced December 6th in Washington, D.C.

[READ FULL ARTICLE >](#)



Clinicians Discuss Emotions, Seek Counsel at Stanford Hospital Forums

Stanford Hospital is one of just 300 hospitals nationwide that offer Schwartz Rounds, forums where clinicians have an opportunity to discuss their emotions around challenging cases or work situations and seek counsel from their colleagues. [READ FULL ARTICLE >](#)



To Tame Acid Reflux, Stanford Hospital Surgeons Try New, Scarless Procedure

Adam Vasser would wake up at night choking on partially digested food and liquid. During the day, he sometimes suffered from heartburn. He has since become the first patient at Stanford to undergo a new, incision-free surgery to manage his chronic acid reflux. [READ FULL ARTICLE >](#)

discover

Your Health



Stanford cardiologist Michael Fowler discusses heart disease.

discover

Health Education



Daya Upadhyay, MD, discusses how patients are now living better with Chronic Obstructive Pulmonary Disease (COPD).

discover

SHC in the News

For the latest media coverage [click here.](#)

discover

The Stanford Health Library



Fifty Plus Years and Still Going Strong

In 1960, Harry Oberhelman, MD, began his career as a surgeon at Stanford Hospital. Fifty years and thousands of patients later, he's still going strong and touching lives along the way. [WATCH VIDEO >](#)

[Click here](#) for more information about the resources available through the Stanford Health Library.



We welcome your feedback at: communications@stanfordmed.org