# the equation

news for friends of Stanford Medicine

**April 2021**

## Feature Story

### Over first year of pandemic, confronting uncertainty with action at Stanford Medicine

"Even though there were so many unknowns, our people came rolling in the door to help. They were running into the fire, rather than away from it. It was incredibly inspirational."

A look back at Stanford Medicine's efforts to educate, protect, and care for patients and members of the public since the World Health Organization declared a global pandemic a year ago today. Learn more >

## Stanford Medicine in the News

### In Stanford lecture, Moderna scientist shares the recipe for making medicine out of RNA

Ribonucleic acid, a key player in cellular protein production, is used, with increasing success, by biotechnologists bent on preventing and curing diseases. Learn more >

### Pandemic thrust infection-prevention team into the spotlight

Throughout the pandemic, Stanford Medicine's infection-prevention team has risen to the challenges of COVID-19, ensuring the safety of staff and patients. Learn more >

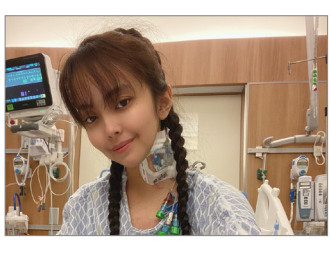
### Disease detective tells stories of mystery diseases in new book

Euan Ashley, MD, PhD, professor of medicine and genetics and upcoming Health Matters speaker, tells the stories of his patients with rare or mystery diseases through his new book, *The Genome Odyssey*. Learn more >

### Community bonds help barbers improve health for Black men

Training barbers to coach Black men about their health and wellness helps bridge health equity gaps by tapping into built-in community bonds. Learn more >

## Stanford Health Care Spotlight



### Stanford Health Care recognized for mitral valve repair

Mia Cadua underwent surgery for mitral valve repair at Stanford Health Care, which was recently recognized for its excellent record with the procedure. Learn more >

### Double transplant at Stanford saves life of critically ill COVID-19 patient

Surgeons describe the patient's 24-year-old son as a hero for his persistent and dedicated advocacy on behalf of his father. Learn more >

### Stanford Medicine and Sutter Health to jointly provide cancer care for patients and families in the East Bay

The collaboration between Stanford Medicine and Sutter Health will expand access and equity to high-quality cancer care for East Bay patients, and includes future construction of a new outpatient cancer center. Learn more >

## Recent and Upcoming Events

### Stanford Women's Health Lunch 2021

Women from around the globe joined Stanford researchers, scientists, and physicians for this online gathering exploring health, resilience, and well-being in the year ahead. Topics included navigating family life during COVID-19, a molecule that rejuvenates muscle, and vaccine efficacy and its clinical trials for children. Learn more >

### Health Matters 2021: Save the date for Stanford Medicine's free virtual community event

Health Matters has been reimagined—both to keep you safe and to ensure that your continued good health remains a priority. While we are unable to welcome you to the Stanford campus this spring, we invite you to explore your health in our six-day virtual community health event. Health Matters 2021 is online, free, and open to everyone. Save the dates: May 10-15! Learn more >

## Stanford Medicine Leaders and Faculty in the News

In the media and in weekly virtual forums, our leadership is working hard to ensure that you have the most accurate and up-to-date information regarding virus prevention, testing, and treatment.

### Medicine Grand Rounds

In-depth discussions from Stanford health experts on the front lines of coronavirus care and research. Recent topics include insights into COVID-19 modeling and predicting, the history of mRNA vaccine development, emerging virus variants, vaccine efficacy, and more. Watch the videos >

### 5 Questions: Hannah Valantine on weaving diversity into the fabric of biomedical institutions

After six years at the National Institutes of Health, cardiologist Hannah Valantine has returned to Stanford Medicine with new ideas for building a more diverse and inclusive campus. Learn more >

### Josh Makower named new director of Stanford Byers Center for Biodesign

Makower will take over leadership of the center, which is dedicated to training people to be health-technology innovators, in the summer. Learn more >

## Taking Care of Yourself and Others

### Stanford researchers identify four causes for 'Zoom fatigue' and their simple fixes

Popular video chat platforms have design flaws that exhaust the human mind and body. But there are easy ways to mitigate their effects. Learn more >

### 5 Questions: Tandy Aye on what transgender teens need from their parents

A recent Stanford study showed that, for teens exploring their gender identity, simple acts of caring from their parents were what they valued most. Learn more >

## COVID-19: Taking Action - How You Can Help

We are grateful for the expressions of generosity and desire to help coming from across our community. There are various ways in which you can support our response to this ongoing crisis.

### • Improve vaccination awareness

Stanford researchers are now working to understand the diverse views regarding the COVID-19 vaccination. We encourage you to help us by completing this one-time COVID-19 Vaccine Views Survey.

### • Give blood or plasma

The Stanford Blood Center urges those who are healthy, and who haven't been in contact with someone who has COVID-19, to make urgently needed blood donations. Learn more >

Are you a recovered COVID-19 patient? If so, you may qualify to participate in Stanford's Convalescent Plasma Donation Program to help critically ill COVID-19 patients. Learn more >

### • Participate in COVID-19 research

Vaccine trial volunteers needed: Find out if you are qualified to participate in the vaccine clinical trial currently underway at Stanford. Learn more >

Our Research Registry connects people like you with teams conducting research to make advances in health care. If you are eligible for a study, researchers may contact you to provide additional details on how to participate. Learn more >

### • Make a gift

The Stanford Medicine community has reached out in unprecedented ways to offer support for researchers and caregivers on the front lines fighting the COVID-19 pandemic. In response, we have expedited the creation of two newly established funds to aid in advancing clinical care and research. Learn more >

*As we enter the next phases of recovery and reopening, our priorities here at Stanford Medicine remain the same—to keep our community safe, informed, and in good health. We are grateful for your continued support of that mission.*

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