

Feature Story



Heart Health Month 2023

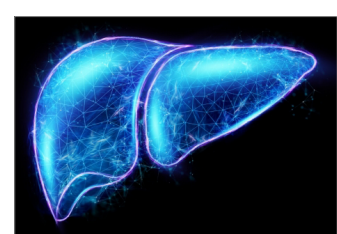
In honor of American Heart Month, Stanford Medicine invites you to learn more about the strength within your heart and the distinctive cardiovascular discoveries we've made in frontline research and patient care over the past year.

Our history of cardiovascular milestones includes the first successful human heart transplant, performed by Norman Shumway, MD, PhD, in 1968. Today, our clinicians care for the heart health of more than 250,000 patients annually across our facilities.

From a deeper understanding of how COVID-19 impacts the heart, to the development of lab-grown hearts, to CRISPR experiments that address inherited heart disease earlier than ever before, Stanford takes pride in its leadership in cardiovascular health for our local communities and beyond.

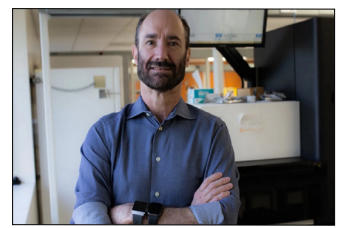
[Explore what's in your heart through our uplifting stories >](#)

Stanford Medicine in the News



Intermittent fasting spurs proliferation of liver cells in lab mice, Stanford Medicine-led study finds

Cells in the adult liver were thought to divide rarely. But a study led by Stanford developmental biology researchers found intermittent fasting causes rapid cell division. [Learn more >](#)



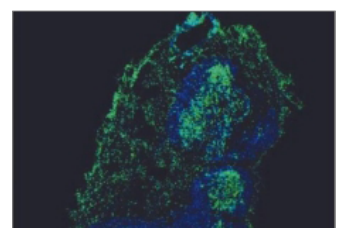
Stanford Medicine genomic researchers successfully measure thousands of molecules from a single drop of blood

Using a new technique called multi-omic microsampling, Stanford Medicine researchers can measure thousands of protein, fat, and metabolic molecules from a single drop of blood—with important differences to a well-known approach promoted in the past. [Learn more >](#)



Possible new way to reduce pain inspired by chickens' secret weapon against spice

In a mouse study led by Stanford anesthesiology, perioperative, and pain medicine researchers, a drug made mammalian pain receptors more like those in birds—and more resistant to some forms of pain. [Learn more >](#)



Underrated immune cells activated to eliminate tumors in laboratory mice

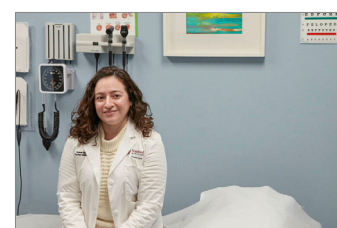
Neutrophils often suppress the immune system's response to cancer, but when activated, they eliminate several types of tumors in laboratory mice, a study led by Stanford pathologists has found. [Learn more >](#)



Real-world health: How social factors make or break us

The latest issue of *Stanford Medicine* magazine explores non-medical factors that impact health and reports on initiatives that address the challenges and opportunities they present, including why ZIP codes, culture, and support networks matter; how cultural stigma surrounding women's cancers prevents patients from receiving the support they need; and how a way of life in one region of Costa Rica helps keep cells young. [Learn more >](#)

Health Care Spotlight



Inside a clinic for unhoused people in Silicon Valley's birthplace

"It's really difficult for you to check your sugars when what's on your mind is, 'Where am I going to sleep tonight?'" An opportunity to work at the Peninsula Healthcare Connection is part of why physician Crystal Unzueta came to Stanford Health Care. [Learn more >](#)



Are you alcohol intolerant? | 90 Seconds w/ Lisa Kim

A genetic variant that inhibits alcohol metabolism harms blood vessel cells, but an antidiabetic medication may mitigate the harm, Stanford Medicine-led research has found. [Learn more >](#)

On-Demand Events



SHE Talks: Reproductive Health Across the Life Span

SHE Talks 2023, formerly the Women's Health Lunch, delved into the unique health challenges women and people of all genders face at every stage of the reproductive life span. You can now view the recordings of Stanford Medicine women's health experts' engaging presentations and Q&A, featuring valuable insights into complex family planning, pregnancy as a window to health, preventing cancer, and managing menopause.

[Watch the videos >](#)

Taking Action—How You Can Help

We appreciate our community's support in so many areas, including our ongoing work related to the pandemic. There are various ways you can continue to help in areas of critical need, from blood and plasma donations to improving vaccination awareness.

• Help with urgently needed blood donations

The Stanford Blood Center encourages those who are healthy, and who haven't been in contact with someone who has COVID-19, to make urgently needed donations of blood, platelets, or plasma. [Learn more >](#)

• Advance vaccine awareness

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

• Register to be an organ or tissue donor

More than 20,000 Californians are on the organ transplant waiting list, but you can help shorten their wait. Learn about different types of organ and tissue donations, important donation facts, and the communities where donor shortages are most critical. [Learn more >](#)

• Participate in COVID-19 research

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 >](#)

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