

## Featured Story



### Heart Health Month 2024

In honor of American Heart Month, Stanford Medicine invites you to learn more about the breakthrough discoveries and frontline advances in clinical care that our teams and partners have made possible in the past year alone.

Navigating a changing world takes heart, and knowing how to access a care team, community, and resources early on in your health journey can make all the difference. From the success of the first in-human beating-heart transplant and the pioneering of a new surgical technique that will continue to save lives, to using CRISPR technology to permanently lower a patient's cholesterol, learn how Stanford's cardiovascular experts continue to set new baselines of knowledge and practice in service of the heart.

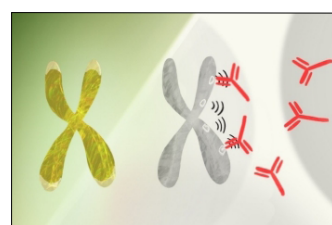
[Explore the collection of stories >](#)

## Stanford Medicine in the News



### Brain-computer interfaces

Stanford neurosurgeon Jaimie Henderson, MD, shares how multiple types of brain implants are currently being developed to treat neurological disorders and restore communication for those who have lost the ability to speak. [Learn more >](#)



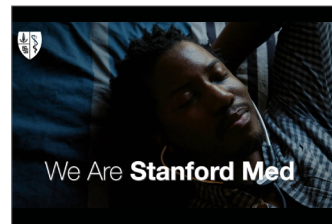
### Stanford Medicine-led study shows why women are at greater risk of autoimmune disease

Research throws light on the mystery of why women are much more prone to autoimmune disorders: A molecule made by one X chromosome in every female cell can generate antibodies to a woman's own tissues. [Learn more >](#)



### Equipping doctors to save lives when resources are scarce

Stanford surgeon Sherry Wren, MD, developed the *International Humanitarian Surgical Skills* course at Stanford 10 years ago. Since that time, she has equipped hundreds of surgeons and health care providers with the unique skills and knowledge they need to save lives in conflict zones and low-resource settings. [Learn more >](#)



### Meet our remarkable students

In this "We Are Stanford Med" series, we introduce you to individuals who are shaping the future of medicine. From an aspiring physician-scientist innovating cell therapies for blood cancers, to a med student amplifying Indigenous voices in medicine and science, to a first-generation med student and advocate for individuals with disabilities, they hail from all over the globe and come to Stanford carrying big ideas and dreams, explored in these moving videos.

[Watch the videos >](#)

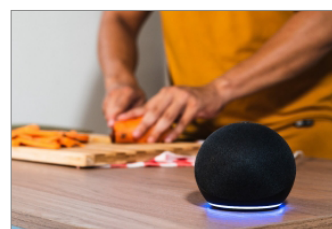
Learn how your gifts of any size bring to life the dreams of these medical students to safeguard and empower communities in innovative and impactful ways.

[See how you can make a difference >](#)



### Christopher Gardner on Netflix's 'You Are What You Eat'

The Netflix series "You Are What You Eat" features Christopher Gardner, PhD, discussing a Stanford Medicine-led trial of identical twins comparing vegan and omnivore diets. [Learn more >](#)



### 'Smart speaker' shows potential for better self-management of Type 2 diabetes

A new study led by Stanford Medicine indicates that an AI app can help Type 2 diabetic patients manage their blood glucose levels. [Learn more >](#)

## Recent Events



### SHE Talks 2024: Taboos and Truths: A Frank Talk About Women's Health

Sex. Sleep. Mood. Weight. Mindset. When it comes to women's wellness, no topic was off limits at this year's SHE Talks event. A packed house welcomed Karen Adams, MD, DipABLM, an expert in women's health, menopause, and lifestyle medicine, for a lively discussion of what women want—and need—to know about their health at every phase of life. Beyond trite advice to eat fewer carbs and move more, Dr. Adams discussed actionable changes you can implement now to nurture self-acceptance and live better at every age.

[Watch SHE Talks 2024 >](#)

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