On health equity and access

The COVID-19 pandemic, caused by SARS-CoV-2, highlighted on a national scale what many have already experienced on a personal level—that economically and socially marginalized groups in the United States remain at disproportionate risk for poor health outcomes. Differences in access to health care result in worse outcomes for people in these groups.

Faculty members across Stanford are conducting research aimed at minimizing health disparities, translating new knowledge into impactful policy on a local, national, and global scale, and developing synergistic partnerships with the communities we serve. We invite you to learn more about how we are leading societal change so that our patients and communities have equal opportunities to reach their full health potential. Explore the collection of stories »

Stanford Medicine in the News

Gift propels a new Stanford program designed to help entrepreneurs make an impact

The Li Ka Shing Foundation has provided a significant gift to Stanford University for a multidisciplinary initiative aimed at supporting resilience and well-being among aspiring entrepreneurs. Learn more »

Ambient artificial intelligence technology to assist Stanford Medicine clinicians with taking notes

Stanford Medicine integrates AI-powered listening technology that takes notes for health care providers, allowing them to spend more time with patients and less time on administrative tasks. Learn more »

Our bacteria are more personal than we thought, Stanford Medicine-led study shows

Stanford genetics and biology researchers and their colleagues tracked the gut, mouth, nose, and skin bacteria of 86 people for as long as six years to try to gauge what constitutes a healthy microbiome. Learn more »

Model estimates who benefits most from frequent COVID-19 boosters

A team of infectious disease researchers at Stanford Medicine finds the benefit of frequent booster vaccination for COVID-19 is highest for those over 65 years and the immunocompromised. Learn more »

Stanford Medicine uses augmented reality for real-time data visualization during surgery

A team of Stanford doctors and biomedical engineers are among the first to integrate a new augmented reality tool into surgical practice. Learn more »

PA student, a cancer survivor, rolls with the punches

In this We Are Stanford Med series, meet individuals who are shaping the future of medicine. They hail from all over the globe and come to Stanford Medicine carrying big ideas and dreams. Melanie Shojinaga was a first-year student in the Physician Assistant Studies Program at Stanford Medicine when an MRI scan revealed that she had a brain tumor. In forging ahead, she discovered strengths within herself and a remarkable sharing of support in communities within Stanford and beyond.

Read Melanie’s story and watch the video »

Leadership in the News

Antonio Omuro, MD, becomes head of Stanford’s Department of Neurology and Neurological Sciences

The Joseph D. Grant Professor and the former chief of neuro-oncology at the Yale School of Medicine is a highly regarded scientist specializing in the study of brain tumors and an advocate of those underrepresented in medicine. Learn more »

Taking Care of Yourself and Others

How cyclic breathing can relieve stress: 90 Seconds with Lisa Kim

According to a new study from Stanford Medicine, there’s an easy, at-home way to help lower your stress level. It’s called cyclic breathing, a controlled breathing exercise that emphasizes long exhalations. What’s more, it can take as little as five minutes to experience less anxiety, a better mood, and even decreased rates of breathing at rest, a sign of overall body calmness.

Watch the video »

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