Taking Action—How You Can Help

Less than 2 weeks until Health Matters 2023
Health Matters—Stanford’s free community event—will bring together the latest discoveries in health care, wellness, and science. You can find us on Saturday, May 20! visit healthmatters.stanford.edu.

Taking Care of Yourself and Others

Tiny DNA circles are key drivers of cancer, Stanford Medicine-led international study finds
Researchers use skin-colonizing bacteria to create a topical cancer therapy in mice
Surgeons perform rare abdominal wall transplant, first on the West Coast
‘Cyclic sighing’ can help breathe away anxiety

Health Care Spotlight

Highly specialized: Stanford leads in en bloc heart transplantations
Stanford HealthCare’s multidisciplinary team helps give patients another chance at a ‘closer to normal’ life.

Upcoming Events

From Science to Care: The Promise of Translational Research
The 3rd Annual Marvin A. Karasek Lecture in Dermatology
Join Jean Tang, MD, PhD, at the 3rd Annual Marvin A. Karasek Lecture in Dermatology. Learn how Stanford physician-scientists are bringing together cutting-edge research and translational innovation in dermatology.

Taking Action—How You Can Help

Help with urgently needed blood donations
Surgeons at Stanford Medicine believe the new technique, which has now been performed on six patients, will improve health outcomes for recipients and boost the pool of available organs.

Advance vaccine awareness
According to a new study from Stanford Medicine, there’s an easy, at-home way to help lower stress levels. It’s called cyclic sighing, 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 lower rates of depressed mood.

Participate in COVID-19 research
Our research team is conducting a study to learn more about COVID-19 and how the virus affects patients. If you’re eligible for the study, you may receive an email with additional details on how to participate.

To subscribe to this newsletter on email, please click here.
For up-to-date news and fundraising communications from the Center for Translational Research in Dermatology, please visit the Center for Translational Research in Dermatology.

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