

## Feature Story



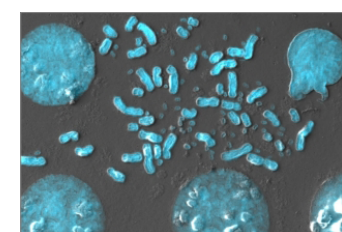
### Less than 2 weeks until Health Matters 2023

Health Matters—Stanford Medicine’s free community event—explores the latest advances in medicine, health, and wellness. We look forward to welcoming our community to the medical school campus, where our world-renowned experts will present the latest research and practical tips for healthy living. To learn more, visit [healthmatters.stanford.edu](https://healthmatters.stanford.edu).

The fully outdoors event will feature Health Talks with Stanford Medicine faculty and a Health Pavilion with nutrition and cooking demos, yoga, health and wellness resources, food trucks, therapy pets, and more—sign up now and join us on Saturday, May 20!

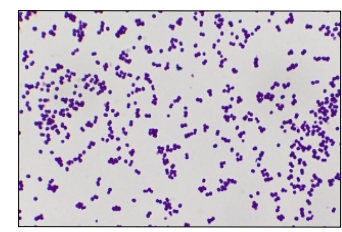
[Register for Health Matters for free now >](#)

## Stanford Medicine in the News



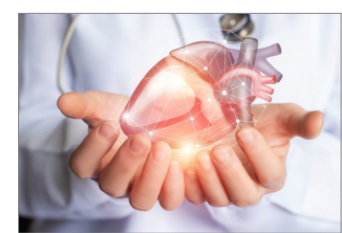
### Tiny DNA circles are key drivers of cancer, Stanford Medicine-led international study finds

Tiny circles of DNA harbor cancer-associated oncogenes and immunomodulatory genes promoting cancer development. They arise during transformation from pre-cancer to cancer, says a Stanford Medicine-led team. [Learn more >](#)



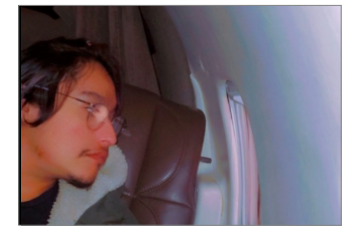
### Researchers use skin-colonizing bacteria to create a topical cancer therapy in mice

In a study led by Stanford Medicine, researchers harnessed the skin’s immune response to bacteria to create an immunotherapy—delivered by swab—that treats aggressive tumors in mice. [Learn more >](#)



### Cardiothoracic surgeons perform first beating-heart transplants from cardiac death donors

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. [Learn more >](#)



### Surgeons perform rare abdominal wall transplant, first on the West Coast

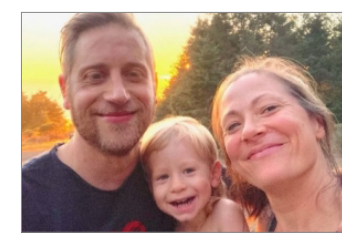
The 22-year-old patient had waited years for an intestinal transplant. After an air ambulance flew him to Stanford Hospital, a combined intestinal and abdominal wall transplant gave him an even better option. [Learn more >](#)



### Health Policy Forum: AI and Health Care

Artificial intelligence (AI) is an increasing presence in American life, and its potential applications in health care are endless. Some promise it will be revolutionary, but others think it’s overhyped. Looking ahead, how might clinicians and patients negotiate an AI-enabled health system? Join two leading experts as they debate and discuss the future of AI in health care. [Watch the video >](#)

## Health Care Spotlight



### Highly specialized: Stanford leads in en-bloc heart-liver transplantations

Stanford Health Care’s multidisciplinary team helps give patients another chance at a “closer to normal” life. [Learn more >](#)

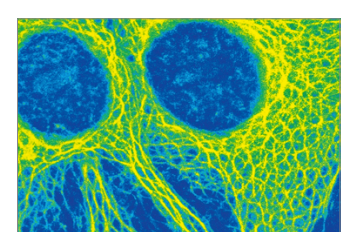
## Taking Care of Yourself and Others



### ‘Cyclic sighing’ can help breathe away anxiety

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 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 decreased rates of breathing at rest, a sign of overall body calmness. [Learn more >](#)

## Upcoming Events



### From Science to Care: The Promise of Translational Research The 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 healing to life by advancing progress in cutaneous biology and investigative dermatology. Guests will have the opportunity to meet and talk with faculty and trainees at an open poster session and reception, with more than 20 research teams presenting on topics ranging from aging and autoimmunity to cancer and cell therapy. [Learn more and register now >](#)

## 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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