

Feature Story



Advancing Mental Health

October 10 is **World Mental Health Day**. At Stanford Medicine, we pause with you to celebrate the pivotal discoveries that are leading to new or improved treatments and strategies for promoting well-being. We salute our patients, research participants, and donors who are all helping inform these advances—made more crucial than ever by the current challenges to mental health. Together, we are moving discoveries “out of the lab and into the world.” Explore stories of the work that is taking place in the Department of Psychiatry and Behavioral Sciences. Learn how philanthropy can make a difference through the moving video “From Loss to A Legacy of Hope.” [Learn more >](#)

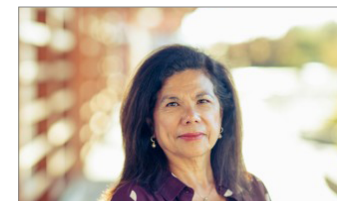
Stanford Medicine in the News

Stanford Medicine is relentless in confronting the COVID-19 pandemic, partnering in global collaborations as well as innovating meaningful solutions. To support you through the current challenges, we offer [updates](#), [safe and accessible care](#), and the latest research to [prevent and treat coronavirus](#).



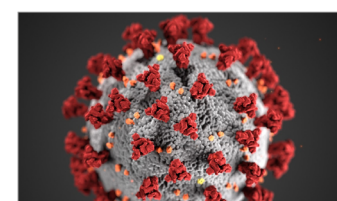
Stanford University, Chan Zuckerberg Biohub launch low-cost COVID-19 testing and surveillance platform

Vera was designed as an expanded testing platform to collect samples for COVID-19 testing and monitor populations for the disease. It aims to be nationally scalable, rapidly deployable, and more affordable than other current options. [Learn more >](#)



In the eye of the pandemic: A conversation with viral disease expert Bonnie Maldonado

Yvonne Maldonado, MD, is a leading expert in assessing the impact of coronavirus and how to fight it, coordinating large-scale epidemiological studies of the disease as well as vaccine and treatment trials. In this 1:2:1 podcast with Paul Costello, she discusses what we know about COVID-19 and reflects on the path that has led her to fight the biggest pandemic in a century. [Learn more >](#)



Fewer than 1 in 10 Americans have antibodies to coronavirus, study finds

In a nationally representative analysis of coronavirus antibodies, Stanford researchers found we are nowhere near herd immunity in the U.S. The study also points to high rates of infection among Black and Hispanic people, and in densely populated areas. [Learn more >](#)



5 Questions: Flu vaccination in a time of COVID-19

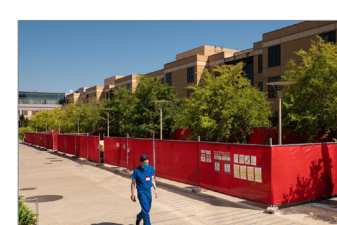
It's time to get a flu shot. In a Q&A, Shanthi Kappagoda, MD, clinical associate professor of infectious diseases, explains why it's especially important to be vaccinated this year. [Learn more >](#)



How polio eradication in Africa can inform the global COVID-19 response

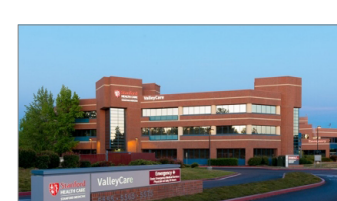
As the global health community celebrates the eradication of wild poliovirus in Africa, there are lessons that can apply to the COVID-19 pandemic. Michele Barry, director of the Stanford Center for Innovation in Global Health, provides modern historical background that can provide insight on how to recuperate worldwide. [Learn more >](#)

Stanford Health Care in the News



Renewal project begins at Stanford Hospital building complex

The original hospital at 300 Pasteur Drive in Palo Alto will remain open for patient care during a six-year renovation and rebuilding project. [Learn more >](#)

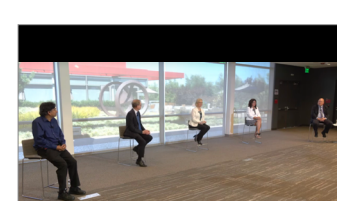


Stanford Health Care – ValleyCare launches strategic plan

A strategic plan for Stanford Health Care – ValleyCare emphasizes connection to the community, the enhancement of quality health care, and purposeful integration with Stanford Medicine. [Learn more >](#)

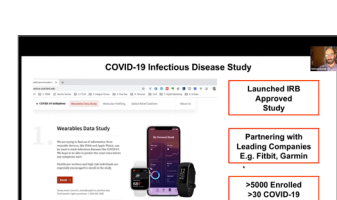
Stanford Medicine Leaders in the News

In the media and in weekly virtual forums, our leadership is working hard to ensure that you have the most accurate and up-to-date information regarding virus prevention, testing, and treatment.



Virtual Town Hall

Stanford Medicine leadership's latest town hall explores promising vaccines in development, the anticipated efficacy of a COVID-19 vaccine, the challenges—both logistical and ethical—posed by vaccine distribution, and how Stanford Medicine is contributing to the creation of a vaccine. [Watch the videos >](#)



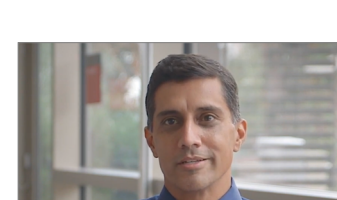
Medicine Grand Rounds

In-depth discussions from Stanford health experts on the front lines of coronavirus care and research. Recent topics include wearables and the early detection of COVID-19 and perspectives from FDA and CDC personnel. [Watch the videos >](#)



Dean Lloyd Minor and Arianna Huffington discuss opportunity to “build a better world”

Arianna Huffington, the founder of Thrive Global, spoke with School of Medicine Dean Lloyd Minor about self-care during the pandemic, and implementing “the fundamental changes that were always needed.” [Learn more >](#)



Stanford Medicine welcomes new Chief Medical Officer

Niraj Seghal, MD, is Stanford Medicine's new Chief Medical Officer and Senior Associate Dean for Clinical Affairs. In this video, he shares his path toward medicine, his identity as a physician, his goals for the institution, and a sportscaster's winning sense of humor. [Watch the video >](#)

Taking Care of Yourself and Others



Study ties teens' COVID-19 resilience to their ability to navigate life

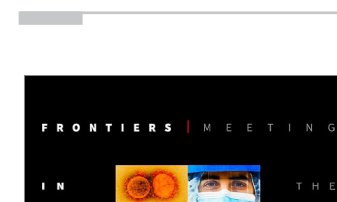
Stanford research shows that teens who are good at navigating life are less likely to experience anxiety and depression related to COVID-19, raising the question of whether young people would benefit from executive-function training. [Learn more >](#)



Stanford physician pens children's book on breathing

After noticing that young patients know little about their bodies, Stanford physician Diana Farid wrote a children's book explaining how our lungs work. [Learn more >](#)

Events



Frontiers in Medicine: Meeting the Moment

This special 2020 edition of Frontiers in Medicine brought audiences together virtually. Watch Stanford Medicine's frontline leaders and foremost authorities explore the power of translational science and medicine over disease during this unprecedented moment in American history—a moment where we battle both a pandemic and the public health crisis of inequality. [View the replay >](#)

Taking Action - How You Can Help

We are grateful for the expressions of generosity and desire to help coming from across our community. There are various ways in which you can support our response to this ongoing crisis.

• Give blood or plasma

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

Are you a recovered COVID-19 patient? If so, you may qualify to participate in Stanford's Convalescent Plasma Donation Program to help critically ill COVID-19 patients. [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 >](#)

• Take part in the National Daily Health Survey for Novel Coronavirus

Join thousands of individuals from the United States and around the world who have participated in a Stanford-led research study to help understand the social and behavioral impact of the evolving COVID-19 pandemic. [Learn more >](#)

• Make a gift

The Stanford Medicine community has reached out in unprecedented ways to offer support for researchers and caregivers on the front lines fighting the COVID-19 pandemic. In response, we have expedited the creation of two newly established funds to aid in advancing clinical care and research. [Learn more >](#)

As we learn to maneuver through this next phase of our “new normal,” our priorities here at Stanford Medicine remain to keep our community safe, informed, and in good health. We are grateful for your continued support of that mission.

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