

Featured Story



World Mental Health Day

October celebrates World Mental Health Day, an occasion that invites us to amplify awareness and galvanize collective efforts in support of mental well-being. At the forefront of this mission stands the **Stanford Department of Psychiatry and Behavioral Sciences**, blazing a trail in the transformation of lives affected by mental health challenges.

The department's endeavors span a diverse spectrum, from exploring the therapeutic potential of psychedelics to developing breakthrough treatments for addiction and depression to unraveling the intricate origins of psychiatric disorders through a profound understanding of human brain development.

Discover the scope of this transformative work, which transcends boundaries within laboratories, clinics, communities, and across the global landscape, and learn how you can join in shaping a brighter future for mental health.

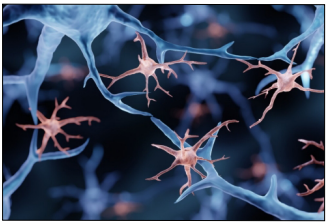
[Explore the collection of stories >](#)

Stanford Medicine in the News



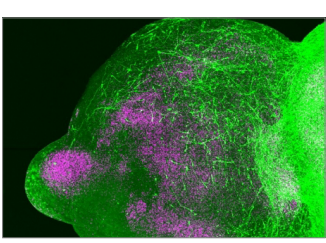
Stanford Medicine-led study clarifies how 'junk DNA' influences gene expression

Changes to short, repetitive sequences in the genome have been linked to diseases such as autism and schizophrenia. New revelations about how such changes increase and decrease gene expression may provide insight into these and other disorders. [Learn more >](#)



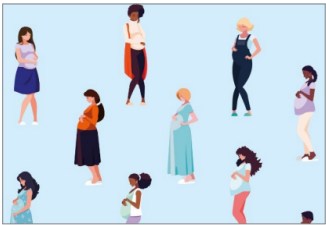
Researchers find success with stem cell therapy in mouse model of Alzheimer's disease

Scientists transplanted stem cells into mice and found a reduction of brain abnormalities typical of Alzheimer's disease. [Learn more >](#)



Impact of genes linked to neurodevelopmental diseases found in Stanford Medicine-led study

Combining two cutting-edge technologies, researchers revealed the impact of a multitude of genes that are associated with neurodevelopmental disorders, including autism, but whose effects on human brain development were previously unknown. [Learn more >](#)



PRISM initiative to target maternal complications and inequities with \$14 million grant

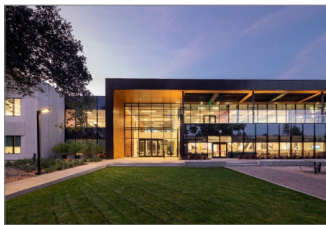
The National Institutes of Health has named Stanford Medicine a Maternal Health Research Center of Excellence and awarded significant funding to go toward a center to decrease the incidence and downstream morbidities of postpartum hemorrhage. [Learn more >](#)



How to regulate AI? Bioethicist shares insights into medicine's critical moment

The applications for artificial intelligence in medicine are being explored deeply at Stanford Medicine and elsewhere. Putting guardrails in place now is crucial, says David Magnus, PhD, the Thomas A. Raffin Professor of Medicine and Biomedical Ethics. [Learn more >](#)

Stanford Medicine Honors



Stanford Medicine scientists win Arc Institute awards

The Arc Institute, a research organization that's focused on new approaches to scientific discovery and translation, has honored Stanford Medicine professors with six research grants. The Institute has named two professors Innovation Investigators, and four have won Ignite Awards. [Learn more >](#)

Why Giving Matters



Honoring Breast Cancer Awareness Month

October is Breast Cancer Awareness Month—a time to recognize the physical and emotional toll that breast cancer patients and their loved ones endure, as well as the efforts of clinicians, scientists, staff, and donors working to provide the best care and treatment possible.

In one such example, we share the legacy of Laurie Kraus Lacob, MA '82, a Stanford alumna, cancer patient, and donor who sought to make a difference in the lives of cancer patients and their families by helping to fund a revolutionary new cancer pavilion at the Stanford Medicine Cancer Center—one in which patients will receive treatment in an environment of comfort, privacy, and dignity. [Read Laurie's story >](#)

Learn more about Stanford Medicine's ongoing research and clinical trials, as well as cutting-edge treatments taking place at the [Stanford Cancer Institute](#) and the [Breast Cancer Program](#). >

Taking Care of Yourself and Others



What you need to know this vaccination season

In October, we're used to hearing reminders about getting the latest flu shot. But this year, there are two more vaccines in the mix: the latest version of the vaccine to protect against COVID-19 and the new vaccine for respiratory syncytial virus, or RSV. Stanford Medicine's Anne Liu, MD, a clinical associate professor of medicine-infectious diseases, offers guidelines for adults on receiving this year's shots. [Learn more >](#)



No more 'just deal with it': Helping teens have easier periods

Nichole Tyson, MD, clinical professor of obstetrics and gynecology at Stanford Medicine, shares her insights into what teens should know about their periods, how doctors are working to improve how they communicate with patients about menstruation, and what still needs to change. [Learn more >](#)

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 organs 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 >](#)

To subscribe to this newsletter via email, please [click here](#).

If you'd prefer to not receive fundraising communications from Medical Center Development, please leave a detailed message at 844.427.3491 or visit medicalgiving.stanford.edu/opt-out.html.

