

Welcome to Discover

Stanford Hospital & Clinics is recognized as one of the preeminent hospitals in the country, where inspiration, innovation and knowledge are uniquely combined for the benefit of our patients.

In this monthly newsletter, we will feature the extraordinary people whose accomplishments and dedication change lives every day.

We welcome your feedback at communications@stanfordmed.org.

In This Issue

- SHC Events
- SHC In The News
- Are You Sleepy?
- When Snoring Isn't Normal
- Q&A With Kim Woodward
- Volunteer "Star"
- SHC News Briefs

SHC Events

- [Third Annual LIVERight 5K Run/Walk](#)
Saturday, May 10
- [Community Forum – When Every Minute Counts: The Future of Emergency Medicine](#)
Thursday, May 22
- [Stroke Awareness Fair](#)
Saturday, May 31
- [BeWell Health Risk Assessment](#)
Daily thru December 2008

SHC In The News

- [Counting Sheep with Dr. Dement](#)
A profile of Dr. William Dement, Lowell W. and Josephine Q. Berry Professor in the Department of Psychiatry and Behavioral Sciences at Stanford University and Director of Stanford Hospital's Sleep Disorders Clinic and Research Center.
- [Switching On Sleep](#)
Summary review of Stanford Women's Health Clinic Lecture about the affects of hormonal changes on how women sleep.

IN FOCUS: Sleep Disorders Clinic

Are You Sleepy?

Most of us shake off daytime sleepiness – we're tired because we don't have time to get enough sleep every night, right? While fatigue can be common, the cause isn't always as simple as an overburdened schedule, and – more importantly – the affects of inadequate sleep can be severe.



Find out how you rate on the Epworth Sleepiness Scale. How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you. Use the following scale to choose the most appropriate number for each situation:

- 0 = no chance of dozing
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

Situation	Chance of Dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g. a theater or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
TOTAL SCORE	

[Click here to check your results and read full article...](#)

When Snoring Isn't Normal

Bill Marshal, owner of a general contracting Business in Half Moon Bay, grew up in Construction and had snored for years. He knew that he woke up often in the night, but It took a visit from a friend and a trip to the [Sleep Medicine Center](#) at Stanford Hospital for Bill to understand that in his case, the snoring wasn't normal.



[Read full article...](#)

[Female Sexual Dysfunction](#)

Dr. Leah Millheiser's new Female Sexual Medicine Program at Stanford Hospital & Clinics tackles key issues and possible treatments.

[Soothing the Sick with Sound](#)

Greg Kaufman, Director of Stanford Hospital's Music Program contributed this piece to San Francisco Medicine about the importance of the Program to the Hospital's patients and their families.

[Phinny's First Surgery a Success](#)

Cycling legend Davis Phinny underwent first round of surgeries at Stanford Hospital in battle against Parkinson's disease.

[West Valley Practitioners Integrating Chinese Medicine into the Mainstream](#)

Stanford Hospital doctors are featured in this article about the benefits of Chinese herbal medicine and the Integration of Eastern and Western Medical healing practices.

Q&A with Kim Woodward, Manager, Sleep Medicine Center



Robert "Kim" Woodward is all about sleep. As manager of the Stanford Sleep Medicine Center & Center for Integrative Medicine, he oversees the Centers' operation, supervises staff and works on improving quality of care.

His larger mission is to spread awareness about the negative effects of sleep deprivation on our health. A sufferer of sleep apnea himself, Woodward wants to ensure that more people become aware of the warning signs our bodies provide, the importance of diagnosis and the availability of treatment. Woodward even took sleep medicine "on the road" and flew to St. Petersburg, Russia once a year for 10 years on humanitarian aid missions with an organization called Heart to Heart International Children's Medical Alliance. He is responsible for helping to create a two bed sleep lab at Children's Hospital #1, the first of its kind in Russia, for children and adults.

[Read Q&A...](#)

Volunteer "Star"



Fred Eder has been volunteering at Stanford Hospital & Clinics' Food Services department since November 2006. His volunteer work allows the Hospital to be constantly improving the type of food and the quality of services provided to patients.

Mia Loh, MS RD, Operations Manager of the Hospital's Food Service Department and Fred's supervisor, says: "Fred helps us with the Food Service Survey which measure patient satisfaction for the Food Service Department. Fred has been very dedicated and passionate about his voluntary work. He is committed and has been coming in every single Tuesday and Thursday for over a year now, to help us with the surveys. He is very pleasant and follows directions well. He likes to meet with the patients in order to help us better understand what the patients' needs, likes and dislikes are about the foods we serve and the quality of service we provide. Because of his passion and his commitment to completing thorough surveys, we can understand more about the patients' needs."

[Click here for information on volunteering at Stanford Hospital & Clinics.](#)

News Briefs

Center for Integrative Medicine's 10th Anniversary

The [Stanford Center for Integrative Medicine](#) celebrates its 10th anniversary this year, but its medical director, Dr. David Spiegel, says he'd be delighted if, in some perfect future, it might not exist at all because "we'd be so well integrated that integrative medicine is just medicine."

But in a high-tech medical center like Stanford, he said, "integrative medicine is not the first thing people think of."

There is more general acceptance, Spiegel said, of the idea that therapies like massage, hypnosis, acupuncture, meditation and biofeedback are ways to complement other medical treatments, not merely as approaches of last resort. One of the Center's original programs – focused on helping patients with cancer – is now at the new Stanford Cancer Center. SCIM continues to offer a full array of very popular therapies for pain and stress management, chronic fatigue syndrome, fibromyalgia



smoking and phobias as well as workshops and classes in those therapies. The program's acupuncturists regularly treat patients referred by Stanford's Fertility and Reproductive Medicine Center. Its clinical staff has grown from six to 11. More than 4,500 patients visit SCIM each year.

Dr. Paul D. Blumenthal Receives Kenneth J. Ryan, MD, Physician Leadership Award for 2008



Paul Blumenthal, MD, M.P.H., was named the 2008 Kenneth J. Ryan, MD, Physician Leadership Award winner. Blumenthal is the Director of the Center for Family Planning Services and Research at Stanford (CCHR) and the Director of Ambulatory Care in the Division of Gynecologic Specialties at Stanford Hospital & Clinics. He is also a

Professor of Obstetrics and Gynecology in the Stanford University School of Medicine. Blumenthal, who is an internationally recognized authority in family planning and abortion and has developed innovative programs in family planning and reproductive health care delivery, will be presented with the award at the American College of Obstetrics and Gynecologists Annual Clinical meeting in New Orleans this May.

In addition to his practice and research at Stanford, Dr. Blumenthal also works in developing countries and has served as a consultant, special advisor, and technical advisor on reproductive health training, service delivery, and research issues for the World Health Organization,

The United States Agency for International Contraceptive Research and Development, Family Health International and Planned Parenthood Federation of America and other agencies.

SCIM offers a full range of options, from the pure and simple acupuncture session to a complex evaluation by several experts – Spiegel calls it the Rolls Royce model – for an individual-specific treatment plan that might take advantage of more than one of SCIM's services.

Our great bonus for Stanford faculty, students and staff: discounts on massage.

The Ryan Award is presented to a physician for being a longstanding pioneer in improving reproductive health and rights through research, teaching, ethics, and advocacy, and whose career wide efforts in these three areas have resulted in substantial improvement in the field of reproductive health.

