



Stanford
HEALTH LIBRARY

Join Us

Stanford Health Library presents lectures of Stanford physicians and researchers discussing current and emerging research on a variety of health topics.

Stanford Health Library provides evidence-based medical information to help people make informed decisions about their health and healthcare.

September – November 2018



Stanford
HEALTH CARE

300 Pasteur Drive
Stanford, CA 94305

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Palo Alto, CA
Permit No. 188

September – November 2018 Health Library Lectures

Thursday, September 13 • 6:00 pm **Celebrity Chef Cooking Demonstration**

Presented by the Diabetes Care Program at Stanford

This cooking demonstration by celebrity chef Curtis Alkens will focus on healthy recipes for those who are managing diabetes but unwilling to sacrifice flavor!

Thursday, October 4 • 7:00 pm **Facial Paralysis and Restoring Movement**

Presented by Stanford Health Library

This talk discusses the impact of facial paralysis on patients and reviews current treatments.

Jon-Paul Pepper, MD
Facial plastic surgeon; Assistant Professor of Otolaryngology (Facial Plastic and Reconstructive Surgery) at Stanford University Medical Center

Wednesday, October 17 • 6:30 pm **Sleep and Cognition: Bedmates in Cancer**

Presented by Stanford Cancer Supportive Care

Many cancer patients have sleep problems. Sleep is needed for good health. Dr. Lahijani will speak about the sleep disorders that cancer patients may have and how they affect cognition. Registration required. To register call 650-725-9456

Shella Lahijani, MD
Assistant Clinical Professor of Psychiatry and Behavioral Sciences at Stanford Medical Center

Thursday, October 25 • 7:00 pm **Medicare Information Session for General Enrollment**

For 2019 coverage, open enrollment will run from October 15, 2018, to December 7, 2018. During the annual enrollment period (AEP) you can make changes to various aspects of your coverage. A state-registered counselor and community educator from HICAP (Health Insurance Counseling and Advocacy Program), Marla Seidman, will explain the importance of the period and how HICAP can help beneficiaries save.

Thursday, November 1 • 7:00 pm **Virtual Reality Technology Treatment for Mental Illness**

Presented by Stanford Health Library

Virtual Reality (VR) has been used for two decades to treat a variety of mental illnesses effectively. Recent technological developments in VR are offering even more potential. Embodied and Immersive VR is being explored to treat body image disorders and psychosomatic illnesses. It also has potential to rewrite implicit and unconscious beliefs and cognition that are especially important in mood and psychotic disorders. We will review the theory, evidence, application, and potential for psychiatry.

Kim Bullock, MD
Clinical Associate Professor; Diplomate, Neuropsychiatry & Behavioral Neurology, UCNS; Diplomate of the American Board of Lifestyle Medicine; Director, Virtual Reality-Immersive Technology (VR-IT) Clinic & Laboratory; Stanford School of Medicine, Department of Psychiatry & Behavioral Sciences

Unless otherwise noted, all lectures are held at the following location:

Stanford Health Library
Hoover Pavilion, Suite 201
211 Quarry Rd.
Palo Alto, CA 94304

No fee
To register call 650.498.7826

Ask Us



Our research service is free and available to everyone. When you cannot come into the library to do the research yourself, we will be happy to look for the answers to your questions and send the results to you. Just call the library and request an information packet, and we will do the rest. If you prefer to reach us via email, that's fine too!

All research is free of charge.

Call us at 650.725.8400
or 800.295.5177 or email us at
healthlibrary@stanfordhealthcare.org

For more information and additional programs, visit our website <http://healthlibrary.stanford.edu>.
Videos of past lectures are available at: <http://tinyurl.com/shcvideos>