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
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 Atken 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 and 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 Salzman, 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 discuss 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

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

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

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