

## Upcoming 2018 Events

Learn more. There is no cost to attend.

### Chronic Fatigue Syndrome: An Unfolding Story of Scientific Discoveries and Future Targeted Treatments

Thursday, January 18, 2018

7:00 pm

Chronic Fatigue Syndrome (CFS) is a complex, multifaceted disorder characterized by extreme fatigue and a host of other symptoms that can worsen after physical or mental activity, but do not improve with rest. This presentation will discuss clinical implications of recent scientific reports that are pinning down the development of this disease. Treatment implications and future avenues for research will also be discussed.

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

**Map and Directions**  
Register [here](#) or call **(650) 498-7826**

### Understanding Bone Marrow Transplantation - from the Clinical and Personal Perspectives

Wednesday, February 7, 2018

7:00 pm

A bone marrow transplant is a multi-step procedure to replace damaged or destroyed bone marrow with healthy bone marrow stem cells, and it is used to treat certain blood cancers like lymphoma and leukemia, as well as aplastic anemia and other immune and genetic diseases.

This talk will discuss current treatment regimens. It will also address the complexities that can be overwhelming for the family, as well as the patient, of going through bone marrow transplantation.

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

**Map and Directions**  
Register [here](#) or call **(650) 498-7826**

### Multiple Sclerosis - The State of the Art

Thursday, March 8, 2018

7:00 pm

Multiple Sclerosis (MS) is an unpredictable and often disabling disease of the central nervous system. This talk will focus on the current and emerging diagnostic and treatment protocols for Multiple Sclerosis.

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

**Map and Directions**  
Register [here](#) or call **(650) 498-7826**

## General Health Information



**Is Your Heart At Risk?**

Click [here](#) to take our quiz.



**It's never too late to start taking care of your heart.**

Click [here](#) for 13 quick tips.