

Upcoming 2018 Events

Learn more. There is no cost to attend.

Diabetic Eye Disease

Tuesday, April 10, 2018

7:00 pm

Diabetic eye disease is a group of eye conditions that can affect people with diabetes. Early detection, timely treatment, and appropriate follow-up care of diabetic eye disease can protect against vision loss. This lecture will include discussion about the risks of these conditions, prevention and treatment.

Diana Do, MD

Professor of Ophthalmology at the Byers Eye Institute, Stanford University School of Medicine

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

Map and Directions
To register, call [\(650\) 498-7826](tel:6504987826)

Lymphedema: What You Need to Know About Diagnosis, Treatment and the Promise of Research

Thursday, May 3, 2018

7:00 pm

Lymphedema is a chronic condition that causes unsightly swelling in the limbs due to blockage in the circulatory systems. Lymphedema is most commonly caused by lymph node removal or damage due to cancer treatment. This talk will address the condition, current research and emerging treatments for it.

Stanley Rockson, MD

Allan and Tina Neill Professor of Lymphatic Research and Medicine, Stanford University School of Medicine

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

Map and Directions
To register, call [\(650\) 498-7826](tel:6504987826)

Bright Spots & Landmines: The Diabetes Guide I Wish Someone Had Handed Me - Author Event

Thursday, May 24, 2018

6:00 pm

Sponsored by the Stanford Diabetes Care Program

Author Adam Brown will discuss some of the subjects he covers in his diabetes handbook. Bright Spots & Landmines focuses on food, mindset, exercise, and sleep strategies. It includes: what to eat to minimize blood sugar swings; helpful strategies to feel less stressed, guilty, and not burned out; and simple ways to improve exercise and well-being. Copies of Bright Spots & Landmines will be available for free to the attendees of the event.

Adam Brown

Author

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

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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.

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