

## PREVENT KIDS' SPORTS INJURIES

Page 2

## EXERCISE FOR HEALTHY AGING

Page 2



## PLANNING FOR OLDER PATIENTS

Page 3

SUMMER 2009

# Stanford Medicine News

UPDATES  
FOR THE  
LOCAL  
COMMUNITY

STANFORD HOSPITAL & CLINICS | LUCILE PACKARD CHILDREN'S HOSPITAL | STANFORD UNIVERSITY SCHOOL OF MEDICINE

## Teen sex myths spread by Web

Health Web sites that tell teens about sex are often riddled with errors and omissions, according to research from Lucile Packard Children's Hospital and the Stanford University School of Medicine. Myths about birth control, sexually transmitted diseases and Pap exams are not dispelled even on sites reviewed by doctors, the study found.

"Even widely trusted sites are not that accurate when it comes to adolescent reproductive health," said lead researcher Sophia Yen, MD, an adolescent medicine specialist at Packard Children's and a clinical instructor of pediatrics. "Teens should be cautious about finding sexual health answers on the Web."

Yen's team identified the top teen sexual health myths perpetuated by 35 well-trafficked health Web sites. The findings were presented at the 2009 annual meeting of the Society for Adolescent Medicine in March.

SEE TEENS ON PAGE 7

## Did you know?

The brain is more active at night than during the day.



Kate and Mike Skrable have downsized their family needs to adjust to the unpredictable economy and relax by hiking in nearby parks with 2-year-old Carson.

## Staying healthy in an unhealthy economy

**W**hen the economy started its freefall, Kate Skrable took action. With a 2-year-old son and only five years paid on their home mortgage, she found herself tossing and turning at night, worried about her job security and concerned about finances. One evening, she sat down and created a spreadsheet, trying to anticipate all her family's expenses and working out the minimum income they would need to keep their home and lifestyle intact if she were to be laid off from work.

"The stress was getting out of hand, so I needed to take steps to be proactive about the things I *could* control," said the 36-year-old business developer for a local pharmaceutical company. "I looked at each and every expense. I wanted to be in a position where we would still be OK if something

happened to my income. Then we started to make changes to our lifestyle—some big, some small—but they all add up to helping us feel more secure about our future."

In these troubled economic times, more people report significant stress and anxiety, difficulty sleeping and other disquieting medical problems, both physical and psychological. But Stanford experts say there are ways to stay healthy and maintain your equilibrium despite financial stress. Kate and her husband, Mike, a local high school math teacher, offer some good examples of how to cope. They've taken charge of things they can control, still eat well on a reduced budget and focus on getting back to basics.

For instance, they planted a backyard vegetable garden

SEE FAMILY ON PAGE 4

# Exercise after 50

### ► The New York Times

**“I’m disappointed ... the NIH is putting this ideological barrier in the way of treating disease.”**

—IRVING WEISSMAN, MD, director of Stanford’s Institute for Stem Cell Biology and Regenerative Medicine, on draft guidelines issued by the NIH that would prohibit federal funding for research involving stem cells created through a specific technique. *April 17*

### ► Forbes

**“Until you can prove menopausal hormones help women, ‘replacement’ is not an appropriate term for something that does more harm than good.”**

—MARCIA STEFANICK, PhD, professor of medicine, on the subject of hormone replacement therapy for postmenopausal women. *April 7*

### ► San Francisco Chronicle

**“That’s why we have to vaccinate every year. There are always changes.”**

—DAVID LEWIS, MD, professor of pediatrics, on the importance of vaccinations in light of the H1N1 flu crisis. *May 10*

### ► AP Associated Press

**“If people rush out there without really knowing what they’re doing, that really backfires and can bring this whole field to a halt.”**

—MARIUS WERNIG, MD, assistant professor of pathology, regarding a boy who developed tumors from the experimental use of stem cells he received at a clinic in Moscow to treat a brain disease. *Feb. 18*

### ► San Francisco Chronicle

**“The world seems to lose interest in people with autism when they grow up.”**

—CARL FEINSTEIN, MD, director of the Center for Autism and Related Disorders at Lucile Packard Children’s Hospital, on the need to provide support for the transition into adulthood for people with autism. *Feb. 7*

**F**or two weeks this August, Stanford will host the athletes of the 2009 Summer National Senior Games—10,000 men and women age 50 and older who will run, swim, cycle and more. Stanford Hospital & Clinics is a major sponsor of the event, which will reinforce the benefits of exercise for aging adults.

“Aside from the obvious cardiovascular benefits we all know about, proper exercise helps maintain bone and muscle strength and improve circulation, endocrine balance and joint flexibility well into the eighth decade of life,” said Gary Fanton, MD, chief of the Division of Sports Medicine in the Hospital’s Department of Orthopaedic Surgery and Sports Medicine.

Gordon Matheson, MD, PhD, director of sports medicine at Stanford, said exercise also offsets risk factors associated with disease and mortality, such as obesity, hypertension, high cholesterol and hyperglycemia.

But it’s not all about the body. Rita Ghatak, PhD, director of Aging Adult Services at Stanford Hospital & Clinics, links physical activity to both physical and cognitive health. A modest

SEE EXERCISE ON PAGE 6



## Minimize risk of kids’ overuse sports injuries

**E**xercise and sports participation can be a double-edged sword for children who are at risk of suffering from overuse injuries.

“We want children involved in physical activity, especially since we have an obesity crisis. Yet you can have too much of a good thing,” said James Gamble, MD, PhD, an orthopaedic surgeon at Lucile Packard Children’s Hospital.

Children who participate in extensive sports activities can experience a breakdown in their bones, ligaments and tendons, resulting in injuries. Youngsters may be more prone to these injuries now, as they spend more time at sports during these long summer days. Gamble offers some tips on how to minimize injury risk:

### Take a few days off every week

To help avoid overuse injuries such as stress fractures, Gamble highlights the importance of maintaining proper volume and intensity. “If kids are involved in an activity that stresses their bones, ligaments and tendons every day, their body doesn’t have time to heal,” he said. “I recommend sports participation no more than five days a week, with two days off to rest.”



**James Gamble, MD, PhD, an orthopaedic surgeon at Packard Children’s, is seeing more overuse injuries in children.**

### Warm up to minimize injury

“You can’t just go out and start running or playing soccer,” said Gamble. “There needs to be a very aggressive warm-up period when children regain their flexibility. There’s also the need for proper stretching and using the proper equipment, even in practices.”

Gamble emphasizes hamstring flexibility, especially during pre-season conditioning. “Hamstring strains are one of the most common conditions we see,” he noted.

“Strengthening and toning abdominal and gluteal muscles is highly important, as these muscles protect the back.”

### Injuries among boys and girls

“The ratio is changing,” said Gamble. “I’m definitely seeing more girls, especially for sports injuries like anterior cruciate ligament (ACL) tears, which are now three times more common in girls than boys. It’s an absolute epidemic.” Girls are at a greater risk for ACL tears even in non-contact sports, he added. ■

More tips can be found at [youtube.com/watch?v=pVrImp1rURo](http://youtube.com/watch?v=pVrImp1rURo).

# Hospital design addresses needs of older patients

**R**ita Ghatak, PhD, is continually talking with aging patients at Stanford Hospital to find out what they would change if they could.

“They tell me that walking down a long hospital corridor to the patient units is difficult,” she said. “They tell me about a family member who fell in his hospital room because of the layout of the room—because a door didn’t open the way he expected it to.”

As director of Aging Adult Services at Stanford University Medical Center, Ghatak has helped meet the health care needs of more than 4,000 geriatric patients since the program was launched in 2004. She and her team of 12 provide services that range from supporting caregivers to making home visits.

Ghatak also is involved in planning for the care of aging patients in the new Stanford Hospital, which is projected to open in 2015. Built during the Eisenhower era, the current hospital presents significant challenges, with rooms that are too small for today’s services and equipment. The new hospital will comprise almost 1 million square feet to house the equivalent of three acres devoted to interventional services, an enlarged emergency department and an overall capacity of 600 beds.

Ghatak and George Tingwald, MD, AIA, director of medical planning for the hospital renewal project, have been meeting with community groups in recent months to describe how the new hospital is being designed to meet the needs of older adults.

## Growing needs

Adults 65 and older make up 12 percent of the U.S. population, utilize one-third of health care services and occupy half of physician time. So the demand is clear, and it is only going to grow. “The aging population and its need for health care is very real,” Tingwald said. “It’s not going away, and we’re going to have to deal with it.”

Tingwald, who is both a licensed physician and an architect, brings a singular perspective to the job of designing a hospital that will address the needs of an unprecedented population of older patients.

“Because of healthier living, the aging popu-



Rita Ghatak, PhD, director of Stanford’s Aging Adult Services, is helping to incorporate the needs of older patients like Frank Koplowitz and Rita Brown into the new hospital design.

**“Because of healthier living, the aging population didn’t jump into the elderly health care group as quickly as we thought they would. And now that they are 70, 80 and 90, we’re suddenly seeing this incredible volume of issues related to aging.”**

**George Tingwald, MD, AIA**

lation didn’t jump into the elderly health care group as quickly as we thought they would,” he said. “Instead of inundating the health care system at age 60, they waited 10 years. And now that they are 70, 80 and 90, we’re suddenly seeing this incredible volume of issues related to aging.”

Solutions for aging adults’ health care needs already are being tested in the existing hospital, including four patient units where earplugs are helping patients sleep more soundly and new pulse-oximeter probes have replaced older models that used to sound loud alarms.

A new protocol for addressing postoperative delirium in aging patients is now a hospital-wide initiative.

“If you’re at risk, you are screened by nurses after surgery,” Ghatak said. “And if you manifest any symptoms of delirium—like confusion

or disorientation—the medical team addresses them immediately.”

Ghatak’s program distributes an informational packet, “Resources for Older Adults,” to every person 65 or older who is admitted to the hospital. It includes helpful tips, such as encouraging family members to stay overnight with patients who have severe confusion to remind them where they are and why.

## Designing for health concerns

As Tingwald reviews plans for enhanced lighting and flooring materials that will help to prevent falls in aging patients, he also is overseeing construction of full-scale mock-up rooms. The first round of construction is done with foam-core material that can be easily reconfigured and trimmed. “We’re testing the rooms for clearances and

views through windows,” Tingwald said. “If we want a door to be 42 inches instead of 48, we can take a blade and cut off six inches.”

The next round involves a Sheetrock model with painted walls, lighting fixtures and window treatments. Construction teams are building one acute-care room, two intensive-care rooms, an operating room and an emergency department examination room.

Tingwald notes that all of the rooms in the new hospital will be designed for single-patient occupancy, adhering to national guidelines for hospital construction. “It’s the standard today,” he said. “Studies show a much lower rate of cross-contamination and hospital-acquired infections when patients are not cohorted. There’s less spread of disease when there’s only one person in a room.”

Moving and relocating patients to double rooms has been shown to take up to 40 percent of nurses’ time, he added. “Every time you relocate a patient, which involves transferring medical records and medication programs, the rate of errors goes way up.”

Single-patient rooms in the new hospital also will resolve one of the recurring complaints Ghatak hears from the older patients she interviews. “They tell me they don’t want to share a room with another patient, because they prefer a quiet environment and a lower risk of infection.” [SMN](#)

To learn more about the plans for the medical center, see the project’s Web site at [stanfordpackard.org](http://stanfordpackard.org).

**On these pages, Stanford experts share their expertise on how the economic downturn can affect our health and offer some tips on how to weather these difficult times.**

## Discuss family money matters

Sharon Williams, PhD

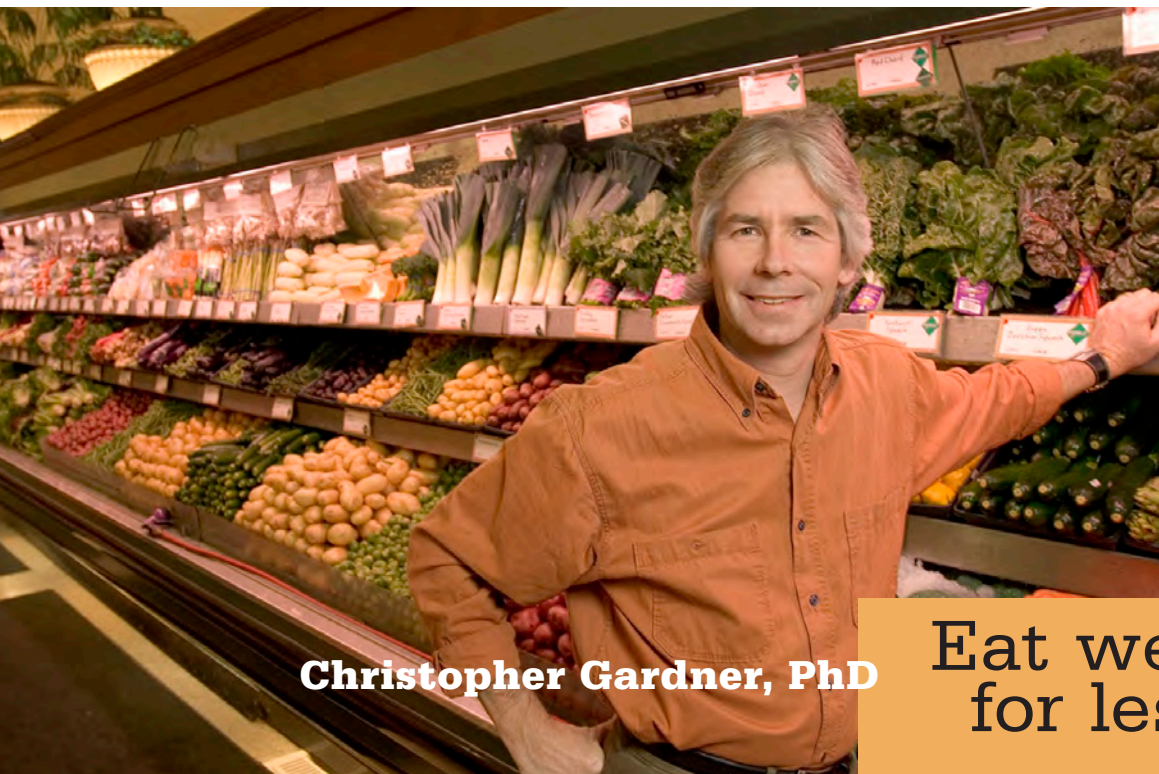
**W**ith so many families feeling the economic pinch, parents are worrying about how to address money issues with their children. How do you help your children feel secure in the face of economic uncertainty?

The best steps are to give your kids a chance to ask questions and to reassure them that you have a plan for family finances, said Sharon Williams, PhD, an associate professor of psychiatry and behavioral sciences at Stanford and the director of outpatient services for child and adolescent psychiatry at Lucile



Packard Children's Hospital.

"Parents should tailor whatever they say about money to the age of the child," Williams said. "Younger kids need to know less; older kids need to know



Christopher Gardner, PhD

**W**hen families are stressed and finances are tight, some may turn to cheap, fast and processed foods as a budget-saving measure. But Stanford nutrition expert Christopher Gardner, PhD, said that families can still eat well while saving money and reaping other social, physical and psychological benefits.

Growing food in a backyard garden, plying farmers' markets and enjoying simple, healthy meals prepared at home all can be an antidote to today's economic woes, said Gardner, an associate professor of medicine with the Stanford Prevention Research Center.

"You can actually eat healthier," he said. "You can eat local, seasonal foods at the peak of their freshness and taste. You can support your local economy and spend more time with your family."

## Eat well for less

Gardner, a longtime vegetarian who is raising four vegetarian sons, said a diet that relies heavily on bulky plant foods, such as hearty soups, salads and whole-grain breads, can be nutritious and low cost. Carrots, tomatoes, broccoli, red cabbage and butternut squash are inexpensive, healthy and more filling than higher-priced and calorie-dense meat products.

He said he applauds the trend of planting backyard gardens or participating in community gardens, which not only provide a healthy resource but also enable people to become more connected with the food in their lives. The proliferation of farmers' markets, which have doubled in number in the last decade, is another positive trend, he said, and helps boost the local economy.

"I like the idea that in an economic crunch, we can support California by buying California produce," he said. "While you're taking care of yourself, you can take care of your neighbor, and we can all lift ourselves up."

Gardner said these hard times provide an opportunity for families to re-examine their priorities.

"All of us know we have more 'things' than we need. That's one of the reasons we're in this economic crisis. But when it comes to food, that is one of the first places your money should go. It affects your health, your mood, your energy level and how well you sleep," he said. "In these times, it's a great opportunity to think about using our dollars more effectively and more healthfully by eating lower on the food chain, eating out less frequently and making more meals at home with friends and our families."

FROM FAMILY ON PAGE 1

with pumpkins, zucchini, corn, peppers and herbs, and they recycle rainwater instead of running the hose. Both now bring their lunch to work. They spend more family time outdoors in neighborhood parks and on local hiking trails, and take part in free activities like street fairs to stay connected to the community. Kate clips coupons, buys second-hand clothes and toys, and uses the library instead of buying books. An extra benefit of this economic belt-tightening, she said, is that the household is now more environmentally conscious—an important lesson she wants to pass along to her young son.

"I think the changes we've made will keep because now we realize that we don't really need all that much," she said. "We've made some compromises, but we still have a wonderful life and we certainly don't feel deprived. Everyone I talk to is making concessions and pulling back a little, but maybe it's not a bad thing if people are taking stock of need versus want." ■

more. But regardless of age, all kids need to know that whatever changes happen in the family, the parents will handle them and the kids will be taken care of.”

Williams advised against trying to hide events such as job loss. “Parents should not assume that just because kids haven’t said anything, they don’t notice something is wrong,” she said. “If parents are more stressed and irritable because of money troubles, kids will pick up on that. In general, it’s always about sitting down with your kids and talking with them.”

At the same time, she said, discussing small details of family finances in front of the children may not be a wise idea.

“Sitting down and talking with your kids is different than talking in front of them,” she said. “When you talk with them, you’re giving them your undivided attention and letting them ask and answer questions. They don’t have to come to their own conclusions about the situation. That’s quite different than if they’re listening to a conversation about how to pay a bill. Those conversations are better held in private.”

Williams also advised that families try to stick to normal routines. “Packing a picnic, going to the park or having play dates will still let kids have fun in a way that doesn’t tax your budget,” she said. “The normalcy, routine and consistency help reassure kids.”

## Get enough sleep

“We see this problem here in the Bay Area, as we have been very hard hit,” said sleep expert Rafael Pelayo, MD, who treats adults and children at the Stanford Sleep Medicine Clinic. He said Stanford’s sleep experts are seeing a growing number of visitors—both new patients and people whose problems have been exacerbated by economic worries.

“A lot of people have been laid off or are concerned about losing their jobs,” said Allison Siebern, PhD, a psychology fellow at the clinic. “People who still have jobs may be working longer hours and picking up the slack as others get laid off. So they have less transition time at night, less time to relax before sleep time.”

She said anxiety may trigger the arousal system, a process that enables humans to respond to imminent threats, which can interfere with normal sleep cycles.

“Now the threats are, ‘Am I going to lose my job?’ ‘How am I going to perform at work tomorrow?’” she said. “Lying in bed is a perfect time to start ruminating. That arousal system just breaks right through the sleep time.”

She recommends an hour buffer zone before sleep to engage in activities that are relaxing and calming. For most people, watching the news and checking e-mails probably isn’t helpful, as these activities may activate the arousal system, she said.

Pelayo said the sleep center has expanded its services to accommodate demand from people suffering from insomnia. The clinic, the only one in the community with a comprehensive insomnia management program, pairs psychologists with physicians to address the physical and behavioral issues at the root cause of the problem. After two months of starting treatment, about two-thirds of the clinic’s patients sleep better without medication, he added.

“It’s important to understand that although more people may be suffering from sleep problems, the vast majority will improve when the problems are addressed correctly,” Pelayo said. “We should all wake up feeling refreshed.”

**A**s many as one-third of Americans report losing sleep over the economy, according to a poll this past spring by the National Sleep Foundation.



Rafael Pelayo, MD



Allison Siebern, PhD



David Spiegel, MD

## Keep stress in perspective

**I**n a recent poll by the American Psychological Association, 80 percent of Americans reported significant stress as a result of the economy, up from 66 percent last April. David Spiegel, MD, professor of psychiatry and behavioral sciences, provides insight on how the economy can impact psychological health and offers some tips on how to cope.

### **How is today’s economy affecting health?**

We’re seeing a lot of people coming to the emergency room—people who are unemployed and can’t find another job. They may be socially isolated. At work, you have daily contact with people. At home, on the Internet looking for jobs, you don’t have that social contact. There are other secondary ramifications of unemployment—the daily humiliation of not feeling like a part of the workforce, the things you can’t buy that you used to be able to. It tends to gnaw at your sense of self-esteem.

### **What signs and symptoms should people be on the lookout for?**

People should be alert to disruption in their usual daily cycles—sleeping, eating and exercise. If you experience a big weight gain or if you’re starting to lean on drugs and alcohol, those may be signs. If you start to notice that you’re anxious all the time, even when you’re not looking for work or thinking about your financial problems, or if you’re feeling hopeless, helpless and worthless, that is when it moves into the psychiatric domain.

### **In what ways could children be affected by the economic situation?**

First of all, they see the effects on their parents. A parent looking for a job may not be as emotionally free, so kids will sense the emotional withdrawal or irritability of the parent. The kids naturally blame themselves because they don’t understand the causes of these changes. They will act up to prove that they are in control and to distract their parents. It just creates conflict. It’s tough on everybody.

### **What advice do you have to help people to stay centered?**

Give the devil his due. Do what you have to do to deal with your economic situation, but then keep your life going. I think it’s important to take time off from worrying about all this. There’s a way in which this economic downturn can push us back to basics, and I think that is a good thing. Instead of going to a sports game for \$300, watch it on TV. Make some music together. Take a walk. It makes you feel better and brings people together.

The second thing is to recognize that you’re not alone. Spend time getting the big picture. It’s also a time to take stock about what’s important—like family—and what isn’t. I also think people should dose themselves on how much media input they’re getting. You cope with stressors better if you can do something about them. So acquire information to the extent that it will help you make a decision to do something about it, but then let it go.

To hear a podcast interview with sleep expert Allison Siebern, PhD, go to [med.stanford.edu/121/2009/siebern.html](http://med.stanford.edu/121/2009/siebern.html). To learn more about sleep medicine, visit [stanfordhospital.org/clinicsmedServices/clinics/sleep](http://stanfordhospital.org/clinicsmedServices/clinics/sleep).

To hear a podcast interview with David Spiegel, MD, go to [med.stanford.edu/121/2008/spiegel.html](http://med.stanford.edu/121/2008/spiegel.html).

# LEARN MORE ABOUT YOUR HEALTH

EVENTS ARE FREE UNLESS OTHERWISE NOTED. SPACE MAY BE LIMITED, SO PLEASE CALL TO REGISTER IN ADVANCE.

## Trends in Hip and Knee Replacement Surgery

Presented by Stanford Health Library

**SPEAKER:** James I. Huddleston, MD  
Associate Professor of Orthopaedic Surgery  
**DATE:** Wednesday, June 17, 7 pm  
**LOCATION:** Redwood City Public Library  
1044 Middlefield Road, Redwood City  
**To register, call 650-498-7826.**

## Heart to Heart: A Seminar on Growing Up for Parents and Kids

Presented by Packard Children's Hospital

### FOR GIRLS ONLY

JUNE 17 and 24, 6:30–8:30 pm  
JULY 20 and 27, 6:30–8:30 pm  
AUG. 19 and 26, 6:30–8:30 pm  
AUG. 20 and 27, 6:30–8:30 pm (Campbell Community Center, Roosevelt Room)

### FOR BOYS ONLY

JUNE 22 and 29, 6:30–8:30 pm  
JULY 16 and 23, 6:30–8:30 pm (Campbell Community Center, Roosevelt Room)  
AUG. 4 and 11, 6:30–8:30 pm  
**LOCATION:** Packard Children's Hospital Auditorium, 725 Welch Road, Palo Alto

**Attendance fee. To register, call 650-724-3783.**

## Parents of Children Diagnosed with an Autism Spectrum Disorder

Presented by Packard Children's Hospital

**DATE:** Every Thursday through Aug. 13, 5:30–7 pm  
**LOCATION:** Conference Room 2209, 401 Quarry Road, Palo Alto  
**Attendance fee. To register, call 650-721-6327.**

## Parenting Your Chronically Ill Child: Strategies for Hospital and Home

Presented by Packard Children's Hospital

**DATE:** Tuesday, June 23, 7–8:30 pm  
**LOCATION:** Packard Children's Hospital Auditorium, 725 Welch Road, Palo Alto  
**To register, call 650-724-3783.**

## Informational Seminar on Bariatric Surgery

Presented by Stanford Department of Surgery

**SPEAKER:** John Morton, MD  
Associate Professor of Surgery  
**DATE:** Wednesday, June 24, 4–6 pm  
**LOCATION:** Munzer Auditorium, Beckman Center, Medical Center campus  
**For information, call 650-724-4599.**

## Pediatric Weight Control Program

Presented by Packard Children's Hospital

A family-based, group behavioral and educational program that promotes lifelong healthy eating and exercise habits for overweight children, adolescents and their families. This six-month weight management program is offered to children ages 8–12 and adolescents ages 13–15.  
**To learn more, join us at an open house on Monday, June 29, 7–8 pm. To register, call 650-725-4424.**

## Independence Day BBQ

Sponsored by the Stanford Blood Center

**DATE:** Wednesday, July 1, noon–7:30 pm  
**LOCATION:** 3373 Hillview Ave., Palo Alto  
**To take part and schedule an appointment for blood donation, call 888-723-7831.**

## Grandparents' Seminar

Presented by Packard Children's Hospital

**DATE:** Sunday, July 26, 1–3 pm  
**LOCATION:** Packard Children's Hospital Board Room, 725 Welch Road, Palo Alto  
**Attendance fee. To register, call 650-723-4600.**

## Bach & Bite

Sponsored by the Stanford Blood Center

Enjoy an afternoon of classical music and gourmet foods  
**DATE:** Saturday, Aug. 1, 11 am–3 pm  
**LOCATION:** 3373 Hillview Ave., Palo Alto  
**To take part and schedule an appointment for blood donation, call 888-723-7831.**

## Hearts of Summer

Sponsored by the Stanford Blood Center

Come by for food, games, prizes and a special T-shirt  
**DATE:** Thursday, Aug. 20, noon–7:30 pm  
**LOCATION:** 3373 Hillview Ave., Palo Alto  
**To take part and schedule an appointment for blood donation, call 888-723-7831.**



## Senior Games Special Events

### August 1:

#### Torch Run and Welcome Ceremony

Leaves Palo Alto City Hall at 7:15 pm; arrives Cobb Track at Stanford at 9 pm

### August 8:

#### Celebration of Athletes (limited seating)

Maples Pavilion, Stanford, 7–9:30 pm

### August 1-15:

#### Competitions

All day, Stanford University and Bay Area venues

#### Peak Performance Lecture Series

1–2 pm daily, Avery Rehearsal Hall, Stanford University

#### Evening Entertainment

5–7 pm, Athletes Village, Stanford University

Most activities are free and open to the public.  
For more information, visit [2009seniorgames.org](http://2009seniorgames.org).

FROM EXERCISE ON PAGE 2

amount of exercise might reduce the risk of dementia, she said. "Exercise can also enhance capacity, reduce fall risk and improve quality of life," she added.

### Beneficial activities

"There is no single cookbook for healthy aging and living," said Fanton. "Exercise that is beneficial to most people includes both strength and aerobic training."

Without a basic muscle strengthening program, simple tasks such as carrying groceries or gardening can become a challenge as people age. "A moderate lifting program of free weights can significantly improve muscle and joint function,

tone and appearance, and assist in weight control," said Fanton.

Some exercises serve dual purposes: For example, lifting weights in a pool can assist in the early stages of a strength program and help improve flexibility.

Ghatak recommends that anyone considering an exercise program take into account his or her general health, capacity, fall risk and presence of disease. "Physicians and physical therapists can help determine which exercises are most beneficial to each individual," she said.

Most of all, said Fanton, "keep it fun, keep it interesting, and keep it sensible." [SMU](#)

**Stanford Hospital & Clinics** is a gold-medal sponsor of the 2009 Summer National Senior Games at Stanford University Aug. 1–15. Some 10,000 athletes age 50 and older will compete in 25 sports. Stanford experts will offer free public lectures and activities on topics ranging from healthy aging to peak performance. Participants can stop by the hospital's booth in the Athletes Village from 9 am to 6 pm daily. For more information, including schedules, directions and parking, visit [stanfordhospital.org/seniorgames](http://stanfordhospital.org/seniorgames), e-mail [seniorgames@stanfordmed.org](mailto:seniorgames@stanfordmed.org) or call 650-723-7180.

# Safe seating

**A**t Lucile Packard Children's Hospital, 10,000 car seats have been fitted for families—an important milestone since four out of five car seats for kids are used incorrectly, putting children at risk. The Maggie Adalyn Otto Safely Home Car Seat Fitting Station is operated by certified technicians, including Benjamin Arias (pictured), who check to see that the seat brought by the family is not damaged or defective. They will make sure the seat is a good fit for the child and will give parents instructions and demonstrations on how to properly install and use the seat, and how to place the child in it. Packard Children's is the only hospital in the Bay Area to offer a free car seat fitting service.

For an appointment, contact Benjamin Arias at 650-736-2981 or [barias@lpch.org](mailto:barias@lpch.org).

*Learn more about Packard Children's car seat fitting service at [carseatfitting.lpch.org](http://carseatfitting.lpch.org).*



## Volunteers needed for allergy treatment study

**G**rass pollen and dust mite allergy sufferers, ages 5 to 65, are needed for a Stanford University School of Medicine clinical trial of a new “ouch-less” alternative to allergy shots. “Having shots is not much fun,” said Kari Nadeau, MD, PhD, an assistant professor of pediatrics at Lucile Packard Children's Hospital who is leading the study. “We're looking for another way to help people become tolerant to the things that trigger their allergies.”

Volunteers will take daily under-the-tongue squirts of an allergy therapy that works on the same principle as allergy shots—but without the pokes. Subjects will return to Stanford every few months for tests and keep a diary of allergy symptoms. Prospective volunteers, who must be allergic to both grass and dust mites, can get more information by calling Lisa Hoyte at 650-723-5227 or e-mailing [ehoyte@stanford.edu](mailto:ehoyte@stanford.edu). [SMU](#)

### Did you know?

**The most common blood type in the world is Type O. The rarest, Type A-H, has been found in fewer than a dozen people since the type was discovered.**

## For healthy exercise, follow these important guidelines:

- > Consult with your physician as you progress or if you experience injury, sudden pain or weakness.
- > Talk with your physician about vision limitations and medication side effects that could impact your safety as you exercise.
- > Consider working with a personal trainer or physical therapist, or joining a group or exercise class.
- > Exercise lightly and consistently two or three times a week.
- > Warm up, warm down and stretch.
- > Don't push too hard.
- > Give your body a chance to recover.
- > Do not exercise through pain.
- > If joint pain occurs, switch to a low-impact activity like swimming or cycling.
- > If your bone density might increase the risk of a break, avoid contact sports, crowded workout spaces or activities that require balance.
- > Wear protective gear and supportive shoes.

FROM TEENS ON PAGE 1

About half of the Web sites failed to provide accurate, complete information about emergency contraception, also known as “the morning-after pill.” Sixty percent of the Web sites said the birth control pill causes weight gain despite recent research showing modern oral contraceptives do not affect body weight. And only 19 percent of the Web sites made it clear that intrauterine devices are safe for adolescents to use.

In addition, only about half of the Web sites surveyed correctly stated that some STDs, such as herpes, can be transmitted through skin-to-skin contact or kissing.

Yen's research suggests teens looking for sexual health answers should steer toward Web sites associated with academic medical centers, where site review committees are more likely to include a board-certified adolescent medicine specialist. Her team decided that the following are the most reliable sites:

- Go Ask Alice at [goaskalice.columbia.edu](http://goaskalice.columbia.edu)
- The Center for Young Women's Health at [youngwomenshealth.org](http://youngwomenshealth.org)
- TeensHealth at [kidshealth.org/teen](http://kidshealth.org/teen)
- Teen Wire at [teenwire.com](http://teenwire.com)

She also recommends the book “Our Bodies, Ourselves” to her patients and suggests young people see a physician who specializes in adolescent medicine.


“Making the transition between childhood and adulthood can be tough on teenagers,” said Neville Golden, MD, chief of adolescent medicine at Packard Children's. “We know this population has a lot of questions about reproductive health. That's why Dr. Yen's research is so important. She has demonstrated that there is a tremendous amount of misinformation on the Web. It is the challenge of medical providers to help provide accurate and updated information.” [SMU](#)



*Stanford Medicine News* is published by the communications group at Stanford University Medical Center.

If you wish to unsubscribe from this publication, please send your name and address to: [communitynews-owner@lists.stanford.edu](mailto:communitynews-owner@lists.stanford.edu).

[communitymednews.stanford.edu](http://communitymednews.stanford.edu)

Printed on recycled paper, using soy-based inks 

**Stanford Medicine News**  
Stanford Hospital & Clinics  
300 Pasteur Drive  
Stanford, CA 94305-5547

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE PAID  
SAN FRANCISCO, CA  
PERMIT NO. 2989

## Taking the time to help patients in need



**Hayes Gladstone, MD**, a dermatologic surgeon, is a long-time volunteer at Arbor Free Clinic.

**E**ven before the Arbor Free Clinic in Menlo Park opens each Sunday morning, patients line up, waiting to be seen. They are people without health insurance, without enough money to pay for a doctor visit. Some may not have been to a doctor for years. But at Arbor Free, they can see Stanford physicians like Hayes B. Gladstone, MD, who has volunteered there one Sunday a month for eight years, ever since he joined the medical staff of Stanford Hospital & Clinics.

Gladstone heads the Hospital's Division of Dermatologic Surgery. He is a recognized expert in the micrographic treatment of skin cancer, minimally invasive facial surgery and soft tissue reconstruction. His research has been published dozens of times in medical journals, and he serves on the editorial board of the *Journal of Dermatologic Surgery*.

He is also a doctor's son who grew up in the blue-collar town of Canton, Ohio, watching his father willingly treat patients who could not always pay in cash. And both of Gladstone's parents believed that each person must contribute to fulfill his or her collective social responsibility.

Gladstone has established his own volunteer tradition, helping to start a free clinic when

he was a medical student at the University of Rochester and volunteering at a free clinic when he was a resident in dermatology at the University of Washington Medical Center. In 2003, he and a colleague co-founded the Blade and Light Society, a group that arranges for dermatologic surgeon volunteers to travel

to countries with inadequate health care systems and high rates of skin cancer. The Blade and Light teams work for five days, 14 to 16 hours each day.

"As doctors, we all get caught up in our daily lives and how busy we are—but then seeing others less fortunate and who have no health care brings everything into perspective," said Gladstone. "I believe that we all have a responsibility to both the community and society, and to contribute to its well-being is particularly true of the medical profession."

At the Arbor Free Clinic, Gladstone and the other volunteer physicians work with Stanford medical students, sharing many hours of their time. The volunteers that keep the clinic running "are dedicated and very idealistic," Gladstone said. All the medications are donated, and funds are always needed. "We run on a shoestring," he said. "We also need more doctors."

Gladstone knows that his time at the clinic has several values. He enjoys teaching by example, and students can learn in an environment where they spend more time with patients. They are also working with limited resources, learning how to provide basic health care.

The patients Gladstone sees have skin problems that clearly reflect their lives. They are likely to have spent time outside, whether from lack of housing or because they have done outside work for years. Under those circumstances, Gladstone said, "the skin takes a beating. Seeing the medical dermatology patients at Arbor reminds me how vulnerable the skin is to the environment."

He sees people with skin issues ranging from trenchfoot to dermatitis, and he also screens and treats patients for skin cancer.

Gladstone has a full schedule that includes his hospital practice, surgery, teaching and research. But those Sunday mornings are as important to him as his other responsibilities. Being at Arbor, he said, "you remember why you are in medicine." ■

To learn more about the Arbor Free Clinic, visit its Web site at [arbor.stanford.edu](http://arbor.stanford.edu).

**"I believe that we all have a responsibility to both the community and society."**

**Hayes Gladstone, MD**  
Arbor Free Clinic  
volunteer