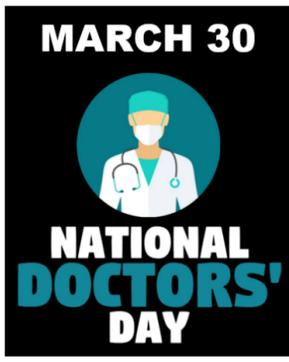


March 2021



Tomorrow is National Doctors' Day – Join Us in Celebrating!

Tomorrow, March 30th, the nation commemorates Doctors' Day. This year we have a unique opportunity to let doctors and other healthcare staff know how much their skill, compassion, and exceptional care are appreciated. Join us in celebrating the Stanford Health Care – ValleyCare healthcare teams that have responded to the global pandemic with selflessness, resilience, and compassion. Our hospital's amazing team members provide exceptional medical care and treatment, offering a hand to hold, an encouraging word, or a listening ear – taking care of patients like you and your loved ones, treating them like family. By making a gift in honor of [Doctors' Day](#), you not only celebrate these compassionate healthcare heroes, you make them feel appreciated! Along with your gift, we encourage you to show your gratitude by enclosing a note of thanks to your honoree(s). This note, along with a special commemorative pin, will be shared with them and will be truly appreciated, especially now!

[Honor Your Healthcare Team Now](#)



StanfordMed LIVE Featuring NASA's Kate Rubins from the International Space Station

On March 17, 2021, Lloyd Minor, MD, dean of Stanford University School of Medicine, and David Relman, MD, professor of microbiology and immunology, hosted a LIVE chat with NASA astronaut Kate Rubins, PhD, a microbiologist and Stanford alumna. Dr. Rubins joined from the International Space Station (ISS) to discuss the unique challenges of conducting experiments in space, the importance of science, and the joy of discovery. In 2016, on Dr. Rubins' first mission to the ISS, she became the first person to sequence DNA in space. She has also participated in two spacewalks. On this mission, she is furthering her study of microgravity's effect on heart tissue and developing a microbial census of the station. In the interview Dr. Rubins also discusses her career journey from Stanford to NASA and provides career advice for students. To view the recording of this LIVE event, click [here](#).



Free Nutrition Services for Cancer Patients

Meet Maggie! Maggie is one of Stanford Health Care - ValleyCare's Registered Dietitians. She feels a special connection with cancer patients, having lost her mother to cancer when she was 7 years old. This inspired her life's work, in which she "wants to make sure that people going through cancer treatment and recovery have someone to help them with their quality of life during such a difficult time." Maggie provides free nutrition services to our cancer patients. One of Maggie's patients told her, "Honey, you're a lifesaver!" To support our cancer nutrition program, click [here](#).

(Pictured above: Maggie, prior to COVID-19 restrictions)



Cancer Society Recommends Colorectal Cancer Screening Beginning at Age 45

The American Cancer Society (ACS) has guidelines for colorectal cancer screening and recommends people at average risk for colorectal cancer begin screening at age 45. In the most recent guideline update, ACS lowered the age to start screening because studies show rates of colorectal cancer among people younger than 50 are on the rise. ACS experts have determined that earlier screening could help save more lives. In addition, people at higher risk for colorectal cancer may need to start screening before age 45. Colorectal cancer is the second most common cause of cancer death in the United States when men and women are combined; however, regular screening can find colorectal cancers when they are small, haven't spread, and might be easier to treat. Several test options are now available for colorectal cancer screening. Talk to your healthcare provider or learn about Stanford Health Care – ValleyCare's gastroenterology services by clicking [here](#).

March is National Nutrition Month



During the month of March, everyone is encouraged to learn about making informed food choices and developing healthful eating and physical activity habits. According to the Academy of Nutrition and Dietetics, "there is no one-size-fits-all approach to nutrition and health. We are all unique, with different bodies, goals, backgrounds, and tastes!" Take some time this month to think about your nutrition. If you need help, Stanford Health Care – ValleyCare's outpatient registered dietitians are available by appointment to provide a comprehensive nutrition evaluation and medical nutrition therapy. To learn more, click [here](#).

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Your ValleyCare Charitable Foundation (VCCF) team has one mission: to help provide Stanford Health Care – ValleyCare with the resources it needs to offer the Tri-Valley exceptional, patient-centered community medicine, coupled with specialized Stanford Medicine programs to deliver a full continuum of care. This eNewsletter is a monthly email newsletter distributed to friends of ValleyCare Charitable Foundation. If you have questions about the content in the newsletter, please contact the [VCCF Team](#).

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1111 E. Stanley Boulevard, Livermore, CA 94550