

August 2009

Most Popular Last Month

[A Mayo Perspective on Current Health Reform Issues](#)

[Prostate Cancer: From Inoperable to Cancer Free](#)

[Mayo Clinic Plans Facility at Mall of America](#)

Webfeeds & Podcasts

Receive Mayo Clinic news as it happens. Subscribe to [Webfeeds](#).

Facebook and YouTube sites

Join the [Mayo Clinic Fan site](#) on Facebook: Write on the wall, join the discussions and learn more about Mayo Clinic.

Join the [Visit Mayo Clinic's You Tube channel](#). Watch videos about Mayo's latest research and treatment advances.

Share Your Story

The [Sharing Mayo Clinic blog](#) is a place for patients, health care providers and Mayo Clinic employees to share their Mayo experiences and connect with people.

Email Newsletters

Stay up to date with Mayo activities through [email newsletters](#).

Mayo's Impact on Medicine

By giving to the [Campaign for Mayo Clinic](#), you can have a life-changing impact on the world.

Virtual Tour

Take a [virtual tour](#) of Mayo Clinic facilities in Arizona, Florida and Minnesota.

Pass It On

Invite a friend to [subscribe](#) by forwarding this newsletter.

Patient Care

Researchers Find Anesthesia Not Harmful for Babies during Birth Process

Mayo Clinic scientists have found that children exposed to anesthesia during Cesarean section are not at any higher risk for learning disabilities later in life.

[Read news release.](#)

Patient Stories

With an Uncertain Cancer Diagnosis, Ning Chien Sought Answers at Mayo

After being diagnosed by Mayo doctors with treatable autoimmune pancreatitis, rather than deadly pancreatic cancer, Ning Chien says, "The sky seems bluer and the air smells fresher."

[Read Ning's story.](#)

Surviving Breast Cancer

On her 37th wedding anniversary, Nimaat Al Azzah was diagnosed with breast cancer and underwent immediate tumor removal surgery in her home country of Jordan. Her husband insisted they visit Mayo Clinic for further evaluation because of Mayo's expertise in cancer treatment.

Read Nimaat's story on [the Sharing Mayo Clinic blog](#).



Where I Go to Get Well

"New amazing treatments are continually being discovered and my doctors at Mayo will guide me to the latest and the best options when, and if, my cancer shows up somewhere else. To me, it's all a miracle – and one that's available to me because Mayo is where I go to get well." Shelia Robb shares her cancer treatment story on the [Sharing Mayo Clinic blog](#).

Research

Regular Exercise Prior to a Stroke Helps Patients Recover Faster

Individuals who exercise regularly prior to the onset of a stroke appear to recover more quickly, say researchers at Mayo Clinic in Florida.

[Read news release.](#)

The Science of Exercise

We know exercise is good for us but Mayo Clinic researchers are investigating exactly how both physical and mental stresses affect the body's nervous system.

[Read Discovery's Edge story.](#)

Arizona News

Mayo Recognized for Implementing Quality Heart Disease and Stroke Care

The American Heart Association/American Stroke Association has recognized Mayo Clinic in Arizona for using evidence-based guidelines to provide the best possible care to patients.

[Read news release.](#)

What is Creativity?

Neurologist Richard Caselli, M.D., is exploring the concept of creativity, the steps associated with it and how an individual can channel it.

[Watch Medical Edge TV story.](#)

Florida News

"Phase 1" Cancer Therapies Being Tested to Develop New Treatment Options

Mayo Clinic in Florida is one of only a few medical centers in the Southeast testing early "phase 1" investigational therapies for cancer patients. The goal is to identify drugs that are more effective and have fewer side effects, as well as agents that can be used when other treatments fail.

[Read news release.](#)

Researchers Find First Potential Gene Mutation for Restless Legs Syndrome

An international team of researchers led by scientists at Mayo Clinic in Florida have found what they believe is the first mutated gene linked to restless legs syndrome.

[Read news release.](#)

Minnesota News

Breakthrough Study Shows Stem Cells Can Repair Heart

Researchers have demonstrated that induced pluripotent stem cells can be used to treat heart disease. The researchers reprogrammed ordinary fibroblasts (cells that contribute to scars such as those resulting from a heart attack) into stem cells that fix heart damage caused by infarction.

[Read news story.](#)

Mayo in the Media

[10 Steps to Better Health Care](#)

New York Times

[What the Mayo Clinic knows](#)

Freep.com

[Study Raises Doubts About Link Between Autism And Digestive Problems](#)

Baltimore Sun

[Manage My Subscription](#) (including unsubscribe).
© 2009 Mayo Clinic. All rights reserved. [Terms of Use](#).

13400 East Shea Blvd
Scottsdale, AZ 85259

Mayo Clinic
4500 San Pablo Road
Jacksonville, FL 32224

200 First St. SW
Rochester, MN 55905