

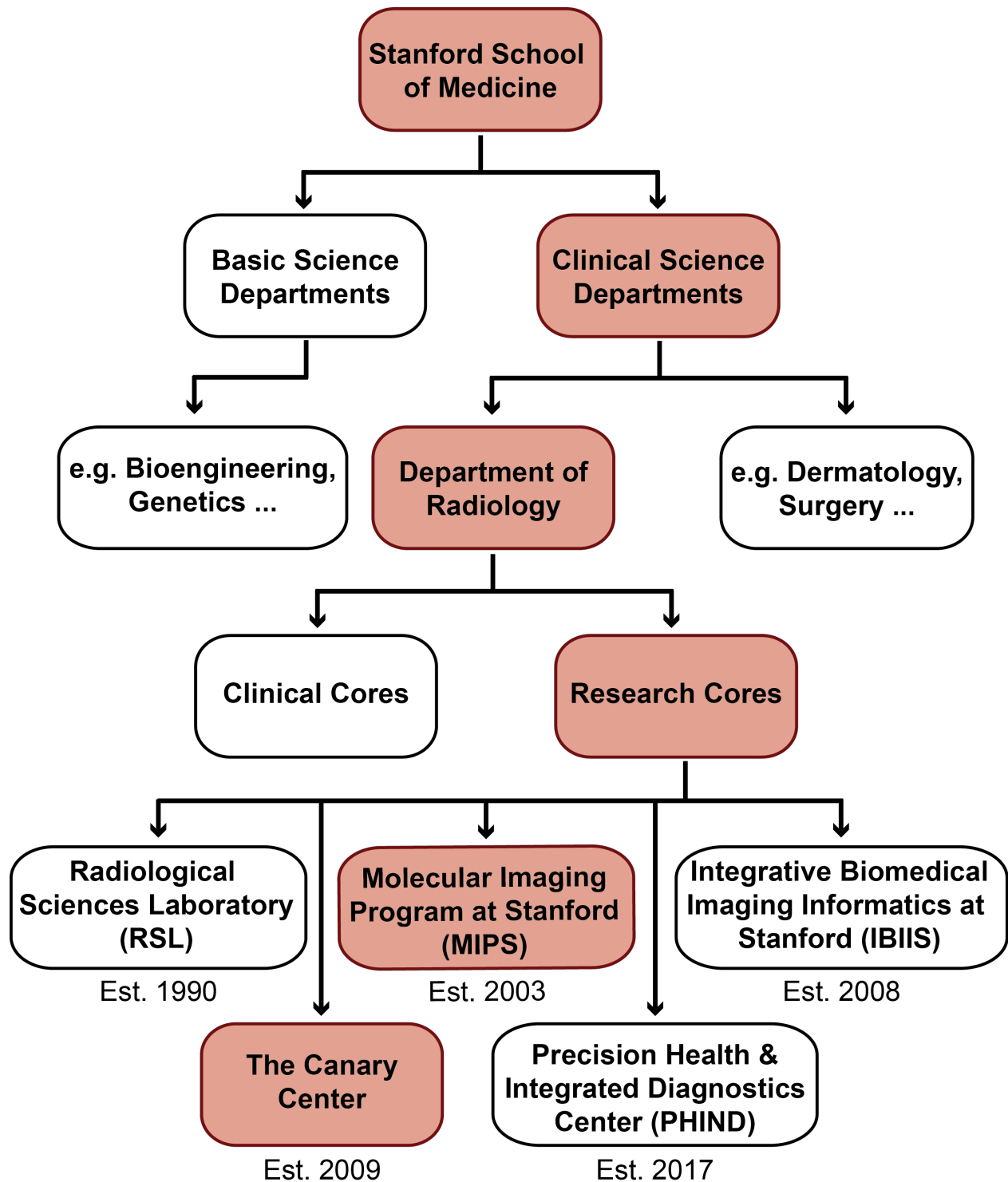
# **MCTC Introductory Booklet**



## TABLE OF CONTENTS:

p. 3	Our Family Tree
p. 4	Canary Center
p. 6	Molecular Imaging Program at Stanford (MIPS)
p. 8	MIPS/Canary Trainee Council (MCTC)
p. 10	Events
p. 12	Other Useful Facilities <ul style="list-style-type: none"><li>• Radiological Sciences Laboratory (RSL)</li><li>• Precision Health and Integrated Diagnostics (PHIND)</li><li>• Integrative Biomedical Imaging Informatics at Stanford (IBIIS)</li><li>• Center for Cancer Nanotechnology Excellence for Translational Diagnostics (CCNE-TD)</li><li>• Bio-X</li><li>• Chem-H</li></ul>
p. 16	Useful Websites <ul style="list-style-type: none"><li>• For a roof and shelter</li><li>• For those with dependents</li><li>• For postdocs</li><li>• For international trainees</li><li>• For getting around</li><li>• For secondhand goods</li><li>• For a social life</li><li>• For your work</li><li>• For working out</li><li>• For food</li></ul>
p. 26	Other Useful Tidbits, or Things Worth Reiterating

## OUR FAMILY TREE:



# CANARY CENTER AT STANFORD FOR CANCER EARLY DETECTION

## Am I part of the Canary Center?

You're part of the Canary Center if your advisor is part of the Canary Center!

Check out the list here: <http://canarycenter.stanford.edu/people/full-members.html>

## Mission:

To develop blood tests and molecular imaging approaches to detect and localize early cancers.

The Canary Center is named after the analogy of a canary placed in a mine, which in the olden days would give miners early warning signs of danger. Similarly, the Canary Center seeks to detect cancer early, allowing doctors and patients to act sooner.



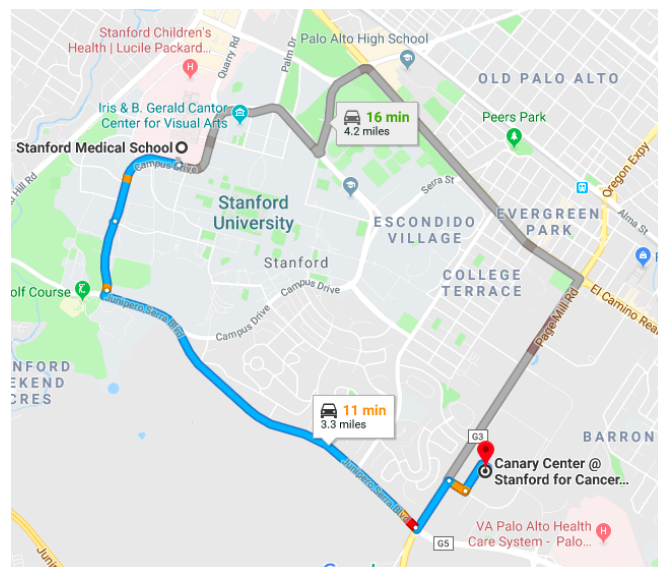
## Why:

Early detection → Better treatment options & prognosis → More lives saved!

## Where:

Approximate 10 minute drive from the Stanford School of Medicine central campus.

- Free shuttle every half hour: Marguerite **1050A** line
- Free parking for cars



## People to know:

### Sanjiv Sam Gambhir

- Director, Canary Center
- Director of MIPS
- Chair of Radiology

### Stephanie van de Ven, MD, PhD

- Deputy Director, Program, Canary Center

### Mark Stelowitz

- Deputy Director, Operations, Canary Center

### Don Listwin

- Founder & Chair, Canary Foundation

## Possible points of confusion:

The **Canary Center** is an alliance between:

- The Canary Foundation
- The Radiology Department (MIPS is also a subsection of this department)
- The School of Medicine (Radiology is a subsection of this school)

## Canary Challenge

<https://www.canarychallenge.org/>

- 100 mile bike ride (plus easier options!)
- Fundraiser for early cancer detection research
- Annual; end of September

## More info:

Website: <https://canarycenter.stanford.edu/>

Twitter: @CanaryCenter

# MOLECULAR IMAGING PROGRAM AT STANFORD (MIPS)

## Am I part of MIPS?



You're part of MIPS if your advisor is part of MIPS!

Check out the faculty list here: [http://med.stanford.edu/mips/faculty\\_staff/faculty.html](http://med.stanford.edu/mips/faculty_staff/faculty.html)

## Mission:

To develop and use imaging technology and molecular imaging assays to study intact biological systems.

## Why:

Non-invasively imaging cells → cells, cell processes, and patients stay alive → better info gathered!

## Where:

MIPS professors are primarily located around the Stanford School of Medicine central campus

- MIPS administrative areas: James H. Clark Center, 318 Campus Drive, Rm. E153
- Director and Deputy Directors: Grant Building, 300 Pasteur Drive, Room S084B

## People to Know:

### Sanjiv Sam Gambhir, MD, PhD

- Director, MIPS
- Also Director of the Canary Center
- Also Chair of Radiology

### Gunilla B. Jacobsen, PhD

- Deputy Director, MIPS

## Possible points of confusion:

- MIPS is one of five research cores within the Dept. of Radiology
- The other four cores (see Family Tree on p.3) are:
  - Canary Center
  - Integrative Biomedical Imaging Informatics at Stanford (IBIIS)
  - Radiological Sciences Laboratory (RSL)
  - Precision Health and Integrated Diagnostics Center at Stanford (PHIND)

## Facilities that are part of MIPS:

### Stanford Center for Innovation in *in-Vivo* Imaging (SCI<sup>3</sup>)

- Small Animal Imaging facility
- Positron emission tomography (PET), PET/CT, single photon emission computed tomography (SPECT), microCT, ultrasound, bioluminescence and fluorescence imaging, photoacoustic imaging, and magnetic particle imaging (MPI)
- <http://med.stanford.edu/mips/aboutus/facilities/sci3.html>

### Radiochemistry Facility

- Where anything radioactive is made for both clinical and research use
- It's a hot and happening place
- <http://med.stanford.edu/mips/aboutus/facilities/radiochemistry.html>

## More info:

<http://med.stanford.edu/mips.html>

# MIPS/CANARY TRAINEE COUNCIL (MCTC)

## Why does our trainee council only include MIPS & Canary?

To create that small-town feel. But never fear, we still collaborate with the other members of our family tree on p. 3! Take advantage of our exclusive benefits in the meantime!

## Am I a MIPS/Canary trainee?

If you are reading this booklet, most likely yes! Trainees include graduate students, postdocs, research assistants/associates, visiting scholars, etc. (basically everyone except professors) who are part of MIPS or the Canary Center.

## Mission:

To create a strong peer network and give trainees a platform to voice their needs to faculty.

## Why:

Supported, happy trainees → Quality work!

## People to know: (and these will be the friendliest people you'll ever know)

- Aisling Chaney (Heads the trainee council)
- Aimen Zlitni and Justin Klein (Deputies)
- Find the rest of the members here:  
<http://med.stanford.edu/mips/aboutus/training-council.html>

## What we do:

- Identify and address trainee needs
  - Hold career skill workshops, wellness events, etc.
  - Bring needs and concerns to the faculty
  - Have any ideas/concerns? Feel free to reach out directly to anyone on our team!
- Organize trainee socials
  - Aka happy hours, where you can unwind and be happy
  - Last Friday of the month



- Welcome new MIPS/Canary trainees
  - Coming soon: Quarterly welcome breakfasts for new trainees
- Host lab spotlight weeks
- Connect to MIPS alumni

## Our Websites:

- Stanford website:
  - All of the info you'll need in one place!  
<http://med.stanford.edu/mips/aboutus/training-council.html>
- LinkedIn:
  - General overview (public): <https://www.linkedin.com/in/mips-stanford-42388a158/>
  - Company page (private to current MIPS members):  
<https://www.linkedin.com/company/molecularimagingprogramstanford/>
- Facebook:
  - Good for keeping up with our events
  - Don't use this as an excuse to be on social media during work
  - <https://www.facebook.com/mipscanarytrainees/>
- Instagram:
  - Where we share pictures of the cool things we do
  - [https://www.instagram.com/mips\\_canary\\_trainee\\_council/?hl=en](https://www.instagram.com/mips_canary_trainee_council/?hl=en)

## EVENTS:

### Seminars

#### **IMAGinING THE FUTURE:**

- Big name speakers
- Interdisciplinary discussions in all areas of medicine and disease
- Pre-register, refreshments after (mostly fruits & sweets)
- Hosted by MIPS
- Check the (irregular) schedule at:  
<http://med.stanford.edu/radiology/imagining-the-future.html>

#### **MIPS Journal Clubs:**

- Molecular imaging focus on both clinical and basic science
- Every other Thursday (except June, July, August)
- 12-1pm
- Free lunch
- Check schedule at:  
[http://med.stanford.edu/mips/events/journal\\_club/2018.html](http://med.stanford.edu/mips/events/journal_club/2018.html)

#### **Early Detection Seminar Series:**

- Highlights new research in early cancer detection
- Hosted by the Canary Center
- Check the (irregular) schedule at:  
<https://canarycenter.stanford.edu/seminars/early-detection.html>

#### **Integrative Biomedical Imaging Informatics at Stanford (IBIIS) Seminar Series:**

- Focuses on integrating imaging, clinical and molecular data to understand biology and improve clinical care
- 3rd Wednesday of the month
- 3:30-4:30pm
- Refreshments
- More info:  
<http://ibiis.stanford.edu/events/seminars/2018seminars.html>

**CME Radiology Grand Rounds:**

- Applications of imaging in medicine
- 2nd and 4th Friday of each month (except June, July, August)
- 12-1pm
- More info:  
<http://med.stanford.edu/radiology/education/grandrounds.html>

**PHIND Seminar Series:**

- Focuses on precision health and integrated diagnostics
- Check the irregular schedule at:  
<https://med.stanford.edu/phind/events.html>

**Mandatory Events****Happy hours:**

- LOADS of fun
- Free food/drinks
- Monthly
- Hosted by the MIPS/Canary Trainee Council
- Check schedule at:  
<http://med.stanford.edu/mips/aboutus/training-council.html>
- Just kidding, not mandatory

**Annual Events****Retreats/Symposiums:**

- Annual MIPS retreat in Fall
- Annual Canary Symposium in Spring
- Annual Stanford Imaging Symposium in Fall

## OTHER USEFUL FACILITIES

### Radiological Sciences Laboratory (RSL):

#### People to Know:

- Gary Glover, PhD (Co-Director)
- Kim Butts Pauly, PhD (Co-Director)

#### Focus:

- Magnetic resonance imaging (MRI)
- Spectroscopy (MRS)
- Diagnostic and Therapeutic Ultrasound
- X-Ray/CT imaging

#### The RSL Trainee Council

- Cousin to the MIPS/Canary Trainee Council
- We host events together!
- <http://med.stanford.edu/rsl/people/RSLtraineeCouncil.html>

#### More Info:

<http://med.stanford.edu/rsl/about.html>

## Precision Health and Integrated Diagnostics (PHIND):

### Important People:

- Sanjiv Sam Gambhir, MD, PhD (Director)
- Ryan Spitler, PhD (Deputy Director)

### Focus:

- Longitudinal monitoring of health to detect early stages of disease before a patient seeks medical health, i.e. they are already very sick and showing obvious symptoms
- Different from “Precision Medicine,” which treats a patient only after they are sick
- Devices & wearables
- Provides seed and dream team funding

### More Info:

<https://med.stanford.edu/phind.html>

## Integrative Biomedical Imaging Informatics at Stanford (IBIIS):

### Important People:

- Sandy Napel, PhD (Co-Director)
- Sylvia K. Plevritis, PhD (Co-Director)

### Focus:

- Turning imaging data into knowledge for improved health
- Computation, artificial intelligence, big data
- Fun fact: Used to be called ISIS (Information Sciences in Imaging at Stanford) before another group made the name infamous

### More Info:

<http://ibiis.stanford.edu>

## **Center for Cancer Nanotechnology Excellence for Translational Diagnostics (CCNE-TD):**

### **Important people:**

- Sanjiv Sam Gambhir, MD, PhD (Executive Council)
- Shan X. Wang, PhD (Executive Council)
- Demir Akin, D.V.M, PhD (Deputy Director, Executive Council)
- Billie Robles (Program Manager)

### **Focus:**

- Developing nano-related technologies to predict and monitor cancer therapy
- 3 main “Projects” and 3 main “Cores”
- Everything from development and characterization to clinical translation
- Meetings:
  - 3<sup>rd</sup> Friday of the month
  - 8-9 am (always runs long; plan until 9:30am)
  - Breakfast treats, but don’t be late or they’ll be gone!
  - Mailing list: <https://mailman.stanford.edu/mailman/listinfo/ccnetdall>

### **More Info:**

<http://med.stanford.edu/ccne/ccne-td/overview.html>

## BIO-X:

### Important People:

- Carla Shatz, PhD (Director)
- Heideh Fattaeh, PhD (Executive Director)

### Focus:

- Interdisciplinary [everything] to benefit human health
  - Interdisciplinary projects
  - Interdisciplinary faculty
  - Interdisciplinary disciplines
  - The list goes on...
- Provides internal seed grants and graduate fellowships
- Located in the Clark Center

### More Info:

<https://biox.stanford.edu/>

## Chem-H

### Important people:

- Chaitan Khosla, PhD (Director)

### Focus:

- Bridging chemists, engineers, biologists, and clinicians to understand/solve problems related to human health
- Houses “Knowledge Centers” that provide free-for use services and equipment
- Provides seed grant funding opportunities
- Temporarily located in the Shriram Center; soon will move into their new building

### More Info:

<https://chemh.stanford.edu/>

## USEFUL WEBSITES



### For a roof and shelter:

#### Campus housing:

<https://rde.stanford.edu/studenthousing>

- Unfortunately, Stanford only offers subsidized housing to undergraduate and graduate students
- Everyone else has to find their own housing. But don't despair! Check out the following websites:

#### SU Post:

<http://supost.com/>

- Useful not just for housing, but everything!
- @stanford.edu email address is required to post

#### Craigslist:

<https://sfbay.craigslist.org/>

- Useful for selling/buying many things

#### Housing Listserv:

<https://postdocs.stanford.edu/prospective-postdocs/housing>



## For those with dependents:

<https://cardinalatwork.stanford.edu/benefits-rewards/worklife/offerings-me/postdocs>

- Links for childcare
- Links for elder care

<https://mailman.stanford.edu/mailman/listinfo/parent-net>

- Stanford parents email listserv
- Baby things, nanny shares, recommendations, etc.



## For postdocs:

### Office of Postdoctoral affairs

<https://postdocs.stanford.edu/about>

- Website is a MUST for postdocs and visiting scholars
- Also has resources useful for everyone
  - Funding opportunities
  - Professional development
  - Housing
- Check-list for coming to Stanford



## For international trainees:

### Bechtel International Center:

<https://bechtel.stanford.edu/>

- Offers all types of services related to visas, insurance, taxes, etc.
- NEVER be scared to approach the Bechtel Center with a question!



## For getting around:



### Marguerite:

<https://transportation.stanford.edu/marguerite>

- The campus shuttle system
- Free for everyone
- Named after the original horse that carried people around in the 1890s

### Commute Club:

<https://transportation.stanford.edu/commute-club>

- Offers some sweet deals to people living off campus!
- Get paid up to \$25 per month if you don't drive to campus
- Free go-pass for Caltrain (everyone) and VTA pass (public transport in Santa Clara county; only for employees)

### Stanford Research Park Transportation (SRPGO):

<https://srpgo.com>

- If you work at Porter, then you work at Stanford Research Park
- Sign in and log your commute (bike, carpool, shuttles/buses) to receive points to redeem really cool incentives!!! Yes, really cool (carpool credit, zipcar credit, free bike tune-ups, vouchers for Cinemark, bike helmet ...)
- Any information on the best route to commute to and from the research park
- Sign-up for the mailing list and contact Aimen Zlitni for more information

### Caltrain:

<http://www.caltrain.com/riderinfo.html>

- Useful for getting up to San Francisco or San Jose
- However, no trains after midnight

## For secondhand goods:



### SUPost:

<http://supost.com/>

- Useful not just for housing, but everything!
- @stanford.edu email address is required to post

### Postdoc Exchange Email List

<https://mailman.stanford.edu/mailman/listinfo/postdoc-exchange>

- Topics include borrowing lab equipment or reagents, events of professional or general interest, apt rentals, etc.

### Secondhand Stores

- Goodwill (Palo Alto, Menlo Park, and Mountain View)
- Savers (Redwood City)

### Bechtel International Center

- Has “goods swaps” where people can bring items which they don’t need and exchange

## For a social life:



### MIPS/Canary Trainee Council (MCTC):

<http://med.stanford.edu/mips/aboutus/training-council.html>

- Our happy hours, DUH! 🍷

### Stanford University Postdoctoral Association (SURPAS):

<http://www.surpas.org/>

- Stanford University Postdoctoral Association
- All postdocs are automatically members!
- Hosts all types of events, from volunteering to socials to symposiums
- Sometimes graduate students can join as a postdoc labmate's "plus one"

### Bechtel International Center:

<https://bechtel.stanford.edu/>

- Fun events year-round!
  - Don't miss "Fire on Fire," a multinational BBQ party in the spring!
- You are always welcome to any event, regardless of your background or language abilities
- Movie nights every Friday during the academic year
  - Free dinner at 6pm
  - Movie starts at 6:30pm
- Facebook events: <https://www.facebook.com/BechtelInternationalCenter/>

### Sporting Events

<http://gostanford.com/index.aspx>

- Postdocs and graduate students get into home games for free with Student ID
- You can also check their website for any sport game information

## **Intramural Sports**

<https://recreation.stanford.edu/competitive-sports/intramural>

- MIPS/Canary/Radiology affiliates have a softball team June-September – ask around!

## **The Stanford Experience**

- Stanford has a strong social dancing scene
  - Stanford Swing Dancers: <https://swing.stanford.edu/>
  - Social Dance: <http://tusb.stanford.edu/2011/12/hidden-treasures-stanfords-social-dance-scene.html>
  - Viennese Ball: <http://vienneseball.stanford.edu/>
- Fountain Hopping
  - Stanford tradition at the end of Spring Quarter (early June)
  - Jump into one of the fountains on campus for some cool relief!

## **Stanford Email Lists**

<https://mailman.stanford.edu/mailman/listinfo>

- Find any group on campus that interests you!

## For your work:



### Bridging Education, Ambition and Meaningful Work (BEAM):

<https://beam.stanford.edu>

- Amazing!!
- For everyone: students, postdocs, employees, faculty, and family

### The Office of Postdoctoral Affairs Website:

<https://postdocs.stanford.edu/education>

- Many useful links for anything career-related

### BioSci Career Center:

<http://med.stanford.edu/biosciCareers.html>

- Counseling, coaching, curriculum, and connections

### Stanford VPTL:

<http://vptl.stanford.edu/getting-started-vptl>

- Customized support to advance teaching and learning

### More:

- Info About Teaching (for Postdocs): <https://postdocs.stanford.edu/current-postdocs/teaching>
- Academic Guidance for Graduate Students: <https://vpge.stanford.edu/academic-guidance/advising-mentoring>
- Info for Auditing Courses: <https://postdocs.stanford.edu/current-postdocs/auditing-courses>

## For working out:



### General Info:

<https://recreation.stanford.edu/>

### Map:

<http://recreation.stanford.edu/wp-content/uploads/2016/12/UpdatedMapv5OUTLINED.pdf>

### Main Gyms:

#### Arrillaga Center for Sports and Recreation (ACSR)

- Aka “the old gym”
- Located at the intersection of [Galvez and Campus Drive](#)
- Squash courts and a climbing wall
- Sand courts outside for beach volleyball

#### Arrillaga Outdoor Education and Recreation Center (AOERC)

- Aka “the new gym”
- Closer to the medical school, on [Santa Teresa](#)
- Rock climbing facility (bouldering and rope belaying with cheap shoe rentals)
- Beautiful outdoor pool

### Other Facilities:

#### Avery Aquatic Center:

- Nicer facility but more limited swim hours than AOERC
- <http://recreation.stanford.edu/aquatics-program/pool-information>

#### Li Ka Shing Fitness Center

- Badge access only for medical students and Biosciences graduate students
- 4th floor of the Li Ka Shing Center, open 24 hours

#### Fitness Facilities at Porter Drive

- 3145 Porter Drive: May be used by occupants of 3145 & 3155 Porter Drive
- 3160 Porter Drive: May be used by occupants of 3160 Porter Drive only
- <https://porterdrivecampus.stanford.edu/som/fitness-facilities>

#### Stanford Dish trail

- ~3.2 mile loop on campus
- Paved path for walking and running; no bikes
- Hilly, with views!
- <https://dish.stanford.edu/>

#### Canary Challenge

<https://www.canarychallenge.org/>

- 100 mile bike ride (plus easier options!)
- Fundraiser for early cancer detection research
- Annual; end of September
- Support us!!





## For food:

### Nexus Cafe:

- First floor of Clark Center
- Cafeteria style with many options and a great salad bar

### Beckman Bistro

- Beckman basement
- Mexican food and best coffee on campus (according to some)
- Bring your own mug for a 50 cent discount on coffee!

### Med Café

- Li Ka Shing Center (LKSC)
- Quick bites and Starbucks coffee

### Lutticken's:

- Center for Clinical Sciences Research (CCSR)
- Sandwiches made to order, quick breakfast options, etc.

### Peet's Coffee:

- Clark Center 3rd floor

### Starbucks

- Stanford Hospital
- Tresidder

### Bing Dining Room:

- Third floor of Stanford Hospital
- Pricey

### The Engineering Quad

- Several options
  - Coupa Café: <https://www.coupacafe.com/>
  - Food trucks: <http://foodtrucks.stanford.edu/>

### Tresidder Student Union

- Farther from the School of Medicine (SoM) campus, but many options!

### Dining Halls

- Graduate students can get reasonably priced meal plans
- <https://rde.stanford.edu/dining/locations-hours/>

## OTHER USEFUL TIDBITS, OR THINGS WORTH REITERATING

- Use the following checklist before/when you arrive:  
<https://postdocs.stanford.edu/current-postdocs/prior-arrival-checklist>
- Stanford Credit Union gives a bank account without a social security number
- Buildings on the School of Medicine central campus (including the hospital) are connected by underground tunnels. Use them to stay dry on rainy days (not that there are many rainy days - you just moved to paradise!)
- The Canary Center has free parking
- Use the mailing tool to sign up for listservs, including those that announce free left-overs in different buildings around campus  
<https://mailman.stanford.edu/mailman/listinfo>
- There are a lot of acronyms on campus. Please ask anyone at any time to clarify!  
<https://www.stanford.edu/campus-life/stanford-speak/>
- Welcome to our MIPS/Canary Trainee Council! We look forward to seeing you around!

