

Good News

from the University of Rochester Medical Center

News for friends of the Medical Center.



Is BMI accurate? New evidence says no.

For years, BMI—body mass index—has been the go-to tool for plotting our weight into categories, and although many of us cling to the belief that a thin body is a healthy body, recent evidence suggests that's not necessarily true. "It's time to shift our focus away from BMI and 'ideal weight'—and the judgment that goes along with higher weight—and to focus on things that are consistently proven to help us live longer, healthier lives," says UR Medicine family medicine physician Holly Russell, MD.

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Mendon family honors daughter's extraordinary care at Wilmot

Sarah Moore's life over the past year has been both mind-boggling and miraculous: 200+ days in the hospital. Nine months of chemo. Three major surgeries. Today, she feels grateful to be in her "cancer-free era." To honor Sarah's team, but also to invest in the future, her family wanted to give back to help others. "Research is the only thing that's going to save lives," shared Sarah's mother, Connie. "Sarah's journey is going to be continuous, and what we've realized is that our journey is always someone else's journey."

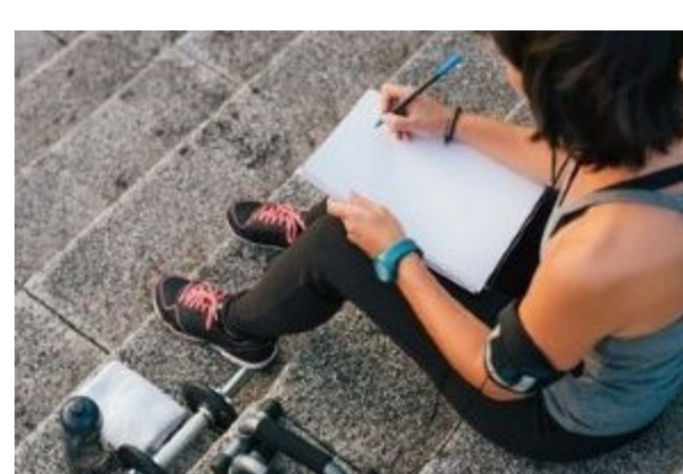
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URMC Taps Edith Williams to Lead the Center for Community Health & Prevention

A highly respected health researcher, Edith M. Williams, MS, PhD, will become the director of the Center for Community Health & Prevention (CCHP). Williams joined URMC in 2022 as the founding director of the Office of Health Equity Research.

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It's not you, it's your goal setting

Why is it so hard to set—and keep—New Year's resolutions? While many set goals, only 9% of people manage to keep their resolutions throughout the year. When people give up on their resolutions, they might think it's because they lack discipline. But what if it had nothing to do with you?

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Embracing digital innovation in healthcare



Join us for the Huang Speaker Series in Technology and Innovation.

Tuesday, February 13
Noon – 1 p.m.
Virtual event

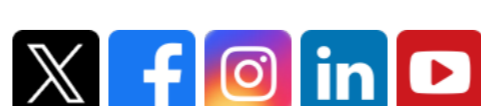
The UR Health Lab is the University of Rochester Medical Center's digital innovation incubator, which brings together faculty and students from across the University to leverage technology to solve some of the most pressing problems facing patients and clinicians. In this webinar, UR Health Lab Co-Directors Michael Hasselberg and Dave Mitten will discuss lab initiatives and partnerships, how digital innovation is used to revolutionize healthcare, and how to bridge gaps in healthcare by fostering collaboration.

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Social media highlight



UR Medicine performed a [record number of heart transplants in 2023](#): 40 lives, 40 families saved by the expertise and dedication of the Cardiac Care Team.



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