

Good News

from the University of Rochester Medical Center and UR Medicine

Stories for the health of our community.



Looking for a match made in heaven—or online? Science says stay grounded

A University of Rochester psychologist, Harry Reis, PhD, discusses how to find and foster love, including how to get the most out of online dating. (10 minute read)

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New study links mystery mutations to kidney disease, unlocking potential therapies

Using kidney disease as a proof of concept, a study co-led by URMC researcher Hongbo Liu, PhD, and published in *Science*, describes a new way to link those mystery mutations to their biological functions, which could unlock our ability to understand and cure disease. (2 minute read)

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If heart health is a concern, help is now available for cancer patients and survivors

A cardio-oncology clinic for cancer patients and survivors who need prevention strategies or treatment to improve heart health adds a new level of care at UR Medicine. (4 minute read)

[Learn more »](#)



Chocolates or cherries? The guide to lowering blood sugar

Blood glucose, or blood sugar, is the main sugar found in your blood and the body's primary source of energy. Taking the right actions now, and knowing what foods to eat and which to avoid, can help you prevent serious health problems from developing later. (4 minute read)

[Learn more »](#)



Save the date: Stroll for Strong Kids and 5k

Saturday, May 31

There's no place like Golisano Children's Hospital! Let's gather teammates, lace up our sneakers, and get moving for a great cause. Whether you pledge, walk, or run, it's a fun event that makes a big impact on little lives.

[Register for the Stroll »](#)

Social media highlight

UR Medicine

Six years ago, Nash was born with a serious heart defect that required life-saving surgery just days after birth. Six months later, he underwent a second open-heart surgery to address further complications.

Today, Nash is a thriving, energetic 6-year-old who continues to inspire everyone around him! 🌟

His family is beyond grateful for the continued compassionate care that has given him the chance to grow, play, and enjoy life. #AdvancesHappenHere #HeartMonth ❤️



Six years ago, Nash was born with a serious heart defect that required life-saving surgery. Today, he is a thriving, energetic 6-year-old. #AdvancesHappenHere



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