



## Vital Signs from Within

A new ingestible sensor can measure heart and breathing rates from within the digestive tract.

[MORE >](#)



## Good Vibrations

A gentle stimulation therapy has been found to reduce sleep apnea in preterm infants by up to 50 percent.

[MORE >](#)



## Permanent Damage

Left untreated, chronic conductive hearing loss, like that caused by recurring ear infections, can lead to irreversible hearing impairment.

[MORE >](#)

### Connect



### Featured Events

**12.03.15** [Achieving Health Equity](#): Tools for a national conversation on racism. TMEC, Rm. 250, 12:30 p.m.

**12.03.15** [The Truth About the Drug Companies](#). TMEC, Rm. 447, 6:15 p.m.

### Full Calendar

### Awards & Recognitions

### Dean's Blog

### Harvard Medicine magazine

### Paper Chase

### Harvard Health Publications



### Season of Giving

**VIDEO:** Meditation and a few simple

mindfulness techniques can help you lead a healthier, happier life and may benefit those around you, too.



Published by Harvard Medical School, Office of Communications and External Relations  
[About Us](#) | [Contact Us](#)

Was this email forwarded to you? Subscribe to receive *Harvard Medicine News* [here](#).  
To unsubscribe, please click [here](#).