



Sandra Tsai

Clinical Associate Professor, Medicine - Primary Care and Population Health

CLINICAL OFFICE (PRIMARY)

- **Stanford Internal Medicine**

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Bio

CLINICAL FOCUS

- Preventive Cardiology
- Internal Medicine

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Primary Care and Population Health
- Member, Cardiovascular Institute

ADMINISTRATIVE APPOINTMENTS

- Member, Ethics Committee, Stanford University Medical Center, (2015- present)
- Research Supervisor, Leadership in Health Disparities Summer Program, Stanford Center of Excellence, (2016- present)
- Elected Member, Medical Executive Committee, (2019-2022)
- Value Based Care Champion, Cardiac Diagnostics SPRINT, (2020- present)

HONORS AND AWARDS

- Fellow, AHA 34th Seminar on the Epidemiology and Prevention of CVD (2008)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Fellow, American College of Physicians (2010 - present)

PROFESSIONAL EDUCATION

- Postdoctoral Fellowship, Stanford School of Medicine , Stanford Prevention Research Center (2010)
- Residency: University of Texas Southwestern Medical School Registrar (1998) TX
- Medical Education: University of Texas Southwestern Medical Center (1995) TX
- Board Certification: Internal Medicine, American Board of Internal Medicine (1998)

- Masters in Public Health, University of California, Berkeley (2003)

Research & Scholarship

CLINICAL TRIALS

- A Randomized Comparison of Stage-Based Care Versus Risk Factor-Based Care for Prevention of Cardiovascular Events, Recruiting
- Cardiovascular Health in Postpartum Women Diagnosed With Excessive Gestational Weight Gain, Not Recruiting

Publications

PUBLICATIONS

- **Hypertensive Disorders of Pregnancy in Asian American, Native Hawaiian, and Pacific Islander Individuals in California, 2007 to 2019.** *Journal of the American Heart Association*
Soh, J., Carvalho Magalhaes, M., Ma, C., Tsai, S., Main, E. K., Carmichael, S. L.
2026; e042477
- **Expedited outpatient work-up is safe for evaluation of some emergency department patients with chest pain**
Lyapin, A., Tsai, S., Kalwani, N., Batchelder, R., Ravi, S., Barlas, N., Khandelwal, A., Kell, C., Gafencu, M., Levin, E.
LIPPINCOTT WILLIAMS & WILKINS.2025
- **Electronic Health Record Alert to Promote Adoption of Limited Transthoracic Echocardiograms in Primary Care and Cardiology Clinics: A Mixed Methods Evaluation.** *Circulation. Cardiovascular quality and outcomes*
Kalwani, N. M., Kling, S. M., Vilendrer, S., Garvert, D. W., Veruttipong, D., Baratta, J., Saliba-Gustafsson, E. A., Levin, E., Gaspar, C., Brown-Johnson, C. G., Tsai, S. A., Winget, M.
2024; 17 (11): e010621
- **Moving Diabetes Prevention Programs to the Workplace: A Qualitative Exploration of Barriers and Facilitators to Participant Engagement When Implemented by an Employer-Based Clinic.** *Preventing chronic disease*
Tsai, S. A., Blacker, A., Shaw, J. G., Brown-Johnson, C.
2024; 21: E83
- **Demographic, Clinical, Management, and Outcome Characteristics of 8,004 Young Children With Type 1 Diabetes.** *Diabetes care*
Sandy, J. L., Tittel, S. R., Rompicherla, S., Karges, B., James, S., Rioles, N., Zimmerman, A. G., Frohlich-Reiterer, E., Maahs, D. M., Lanzinger, S., Craig, M. E., Ebekozi, O., Australasian Diabetes Data Network (ADDN), et al
2024
- **Evaluation of video visit appropriateness for common symptoms seen in primary care: A retrospective cohort study.** *Journal of telemedicine and telecare*
Chen, D., Gonzales, E., Winget, M., Shaw, J., Artandi, M., Tsai, S. A., Nelligan, I.
2024: 1357633X231224094
- **Increasing Awareness and Uptake of Connected Insulin Pens for Eligible Patients With Diabetes: A Quality Improvement Success Story.** *Clinical diabetes : a publication of the American Diabetes Association*
He, V. L., Shin, N., Shaghasi, H., Tsai, S. A.
2024; 42 (4): 479-483
- **An initiative to promote value-based stress test selection in primary care and cardiology clinics: A mixed methods evaluation.** *Journal of evaluation in clinical practice*
Kling, S. M., Kalwani, N. M., Winget, M., Gupta, K., Saliba-Gustafsson, E. A., Baratta, J., Garvert, D. W., Veruttipong, D., Brown-Johnson, C. G., Vilendrer, S., Gaspar, C., Levin, E., Tsai, et al
2023
- **IMPLEMENTATION OF A TEAM-BASED HYPERTENSION CARE PROGRAM IN THE ERA OF TELEMEDICINE**
Phadke, A., Tsai, S. A., Sattler, A., Dang, J., Ramirez, M.
SPRINGER.2023: S635-S636
- **Testing the Appropriateness of Diabetes Prevention and Care Information Given by the Online Conversational AI ChatGPT.** *Clinical diabetes : a publication of the American Diabetes Association*
Hong, J., Kikuta, N. T., Simos, A., Tsai, S., Lin, B., Rodriguez, F., Palaniappan, L.

2023; 41 (4): 549-552

- **Association of Neighborhood Income with Clinical Outcomes Among Pregnant Patients with Cardiac Disease** *Reproductive Sciences*
Carland, C., Panelli, D. M., Leonard, S. A., Bryant, E., Sherwin, E. B., Lee, C. J., Levin, E., Jimenez, S., Tremmel, J. A., Tsai, S., Heidenreich, P. A., Bianco, K., Khandelwal, et al
2022
- **IT TAKES A VILLAGE: COMPARATIVE ANALYSIS OF STRATEGIES TO IMPROVE PROVIDER ENGAGEMENT FOR WEIGHT MANAGEMENT AT AN ACADEMIC MEDICAL CENTER**
Shah, S., Lu, C., Tsai, S. A., Reisenberg, A., Calugar, A., Filipowicz, H., Sharp, C., Phadke, A.
SPRINGER.2020: S667–S668
- **Bicuspid Aortic Valve and Ascending Aortic Aneurysm in a Twin Pregnancy.** *JACC. Case reports*
Bryant, E., Tsai, S., Levin, E., Fleischman, D., Ansari, J., Fischbein, M., Bianco, K., Khandelwal, A.
2020; 2 (1): 96-100
- **Psychological Distress Among Female Cardiac Patients Presenting to a Women's Heart Health Clinic** *AMERICAN JOURNAL OF CARDIOLOGY*
Edwards, K. S., Hekler, A. C., Baum, J., Nejedly, M., Tsai, S., Khandelwal, A., Naderi, S., Hoover, V., Tremmel, J. A.
2019; 123 (12): 2026–30
- **Association of triglyceride to HDL cholesterol ratio with cardiometabolic outcomes** *JOURNAL OF INVESTIGATIVE MEDICINE*
Yang, M., Rigdon, J., Tsai, S. A.
2019; 67 (3): 663–68
- **Breastfeeding Duration and the Risk of Coronary Artery Disease** *JOURNAL OF WOMENS HEALTH*
Rajaei, S., Rigdon, J., Crowe, S., Tremmel, J., Tsai, S., Assimes, T. L.
2019; 28 (1): 30–36
- **Hypertensive Disorders of Pregnancy.** *Current atherosclerosis reports*
Naderi, S., Tsai, S. A., Khandelwal, A.
2017; 19 (3): 15-?
- **Association of the cardiometabolic staging system with individual engagement and quality of life in the US adult population.** *Obesity (Silver Spring, Md.)*
Tsai, S. A., Xiao, L. n., Lv, N. n., Liu, Y. n., Ma, J. n.
2017
- **Impact of a Genetic Risk Score for Coronary Artery Disease on Reducing Cardiovascular Risk: A Pilot Randomized Controlled Study.** *Frontiers in cardiovascular medicine*
Knowles, J. W., Zarafshar, S. n., Pavlovic, A. n., Goldstein, B. A., Tsai, S. n., Li, J. n., McConnell, M. V., Absher, D. n., Ashley, E. A., Kiernan, M. n., Ioannidis, J. P., Assimes, T. L.
2017; 4: 53
- **Gender Differences in Weight-Related Attitudes and Behaviors Among Overweight and Obese Adults in the United States.** *American journal of men's health*
Tsai, S. A., Lv, N., Xiao, L., Ma, J.
2016; 10 (5): 389-398
- **Cardiovascular Disease** *Prevention in Prevention Practice in Primary Care*
Tsai, S. A., Ravenell, J., Fernandez, S., Schoenthaler, A., Kenny, K., Ogedegbe, G.
edited by Gorin, S. S.
Oxford University Press.2014: 120–149
- **Trends in menopausal hormone therapy use of US office-based physicians, 2000-2009** *MENOPAUSE-THE JOURNAL OF THE NORTH AMERICAN MENOPAUSE SOCIETY*
Tsai, S. A., Stefanick, M. L., Stafford, R. S.
2011; 18 (4): 385-392