



Julia J. Chang, MD

Clinical Assistant Professor, Medicine - Endocrinology, Gerontology, & Metabolism

CLINICAL OFFICE (PRIMARY)

- Endocrinology Clinic at Hoover Pavilion

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Bio

BIO

Dr. Chang is a board-certified endocrinologist. She is a Clinical Assistant Professor in Stanford Medicine's Division of Endocrinology and, by courtesy, the Department of Neurosurgery. She specializes in pituitary disorders, including prolactinomas, Cushing disease, acromegaly, non-functional pituitary masses and cysts, and hypopituitarism, as well as transgender health and gender-affirming hormone care.

For each patient, she develops a comprehensive, compassionate care plan personalized to individual needs. Her goal is always the best possible health and quality of life for every patient in her care.

Dr. Chang actively leads several pituitary and transgender care research, quality improvement, and education initiatives. She teaches Stanford trainees and serves as the associate program director for the Stanford Endocrinology Fellowship. She has published widely and presented her research at international conferences and is a member of the Endocrine Society, Pituitary Society, and the World Professional Association of Transgender Health. She is a native English speaker, and she also understands Korean.

In-person and telehealth appointments with Dr. Chang are available at Stanford Endocrinology Clinic at Hoover Pavilion, Pituitary Center at Stanford Neurosciences Health Center, and the Stanford Brain Tumor Center at Stanford Cancer Center. She is also a part of the LGBTQ+ Health Program.

CLINICAL FOCUS

- Endocrinology
- Diabetes and Metabolism

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Endocrinology, Gerontology, & Metabolism

ADMINISTRATIVE APPOINTMENTS

- Endocrinology Fellowship Associate Program Director, Stanford University School of Medicine, (2023- present)
- Endocrinology Residency Rotation Director, Stanford University School of Medicine, (2022-2023)

HONORS AND AWARDS

- Early Career Forum Award, Endocrine Society
- High Value Innovation Challenge Award, Stanford Healthcare
- Alpha Omega Alpha Honor Medical Society, Stanford University School of Medicine
- Pituitary Society Master Course for Fellows-in-Training, Pituitary Society
- Resident Clinical Decision-Making Award, Stanford University School of Medicine
- Max Miller Award, Case Western Reserve University School of Medicine
- Ray A and Robert L. Kroc Summer Research Fellowship in Endocrinology, Case Western Reserve University
- Scholarship, Korean-American Medical Association of Northeast Ohio
- Intramural Research Opportunities Fellowship, National Institutes of Health – National Institute of Allergy and Infectious Diseases
- Dean's Research Fellowship in the Sciences, Yale College
- Perspectives on Science Research Fellowship, Yale College

PROFESSIONAL EDUCATION

- Board Certification: Internal Medicine, American Board of Internal Medicine (2019)
- Board Certification: Endocrinology, Diabetes and Metabolism, American Board of Internal Medicine (2021)
- Board Certification, American Board of Internal Medicine , Internal Medicine (2019)
- Fellowship, Stanford University School of Medicine , Endocrinology (2021)
- Residency, Stanford University School of Medicine , Internal Medicine (2019)
- Medical Education: Case Western Reserve School of Medicine (2016) OH
- MD, Case Western Reserve University School of Medicine (2016)
- BS, Yale University , Biology (2011)

Publications

PUBLICATIONS

- **Endoscopic endonasal transcavernous surgery for a contemporary series of 59 prolactinomas.** *Pituitary*
Nakase, T., Ljubimov, V. A., Chang, J. J., Vogel, H., Vigo, V., Katznelson, L., Fernandez-Miranda, J. C.
2025; 28 (4): 81
- **Functional Suppression of a Prolactinoma by a Dopamine-Secreting Paraganglioma.** *JCEM case reports*
Fox, T., Needleman, L., Bharani, K. L., Mihm, F., Annes, J. P., Chang, J. J.
2025; 3 (6): luaf080
- **Injectable Estradiol Use in Transgender and Gender-Diverse Individuals in the U.S.: A Multicenter Retrospective Study.** *The Journal of clinical endocrinology and metabolism*
Misakian, A. L., Kelley, C. E., Sullivan, E. A., Chang, J. J., Singh, G., Kokosa, S., Avila, J., Cooper, H., Liang, J. W., Botzheim, B., Quint, M., Jeevananthan, A., Chi, et al
2025
- **Patient and caregiver perspectives of fluid discharge protocols following pituitary surgery.** *Journal of clinical & translational endocrinology*
Chang, J. J., Amano, A., Brown-Johnson, C., Chu, O., Gates-Bazarbay, V., Wipff, E., Kling, S. M., Alhadha, M., Carlos Fernandez-Miranda, J., Vilendrer, S.

2024; 35: 100336

- **Fertility issues in hypopituitarism.** *Reviews in endocrine & metabolic disorders*
Chen, J., Chang, J. J., Chung, E. H., Lathi, R. B., Aghajanova, L., Katznelson, L.
2023
- **Use of the Community of Inquiry Framework to Measure Student and Facilitator Perceptions of Online Flipped Classroom Compared with Online Lecture Learning in Undergraduate Medical Education.** *Advances in medical education and practice*
Chang, J. J., Hain, A., Dosiou, C., Gesundheit, N.
2023; 14: 963-972
- **Severe Posaconazole-Induced Glucocorticoid Deficiency with Concurrent Pseudohyperaldosteronism: An Unfortunate Two-for-One Special.** *Journal of fungi (Basel, Switzerland)*
Villar-Prados, A., Chang, J. J., Stevens, D. A., Schoolnik, G. K., Wang, S. X.
2021; 7 (8)
- **A RETROSPECTIVE STUDY EXAMINING PHENTERMINE ON PRECONCEPTION WEIGHT LOSS AND PREGNANCY OUTCOMES.** *Endocrine practice : official journal of the American College of Endocrinology and the American Association of Clinical Endocrinologists*
Chang, J. J., Lathi, R. B., Kim, S. H.
2020
- **LIMITED CARBOHYDRATE REFEEDING INSTRUCTION FOR LONG-TERM WEIGHT MAINTENANCE FOLLOWING A KETOGENIC, VERY-LOW-CALORIE MEAL PLAN.** *Endocrine practice*
Chang, J. J., Bena, J., Kannan, S., Kim, J., Burguera, B., Kashyap, S. R.
2017
- **A Student-Led Introduction to Lesbian, Gay, Bisexual, and Transgender Health for First-Year Medical Students** *FAMILY MEDICINE*
Grosz, A. M., Gutierrez, D., Lui, A. A., Chang, J. J., Cole-Kelly, K., Ng, H.
2017; 49 (1): 52-56
- **The protein-sparing modified fast for obese patients with type 2 diabetes: what to expect.** *Cleveland Clinic journal of medicine*
Chang, J., Kashyap, S. R.
2014; 81 (9): 557-565