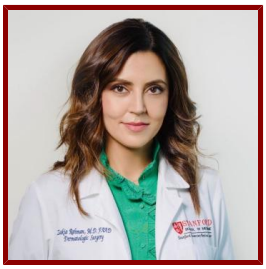
Stanford



Zakia Rahman, MD FAAD

Clinical Professor, Dermatology

CLINICAL OFFICE (PRIMARY)

- **Stanford Dermatology**

  450 Broadway St

  Pavilion B 4th Fl MC 5338

  Redwood City, CA 94063

  Tel (650) 723-6316 **Fax** (650) 721-3476

Bio

BIO

Dr. Zakia Rahman is a Clinical Professor of Dermatology at Stanford University School of Medicine where she directs the resident laser and aesthetic clinic. She is Assistant Chief of the Livermore division of the Palo Alto Veterans Healthcare system where she co-directs dermatologic surgery. Dr. Rahman graduated with distinction as a Biodesign Faculty Fellow from the Stanford Mussallem Center for Biodesign. She is Affiliate Faculty at the Stanford Center on Longevity where she and her colleagues have launched the Program on Aesthetics & Culture. Dr. Rahman is an invited lecturer nationally and internationally on skin longevity, laser and aesthetic dermatologic surgery, artificial intelligence in aesthetics, social media beauty ideals, physician burnout/wellness, and skin of color. She is a media expert and has been featured in the NYT, Bloomberg News, Huffington Post, NBC, CBS, Elle, Washington Post, LA Times, and Scientific American. She has helped pioneer lasers and energy based devices for safe and efficacious treatment of skin of color. She serves on the American Medical Association AI Subspecialty Collaborative and on the national board of directors for the American Society for Laser Medicine and Surgery. She has also previously served as Chair of the Stanford School of Medicine Faculty Senate. Her numerous awards include the Melanie Grossman Award for leadership, mentorship, and advocacy for women in medical sciences as well as the American Academy of Dermatology Presidential Citation for advancing diversity in the field of dermatology.

CLINICAL FOCUS

- Laser Dermatology
- Aesthetic Dermatology
- Longevity
- Procedural Dermatology
- Skin of Color
- Clinical Trials as Topic
- Innovation
- Restorative Dermato-oncology
- Neuromodulators

- Soft tissue fillers and biostimulatory fillers

ACADEMIC APPOINTMENTS

- Clinical Professor, Dermatology

ADMINISTRATIVE APPOINTMENTS

- Augmented Intelligence Collaborative, American Medical Association, (2004- present)
- Board of Directors, American Society for Laser Medicine & Surgery, (2024- present)
- Immediate Past Chair, Stanford School of Medicine Faculty Senate, (2022-2024)
- Chair, Stanford School of Medicine Faculty Senate, (2020-2022)
- Senate Executive Committee, Stanford School of Medicine Faculty Senate, (2018- present)
- Dermatology Departmental Senator, Stanford School of Medicine Faculty Senate, (2015- present)
- Dermatology Wellness Director, Stanford WellMD/PhD Wellness Directors Council, (2018-2023)

HONORS AND AWARDS

- Melanie Grossman Award for Leadership, Mentorship, and Advocacy for Women in Medical Science, American Society for Laser Medicine and Surgery (2023)
- Presidential Citation for advancement of diversity in the field of Dermatology., American Academy of Dermatology (2017)

PROFESSIONAL EDUCATION

- Fellowship, Stanford Mussallem Center for Biodesign , Biodesign, Design thinking, Innovation (2025)
- Residency: St Luke's Roosevelt Hospital Center (2004) NY
- Fellowship: St Luke's Roosevelt Hospital Center (2001) NY
- Internship: Yale New Haven Dept of Internal Medicine (2000) CT
- Board Recertification, American Board of Dermatology , General Dermatology, Dermatologic Surgery (2013)
- Board Certification: Dermatology, American Board of Dermatology (2004)
- Fellowship, St Lukes-Roosevelt Columbia University , Skin of Color (2001)
- Medical Education: University of Illinois College of Medicine (1998) IL
- Bachelor of Arts, University of Chicago , Honors in Biological Sciences in 3 years (1994)

LINKS

- LinkedIn Profile: www.linkedin.com/in/zakia-rahman-md
- Instagram: instagram.com/doctorzakmd

Teaching

STANFORD ADVISEES

Postdoctoral Research Mentor

Johanna Sofia Rosado Lozoya

Publications

PUBLICATIONS

- **Validated, Reliable, and Novel Skin Frailty Scale for Outpatient Usage and Its Association With Age, Sex, and Non-melanoma Skin Cancer: An Observational Study** *JEADV Clinical Practice*
  Ho, P., Abou-Taleb, F., Li, S., Khalili, K., Murali, V., Pathmarajah, P., Longo, S., Rahman, Z., Chiou, A., Chang, A. S.

2026

- **Decades of Scientific Data and Global Media Reporting on Complications in Non-surgical Aesthetic Treatments for a Transparent Safety Profile: Kissing Snow White Awake.** *Aesthetic plastic surgery*
  Rahman, E., Rao, P., Sayed, K., Garcia, P. E., Ioannidis, S., Yu, N., Sadeghi-Esfahlani, S., Nassif, A. D., Webb, W. R., Rahman, Z., Peng, H. P., Goodman, G. J.
  2025
- **Skin, scalpel and the silicon chip: a systematic review on the accuracy, bias and data governance of artificial intelligence in dermatology, minimally invasive aesthetics, aesthetic, plastic and reconstructive surgery** *EUROPEAN JOURNAL OF PLASTIC SURGERY*
  Rahman, E., Sadeghi-Esfahlani, S., Rao, P., Garcia, P., Ioannidis, S., Nosta, J., Rahman, Z., Webb, W.
  2025; 48 (1)
- **From Posts to Perceptions: Sentiment and Psychological Analysis of Aesthetic Enhancements on Social Media.** *Aesthetic plastic surgery*
  Rahman, E., Carruthers, J. D., Rao, P., Rahman, Z., Esfahlani, S. S., Webb, W. R.
  2024
- **The aging paradox: integrating biological, genetic, epigenetic, and aesthetic insights into skin aging and non-surgical interventions** *EUROPEAN JOURNAL OF PLASTIC SURGERY*
  Webb, W., Rao, P., Carruthers, J. D. A., Rahman, Z., Abu-Farsakh, H., Sayed, K., Garcia, P. E., Philipp-dormston, W., Rahman, E.
  2024; 47 (1)
- **"Filler-Associated Acute Stroke Syndrome": Classification, Predictive Modelling of Hyaluronidase Efficacy, and Updated Case Review on Neurological and Visual Complications.** *Aesthetic plastic surgery*
  Rahman, E., Philipp-Dormston, W. G., Webb, W. R., Rao, P., Sayed, K., Sharif, A. Q., Yu, N., Ioannidis, S., Tam, E., Rahman, Z., Mosahebi, A., Goodman, G. J.
  2024
- **Points to ponder on the role of polynucleotides in regenerative and aesthetic medicine: a systematic review** *EUROPEAN JOURNAL OF PLASTIC SURGERY*
  Webb, W., Rahman, E., Rao, P., Abu-Farsakh, H., Yu, N., Garcia, P. E., Ioannidis, S., Sayed, K., Tam, E., Philipp-Dormston, W. G., Najlah, M., Rahman, Z., Carruthers, et al
  2024; 47 (1)
- **Generational Exploration on Aesthetic Medicine Products: Influence of Social Media, Reviews, and Brand Identity-GEMS Bond Survey.** *Aesthetic plastic surgery*
  Rahman, E., Webb, W. R., Rao, P., Yu, N., Garcia, P. E., Ioannidis, S., Philipp-Dormston, W. G., Sayed, K., Rahman, Z., Mosahebi, A., Carruthers, J. D.
  2024
- **Translational Biochemistry of the Skin.** *Facial plastic surgery clinics of North America*
  Voller, L., Rahman, Z.
  2023; 31 (4): 443-452
- **MACHINE LEARNING MODEL OF SKIN PHOTOTYPING**
  Lateef, J., Rahman, Z.
  WILEY.2023: S23-S24
- **1,550 nm Erbium-Doped and 1,927 nm Thulium Nonablative Fractional Laser System: Best Practices and Treatment Setting Recommendations.** *Dermatologic surgery : official publication for American Society for Dermatologic Surgery [et al.]*
  Friedman, P. M., Dover, J. S., Chapas, A., Rahman, Z., Ross, E. V., Kilmer, S. L., Roberts, W. E., Sodha, P., Stimmel, J. B., Moncrief, M. B., Waibel, J. S.
  1800
- **Optimizing Outcomes With the 1550/1927 nm Dual Wavelength Non-Ablative Fractional Laser: Experienced User Recommendations** *JOURNAL OF DRUGS IN DERMATOLOGY*
  Friedman, P. M., Chapas, A., Kilmer, S. L., Rahman, Z., Roberts, W., Ross, E., Waibel, J. S., Dover, J. S.
  2021; 20 (11): 1150-1157
- **Laser-Assisted Delivery of Topical Rapamycin: mTOR Inhibition for Birt-Hogg-Dube Syndrome** *DERMATOLOGIC SURGERY*
  Kim, D., Wysong, A., Teng, J. M., Rahman, Z.
  2019; 45 (12): 1713–15

- **Laser-Assisted Delivery of Topical Rapamycin: mTOR Inhibition for Birt-Hogg-Dube Syndrome.** *Dermatologic surgery : official publication for American Society for Dermatologic Surgery [et al.]*
  Kim, D., Wysong, A., Teng, J. M., Rahman, Z.
  2019
- **A Practical Approach to Chemical Peels: A Review of Fundamentals and Step-by-step Algorithmic Protocol for Treatment.** *The Journal of clinical and aesthetic dermatology*
  Soleymani, T., Lanoue, J., Rahman, Z.
  2018; 11 (8): 21–28
- **REVIEW OF MAUDE DATABASE ON EFFICACY AND SAFETY OF CRYOLIPOLYSIS**
  Kuo, K., Sheu, S., Rahman, Z.
  WILEY.2017: 428
- **Mitigation of epidermal growth factor receptor inhibitor-induced side effects utilizing melanin and vascular-specific lasers: A case report series.** *Journal of cosmetic and laser therapy*
  Kuo, K. Y., Kwong, B., Rahman, Z.
  2017: 1-3
- **VIDEODERMOSCOPY AS A NOVEL TOOL FOR THE VISUALIZATION OF LASER THERAPEUTIC ENDPOINTS**
  Sheu, S., Enamandram, M., Rahman, Z.
  WILEY.2017: 35
- **SUCCESSFUL TREATMENT OF MELASMA USING A MODIFIED KLIGMAN FORMULA COMBINED WITH A LOW FLUENCE QS Nd:YAG LASER**
  Enamandram, M., Sheu, S., Rahman, Z.
  WILEY.2017: 30
- **Treatment of Surgical Scars with Laser Therapy** *CURRENT DERMATOLOGY REPORTS*
  Geraghty, L., Rahman, Z.
  2016; 5 (3): 143–49
- **COMBINATION LONG PULSED 1064 Nd:YAG LASER AND BROAD BAND LIGHT MAXIMIZES OUTCOMES IN ROSACEA TREATMENT**
  Rahman, Z., Enamandram, M.
  WILEY-BLACKWELL.2016: 36–37
- **MITIGATION OF EPIDERMAL GROWTH FACTOR INHIBITOR INDUCED SIDE EFFECTS UTILIZING MELANIN AND VASCULAR SPECIFIC LASERS**
  Kuo, K., Kwong, B., Rahman, Z.
  WILEY-BLACKWELL.2016: 29–30
- **Long-term Efficacy of Topical Fluorouracil Cream, 5%, for Treating Actinic Keratosis A Randomized Clinical Trial** *JAMA DERMATOLOGY*
  Pomerantz, H., Hogan, D., Eilers, D., Swetter, S. M., Chen, S. C., Jacob, S. E., Warshaw, E. M., Stricklin, G., Dellavalle, R. P., Sidhu-Malik, N., Konnikov, N., Werth, V. P., Keri, et al
  2015; 151 (9): 952-960
- **Rationalizing Outcome Measures in Dermatologic Surgery** *CURRENT DERMATOLOGY REPORTS*
  Alam, M., Maher, I. A., Sobanko, J. F., Yoo, S. S., Avram, M. M., Gladstone, H. B., Metelitsa, A., Northington, M. E., Rahman, Z., Shin, T. M., Cartee, T. V., IMPROVED Working Grp
  2015; 4 (3): 140–46
- **FIRST REPORT OF ERBIUM LASER AS THE PREFERRED TREATMENT IN A COMPARISON OF FIVE MODALITIES FOR STEATOCYSTOMA MULTIPLEX**
  Crispin, M., Ally, M., Hollmig, T., Aasi, S., Rahman, Z.
  WILEY-BLACKWELL.2015: 51
- **EVALUATION OF A COMPACT HOME-USE 1440nm NON-ABLATIVE FRACTIONAL LASER TO TREAT PERIORBITAL WRINKLES**
  Rahman, Z., Dhawan, S., Starr, J., Ostrowski, R.
  WILEY-BLACKWELL.2015: 23

- **Lack of efficacy with 1064-nm neodymium:yttrium-aluminum-garnet laser for the treatment of onychomycosis: A randomized, controlled trial.** *Journal of the American Academy of Dermatology*
  Hollmig, S. T., Rahman, Z., Henderson, M. T., Rotatori, R. M., Gladstone, H., Tang, J. Y.
  2014; 70 (5): 911-917
- **Treatment of Poikiloderma with Fractional Resurfacing** *BODY REJUVENATION*
  Rahman, Z.
  edited by Alam, M., Pongprutthipan, M.
  2010: 31–37
- **In vivo confocal imaging of epidermal cell migration and dermal changes post nonablative fractional resurfacing: study of the wound healing process with corroborated histopathologic evidence** *JOURNAL OF BIOMEDICAL OPTICS*
  Stumpp, O. F., Bedi, V. P., Wyatt, D., Lac, D., Rahman, Z.
  2009; 14 (2)
- **Fractional Deep Dermal Ablation Induces Tissue Tightening** *LASERS IN SURGERY AND MEDICINE*
  Rahman, Z., MacFalls, H., Jiang, K., Chan, K. F., Kelly, K., Tournas, J., Stumpp, O. F., Bedi, V., Zachary, C.
  2009; 41 (2): 78-86
- **Fractional resurfacing for the treatment of hypopigmented scars: A pilot study** *DERMATOLOGIC SURGERY*
  Glaich, A. S., Rahman, Z., Goldberg, L. H., Friedman, P. M.
  2007; 33 (3): 289-293
- **In vivo histological evaluation of a novel ablative fractional resurfacing device** *LASERS IN SURGERY AND MEDICINE*
  Hantash, B. M., Bedi, V. P., Kapadia, B., Rahman, Z., Jiang, K., Tanner, H., Chan, K. F., Zachary, C. B.
  2007; 39 (2): 96-107
- **The effects of pulse energy variations on the dimensions of microscopic thermal treatment zones in nonablative fractional resurfacing** *LASERS IN SURGERY AND MEDICINE*
  Bedi, V. P., Chan, K. F., Sink, R. K., Hantash, B. M., Herron, G. S., Rahman, Z., Struck, S. K., Zachary, C. B.
  2007; 39 (2): 145-155
- **Fractional Laser treatment for pigmentation and texture improvement.** *Skin therapy letter*
  Rahman, Z., Alam, M., Dover, J. S.
  2006; 11 (9): 7-11