



Kristen K. Steenerson, MD

- Clinical Associate Professor, Otolaryngology (Head and Neck Surgery)
- Clinical Assistant Professor, Adult Neurology

CLINICAL OFFICE (PRIMARY)

- **Stanford Ear Institute**

2452 Watson Ct Ste 1700

MC 5841

Palo Alto, CA 94303

Tel (650) 723-5281 **Fax** (650) 497-7847

ACADEMIC CONTACT INFORMATION

- **Administrative Contact**

Eric Tran - Research Finance Administrator

Email traneric@stanford.edu

Tel 650-736-2354

Bio

BIO

=Dr. Kristen K. Steenerson is a Clinical Associate Professor at Stanford University School of Medicine, specializing in vestibular neurology and neuro-otology. She directs clinical care within the Vestibular Neurology Clinic at the Stanford Ear Institute, where she focuses on the diagnosis and management of complex dizziness and balance disorders, including vestibular migraine, benign paroxysmal positional vertigo, Ménière disease, bilateral vestibulopathy, and persistent postural-perceptual dizziness.

Her academic program integrates translational research with clinician education to improve the diagnosis and treatment of vestibular disorders. Her research focuses on the development and validation of objective, technology-enabled tools to measure vestibular function in real-world settings. She leads initiatives evaluating wearable electro-oculography platforms for ambulatory nystagmus detection, as well as sensor-based systems using inertial measurement units to assess mobility, fall risk, and functional engagement. Her work leverages multidisciplinary collaboration across neurology, otolaryngology, audiology, engineering, and data science, with the goal of establishing scalable digital biomarkers and vestibular-specific clinical trial endpoints.

In parallel, Dr. Steenerson is deeply engaged in national and international clinician education. She serves as course director and faculty for multiple continuing medical education programs in vestibular neurology and neuro-otology, with a focus on bedside examination skills, acute dizziness evaluation, and diagnostic reasoning. She has developed interdisciplinary curricula and clinical training pathways designed to expand vestibular expertise among neurologists, otolaryngologists, advanced practice providers, and trainees.

Her scholarly work also includes clinical outcomes research and care delivery innovation, particularly in vestibular migraine and episodic vertigo disorders. She has led initiatives to standardize triage, referral pathways, and multidisciplinary care models for patients with dizziness, translating evidence into practical frameworks that improve access, diagnostic accuracy, and patient outcomes.

Through the integration of clinical innovation, translational research, and clinician education, Dr. Steenerson's work aims to modernize vestibular care and expand the reach of specialized expertise beyond tertiary referral centers.

CLINICAL FOCUS

- Vertigo
- Vestibular Migraine
- Benign Paroxysmal Positional Vertigo
- Persistent Postural-Perceptual Dizziness
- Ménière's Disease
- Otoneurology
- Vestibular Disorders
- Neurotology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Otolaryngology (Head and Neck Surgery)
- Clinical Assistant Professor, Adult Neurology
- Member, Wu Tsai Human Performance Alliance
- Member, Wu Tsai Neurosciences Institute

PROFESSIONAL EDUCATION

- Residency: Mayo Clinic College of Medicine and Science Scottsdale (2016) AZ
- Internship: Mayo Clinic College of Medicine and Science Scottsdale (2013) AZ
- Board Certification: Neurology, American Board of Psychiatry and Neurology (2016)
- Fellowship: Barrow Neurological Institute St Josephs Hospital (2017) AZ
- Medical Education: University of Utah School of Medicine (2012) UT
- Bachelors, Claremont McKenna College , Human Biology (2008)

LINKS

- Get a Second Opinion: <https://stanfordhealthcare.org/second-opinion/overview.html>
- Google Scholar: <https://scholar.google.com/citations?user=aWEIs1YAAAAJ>

Research & Scholarship

CLINICAL TRIALS

- Fall Risk Assessment and Speech Intelligibility Enhancement Using In-ear Device, Recruiting

Publications

PUBLICATIONS

- **Use of Hearing Aids Embedded with Inertial Sensors and Artificial Intelligence to Identify Patients at Risk for Falling** *OTOLOGY & NEUROTOLOGY*
Steenerson, K. K., Griswold, B., Keating III, D. P., Srour, M., Burwinkel, J. R., Isanhart, E., Ma, Y., Fabry, D. A., Bhowmik, A. K., Jackler, R. K., Fitzgerald, M. B.
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- **Utility of MRI in the Outpatient Evaluation of Patients With Chronic Continuous or Recurrent Dizziness.** *Otology & neurotology : official publication of the American Otological Society, American Neurotology Society [and] European Academy of Otology and Neurotology*

- Gupta, A., Thai, A., Steenerson, K. K., Alyono, J.
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- **A Review of Calcitonin Gene-Related Peptide and Its Implications for Vestibular Disorders** *CURRENT TREATMENT OPTIONS IN NEUROLOGY*
Baron, R., Steenerson, K. K.
2024
 - **Clinical Practice Guideline: Age-Related Hearing Loss.** *Otolaryngology--head and neck surgery : official journal of American Academy of Otolaryngology-Head and Neck Surgery*
Tsai Do, B. S., Bush, M. L., Weinreich, H. M., Schwartz, S. R., Anne, S., Adunka, O. F., Bender, K., Bold, K. M., Brenner, M. J., Hashmi, A. Z., Keenan, T. A., Kim, A. H., Moore, et al
2024; 170 Suppl 2: S1-S54
 - **Acute Vestibular Syndrome and ER Presentations of Dizziness.** *Otolaryngologic clinics of North America*
Baron, R., Steenerson, K. K., Alyono, J.
2021
 - **A Broader View of Video Head Impulse Tests-Reframing Windows.** *JAMA otolaryngology-- head & neck surgery*
Wong, E. C., Pasquesi, L., Steenerson, K. K., Sharon, J. D.
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 - **Case series: Hearing loss in neuromyelitis optica spectrum disorders.** *Multiple sclerosis and related disorders*
Tugizova, M., Feng, H., Tomczak, A., Steenerson, K., Han, M.
2020; 41: 102032
 - **Superior Semicircular Canal Dehiscence Syndrome.** *Seminars in neurology*
Steenerson, K. K., Crane, B. T., Minor, L. B.
2020
 - **Vestibular Lab Testing: Interpreting the Results in the Headache Patient with Dizziness.** *Current neurology and neuroscience reports*
Chan, T. L., Hale, T. D., Steenerson, K. K.
2020; 20 (6): 16
 - **Bilateral vestibular dysfunction associated with chronic exposure to military jet propellant type-eight jet fuel** *Frontiers of Neurology*
Fife, T. D., Robb, M., Steenerson, K., Saha, K.
2018: 351
 - **Benign paroxysmal positional vertigo and migraine-associated vertigo.** *Understanding Benign Paroxysmal Positional Vertigo.*
Fife, T. D., Steenerson, K. K.
2017
 - **Patient Perspectives on Episodic Dizziness and a Hypothetical At-Home Diagnostic Tool.** *Journal of patient experience*
Keating, D. P., Steenerson, K. K., Gupta, A., Santa Maria, P. L.
2026; 13: 23743735261416352
 - **Comparing Intratympanic to Surgical Management in Refractory Meniere Disease: A Systematic Review Plus Network Meta-analysis.** *Otology & neurotology : official publication of the American Otological Society, American Neurotology Society [and] European Academy of Otology and Neurotology*
Sharifi, A., Sajjadi, H., Steenerson, K. K., Samadzadeh, S., Ghaffari, M. E., Zojaji, M., Kouhi, A.
2025
 - **Dizziness: When Is It Migraine, and When Is It Not?** *Current neurology and neuroscience reports*
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 - **Vestibular Migraine Patient Assessment Tool and Handicap Inventory (VM-PATHI) : A narrative review.** *Headache*
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- **The effect of climate changes on incidence of benign paroxysmal positional vertigo; a systematic review with meta-analysis of 16144 patients.** *Environmental research*
Sharifi, A., Steenerson, K. K., Alyono, J. C., Ghaffari, M. E., Zojaji, M., Ghaedsharaf, S., Salmani, M. H., Kouhi, A.
2024: 119551
- **Clinical Practice Guideline: Age-Related Hearing Loss Executive Summary.** *Otolaryngology--head and neck surgery : official journal of American Academy of Otolaryngology-Head and Neck Surgery*
Tsai Do, B. S., Bush, M. L., Weinreich, H. M., Schwartz, S. R., Anne, S., Adunka, O. F., Bender, K., Bold, K. M., Brenner, M. J., Hashmi, A. Z., Kim, A. H., Keenan, T. A., Moore, et al
2024; 170 (5): 1209-1227
- **VM-PATHI Correlates With Cognitive Function Improvement After Successful Treatment in Patients With Vestibular Migraine.** *Otology & neurology : official publication of the American Otological Society, American Neurotology Society [and] European Academy of Otolology and Neurotology*
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2023
- **Abnormal Subjective and Audiometric Auditory Function in Migraine.** *Otolaryngology--head and neck surgery : official journal of American Academy of Otolaryngology-Head and Neck Surgery*
Wang, A. R., Steenerson, K. K., Alyono, J. C.
2023
- **Abnormal Subjective and Audiometric Auditory Function in Migraine** *OTOLARYNGOLOGY-HEAD AND NECK SURGERY*
Wang, A. R. R., Steenerson, K. K. K., Alyono, J. C. C.
2023
- **Generalized vestibular hyporeflexia and chronic upbeat nystagmus due to thiamine deficiency.** *Journal of neurology*
Zhu, W., Steenerson, K. K., Kattah, J. C.
2022
- **Visually induced dizziness.** *Current opinion in neurology*
Steenerson, K. K., Hoskin, J., Fife, T. D.
1800; 35 (1): 113-117
- **Editorial: Making the invisible visible: updates on vestibular neurology.** *Current opinion in neurology*
Steenerson, K. K., Fife, T. D.
1800; 35 (1): 62-63
- **Vestibular Test Results in Patients With Horizontal Canal Benign Paroxysmal Positional Vertigo.** *Cureus*
Kim, E. K., Pasquesi, L., Steenerson, K. K., Otero-Millan, J., Sharon, J. D.
2022; 14 (1): e21460
- **Nonvestibular Dizziness.** *Otolaryngologic clinics of North America*
Jiam, N. T., Murphy, O. C., Gold, D. R., Isanhart, E., Sinn, D., Steenerson, K. K., Sharon, J. D.
2021; 54 (5): 999-1013
- **Understanding Dizzy Patients a Cross-Sectional Analysis of Attitudes toward Diagnosis, Providers, and Treatment.** *The Annals of otology, rhinology, and laryngology*
Chiao, W., Krauter, R., Kirk, L., Steenerson, K., Pasquesi, L., Sharon, J.
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- **Ocular Vestibular-Evoked Myogenic Potential Amplitudes Elicited at 4 kHz Optimize Detection of Superior Semicircular Canal Dehiscence.** *Frontiers in neurology*
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2019
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● **Examining the Spectrum of Reversibles: Cerebral ischemia in PRES and RCVS**

Pena, A., O'Carroll, C., Steenerson, K., Starling, A.
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● **Erlotinib-Induced Dandy's Syndrome: Case Report**

Steenerson, K., Fife, T.
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● **A Practical Approach to the Diagnosis of Spontaneous Intracranial Hypotension** *CURRENT PAIN AND HEADACHE REPORTS*

Steenerson, K., Halker, R.
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● **Persistent Neuropsychosis From Untreated Headache in Susac Syndrome**

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