



Gabriela Mabel Spencer Bonilla

- Affiliate, Department Funds
- Fellow in Medicine - Med/Cardiovascular Medicine

Bio

CLINICAL FOCUS

- Fellow

HONORS AND AWARDS

- Alan Yeung and Sharon Hunt Outstanding Clinical Fellow Award, Stanford University, Division of Cardiology (2024)
- Academic Career Fellow Award, NHMA/NIDDK (2022)
- Stanford Internal Medicine Research Travel Award, Stanford University, Department of Medicine (2021)
- ACC.20 World Congress of Cardiology Travel Award, American College of Cardiology (2020)
- Lown Conference Scholarship Award, Lowne Institute (2017)
- Outstanding Abstract Award, Endocrine Society (2017)
- Presidential Poster Award, Endocrine Society (2017)
- Right Care Clinical Vignette Competition: Honorable Mention, Lowne Institute (2017)
- Arnold P. Gold Humanism Honor Society, Gold Humanism Honor Society (2015)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Journal Reviewer, IIE Transactions (2016 - present)
- Journal Reviewer, Trials (2016 - present)
- Journal Reviewer, BMJ Open (2017 - present)
- Journal Reviewer, Systematic Reviews (2018 - present)

PROFESSIONAL EDUCATION

- Fellowship, Advanced Cardiac Imaging
- Fellowship, Stanford , Cardiovascular Medicine (2025)
- Chief Residency, Stanford Internal Medicine (2022)
- Residency, Stanford Internal Medicine (2021)
- B.A., Stanford University , Human Biology (2011)
- M.Sc., Mayo Graduate School of Biomedical Science , Translational Science (2017)
- M.D., University of Puerto Rico (2018)

Publications

PUBLICATIONS

- **Evaluating The Timeliness And Equity Of ATTR-CM Diagnosis In The Medicare Population**
Spencer-bonilla, G., Fan, J., Varshney, A. S., Cheng, P., Din, N., Rodriguez, F., Davies, M., Papas, M., Venditto, J., Huang, J., Witteles, R., Heidenreich, P., Sandhu, et al
CHURCHILL LIVINGSTONE INC MEDICAL PUBLISHERS.2026
- **Delayed Diagnosis of Transthyretin Amyloid Cardiomyopathy in the Veterans Health Administration.** *Journal of the American College of Cardiology*
Spencer-Bonilla, G., Fan, J., Cheng, P., Varshney, A., Din, N., Rodriguez, F., Papas, M. A., Davies, M., Venditto, J., Huang, J., Witteles, R. M., Heidenreich, P. A., Alexander, et al
2025
- **Association of Delayed Diagnosis of Transthyretin Cardiomyopathy with Heart Failure Hospitalizations and Mortality**
Spencer-Bonilla, G., Fan, J., Cheng, P., Din, N., Rodriguez, F., Varshney, A., Davies, M., Venditto, J., Papas, M., Huang, J., Witteles, R., Heidenreich, P., Sandhu, et al
LIPPINCOTT WILLIAMS & WILKINS.2025: A4349790
- **The Impact of Social Determinants of Health on Timely Detection in Transthyretin Cardiac Amyloidosis.** *JACC. Heart failure*
Fahed, G., Jimenez, J. I., Adrianzen Fonseca, M. I., Hu, J., Spencer-Bonilla, G., Haddad, F., Pino Moreno, J. E., Witteles, R. M., Alexander, K. M.
2025; 13 (3): 530-532
- **The impact of health and wellness coaching on patient-important outcomes in chronic illness care: A systematic review and meta-analysis.** *Patient education and counseling*
Boehmer, K. R., Alvarez-Villalobos, N. A., Barakat, S., de Leon-Gutierrez, H., Ruiz-Hernandez, F. G., Elizondo-Omana, G. G., Vaquera-Alfaro, H., Ahn, S., Spencer-Bonilla, G., Gionfriddo, M. R., Millan-Alanis, J. M., Abdelrahim, M., Prokop, et al
2023; 117: 107975
- **Encounter-Based Randomization did not Result in Contamination in a Shared Decision-Making Trial: A Secondary Analysis.** *Journal of clinical epidemiology*
Spencer-Bonilla, G., Branda, M. E., Kunneman, M., Bellolio, F., Burnett, B., Guyatt, G., Montori, V. M.
2022
- **Racial and Ethnic Disparities in Transthyretin Cardiac Amyloidosis.** *Current cardiovascular risk reports*
Spencer-Bonilla, G., Njoroge, J. N., Pearson, K., Witteles, R. M., Aras, M. A., Alexander, K. M.
2021; 15 (6)
- **Patient Work and Treatment Burden in Type 2 Diabetes: A Mixed-Methods Study.** *Mayo Clinic proceedings. Innovations, quality & outcomes*
Spencer-Bonilla, G., Serrano, V., Gao, C., Sanchez, M., Carroll, K., Gionfriddo, M. R., Behnken, E. M., Hargraves, I., Boehmer, K., May, C., Montori, V. M.
2021; 5 (2): 359-367
- **County-Level Factors Associated With Cardiovascular Mortality by Race/Ethnicity.** *Journal of the American Heart Association*
Zuma, B. Z., Parizo, J. T., Valencia, A., Spencer-Bonilla, G., Blum, M. R., Scheinker, D., Rodriguez, F.
2021: e018835
- **The Hispanic paradox in the prevalence of obesity at the county-level.** *Obesity science & practice*
Valencia, A., Zuma, B. Z., Spencer-Bonilla, G., López, L., Scheinker, D., Rodriguez, F.
2021; 7 (1): 14-24
- **Statin Use in Older Adults with Stable Atherosclerotic Cardiovascular Disease.** *Journal of the American Geriatrics Society*
Spencer-Bonilla, G., Chung, S., Sarraju, A., Heidenreich, P., Palaniappan, L., Rodriguez, F.
2021
- **Racial and Ethnic Disparities in Transthyretin Cardiac Amyloidosis** *Curr Cardiovasc Risk Rep*
Spencer-Bonilla, G., Njoroge, J. N., Pearson, K., Witteles, R. M., Aras, M. A., Alexander, K. M.
2021

- **Statin Use in Older Adults for Primary Cardiovascular Disease Prevention Across a Spectrum of Cardiovascular Risk.** *Journal of general internal medicine*
Sarraju, A., Spencer-Bonilla, G., Chung, S., Gomez, S., Li, J., Heidenreich, P., Palaniappan, L., Rodriguez, F.
2021
- **Multimethod, multidataset analysis reveals paradoxical relationships between sociodemographic factors, Hispanic ethnicity and diabetes.** *BMJ open diabetes research & care*
Knight, G. M., Spencer-Bonilla, G., Maahs, D. M., Blum, M. R., Valencia, A., Zuma, B. Z., Prahalad, P., Sarraju, A., Rodriguez, F., Scheinker, D.
2020; 8 (2)
- **The Hispanic paradox in the prevalence of obesity at the county-level** *OBESITY SCIENCE & PRACTICE*
Valencia, A., Zuma, B. Z., Spencer-Bonilla, G., Lopez, L., Scheinker, D., Rodriguez, F.
2020
- **Advances in the Diagnosis and Management of Transthyretin Amyloid Cardiomyopathy** *CURRENT TREATMENT OPTIONS IN CARDIOVASCULAR MEDICINE*
Spencer-Bonilla, G., Alexander, K. M., Witteles, R. M.
2020; 22 (11)
- **Normalization of a conversation tool to promote shared decision making about anticoagulation in patients with atrial fibrillation within a practical randomized trial of its effectiveness: a cross-sectional study.** *Trials*
Spencer-Bonilla, G., Thota, A., Organick, P., Ponce, O. J., Kunneman, M., Giblon, R., Branda, M. E., Sivly, A. L., Behnken, E., May, C. R., Montori, V. M., Shared Decision Making for Atrial Fibrillation (SDM4AFib) Trial Investigators, Montori, V., et al
2020; 21 (1): 395
- **STATIN USE FOR SECONDARY PREVENTION OF CARDIOVASCULAR DISEASE IN THE ELDERLY**
Spencer-Bonilla, G., Chung, S., Heidenreich, P. A., Palaniappan, L. P., Rodriguez, F.
ELSEVIER SCIENCE INC.2020: 1891
- **COUNTY-LEVEL FACTORS ASSOCIATED WITH CARDIOVASCULAR MORTALITY DISAGGREGATED BY RACE/ETHNICITY**
Zuma, B., Valencia, A., Spencer-Bonilla, G., Blum, M. R., Knight, G., Scheinker, D., Rodriguez, F.
ELSEVIER SCIENCE INC.2020: 1884
- **Management of Hypothyroidism in Patients with Acute Myocardial Infarction.** *Medicina (Kaunas, Lithuania)*
Eagan, D. n., Spencer-Bonilla, G. n., Maraka, S. n., Aggarwal, M. n., Singh Ospina, N. n.
2020; 56 (5)
- **Advances in the Diagnosis and Management of Transthyretin Amyloid Cardiomyopathy** *Curr Treat Options Cardio Med*
Spencer-Bonilla, G., Alexander, K. M., Witteles, R. M.
2020; 22 (45)
- **Canagliflozin and cardiovascular outcomes in Type 2 diabetes.** *Future cardiology*
Sarraju, A. n., Spencer-Bonilla, G. n., Rodriguez, F. n., Mahaffey, K. W.
2020
- **Documentation of hypoglycemia assessment among adults with diabetes during clinical encounters in primary care and endocrinology practices.** *Endocrine*
Rodriguez-Gutierrez, R., Salcido-Montenegro, A., Singh-Ospina, N. M., Maraka, S., Iniguez-Ariza, N., Spencer-Bonilla, G., Tamhane, S. U., Lipska, K. J., Montori, V. M., McCoy, R. G., Hypoglycemia as a Quality Measure in Diabetes Study Group
2019
- **Lipid-lowering agents in older individuals: A systematic Review and Meta-analysis of Randomized Clinical Trials.** *The Journal of clinical endocrinology and metabolism*
Ponce, O. J., Larrea-Mantilla, L., Hemmingsen, B., Serrano, V., Rodriguez Gutierrez, R., Spencer-Bonilla, G., Alvarez-Villalobos, N., Benkhadra, K., Haddad, A., Gionfriddo, M. R., Prokop, L. J., Brito, J. P., Murad, et al
2019
- **Anti-hypertensive agents in older adults: A systematic Review and Meta-analysis of Randomized Clinical Trials.** *The Journal of clinical endocrinology and metabolism*
Murad, M. H., Larrea-Mantilla, L., Haddad, A., Spencer-Bonilla, G., Serrano, V., Rodriguez-Gutierrez, R., Alvarez-Villalobos, N., Benkhadra, K., Gionfriddo, M. R., Prokop, L. J., Brito, J. P., Ponce, O. J.

2019

- **Decision aids that facilitate elements of shared decision making in chronic illnesses: a systematic review.** *Systematic reviews*
Wieringa, T. H., Rodriguez-Gutierrez, R. n., Spencer-Bonilla, G. n., de Wit, M. n., Ponce, O. J., Sanchez-Herrera, M. F., Espinoza, N. R., Zismanllani, Y. n., Kunneman, M. n., Schoonmade, L. J., Montori, V. M., Snoek, F. J.
2019; 8 (1): 121
- **Humanistic communication in the evaluation of shared decision making: A systematic review.** *Patient education and counseling*
Kunneman, M., Gionfriddo, M. R., Toloza, F. J., Gärtner, F. R., Spencer-Bonilla, G., Hargraves, I. G., Erwin, P. J., Montori, V. M.
2018
- **Impact of decision aids used during clinical encounters on clinician outcomes and consultation length: a systematic review.** *BMJ quality & safety*
Dobler, C. C., Sanchez, M., Gionfriddo, M. R., Alvarez-Villalobos, N. A., Singh Ospina, N., Spencer-Bonilla, G., Thorsteinsdottir, B., Benkhadra, R., Erwin, P. J., West, C. P., Brito, J. P., Murad, M. H., Montori, et al
2018
- **Comparison of audio vs. audio + video for the rating of shared decision making in oncology using the observer OPTION5 instrument: an exploratory analysis.** *BMC health services research*
Gionfriddo, M. R., Branda, M. E., Fernandez, C., Leppin, A., Yost, K. J., Kimball, B., Spencer-Bonilla, G., Larrea, L., Nowakowski, K. E., Montori, V. M., Tilburt, J.
2018; 18 (1): 522
- **The efficacy and adverse events of testosterone replacement therapy in hypogonadal men: A systematic review and meta-analysis of randomized, placebo-controlled trials.** *The Journal of clinical endocrinology and metabolism*
Ponce, O. J., Spencer-Bonilla, G., Alvarez-Villalobos, N., Serrano, V., Singh-Ospina, N., Rodriguez-Gutierrez, R., Salcido-Montenegro, A., Benkhadra, R., Prokop, L. J., Bhasin, S., Brito, J. P.
2018
- **Does Health Coaching Grow Capacity in Cancer Survivors? A Systematic Review.** *Population health management*
Barakat, S., Boehmer, K., Abdelrahim, M., Ahn, S., Al-Khateeb, A. A., Villalobos, N. Á., Prokop, L., Erwin, P. J., Fleming, K., Serrano, V., Spencer-Bonilla, G., Murad, M. H.
2018; 21 (1): 63-81
- **Correction to: Estrogen-based hormone therapy in women with primary ovarian insufficiency: a systematic review.** *Endocrine*
Burgos, N., Cintron, D., Latortue-Albino, P., Serrano, V., Rodriguez Gutierrez, R., Faubion, S., Spencer-Bonilla, G., Erwin, P. J., Murad, M. H.
2018; 59 (1): 235
- **Assessing the Burden of Treatment.** *Journal of general internal medicine*
Spencer-Bonilla, G., Quiñones, A. R., Montori, V. M.
2017; 32 (10): 1141-1145
- **Shared decision making for stroke prevention in atrial fibrillation: study protocol for a randomized controlled trial.** *Trials*
Kunneman, M., Branda, M. E., Noseworthy, P. A., Linzer, M., Burnett, B., Dick, S., Spencer-Bonilla, G., Fernandez, C. A., Gorr, H., Wambua, M., Keune, S., Zeballos-Palacios, C., Hargraves, et al
2017; 18 (1): 443
- **Minimally Disruptive Medicine for Patients with Diabetes.** *Current diabetes reports*
Serrano, V., Spencer-Bonilla, G., Boehmer, K. R., Montori, V. M.
2017; 17 (11): 104
- **A systematic review and meta-analysis of trials of social network interventions in type 2 diabetes.** *BMJ open*
Spencer-Bonilla, G., Ponce, O. J., Rodriguez-Gutierrez, R., Alvarez-Villalobos, N., Erwin, P. J., Larrea-Mantilla, L., Rogers, A., Montori, V. M.
2017; 7 (8): e016506
- **A systematic review of decision aids that facilitate elements of shared decision-making in chronic illnesses: a review protocol.** *Systematic reviews*
Wieringa, T. H., Kunneman, M., Rodriguez-Gutierrez, R., Montori, V. M., de Wit, M., Smets, E. M., Schoonmade, L. J., Spencer-Bonilla, G., Snoek, F. J.
2017; 6 (1): 155

- **Shared Decision Making in Immigrant Patients.** *Cureus*
Dobler, C. C., Spencer-Bonilla, G., Gionfriddo, M. R., Brito, J. P.
2017; 9 (7): e1461
- **Systematic reviews of diagnostic tests in endocrinology: an audit of methods, reporting, and performance.** *Endocrine*
Spencer-Bonilla, G., Singh Ospina, N., Rodríguez-Gutiérrez, R., Brito, J. P., Iñiguez-Ariza, N., Tamhane, S., Erwin, P. J., Murad, M. H., Montori, V. M.
2017
- **[Shared decision making in patients with diabetes mellitus].** *Revista medica de Chile*
Serrano, V., Larrea-Mantilla, L., Rodríguez-Gutiérrez, R., Spencer-Bonilla, G., Málaga, G., Hargraves, I., Montori, V. M.
2017; 145 (5): 641-649
- **Minimally Disruptive Diabetes Care for the Elderly** *DIABETES TECHNOLOGY & THERAPEUTICS*
Spencer-Bonilla, G., Rodríguez-Gutiérrez, R., Montori, V. M.
2016; 18 (12): 759-761
- **Efficacy of menopausal hormone therapy on sleep quality: systematic review and meta-analysis.** *Endocrine*
Cintron, D., Lipford, M., Larrea-Mantilla, L., Spencer-Bonilla, G., Lloyd, R., Gionfriddo, M. R., Gunjal, S., Farrell, A. M., Miller, V. M., Murad, M. H.
2016: -?
- **What We Don't Talk About When We Talk About Preventing Type 2 Diabetes-Addressing Socioeconomic Disadvantage.** *JAMA internal medicine*
Spencer Bonilla, G., Rodríguez-Gutiérrez, R., M Montori, V.
2016; 176 (8): 1053-1054

PRESENTATIONS

- Patient-centered research during medical training (10/6/2017)
- Preparing manuscripts for publication - University of Nuevo León, México. (10/6/2017)
- Endocrine Diagnostic Systematic Reviews: An Audit of Methods, Reporting, and Performance (4/2/2017)
- Is treatment burden documented by clinicians? Preliminary results from a cross sectional study (7/4/2017)
- Social Networks in Type 2 Diabetes Management: Systematic Review and Meta-analysis of Randomized Trials - American Diabetes Association (6/10/2016 - 6/14/2016)
- The work of being a patient with Type 2 diabetes: Design of a mixed-methods study using Ecological Momentary Assessment - Karolinska-Mayo 22nd Annual Scientific Research Meeting (9/9/2016)