Stanford



Marwa Abu El Haija

Clinical Associate Professor, Pediatrics - Gastroenterology

CLINICAL OFFICE (PRIMARY)

- **Pediatric Gastroenterology**

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  Palo Alto, CA 94304

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Bio

BIO

I am a pediatric gastroenterologist with clinical and research interest in childhood obesity. I believe that each patient is unique in their disease and background, that is why they deserve to be approached in an individualized way. I aspire to discover what's unknown about the pathophysiologic causes of obesity, and the mechanisms of which treatments work. My clinical and research interests in pediatric obesity found home within Stanford's distinctive position academically, medically and geographically.

CLINICAL FOCUS

- Pediatric Gastroenterology
- Childhood Obesity

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Pediatrics - Gastroenterology
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Program Director, Pediatric Gastroenterology Fellowship, Stanford University Medical Center, (2021- present)
- Member, Stanford Diabetes Research Center, (2021- present)

PROFESSIONAL EDUCATION

- Board Certification: Pediatric Gastroenterology, American Board of Pediatrics (2019)
- Board Certification: Obesity Medicine, American Board of Obesity Medicine (2019)
- Fellowship: University of Iowa Hospitals and Clinics Pediatric Gastroenterology Fellowship (2018) IA
- Residency: University of Texas Medical Branch Pediatric Residency (2015) TX
- Medical Education: Jordan University of Science and Technology Faculty of Medicine (2010) Jordan
- Board certified, American Board of Pediatrics , Pediatric Gastroenterology (2019)
- Board certified, American Board of Obesity Medicine , Obesity (2019)

- Board certified, American Board of Pediatrics , Pediatrics (2015)
- Fellow, University of Iowa Stead Family Children's Hospital , Pediatric Gastroenterology (2018)
- Resident, University of Texas Medical Branch at Galveston , Pediatric Residency (2015)
- MBBS, Jordan University of Science and Technology (JUST) , Medicine and Surgery (2010)

Publications

PUBLICATIONS

- **Resting Energy Expenditure Profiles in Pediatric Patients with Obesity Undergoing Sleeve Gastrectomy.** *Childhood obesity (Print)*
  Koh, L., Kavarian, P., Le Guen, Y., Bruzoni, M., Pratt, J. S., Abu El Haija, M.
  2025
- **Virtual Reality as a Dietary Education Adjunct for Pediatric Patients With Obesity: A Pragmatic, Randomised Pilot Study.** *Journal of human nutrition and dietetics : the official journal of the British Dietetic Association*
  Abu El Haija, M., Barsanti, N., Cotter, E., Zuniga-Hernandez, M., Titzler, J., Jackson, C., Caruso, T. J.
  2025; 38 (2): e70054
- **Management of eosinophilic esophagitis in pediatric patients undergoing oral immunotherapy for food allergies: A two-center case series.** *The journal of allergy and clinical immunology. In practice*
  Hardwick, G., Sia, T., Bacchus, L., Jia, X., Chin, A. R., Khavari, N., Abu El Haija, M., McGhee, S., Chinthrajah, R. S., Leung, J., Sindher, S. B.
  2024
- **Use of glucagon-like-peptide 1 receptor agonist in the treatment of childhood obesity** *CURRENT OPINION IN PEDIATRICS*
  Kavarian, P. N., Mosher, T. L., Abu El Haija, M.
  2024; 36 (5): 542-546
- **Preoperative esophagogastroduodenoscopy in pediatric bariatric surgery: A summary of the literature.** *JPGN reports*
  Liman, A., Koh, L., Barakat, M., Abu El Haija, M.
  2024; 5 (3): 243-249
- **Pilot data on a pre-attending rotation for pediatric gastroenterology fellows.** *Journal of pediatric gastroenterology and nutrition*
  Christofferson, M., Carver, M., Chepuri, B., Mostamand, S., Abu El Haija, M.
  2024
- **Use of glucagon-like-peptide 1 receptor agonist in the treatment of childhood obesity** *Current Opinion in Pediatrics*
  Kavarian, P. N., Mosher, T. L., Abu El Haija, M.
  2024
- **Preoperative esophagogastroduodenoscopy in pediatric bariatric surgery: A summary of the literature** *Journal of Pediatric Gastroenterology and Nutrition*
  Liman, A., Koh, L., Barakat, M., Abu El Haija, M.
  2024
- **Gastric bypass alters diurnal feeding behavior and reprograms hepatic clock to regulate endogenous glucose flux.** *JCI insight*
  Ye, Y., Abu El Haija, M., Obeid, R., Herz, H., Tian, L., Linden, B., Chu, Y., Guo, D. F., Levine, D. C., Cedernaes, J., Rahmouni, K., Bass, J., Mokadem, et al
  2023
- **Changes in Resting Energy Expenditure After Sleeve Gastrectomy: a Review of the Literature.** *Obesity surgery*
  Abu El Haija, M., Kohli, R.
  2022
- **Stemming the Tide of Gastrointestinal Chronic Granulomatous Disease.** *Digestive diseases and sciences*
  Cagil, Y., Tong, E., Guimaraes, C., Andrews, J., Abu El Haija, M., Triadafilopoulos, G., Yeh, A. M., Shah, A.
  2022
- **Toll-like receptor 4 and myeloid differentiation factor 88 are required for gastric bypass-induced metabolic effects.** *Surgery for obesity and related diseases : official journal of the American Society for Bariatric Surgery*

Abu El-Haija, M., Ye, Y., Chu, Y., Herz, H., Linden, B., Shahi, S. K., Zarei, K., Mangalam, A. K., Mcelroy, S. J., Mokadem, M.
2021

- **The Immediate Impact of the Novel Coronavirus (COVID-19) Pandemic on Adolescents with Severe Obesity – Another Pandemic** *Asploro Journal of Pediatrics and Child Health*
  Matheson, B. E., Herdes, R. E., Garza, D., Shepard, W. E., Bruzoni, M., Pratt, J. S., Abu El Haija, M.
  2021
- **NSAID-Induced Enteropathy Affects Regulation of Hepatic Glucose Production by Decreasing GLP-1 Secretion** *Nutrients*
  Herz, H., Song, Y., Ye, Y., Tian, L., Linden, B., Abu El Haija, M., Chu, Y., Grobe, J., Lengeling, R., Mokadem, M.
  2021; 14 (1): 120
- **Considerations on the role of esophagogastroduodenoscopy in the pediatric metabolic and bariatric surgery patient** *Surgery for Obesity and Related Diseases*
  Abu EL Haija, M., Browne, N. T., Griggs, C. L., Herdes, R. E., Michalsky, M. P., Ogle, S. B., Zitsman, J. L., Pratt, J. S.
  2021
- **Experience With Vertical Sleeve Gastrectomy in Adolescent and Young Adult Ehlers-Danlos Syndrome Patients: a Case Series and Review of the Literature** *Obesity Surgery*
  Herdes, R. E., Abu El Haija, M., Johnson, K., Shepard, W., Zak, Y., Bruzoni, M., Pratt, J. S.
  2021
- **Endocannabinoid Receptor-1 and Sympathetic Nervous System Mediate the Beneficial Metabolic Effects of Gastric Bypass.** *Cell reports*
  Ye, Y. n., Abu El Haija, M. n., Morgan, D. A., Guo, D. n., Song, Y. n., Frank, A. n., Tian, L. n., Riedl, R. A., Burnett, C. M., Gao, Z. n., Zhu, Z. n., Shahi, S. K., Zarei, et al
  2020; 33 (4): 108270
- **Commentary: Children with Gastroesophageal Reflux Disease Consume More Calories and Fat than Controls.** *Journal of pediatric gastroenterology and nutrition*
  Abu El Haija, M. n., Agostoni, C. n.
  2020
- **Intraoperative Liver Biopsy During Adolescent Bariatric Surgery: Is It Really Necessary?** *Obesity surgery*
  Jones, R. E., Yeh, A. M., Kambham, N., El Haija, M. A., Pratt, J., Bruzoni, M.
  2019
- **Diagnosis and management of children with Blue Rubber Bleb Nevus Syndrome: A multi-center case series.** *Digestive and liver disease : official journal of the Italian Society of Gastroenterology and the Italian Association for the Study of the Liver*
  Isoldi, S., Belsha, D., Yeop, I., Uc, A., Zevit, N., Mamula, P., Loizides, A. M., Tabbers, M., Cameron, D., Day, A. S., Abu-El-Haija, M., Chongsrisawat, V., Briars, et al
  2019
- **Incidental finding of a huge ovarian serous cystadenoma in an adolescent female with menorrhagia** *SAGE OPEN MEDICAL CASE REPORTS*
  Abu Sulb, A., Abu El Haija, M., Muthukumar, A.
  2016; 4: 2050313X16645755
- **Glycaemic regulation and insulin secretion are abnormal in cystic fibrosis pigs despite sparing of islet cell mass** *CLINICAL SCIENCE*
  Uc, A., Olivier, A. K., Griffin, M. A., Meyerholz, D. K., Yao, J., Abu-El-Haija, M., Buchanan, K. M., Calderon, O., Abu-El-Haija, M., Pezzulo, A. A., Reznikov, L. R., Hoegger, M. J., Rector, et al
  2015; 128 (2): 131–42
- **Dyserythropoiesis in a child with pyruvate kinase deficiency and coexistent unilateral multicystic dysplastic kidney** *PEDIATRIC BLOOD & CANCER*
  Abu El Haija, M., Qian, Y., Muthukumar, A.
  2014; 61 (8): 1463–65
- **Pancreatic and biliary secretion are both altered in cystic fibrosis pigs** *AMERICAN JOURNAL OF PHYSIOLOGY-GASTROINTESTINAL AND LIVER PHYSIOLOGY*
  Uc, A., Giriyappa, R., Meyerholz, D. K., Griffin, M., Ostedgaard, L. S., Tang, X., Abu-El-Haija, M., Stoltz, D. A., Ludwig, P., Pezzulo, A., Abu-El-Haija, M., Taft, P., Welsh, et al

2012; 303 (8): G961–G968

- **Pancreatic Damage in Fetal and Newborn Cystic Fibrosis Pigs Involves the Activation of Inflammatory and Remodeling Pathways** *AMERICAN JOURNAL OF PATHOLOGY*

  Abu-El-Haija, M., Ramachandran, S., Meyerholz, D. K., Abu-El-Haija, M., Griffin, M., Giriyappa, R. L., Stoltz, D. A., Welsh, M. J., McCray, P. B., Uc, A.

  2012; 181 (2): 499–507

- **Simplified and versatile method for isolation of high-quality RNA from pancreas** *BIOTECHNIQUES*

  Griffin, M., Abu-El-Haija, M., Abu-El-Haija, M., Rokhlina, T., Uc, A.

  2012; 52 (5): 332–34