



Rachel E. Herdes

Clinical Assistant Professor, Pediatrics - Gastroenterology

CLINICAL OFFICE (PRIMARY)

- **Pediatric Gastroenterology Clinic**

730 Welch Rd 2nd Fl

Palo Alto, CA 94304

Tel (650) 721-2250

Fax (650) 721-3822

Bio

BIO

As a Pediatric Gastroenterologist, my clinical focus is to deliver advanced clinical care to children and adolescents with gastrointestinal and liver diseases, with an emphasis on the important role of nutrition.

CLINICAL FOCUS

- Pediatric Gastroenterology
- Pediatric Obesity
- Nutrition Disorders
- Intestinal Failure
- Short Bowel Syndrome

ACADEMIC APPOINTMENTS

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

ADMINISTRATIVE APPOINTMENTS

- Pediatric GI Advocacy Chair, Stanford University, Department of Pediatrics, Division of Pediatric Gastroenterology, (2023- present)

HONORS AND AWARDS

- Health Equity Action Leadership Pilot Grant, Stanford School of Medicine Office of Faculty Development and Diversity (2024)
- High Value Innovation Award: Improving Care for Intestinal Failure Patients with IR Rounds, Stanford Health Care System (2019)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Nutrition Committee, North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition (2021 - present)
- Member, Intestinal Rehabilitation Special Interest Group, North American Society for Pediatric Gastroenterology, Hepatology, & Nutrition (2020 - present)
- Member, Fellow's Committee, North American Society for Pediatric Gastroenterology, Hepatology, & Nutrition (2020 - 2022)

- Member, American Academy of Pediatrics (2015 - present)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Dept of Pediatric Gastroenterology (2022) CA
- Residency: Louisiana State University School of Medicine (2019) LA
- Board Certification: Pediatric Gastroenterology, American Board of Pediatrics (2023)
- Board Certification: Obesity Medicine, American Osteopathic Board of Pediatrics (2022)
- Graduate Education (MA), Boston University , Medical Sciences (2010)
- Medical Education (DO), Kansas City University of Medicine and Biosciences , Medicine (2015)
- Residency, Louisiana State University, New Orleans , Pediatrics (2018)
- Chief Residency, Louisiana State University, New Orleans , Pediatrics (2019)
- Fellowship, Stanford University , Pediatric Gastroenterology (2022)
- Advanced Fellowship, Children's Hospital of Philadelphia , Nutrition (2023)
- Board Certification, American Board of Pediatrics , Pediatrics (2018)
- Board Certification, American Board of Obesity Medicine , Obesity (2021)
- Board Certification, National Board of Physician Nutrition Specialists , Nutrition (2023)
- Board Certification, American Board of Pediatrics , Pediatric Gastroenterology (2023)

LINKS

- Stanford Pediatric GI Site: <https://med.stanford.edu/gastroenterology.html>
- Pediatric GI Advocacy Site: <https://med.stanford.edu/gastroenterology/DiversityEquityInclusion/PedsGIAdvocacy.html>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

As a pediatric physician-investigator, I strive to understand the role of nutrition and diet therapy in pediatric health. I am particularly interested in understanding and developing novel treatment plans for adolescent patients with obesity and in establishing guidelines to improve health outcomes for pediatric intestinal failure patients.

Current research studies include novel treatment options for pediatric metabolic dysfunction-associated steatotic liver disease (MASLD), health equity in pediatric patients with intestinal failure, and medication management after metabolic and bariatric surgery in pediatric patients with severe obesity.

Publications

PUBLICATIONS

- **Vitamin B12 deficiency in a pediatric patient with gastric obstruction and jejunal feeding dependence: A case report.** *JPGN reports*
Nguyen, A. H., Bass, D., Herdes, R. E.
2026; 7 (1): 174-178
- **The impact of social determinants of health on adolescent metabolic and bariatric surgical outcomes.** *Surgery for obesity and related diseases : official journal of the American Society for Bariatric Surgery*
Chinn, J. O., Herdes, R. E., Shacker, M., Santos, V., Fell, G. L., Pratt, J. S.
2025
- **Dietary recommendations for pediatric and adolescent patients utilizing GLP-1 receptor agonists for weight management: A narrative review of current literature.** *Nutrition in clinical practice : official publication of the American Society for Parenteral and Enteral Nutrition*
Kennedy, C., Moyer, K., Herdes, R. E.

2025

- **Call to action - pediatric MASLD requires immediate attention to curb health crisis.** *Hepatology (Baltimore, Md.)*
Hartmann, P., Mouzaki, M., Hassan, S., Kehar, M., Mysore, K. R., Mauney, E., Nonga, D., Karjoo, S., Sood, S., Tou, A., Brichta, C., Herdes, R. E., Pai, et al
2025
- **Evidence-based review of the nutritional treatment of obesity and metabolic dysfunction-associated steatotic liver disease in children and adolescents.** *Journal of pediatric gastroenterology and nutrition*
Karjoo, S., Braglia-Tarpey, A., Chan, A. P., Ayala Germán, A. G., Herdes, R. E., Pai, N., Sierra-Velez, D., Whitehead, B., Quiros-Tejiera, R. E., Duro, D.
2025
- **Term infant formula macronutrient composition: An update for clinicians.** *Journal of pediatric gastroenterology and nutrition*
Larson-Nath, C., Bashir, A., Herdes, R. E., Kiernan, B., Lai, J., Martin, N., Misner, N., Pandey, A., Puri, K., Zong, W., Duro, D.
2025
- **From the kitchen to the medicine cabinet: Examples of functional herbs and spices.** *Journal of pediatric gastroenterology and nutrition*
Gura, K., Duro, D., Pai, N., Sandell, A., Sankararaman, S., Quiros, R., Herdes, R., Deas, J., Wang, L.
2024
- **Sleeve gastrectomy for the treatment of adolescent obesity in children aged 13 and under: a retrospective study.** *Surgery for obesity and related diseases : official journal of the American Society for Bariatric Surgery*
Liang, N. E., Herdes, R. E., Balili, R., Pratt, J. S., Bruzoni, M.
2023
- **Pancreatic Fluid Leak Causing Mediastinal Shift.** *Journal of pediatric gastroenterology and nutrition*
Herdes, R. E., Syed, A. B., Gugig, R.
2022
- **Pitfalls of Iron Supplementation in Parenteral Nutrition Admixtures for Children with Intestinal Failure.** *JPEN. Journal of parenteral and enteral nutrition*
Herdes, R. E., Oliveira, S. B., Kocoshis, S. A., Bernieh, A., Namjoshi, S. S.
2022
- **Effect of telehealth implementation on an adolescent metabolic and bariatric surgery program.** *Surgery for obesity and related diseases : official journal of the American Society for Bariatric Surgery*
Herdes, R. E., Matheson, B. E., Tsao, D. D., Bruzoni, M., Pratt, J. S.
2022
- **Bacterial overgrowth assessment and treatment among pediatric intestinal rehabilitation & nutrition support providers: an international survey of clinical practice patterns.** *JPEN. Journal of parenteral and enteral nutrition*
Namjoshi, S. S., Galloway, D., Herdes, R. E., Talathi, S., Ding, V. Y., Mezzoff, E. A.
2022
- **Why earlier may be better: a look at the use of metabolic and bariatric surgery in the treatment of severe childhood obesity.** *Surgery for obesity and related diseases : official journal of the American Society for Bariatric Surgery*
Herdes, R. E., Tsao, D. D., Pratt, J. S.
2021
- **50 Years Ago in TheJournalofPediatrics: Our Evolving Understanding of Pediatric Malnutrition.** *The Journal of pediatrics*
Herdes, R. E., Oliveira, S. B.
2021; 235: 137
- **An Unusual Case of Thiamine Deficiency in a Total Parenteral Nutrition-Dependent Child Secondary to Munchausen by Proxy.** *JPGN reports*
Huang, A. C., Herdes, R. E., Yamin, G., Kerner, J.
2021; 2 (1): e044
- **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

- **Initial Presentation of a Pediatric Intestinal Pseudo-Obstruction Episode After SARS-CoV-2 Virus (COVID-19) Infection** *JPGN Reports*
Herdes, R., Cagil, Y., Namjoshi, S. S., Hassan, M.
2021
- **Considerations on the role of esophagogastroduodenoscopy in the pediatric metabolic and bariatric surgery patient** *Surgery for Obesity and Related Diseases*
Abu EL Hajja, M., Browne, N. T., Griggs, C. L., Herdes, R. E., Michalsky, M. P., Ogle, S. B., Zitsman, J. L., Pratt, J. S.
2021
- **Self-Efficacy in Children with Functional Constipation Is Associated with Treatment Success.** *The Journal of pediatrics*
Santucci, N. R., Rein, L. E., van Tilburg, M. A., Karpinski, A., Rosenberg, A., Amado-Feeley, A., Stoops, E., Herdes, R. E., Hyman, P. E.
2020; 216: 19-24