

Meryl Megumi Sperling

Clinical Assistant Professor, Obstetrics & Gynecology - Maternal Fetal Medicine

CLINICAL OFFICE (PRIMARY)

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Bio

CLINICAL FOCUS

- Maternal and Fetal Medicine

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Obstetrics & Gynecology - Maternal Fetal Medicine

PROFESSIONAL EDUCATION

- Board Certification: Maternal and Fetal Medicine, American Board of Obstetrics and Gynecology (2024)
- Fellowship: Stanford University Maternal Fetal Medicine Fellowship (2022) CA
- Residency: University of Hawaii Obstetrics and Gynecology Residency (2019) HI
- Medical Education: Georgetown University School of Medicine (2015) DC
- Board Certification, American Board of Obstetrics and Gynecology , Maternal Fetal Medicine (2024)
- Board Certification: Obstetrics and Gynecology, American Board of Obstetrics and Gynecology (2021)

Publications

PUBLICATIONS

- **Perinatal use of non-alcoholic beverages that mirror alcohol.** *American journal of obstetrics and gynecology*
Bowdring, M. A., Sperling, M. M., Plummer, X. D., Prochaska, J. J.
2025
- **Diagnosis and Treatment of Gestational Diabetes Mellitus: A National Survey of Physician Practices.** *Journal of women's health (2002)*
Miller, S. E., Sperling, M. M., Mayo, J. A., Leonard, S. A., Lyell, D. J., Herrero, T., Blumenfeld, Y. J.
2025
- **Episiotomy and severe perineal laceration among Asian American, Native Hawaiian, and Pacific Islander nulliparous individuals in California.** *AJOG global reports*
Chidyausiku, T., Bane, S., Sperling, M. M., Main, E. K., Carmichael, S. L.
2025; 5 (1): 100450
- **A Hidden Workflow Inequity of Penicillin Allergy Evaluation in Pregnancy.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*

Dunham, T. B., Zhu, L., Lee, J. H., Sperling, M., Hoyte, E., Gibbs, R., Liu, A. Y., Simard, J. F.
2024

- **Referral Patterns and Uptake of Penicillin Delabeling in Pregnancy**
Dunham, T., Zhu, L., Lee, J., Sperling, M., Hoyte, E., Gibbs, R., Simard, J., Liu, A.
MOSBY-ELSEVIER.2024: AB164
- **Prepregnancy body mass index and gestational diabetes mellitus across Asian and Pacific Islander subgroups in California.** *AJOG global reports*
Sperling, M. M., Leonard, S. A., Blumenfeld, Y. J., Carmichael, S. L., Chueh, J.
2023; 3 (1): 100148
- **Adverse Pregnancy Outcomes Among Asian Subgroups - Does Gestational Diabetes Mellitus Increase the Risk?**
Perlman, N. C., Sperling, M. M., Mayo, J., Leonard, S. A., Blumenfeld, Y. J., Carmichael, S. L., Maine, E., Chueh, J., Bianco, K.
SPRINGER HEIDELBERG.2023: 131A-132A
- **Fasting Compared With Fed and Oral Intake Before the 1-Hour Oral Glucose Tolerance Test: A Randomized Controlled Trial.** *Obstetrics and gynecology*
Sperling, M. M., Leonard, S. A., Miller, S. E., Hurtado, J., El-Sayed, Y. Y., Herrero, T., Faig, J., Carter, S., Blumenfeld, Y. J.
2023; 141 (1): 126-133
- **Effect of gestational age at first delivery and interpregnancy interval on the recurrence of clinical chorioamnionitis.** *AJOG global reports*
Sperling, M. M., Sie, L., Leonard, S. A., Girsen, A. I., Lee, H. C., Gibbs, R. S.
2022; 2 (4): 100116
- **Fasting vs fed: A randomized trial assessing oral intake prior to the glucose tolerance test**
Sperling, M., Leonard, S. A., Miller, S. E., El Sayed, Y. Y., Herrero, T., Faig, J., Carter, S., Blumenfeld, Y. J. J.
MOSBY-ELSEVIER.2022: S189
- **Provider utilization of gestational diabetes screening methods - Have practices changed since the HAPO trial?**
Miller, S. E., Sperling, M., Cruz, G., Schulkin, J., Leonard, S. A., Lyell, D. J., Herrero, T., Blumenfeld, Y. J.
MOSBY-ELSEVIER.2022: S483-S484
- **To Eat or not to Eat? Provider Recommendations Surrounding Oral Intake Before the 50g OGTT**
Miller, S. E., Sperling, M., Cruz, G., Schulkin, J., Leonard, S. A., Lyell, D. J., Herrero, T., Blumenfeld, Y. J. J.
MOSBY-ELSEVIER.2022: S350-S351
- **Patient preferences, beliefs, and experiences regarding oral intake and the 1-hour oral glucose tolerance test**
Sperling, M., Leonard, S. A., Miller, S. E., El-Sayed, Y. Y., Herrero, T., Faig, J., Carter, S., Blumenfeld, Y. J.
MOSBY-ELSEVIER.2022: S325-S326
- **Ketonuria is associated with a positive 1-hour oral glucose tolerance test**
Sperling, M., Leonard, S. A., Miller, S. E., El-Sayed, Y. Y., Herrero, T., Faig, J., Carter, S., Blumenfeld, Y. J.
MOSBY-ELSEVIER.2022: S574-S575
- **Second trimester prediction of gestational diabetes: maternal analytes as an additional screening tool.** *Journal of perinatal medicine*
Sperling, M. M., Towner, D., Davis, J., Yamasato, K.
2021
- **Prepregnancy body mass index and gestational diabetes mellitus across asian subpopulations**
Sperling, M., Leonard, S. A., Waldrop, A. R., Miller, S., Blumenfeld, Y. J., Carmichael, S., Chueh, J.
MOSBY-ELSEVIER.2021: S118-S119
- **Comparing insulin, metformin, and glyburide in treating diabetes in pregnancy and analyzing obstetric outcomes**
Sperling, M., Bentley, J., Girsen, A., Leonard, S. A., Sherwin, E. B., Panelli, D. M., Suharwardy, S., El Sayed, Y., Herrero, T.
MOSBY-ELSEVIER.2020: S481