Stanford

# Meryl Megumi Sperling

Clinical Assistant Professor, Obstetrics & Gynecology - Maternal Fetal Medicine


### CLINICAL OFFICE (PRIMARY)

- **Center for Academic Medicine Obstetrics and Gynecology**

  453 Quarry Rd

  MC 5317

  Palo Alto, CA 94304

  **Tel** (650) 725-8623 **Fax** (650) 723-7737


## 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