



Danit Ariel

Clinical Associate Professor, Medicine - Endocrinology, Gerontology, & Metabolism

CLINICAL OFFICE (PRIMARY)

- **Endocrinology Clinic**

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Stanford, CA 94305

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ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

Division of Endocrinology

Tel 650-723-6054

Bio

BIO

Danit Ariel, MD MS, is board certified in Endocrinology. Dr. Ariel graduated from UC Davis School of Medicine. She then completed a residency in Internal Medicine at Stanford and a fellowship and post-doctorate in Endocrinology and Metabolism at Stanford before joining the faculty at Stanford.

Dr. Ariel practices general endocrinology, with a special interest in menopause, LGBTQ+ health, transgender medicine, reproductive endocrinology and thyroid disorders amongst others.

She believes in practicing compassionate care: in listening to her patients' concerns, respecting their values, communicating well, and providing an evidence-based approach to help guide individualized treatment plans. She is deeply committed to utilizing her expertise in the field of endocrinology to optimize her patients' health and well-being.

Dr. Ariel is passionate about medical education and teaching, and serves on the teaching faculty in the Stanford University School of Medicine. She completed an honors certificate in medical education from Stanford. She is the Founding Director of the Student Guidance Program for medical students. Finally, within the division of Endocrinology, she is the Director of Faculty Wellness.

Appointments with Dr. Ariel are available in the Hoover Pavilion on 211 Quarry Road as part of the Stanford Health Care Endocrinology Clinic and the Stanford Health Care LGBTQ+ Health Program.

CLINICAL FOCUS

- Menopause
- Transgender health
- Thyroid disorders
- LGBTQ+
- Male hypogonadism

- Endocrinology
- Diabetes and Metabolism

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Endocrinology, Gerontology, & Metabolism

ADMINISTRATIVE APPOINTMENTS

- Director, Faculty Wellness, Division of Endocrinology, (2019- present)
- Director, Student Guidance Program, (2017- present)
- Member, Stanford Committee for Professional Satisfaction and Support (SCPSS) [Physician Wellness Committee], (2016- present)

HONORS AND AWARDS

- Rathmann Family Fellowship Award in Medical Education, Stanford University (2016)

PROFESSIONAL EDUCATION

- Residency: Stanford University Internal Medicine Residency (2010) CA
- Fellowship: Stanford University Endocrinology Fellowship (2016) CA
- Fellowship: Stanford University School of Medicine - Office of Graduate Affairs - Postdoctoral Affairs (2016) CA
- Postdoctoral Scholar, Stanford University , Endocrinology, Metabolism, and Diabetes (2016)
- MS, Stanford University , Epidemiology and Clinical Research (2015)
- Board Certification, American Board of Internal Medicine , Endocrinology, Diabetes, and Metabolism (2012)
- Endocrinology Fellowship, Stanford University School of Medicine , Endocrinology (2012)
- Board Certification, American Board of Internal Medicine , Internal Medicine (2010)
- Residency, Stanford University School of Medicine - -Clinical Excellence Research Center , Internal Medicine (2010)
- MD, UC Davis School of Medicine (2007)
- Medical Education: University of California Davis School of Medicine (2007) CA
- Bachelor of Arts, University of California Berkeley , Economics (Cum Laude) (2001)

Publications

PUBLICATIONS

- **Injectable estradiol monotherapy effectively suppresses testosterone in gender-affirming hormone therapy.** *Endocrine practice : official journal of the American College of Endocrinology and the American Association of Clinical Endocrinologists*
Misakian, A. L., Ariel, D., Sullivan, E. A., Singh, G., Loeb, D., Strickland, T., Iwamoto, S. J., Rothman, M. S., Botzheim, B., Liang, J. W., Kelley, C., Hamnvik, O. R.
2025
- **Progestogen Experience Among Transgender Women and Gender Diverse Adults Assigned Male at Birth in the United States.** *Endocrine practice : official journal of the American College of Endocrinology and the American Association of Clinical Endocrinologists*
Chang, J. J., Tran, N. K., Flentje, A., Lubensky, M. E., Obedin-Maliver, J., Lunn, M. R., Ariel, D.
2025
- **A Call to Action: Advancing Research, Practice, and Policy for Middle Aged and Older Transgender and Nonbinary Communities.** *International journal of transgender health*
Green, J., Patton, J., Ariel, D., Capozuca, J. C., Fuhrmann, M., Simmons, A., Cicero, E. C.
2025
- **A call to action: Advancing research, practice, and policy for Middle aged and older transgender and nonbinary communities** *INTERNATIONAL JOURNAL OF TRANSGENDER HEALTH*

Green, J., Patton, J., Ariel, D., Capozuca, J. C., Fuhrmann, M., Simmons, A., Cicero, E. C.
2025

- **A review of menopause in transgender and gender diverse individuals.** *Current opinion in obstetrics & gynecology*
Kelley, C. E., Ariel, D.
2025
- **Injectable Estradiol Use in Transgender and Gender-Diverse Individuals in the U.S.: A Multicenter Retrospective Study.** *The Journal of clinical endocrinology and metabolism*
Misakian, A. L., Kelley, C. E., Sullivan, E. A., Chang, J. J., Singh, G., Kokosa, S., Avila, J., Cooper, H., Liang, J. W., Botzheim, B., Quint, M., Jeevananthan, A., Chi, et al
2025
- **Revisiting Injectable Estrogen Dosing Recommendations for Gender-Affirming Hormone Therapy.** *Transgender health*
Rothman, M. S., Hamnvik, O. R., Davidge-Pitts, C., Safer, J. D., Ariel, D., Tangpricha, V., Abramowitz, J., Soe, K., Sarvaideo, J., Kelley, C., Irwig, M. S., Iwamoto, S. J.
2024; 9 (6): 463-465
- **The Use of Injectable Estradiol in Transgender and Gender Diverse Adults: A Scoping Review of Dose and Serum Estradiol Levels.** *Endocrine practice : official journal of the American College of Endocrinology and the American Association of Clinical Endocrinologists*
Rothman, M. S., Ariel, D., Kelley, C., Hamnvik, O. R., Abramowitz, J., Irwig, M. S., Soe, K., Davidge-Pitts, C., Misakian, A. L., Safer, J. D., Iwamoto, S. J.
2024
- **Revisiting Injectable Estrogen Dosing Recommendations for Gender-Affirming Hormone Therapy** *TRANSGENDER HEALTH*
Rothman, M. S., Hamnvik, O. R., Davidge-Pitts, C., Safer, J. D., Ariel, D., Tangpricha, V., Abramowitz, J., Soe, K., Sarvaideo, J., Kelley, C., Irwig, M. S., Iwamoto, S. J.
2024
- **The role of menopausal hormone therapy in the prevention and treatment of low bone density in perimenopausal and postmenopausal women.** *Current opinion in obstetrics & gynecology*
Shah, N., Ariel, D.
2023
- **The Student Guidance Program: Applying an Executive Coaching Model to Medical Student Remediation.** *Academic medicine : journal of the Association of American Medical Colleges*
Ariel, D., Lau, J., Osterberg, L., Gesundheit, N., Brar, K., Merrell, S. B.
2022; 97 (11S): S117
- **The Student Guidance Program: Applying an Executive Coaching Model to Medical Student Remediation.** *Academic medicine : journal of the Association of American Medical Colleges*
Ariel, D., Lau, J., Osterberg, L., Gesundheit, N., Brar, K., Merrell, S. B.
2022; 97 (11S): S117
- **The Student Guidance Program: Applying an Executive Coaching Model to Medical Student Remediation.** *Academic medicine : journal of the Association of American Medical Colleges*
Ariel, D., Lau, J., Osterberg, L., Gesundheit, N., Brar, K., Merrell, S. B.
2022; 97 (11S): S117
- **Perimenopausal contraception.** *Current opinion in obstetrics & gynecology*
Voedisch, A. J., Ariel, D. n.
2020
- **Effect of Pioglitazone on Cardiometabolic Risk in Patients With Obstructive Sleep Apnea.** *American journal of cardiology*
Liu, A., Abbasi, F., Kim, S. H., Ariel, D., Lamendola, C., Cardell, J., Xu, S., Patel, S., Tomasso, V., Mojaddidi, H., Grove, K., Tsao, P. S., Kushida, et al
2017
- **Does enhanced insulin sensitivity improve sleep measures in patients with obstructive sleep apnea: a randomized, placebo-controlled pilot study.** *Sleep medicine*
Liu, A., Kim, S. H., Ariel, D., Abbasi, F., Lamendola, C., Cardell, J., Xu, S., Patel, S., Tomasso, V., Mojaddidi, H., Grove, K., Tsao, P. S., Kushida, et al
2016; 22: 57-60

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- **Comparison of the association with sleep apnoea of obesity versus insulin resistance** *EUROPEAN RESPIRATORY JOURNAL*
Liu, A., Ariel, D., Lamendola, C., Kim, S. H., Abbasi, F., Cardell, J., Tomasso, V., Mojaddidi, H., Grove, K., Kushida, C. A., Reaven, G. M.
2015; 46 (6): 1829–32
 - **Salsalate-induced changes in lipid, lipoprotein, and apoprotein concentrations in overweight or obese, insulin-resistant, nondiabetic individuals.** *Journal of clinical lipidology*
Ariel, D., Kim, S. H., Liu, A., Abbasi, F., Lamendola, C. A., Grove, K., Tomasso, V., Reaven, G. M.
2015; 9 (5): 658-663
 - **Usefulness of Fetuin-A to Predict Risk for Cardiovascular Disease Among Patients With Obstructive Sleep Apnea.** *American journal of cardiology*
Liu, A., Lamendola, C., Ariel, D., Abbasi, F., Kim, S. H., Cardell, J., Tomasso, V., Xu, S., Patel, S., Mojaddidi, H., Grove, K., Kushida, C. A., Reaven, et al
2015; 116 (2): 219-224
 - **Abnormalities of lipoprotein concentrations in obstructive sleep apnea are related to insulin resistance.** *Sleep*
Liu, A., Cardell, J., Ariel, D., Lamendola, C., Abbasi, F., Kim, S. H., Holmes, T. H., Tomasso, V., Mojaddidi, H., Grove, K., Kushida, C. A., Reaven, G. M.
2015; 38 (5): 793-799
 - **Effect of liraglutide administration and a calorie-restricted diet on lipoprotein profile in overweight/obese persons with prediabetes.** *Nutrition, metabolism, and cardiovascular diseases : NMCD*
Ariel, D., Kim, S. H., Abbasi, F., Lamendola, C. A., Liu, A., Reaven, G. M.
2014; 24 (12): 1317-1322
 - **Modulation of coronary heart disease risk by insulin resistance in subjects with normal glucose tolerance or prediabetes.** *Acta diabetologica*
Ariel, D., Reaven, G.
2014; 51 (6): 1033-1039
 - **Effect of salsalate on insulin action, secretion, and clearance in nondiabetic, insulin-resistant individuals: a randomized, placebo-controlled study.** *Diabetes care*
Kim, S. H., Liu, A., Ariel, D., Abbasi, F., Lamendola, C., Grove, K., Tomasso, V., Ochoa, H., Reaven, G.
2014; 37 (7): 1944-1950
 - **Pancreatic beta cell function following liraglutide-augmented weight loss in individuals with prediabetes: analysis of a randomised, placebo-controlled study.** *Diabetologia*
Kim, S. H., Liu, A., Ariel, D., Abbasi, F., Lamendola, C., Grove, K., Tomasso, V., Reaven, G.
2014; 57 (3): 455-462
 - **Clinical characteristics and pituitary dysfunction in patients with metastatic cancer to the sella.** *Endocrine practice*
Ariel, D., Sung, H., Coghlan, N., Dodd, R., Gibbs, I. C., Katznelson, L.
2013; 19 (6): 914-919
 - **Benefits of liraglutide treatment in overweight and obese older individuals with prediabetes.** *Diabetes care*
Kim, S. H., Abbasi, F., Lamendola, C., Liu, A., Ariel, D., Schaaf, P., Grove, K., Tomasso, V., Ochoa, H., Liu, Y. V., Chen, Y. I., Reaven, G.
2013; 36 (10): 3276-3282
 - **Relations between obesity, insulin resistance, and 25-hydroxyvitamin D** *AMERICAN JOURNAL OF CLINICAL NUTRITION*
Lamendola, C. A., Ariel, D., Feldman, D., Reaven, G. M.
2012; 95 (5): 1055-1059
 - **The role and regulation of microRNAs in asthma** *CURRENT OPINION IN ALLERGY AND CLINICAL IMMUNOLOGY*
Ariel, D., Upadhyay, D.
2012; 12 (1): 49-52
 - **Simulation-based training is superior to problem-based learning for the acquisition of critical assessment and management skills** *CRITICAL CARE MEDICINE*
Steadman, R. H., Coates, W. C., Huang, Y. M., Matevosian, R., Larmon, B. R., McCullough, L., Ariel, D.
2006; 34 (1): 151-157
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