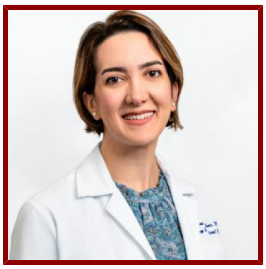
Stanford



Solmaz Ehteshami Afshar, MD

Clinical Assistant Professor, Medicine - Pulmonary, Allergy & Critical Care Medicine

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Dr. Ehteshami Afshar is a board-certified, fellowship-trained pulmonologist with Stanford Health Care. She is also a clinical assistant professor in the Department of Medicine, Division of Pulmonary, Allergy & Critical Care Medicine at Stanford University School of Medicine. She earned her MSc from the University of British Columbia, specializing in health economics, before completing her residency in internal medicine at Yale New Haven Hospital. She furthered her training at Stanford University, pursuing fellowships in pulmonary and critical care medicine as well as sleep medicine.

Dr. Ehteshami Afshar's clinical expertise lies in the management of complex pulmonary conditions and sleep-related respiratory disorders, with a particular focus on patients with neuromuscular diseases. She diagnoses and treats acute and chronic respiratory failure requiring noninvasive home mechanical ventilation, sleep-related respiratory disorders including sleep apnea, and airway disease including asthma and chronic obstructive pulmonary disease (COPD). She also provides care for critically ill patients in the intensive care units (ICU).

Dr. Ehteshami Afshar's current research interests include improving the respiratory status of patients with amyotrophic lateral sclerosis (ALS) as well as identifying novel treatment options for patients with tracheobronchomalacia. She has previously worked on research studies on COPD care, asthma interventions, and patient education around asthma.

Dr. Ehteshami Afshar has published her research in many peer-reviewed journals, including the American Journal of Respiratory and Critical Care Medicine, Respiratory Research, and Cleveland Clinic Journal of Medicine. She has presented to her peers at international, national, and regional meetings, including the American College of Chest Physicians Annual Meeting, the American Thoracic Society International Conference, and the California Thoracic Society Annual Educational Conference.

CLINICAL FOCUS

- Pulmonary Disease
- Critical Care
- Home Mechanical Ventilation

- Pulmonary and sleep related breathing disorders in neuromuscular disease

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Pulmonary, Allergy & Critical Care Medicine

ADMINISTRATIVE APPOINTMENTS

- Physician Improvement Leader (PIL), Pulmonary Service Line, (2026- present)
- Director of Outpatient Chronic Respiratory Care (OCRC) Program, Division of Pulmonary and Critical Care Medicine, (2025- present)

HONORS AND AWARDS

- Academic Sleep Pulmonary Integrated Research/Clinical Fellowship (ASPIRE),, American Thoracic Society
- Best Presentation, International Medical Sciences Student Congress, Istanbul University
- Faculty of Medicine Graduate Student Award, University of British Columbia (UBC)
- International Tuition Award, UBC

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Chair, Career Development Committee, California Thoracic Society (CTS) (2023 - present)
- Member, College of Chest Physicians (CHEST) (2022 - present)
- Member, American Thoracic Society (ATS) (2021 - present)

PROFESSIONAL EDUCATION

- Board Certification: Critical Care Medicine, American Board of Internal Medicine (2025)
- Board Certification, American Board of Internal Medicine , Critical Care Medicine (2025)
- Board Certification: Sleep Medicine, American Board of Internal Medicine (2024)
- Board Certification: Pulmonary Disease, American Board of Internal Medicine (2023)
- Fellowship: Stanford University Pulmonary and Critical Care Fellowship (2024) CA
- Fellowship, Stanford University, Sleep Medicine Fellowship
- Residency: Yale - New Haven Hospital (2021) CT
- MSc, University of British Columbia (UBC)
- Medical Education: Shahid Beheshti University of Medical Sciences (2014) Iran

Publications

PUBLICATIONS

- **COVID-19 mRNA Vaccines and ILD Exacerbation: Causation or Just a Temporal Association?** *American journal of respiratory and critical care medicine*
  Ehteshami-Afshar, S., Raj, R.
  2022

- **The underappreciated role of documentation in improving COPD care.** *Cleveland Clinic journal of medicine*
  Ehteshami-Afshar, S., Merchant, N.
  2022; 89 (5): 249-251

- **Trends in oral corticosteroids use in severe asthma: a 14-year population-based study.** *Respiratory research*
  Sadatsafavi, M., Khakban, A., Tavakoli, H., Ehteshami-Afshar, S., Lynd, L. D., FitzGerald, J. M.
  2021; 22 (1): 103

- **Does pulmonary subspecialty referral from primary care affect the adherence to vaccination recommendations in COPD patients?** *Respiratory research*

Ehteshami-Afshar, S., Crothers, K., Rodwin, B., Bade, B., Brandt, C., Akgün, K. M.
2021; 22 (1): 50

- **A Comparison of Capillary Versus Venous N-Terminal Prohormone Brain Natriuretic Peptide**
  Mehrnoush , V., Kochan , A., Ehteshami-Afshar , S., Virani , S., Hawkins , N., Toma , M.
  OAJBS Publishers.
  2021 1246-1250

- **A Systematic Review of Decision-Analytic Models for Evaluating Cost-Effectiveness of Asthma Interventions** *VALUE IN HEALTH*
  Ehteshami-Afshar, S., Zafari, Z., Hamidi, N., FitzGerald, J., Lynd, L., Sadatsafavi, M.
  2019; 22 (9): 1070-1082

- **Extent, trends, and determinants of controller/reliever balance in mild asthma: a 14-year population-based study** *RESPIRATORY RESEARCH*
  Khakban, A., FitzGerald, J., Tavakoli, H., Lynd, L., Ehteshami-Afshar, S., Sadatsafavi, M.
  2019; 20: 44

- **Optimum cutoff values of anthropometric indices of obesity for predicting hypertension: more than one decades of follow-up in an Iranian population** *JOURNAL OF HUMAN HYPERTENSION*
  Ramezankhani, A., Ehteshami-Afshar, S., Hasheminia, M., Hajebrahimi, M., Azizi, F., Hadaegh, F.
  2018; 32 (12): 838-848

- **The Economic Burden of Asthma** *The Global Asthma Report*
  Sadatsafavi , M., Ehteshami-Afshar, S., FitzGerald , M., Haahtela , T.
  Global Asthma Network.2018: Chapter 6

- **CLINICAL CHARACTERISTICS AND OUTCOMES OF PATIENTS WITH HEART FAILURE WITH REDUCED EJECTION FRACTION AND CHRONIC OBSTRUCTIVE PULMONARY DISEASE: INSIGHTS FROM PARADIGM-HF**
  Ehteshami-Afshar, S., Hawkins, N. M., Rouleau, J., Swedberg, K., Zile, M., Lefkowitz, M., Shi, V., Solomon, S., Packer, M., McMurray, J.
  ELSEVIER SCIENCE INC.2017: 734

- **Asthma patient education, the overlooked aspect of disease management** *CANADIAN JOURNAL OF RESPIRATORY CRITICAL CARE AND SLEEP MEDICINE*
  Ehteshami-Afshar, S., FitzGerald, J.
  2017; 1 (1): 43-45

- **The impact of comorbidities on productivity loss in asthma patients** *RESPIRATORY RESEARCH*
  Ehteshami-Afshar, S., FitzGerald, J., Carlsten, C., Tavakoli, H., Rousseau, R., Tan, W., Rolf, J., Sadatsafavi, M.
  2016; 17: 106

- **The global economic burden of asthma and chronic obstructive pulmonary disease** *INTERNATIONAL JOURNAL OF TUBERCULOSIS AND LUNG DISEASE*
  Ehteshami-Afshar, S., FitzGerald, J. M., Doyle-Waters, M. M., Sadatsafavi, M.
  2016; 20 (1): 11-U38

- **Silent coronary artery disease and incidence of cardiovascular and mortality events at different levels of glucose regulation; results of greater than a decade follow-up** *INTERNATIONAL JOURNAL OF CARDIOLOGY*
  Hadaegh, F., Ehteshami-Afshar, S., Hajebrahimi, M. A., Hajsheikholeslami, F., Azizi, F.
  2015; 182: 334-339

- **The impact of smoking status on 9.3 years incidence of cardiovascular and all-cause mortality among Iranian men** *ANNALS OF HUMAN BIOLOGY*
  Ehteshami-Afshar, S., Momenan, A., Hajshekholeslami, F., Azizi, F., Hadaegh, F.
  2014; 41 (3): 249-254

- **Is Certolizumab Pegol Safe and Effective in the Treatment of Patients with Moderate to Severe Crohn's Disease? A Meta-analysis of Controlled Clinical Trials** *IRANIAN RED CRESCENT MEDICAL JOURNAL*
  Nikfar, S., Ehteshami-Afshar, S., Abdollahi, M.
  2013; 15 (8): 668-675

- **Wells' prediction rules for pulmonary embolism: valid in all clinical subgroups?** *BLOOD COAGULATION & FIBRINOLYSIS*

Sharif-Kashani, B., Bikdeli, B., Ehteshami-Afshar, S., Chitsazan, M., Behzadnia, N., Chitsaz, E., Kermani-Randjbar, S., Saliminejad, L., Masjedi, M., Bikdeli, B.

2012; 23 (7): 614-618

- **A systematic review and meta-analysis of the effects of infliximab on the rate of colectomy and post-operative complications in patients with inflammatory bowel disease** *ARCHIVES OF MEDICAL SCIENCE*

  Ehteshami-Afshar, S., Nikfar, S., Rezaie, A., Abdollahi, M.

  2011; 7 (6): 1000-1012

- **Chest physicians' knowledge of appropriate thromboprophylaxis: insights from the PROMOTE study** *BLOOD COAGULATION & FIBRINOLYSIS*

  Bikdeli, B., Sharif-Kashani, B., Raeissi, S., Ehteshami-Afshar, S., Behzadnia, N., Masjedi, M.

  2011; 22 (8): 667-672

- **A Systematic Review and Meta-analysis of the Efficacy and Adverse Events of Infliximab in Comparison to Corticosteroids and Placebo in Active Ulcerative Colitis** *INTERNATIONAL JOURNAL OF PHARMACOLOGY*

  Nikfar, S., Ehteshami-Afshar, S., Abdollahi, M.

  2011; 7 (3): 325-332

- **Systematic review and meta-analysis of the efficacy and tolerability of nicotine preparations in active ulcerative colitis.** *Clinical therapeutics*

  Nikfar, S., Ehteshami-Ashar, S., Rahimi, R., Abdollahi, M.

  2010; 32 (14): 2304-15