

Cynthia Tsai, MD, FACP

Clinical Assistant Professor, Medicine - Primary Care and Population Health

CLINICAL OFFICE (PRIMARY)

- **Stanford Health Center at Los Altos**

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Bio

BIO

Dr. Cynthia Tsai, MD, FACP, is a board certified internal medicine physician and Clinical Assistant Professor in the Department of Medicine at Stanford within the Division of Primary Care and Population Health. She is the Medical Director of Stanford Primary Care in Los Altos and is also the Los Altos Clinic Site Director for the Stanford Internal Medicine Residency.

Within the Division of Primary Care and Population Health, she serves as the Division Lead for Quality and Equity, and she has spearheaded work to improve the equitable care of patients from racial and ethnic minority groups and limited English proficiency patients with chronic diseases such as hypertension and diabetes.

She completed medical school at the University of California, San Francisco, School of Medicine, and she completed residency training in internal medicine and primary care in the UCSF Primary Care/General Internal Medicine (UCPC-GIM) track of the Internal Medicine residency program. A Bay Area native, she is eager to provide primary care for a complex patient panel here in the Bay Area. Her clinical interests include preventative healthcare, the care of older adults, addiction medicine, and behavioral medicine. She grew up in a bicultural and bilingual home and is fluent in Mandarin Chinese, and she provides language concordant care to Mandarin speaking patients.

Outside of patient care, she has interests in ambulatory medical education, health equity, and the cultivation of early trainee interest in primary care. She also has strong interest in the medical humanities and narrative medicine, and has published personal perspective pieces in publications such as JAMA and the San Francisco Chronicle.

CLINICAL FOCUS

- Internal Medicine
- Primary Care Physician

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Primary Care and Population Health

ADMINISTRATIVE APPOINTMENTS

- Medical Director, Stanford Primary Care Los Altos, (2024- present)

- Site Director, Stanford Internal Medicine Residency, Stanford Primary Care Los Altos, (2023- present)
- Division Lead for Quality and Equity, Stanford University Department of Medicine, Division of Primary Care and Population Health, (2022- present)

HONORS AND AWARDS

- Phi Beta Kappa, Harvard College (2013)
- Diversity, Equity, and Inclusion Champion, University of California, San Francisco (2019)
- Alanna McKelvey Stone Compassion Award, University of California, San Francisco - Department of Medicine (2021)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, American College of Physicians (2019 - present)
- Member, Society of General Internal Medicine (2020 - present)
- Member, American Medical Association (2021 - present)

PROFESSIONAL EDUCATION

- Board Certification: Internal Medicine, American Board of Internal Medicine (2021)
- A.B., Harvard College , Psychology (2013)
- Medical Education: University of California at San Francisco School of Medicine (2018) CA
- Residency: UCSF Graduate Medical Education Office (2021) CA

Publications

PUBLICATIONS

- **Personal Risk and Societal Obligation Amidst COVID-19.** *JAMA*
Tsai, C.
2020; 323 (16): 1555-1556
- **Surprises and Expectations: On Patient Loss in Medicine**
Tsai, C.
Doximity Network.
2020
- **The Vaccinated and the Anxious: Lessons from the Pandemic**
Tsai, C.
KevinMD.com.
2020
- **Humanity toward a struggling man and his canine companion**
Tsai, C.
San Francisco Chronicle. San Francisco, CA.
2020
- **Effects of emotionally valenced working memory taxation on negative memories** *JOURNAL OF BEHAVIOR THERAPY AND EXPERIMENTAL PSYCHIATRY*
Tsai, C., McNally, R. J.
2014; 45 (1): 15-19
- **Attention bias modification for reducing speech anxiety** *BEHAVIOUR RESEARCH AND THERAPY*
McNally, R. J., Enock, P. M., Tsai, C., Tousian, M.
2013; 51 (12): 882-888

PRESENTATIONS

- Protein-Calorie Malnutrition: Recognition and Management of a Disabling Complication of Bariatric Surgery - Society of General Internal Medicine Annual Meeting (April 2021)
- Hospice Initiation among 1st-Generation Chinese-Americans: Exploration of Potential Cultural Barriers - Society of General Internal Medicine Annual Meeting (April 2021)