Stanford

Brian Ruhle, MD, MS

Clinical Assistant Professor, Surgery - General Surgery

CLINICAL OFFICE (PRIMARY)

- **Stanford Health Care Tri-Valley Medical Center**
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Bio

BIO

Dr. Brian Ruhle is a board-certified surgeon with dual-fellowship training in minimally invasive bariatric (weight loss) surgery and endocrine surgery. He is also a clinical assistant professor in the Department of Surgery, Division of General Surgery at Stanford University School of Medicine.

Dr. Ruhle specializes in bariatric surgery, foregut (upper digestive tract) surgery, adrenal surgery, and abdominal wall reconstruction. He uses leading-edge laparoscopic and robotic surgical techniques to help patients achieve sustainable weight loss and improve obesity-related health conditions. His expertise in advanced minimally invasive procedures offers patients significant benefits, including faster recoveries, reduced pain, and shorter hospital stays.

Dr. Ruhle's research interests span a wide range of topics in metabolic and bariatric surgery. His studies have explored combination therapies for managing obesity, improvements in screening and treating endocrine disorders, and optimizing outcomes in thyroid and parathyroid surgeries. He has published his findings in many peer-reviewed journals, including Surgery, Journal of Gastrointestinal Surgery, and Journal of the American College of Surgeons.

Dr. Ruhle has presented at prominent national conferences, including the annual meetings of the American Association of Endocrine Surgeons and the American College of Surgeons Clinical Congress. His presentations have discussed using GLP-1 receptor agonists (weight loss medications that help regulate blood sugar and reduce appetite) before and after bariatric surgery. He has also addressed improving screening protocols for hyperaldosteronism (high blood pressure caused by excess production of the hormone aldosterone by the adrenal gland).

Dr. Ruhle is a member of the American Association of Endocrine Surgeons, the American Society for Metabolic and Bariatric Surgery, and the Society of American Gastrointestinal and Endoscopic Surgeons.

CLINICAL FOCUS

- General Surgery

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Surgery - General Surgery

HONORS AND AWARDS

- Swift Family Legacy Grant, Upstate Medical Alumni Foundation, SUNY Upstate Medical University
- Service Values Award, NorthShore HealthSystem
- Robert Eich Award, AΩA Gamma Chapter, SUNY Upstate Medical University
- Merit Scholarship, Upstate Medical Alumni Foundation, SUNY Upstate Medical University
- Janet D. Rowley Discovery Fund, University of Chicago
- Gilberto and Lennetta Pesquera Medical Scholarship, Glens Falls Foundation, SUNY Upstate Medical University
- Frederick W. Sloan, MD '74 Scholarship, Upstate Medical Alumni Foundation, SUNY Upstate Medical University
- Dean's Letter of Commendation, SUNY Upstate Medical University
- American Heart Association Medical Student Research Fellowship, SUNY Upstate Medical University
- Alpha Omega Alpha Honor Medical Society, SUNY Upstate Medical University
- Administrative Chief Resident, University of Chicago Medicine
- Academic Achievement Award, University of Chicago Medicine

PROFESSIONAL EDUCATION

- Board Certification: General Surgery, American Board of Surgery (2022)
- Fellowship: UCLA Dept of Surgery (2024) CA
- Fellowship: Stanford Health Care (2023) CA
- Residency: University of Chicago Dept of Surgery (2022) IL
- Medical Education: SUNY Upstate Medical University (2015) NY

Publications

PUBLICATIONS

- **Use of Lower Staple Heights in Robotic Sleeve Gastrectomy: National Trends and Impact on Outcomes.** *Annals of surgery open : perspectives of surgical history, education, and clinical approaches*
  Hung, K. S., Lee, S. H., Azagury, D. E., Ruhle, B., Wall, J. K., White, L., Zheng, F., Esquivel, M. M.
  2025; 6 (2): e570

- **Genetic Testing Referral Rates for Pheochromocytoma and Paraganglioma in an Academic Tertiary Centre.** *Clinical endocrinology*
  Ruhle, B., Kim, N. E., Ngo, S., Hughes, E. G., Sajed, D. P., Yu, R., Wu, J. X., Yeh, M. W., Livhits, M. J.
  2025

- **Preoperative Weight Loss with Glucagon-Like Peptide-1 Receptor Agonists Before Bariatric Surgery**
  Ruhle, B., Bartoletti, S., Hauser, M., Azagury, D. E.
  LIPPINCOTT WILLIAMS & WILKINS.2023: S28

- **Germ line predisposition variants occur in myelodysplastic syndrome patients of all ages.** *Blood*
  Feurstein, S., Trottier, A. M., Estrada-Merly, N., Pozsgai, M., McNeely, K., Drazer, M. W., Ruhle, B., Sadera, K., Koppayi, A. L., Scott, B. L., Oran, B., Nishihori, T., Agrawal, et al
  2022; 140 (24): 2533-2548

- **Autologous Posterior Rectus Sheath as a Vascularized Onlay Flap: a Novel Approach to Hiatal Hernia Repair.** *Journal of gastrointestinal surgery : official journal of the Society for Surgery of the Alimentary Tract*
  Vigneswaran, Y., Bryan, A. F., Ruhle, B., Gottlieb, L. J., Alverdy, J.
  2022; 26 (1): 268-274

- **Total Thyroidectomy vs Thyroid Lobectomy for Localized Papillary Thyroid Cancer in Children: A Propensity-Matched Survival Analysis.** *Journal of the American College of Surgeons*
  Memeh, K., Ruhle, B., Alsafran, S., Vaghaiwalla, T., Kaplan, E., Angelos, P., Keutgen, X. M.

2021; 233 (1): 39-49

- **Response Rates in Metastatic Neuroendocrine Tumors Receiving Peptide Receptor Radionuclide Therapy and Implications for Future Treatment Strategies**
  Vaghaiwalla, T., Ruhle, B., Memeh, K., Angelos, P., Kaplan, E., Polite, B., Liao, C., Keutgen, X.
  LIPPINCOTT WILLIAMS & WILKINS.2021: 457

- **Thyroidectomy for euthyroid patients with Hashimoto thyroiditis and persisting symptoms: A cost-effectiveness analysis.** *Surgery*
  Memeh, K., Ruhle, B., Vaghaiwalla, T., Kaplan, E., Keutgen, X., Angelos, P.
  2021; 169 (1): 7-13

- **Robot-Assisted Endocrine Surgery: Indications and Drawbacks.** *Journal of laparoendoscopic & advanced surgical techniques. Part A*
  Ruhle, B. C., Ferguson Bryan, A., Grogan, R. H.
  2019; 29 (2): 129-135

- **Keeping primary aldosteronism in mind: Deficiencies in screening at-risk hypertensives.** *Surgery*
  Ruhle, B. C., White, M. G., Alsafran, S., Kaplan, E. L., Angelos, P., Grogan, R. H.
  2019; 165 (1): 221-227

- **Preoperative calcitriol reduces postoperative intravenous calcium requirements and length of stay in parathyroidectomy for renal-origin hyperparathyroidism.** *Surgery*
  Alsafran, S., Sherman, S. K., Dahdaleh, F. S., Ruhle, B., Mercier, F., Kaplan, E. L., Angelos, P., Grogan, R. H.
  2019; 165 (1): 151-157

- **Thrombospondin-1 differentially regulates microRNAs in vascular smooth muscle cells.** *Molecular and cellular biochemistry*
  Maier, K. G., Ruhle, B., Stein, J. J., Gentile, K. L., Middleton, F. A., Gahtan, V.
  2016; 412 (1-2): 111-7

- **Specific ion effects on macromolecular interactions in Escherichia coli extracts.** *Protein science : a publication of the Protein Society*
  Kyne, C., Ruhle, B., Gautier, V. W., Crowley, P. B.
  2015; 24 (3): 310-8

- **Accuracy of NaF PET/CT scan to detect bone metastases in CRPC**
  Alom, M., Aleksic, I., Ruhle, B., Iannotta, P., Okeefe, C., Mouraviev, V., Albala, D., Pieczonka, C.
  AMER SOC CLINICAL ONCOLOGY.2014

- **Mechanisms of STIM1 activation of store-independent leukotriene C4-regulated Ca2+ channels.** *Molecular and cellular biology*
  Zhang, X., González-Cobos, J. C., Schindl, R., Muik, M., Ruhle, B., Motiani, R. K., Bisaillon, J. M., Zhang, W., Fahrner, M., Barroso, M., Matrougui, K., Romanin, C., Trebak, et al
  2013; 33 (18): 3715-23

- **Emerging roles for native Orai Ca2+ channels in cardiovascular disease.** *Current topics in membranes*
  Ruhle, B., Trebak, M.
  2013; 71: 209-35

- **What role for store-operated Ca²# entry in muscle?** *Microcirculation (New York, N.Y. : 1994)*
  Trebak, M., Zhang, W., Ruhle, B., Henkel, M. M., González-Cobos, J. C., Motiani, R. K., Stolwijk, J. A., Newton, R. L., Zhang, X.
  2013; 20 (4): 330-6

- **Store-independent Orai1/3 channels activated by intracrine leukotriene C4: role in neointimal hyperplasia.** *Circulation research*
  González-Cobos, J. C., Zhang, X., Zhang, W., Ruhle, B., Motiani, R. K., Schindl, R., Muik, M., Spinelli, A. M., Bisaillon, J. M., Shinde, A. V., Fahrner, M., Singer, H. A., Matrougui, et al
  2013; 112 (7): 1013-25