



Lisa Chao, MD, FACOG

Clinical Associate Professor, Obstetrics & Gynecology

CLINICAL OFFICE (PRIMARY)

- **Stanford Pelvic Health Center**

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Bio

BIO

Dr. Lisa Chao is a fellowship-trained, minimally invasive gynecologic surgeon who specializes in complex pelvic surgery for benign gynecologic conditions including endometriosis, pelvic pain, uterine fibroids, abnormal uterine bleeding, adnexal cysts, and other conditions that may require minimally invasive surgery. She is devoted to improving women's health through evidence-based practice and by providing compassionate, holistic, and patient-centered approach to care. Committed to helping those with endometriosis and pelvic pain, she takes on a multimodal and multidisciplinary approach. Her clinical interests include complex gynecologic surgery, advanced laparoscopic techniques, large fibroids, advanced endometriosis, and pelvic pain. Her academic interests include surgical education and simulation training.

Dr. Chao earned her medical degree at the University of Illinois College of Medicine. She completed a residency in obstetrics and gynecology at Stanford University and received advanced training in minimally invasive gynecologic surgery through a fellowship at the University of Pittsburgh Medical Center's Magee-Womens Hospital. Prior to returning to Stanford University, she was a member of the faculty at the University of Texas Southwestern Medical Center in Dallas, TX and served as Associate Director of the Minimally Invasive Gynecologic Surgery Fellowship Program where she trained both fellows and residents.

Dr. Chao has authored many peer-reviewed research articles and delivered numerous presentations at international meetings. She is a peer reviewer for the American Journal of Obstetrics and Gynecology and has been a 'Top Reviewer' since 2020 for the journal, Obstetrics and Gynecology. She is also an active member of the American Association of Gynecologic Laparoscopists (AAGL), the American College of Obstetricians and Gynecologists (ACOG), and the Society of Gynecologic Surgeons (SGS). She holds leadership positions and serves as an expert on several national committees for these organizations.

CLINICAL FOCUS

- Minimally Invasive Gynecologic Surgery
- Endometriosis

- Abnormal uterine bleeding
- Uterine fibroids
- Pelvic pain
- Ovarian Cysts
- Gynecology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Obstetrics & Gynecology

HONORS AND AWARDS

- Top 10% in peer review for the journal based on number, quality, and timeliness of review, Obstetrics and Gynecology (2020, 2021, 2023)
- Excellence in Surgical Performance Award, Stanford University School of Medicine, Department of Obstetrics and Gynecology (2016)
- Resident Achievement Award, The Society of Laparoendoscopic Surgeons (2015)
- Arrie and Estelle Johnson Bamberger Scholarship Award, University of Illinois College of Medicine (2010)
- 2nd Place Winner "Isolated hepatic and splenic metastases in a patient with colorectal carcinoma", Illinois Downstate American College of Physicians (2009)
- James Scholar, University of Illinois College of Medicine (2009)
- Medical Student Anesthesia Research Award Fellowship, Foundation for Anesthesia Education and Research (FAER) (2009)
- 1st Place Winner "Effect of Acetabular Position on Cup Wear Rates in Total Hip Arthroplasty", American Academy of Orthopaedic Surgeons (AAOS) (2007)
- Chancellor's Service Award, University of California Los Angeles (2006)
- Phi Beta Kappa Honor Society, University of California Los Angeles (2006)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Chair, SGS Video Committee, Society of Gynecologic Surgeons (SGS) (2023 - present)
- Member, Scientific Program Committee, Society of Gynecologic Surgeons (SGS) (2023 - present)
- Peer Reviewer, American Journal of Obstetrics and Gynecology (AJOG) (2023 - present)
- Member, Fellowship Assessment Committee, American Association of Gynecologic Laparoscopists (AAGL) (2022 - present)
- Chair, Scientific Program Committee, Southwestern Gynecologic Assembly (SGA) (2022 - 2023)
- Peer Reviewer, Obstetrics & Gynecology, Doody's Review Service (2020 - 2023)
- Active Member, Society of Gynecologic Surgeons (SGS) (2019 - present)
- Peer Reviewer, Obstetrics and Gynecology (2018 - present)
- Member, Practice Committee, American Association of Gynecologic Laparoscopists (AAGL) (2018 - 2020)
- Member, American Association of Gynecologic Laparoscopists (AAGL) (2015 - present)
- Member, American College of Obstetricians and Gynecologists (ACOG) (2011 - present)

PROFESSIONAL EDUCATION

- Board Certification: Focused Practice in Minimally Invasive Gynecologic Surgery, American Board of Obstetrics and Gynecology (2021)
- Board Certification: Obstetrics and Gynecology, American Board of Obstetrics and Gynecology (2018)
- Fellowship: UPMC Magee Women's Hospital Dept of Obstetrics and Gynecology (2018) PA
- Residency: Stanford University Obstetrics and Gynecology Residency (2016) CA
- Medical Education: University of Illinois at Chicago College of Medicine (2012) IL
- BS, University of California Los Angeles , Biochemistry (2006)

Publications

PUBLICATIONS

- **Minimally invasive and ablative therapies for symptomatic uterine fibroids: a narrative review.** *Current opinion in obstetrics & gynecology*
Gemsi, T. S., Lum, D., Atashroo, D., Chao, L.
2025
- **In Reply.** *Obstetrics and gynecology*
Muir, T. M., Pruszynski, J., Kho, K. A., Ramirez, C. I., Donnellan, N. M., Chao, L.
2024; 144 (6): e134-e135
- **Beyond the cuff: a consideration of factors that affect sexual function after benign hysterectomy.** *Current opinion in obstetrics & gynecology*
Cohen, N., Young, R., Lin, E., Chao, L.
2024; 36 (4): 282-286
- **Video-Based Coaching for Laparoscopic Salpingectomy: A Randomized Controlled Trial.** *Obstetrics and gynecology*
Muir, T. M., Pruszynski, J., Kho, K. A., Ramirez, C. I., Donnellan, N. M., Chao, L.
2024
- **Laparoscopic Excision of Retroperitoneal Adnexal Cyst.** *Journal of minimally invasive gynecology*
Muir, T. M., Chao, L.
2023; 30 (8): 615
- **Growing pains: strategies for improving ergonomics in minimally invasive gynecologic surgery.** *Current opinion in obstetrics & gynecology*
Lin, E., Young, R., Shields, J., Smith, K., Chao, L.
2023; 35 (4): 361-367
- **Ice-POP: Ice Packs for Postoperative Pain: A Randomized Controlled Trial.** *Journal of minimally invasive gynecology*
Shields, J. K., Kenyon, L., Porter, A., Chen, J., Chao, L., Chang, S., Kho, K. A.
2023; 30 (6): 455-461
- **Raising the Bar: Ergonomics in Minimally Invasive Gynecologic Surgery** *OBG Management*
Lin, E. G., Young, R. J., Chao, L., Kho, K. A.
2023; 35 (6): SS3-SS9
- **Laparoscopic Approach to a Large 44 cm Adnexal Mass**
Young, R. J., Muir, T. M., Wang, E. B., Chao, L.
2023: S930
- **Tackling the Obliterated Posterior Cul-de-Sac: Steps for Getting Out Unharmmed**
Lin, E., Kenyon, L., Chao, L.
2023: S928
- **Impact of Minimally Invasive Gynecologic Surgery on the Management of Adnexal Masses in Pregnancy**
Fin, K., Muir, T. M., Pruszynski, J., Chao, L.
2023: S17
- **Effect of Video-based Coaching on Gynecologic Resident Laparoscopic Salpingectomy: A Randomized Controlled Trial**
Muir, T. M., Kho, K. A., Ramirez, C. I., Donnellan, N. M., Pruszynski, J., Chao, L.
2023: S25
- **Neural activity in trigeminal neuralgia patients with sensory and motor stimulations: A pilot functional MRI study.** *Clinical neurology and neurosurgery*
Liu, W. C., Winslow, N. K., Chao, L., Nersesyan, H., Zagardo, M. T., Tracy, P. T.
2022; 219: 107343
- **Enhanced Recovery After Surgery in Minimally Invasive Gynecologic Surgery.** *Obstetrics and gynecology clinics of North America*
Chao, L., Lin, E., Kho, K.

2022; 49 (2): 381-395

- **Uterine Surgery and Risk of Adenomyosis: A Retrospective Study**
Sendukas, E. A., Allen, R. L., Ford, L., Xiao, H., Chao, L.
2022: S28
- **The Effect of Obesity on the Accuracy of Uterine Weight Estimation and Impact on Hysterectomy**
Sendukas, E. A., Muir, T. M., Negrete Vasquez, O., Pruszynski, J., Chao, L.
2022: S132
- **Navigating Cervical Fibroids during Laparoscopic Hysterectomy: Essential Tips & Tricks**
Lin, E. G., Chao, L.
2022: S50-51
- **Omental evisceration in a gravid woman following second-trimester laparoscopy: A case report.** *Case reports in women's health*
Dilday, E. A., Allen, R. L., Manning, S. A., Chao, L.
2021; 29: e00283
- **Laparoscopic Appendectomy: Surgical Techniques for the Benign Gynecologist**
Wang, E. B., Sawyer, P., Chao, L.
2021: S75
- **Laparoscopic Ureterolysis in the Setting of Endometriosis**
Allen, R. L., Chao, L.
2020: S22-23
- **Surgical approach to distorted anatomy: What to do when nothing looks normal!**
Chen, J., Chao, L.
2020: S117
- **Laparoscopic Approach to the Obliterated Anterior Cul-de-Sac**
Porter, A. E., Chao, L.
2020: S19
- **Postoperative Bladder Filling After Outpatient Laparoscopic Hysterectomy and Time to Discharge: A Randomized Controlled Trial.** *Obstetrics and gynecology*
Chao, L., Mansuria, S.
2019; 133 (5): 879-887
- **Laparoscopic Approach to the Difficult Trachelectomy: Surgical Tips and Tricks**
Shields, J., Porter, A., Chao, L.
2019: S51-52
- **A Novel Technique: Mesh Repair after Excision of Rectus Muscle Endometriosis**
Melnyk, A., Chao, L., Lee, T.
2019: S167
- **Perforated IUDS: Diagnosis and management**
Chao, L., Rindos, N., Mansuria, S.
MOSBY-ELSEVIER.2018: S967
- **Laparoscopic management of ovarian remnant syndrome**
Chao, L., Lee, T.
2018: S961
- **Laparoscopic Excision of Rectus Muscle Endometriosis**
Chao, L., Lee, T.
2018: S159
- **Laparoscopic Excision of Ovarian Remnants: An Expanded Case Series**
Chao, L., Lee, T.

2018: S172

- **Prevalence of Leiomyosarcoma Following Hysterectomy at a Single-Site Institution**
Chao, L., Lum, D.
LIPPINCOTT WILLIAMS & WILKINS.2017: 47S
- **Monopolar Energy Simulation – Chicken Thigh Model**
Chao, L., Donnellan, N. M., Ecker, A., Lee, T., Lum, D. A., Ramirez, C. I.
American College of Obstetrics and Gynecology.
2017 ; Contributing Subject Matter Expert to the ACOG Simulations Working Group for SWG Content
- **Partial Vaginectomy for Excision of Rectovaginal Endometriosis**
Chao, L., Lee, T.
2017: S16
- **Laparoscopic Excision of an Abdominal Wall Fibroid**
Chao, L., Rindos, N., Mansuria, S.
2016: S118
- **Antenatal corticosteroids for preterm premature rupture of membranes: single or repeat course?** *American journal of perinatology*
Brookfield, K. F., El-Sayed, Y. Y., Chao, L., Berger, V., Naqvi, M., Butwick, A. J.
2015; 32 (6): 537-544
- **Antenatal Corticosteroids for Preterm Premature Rupture of Membranes: Single or Repeat Course?** *AMERICAN JOURNAL OF PERINATOLOGY*
Brookfield, K. F., El-Sayed, Y. Y., Chao, L., Berger, V., Naqvi, M., Butwick, A. J.
2015; 32 (6): 537-543
- **Maternal characteristics and neonatal outcomes in women with eclampsia versus severe preeclampsia**
Judy, A., Chao, L., Girsen, A., O'Malley, K., Lyell, D., Blumenfeld, Y., Butwick, A., El-Sayed, Y.
MOSBY-ELSEVIER.2014: S188–S189
- **Chorioamnionitis and antenatal steroid therapy: single vs repeat course?**
Brookfield, K., Chao, L., Berger, V., Naqvi, M., El-Sayed, Y., Butwick, A.
MOSBY-ELSEVIER.2014: S16
- **Outpatient total hip arthroplasty.** *The Journal of arthroplasty*
Dorr, L. D., Thomas, D. J., Zhu, J., Dastane, M., Chao, L., Long, W. T.
2010; 25 (4): 501-6
- **Significance of elevated CEA levels as a marker for splenic metastases in a patient with colorectal carcinoma** *Carle Selected Papers*
Yang, C. H., Chao, L., Magsalin, R. M., Dawson, S.
2010; 53 (1): 30-33
- **Imaging and navigation measurement of acetabular component position in THA.** *Clinical orthopaedics and related research*
Wan, Z., Malik, A., Jaramaz, B., Chao, L., Dorr, L. D.
2009; 467 (1): 32-42
- **Metal-on-metal hip arthroplasty does equally well in osteonecrosis and osteoarthritis.** *Clinical orthopaedics and related research*
Dastane, M. R., Long, W. T., Wan, Z., Chao, L., Dorr, L. D.
2008; 466 (5): 1148-53
- **The emotional state of the patient after total hip and knee arthroplasty.** *Clinical orthopaedics and related research*
Dorr, L. D., Chao, L.
2007; 463: 7-12
- **Commentary & Perspective: Rapid-inflation intermittent pneumatic compression for prevention of deep venous thrombosis by Eisele et al.** *The Journal of Bone and Joint Surgery*
Dorr, L. D., Chao, L.
2007; 89: 1050-6

- **Developments in Imageless Computer Navigation for Acetabular Component Position in Total Hip Replacement** *US Musculoskeletal Review*
Dorr, L. D., Chao, L.
2006; 2: 50-51

PRESENTATIONS

- Stepwise Approach to Laparoscopic Trachelectomy Following Supracervical Hysterectomy - 52nd American Association of Gynecologic Laparoscopists (AAGL) Global Congress (11/6/2023 - 11/9/2023)
- Laparoscopic Excision of Retroperitoneal Adnexal Cyst - 51st American Association of Gynecologic Laparoscopists (AAGL) Global Congress (12/2/2022)
- Ethics in Obstetrics and Gynecology - 56th Southwestern Gynecologic Assembly (SGA) Annual Clinical Meeting (12/3/2022)
- Going Retro: Using Retroperitoneal Anatomy to Tackle the Large Uterus and Complex Pelvis - American College of Obstetricians and Gynecologists (ACOG) Virtual Annual Clinical and Scientific Meeting (4/30/2021)
- Postoperative Bladder Filling after Outpatient Laparoscopic Hysterectomy: A Prospective, Randomized Controlled Trial - 47th American Association of Gynecologic Laparoscopists (AAGL) Global Congress (11/14/2018)
- TEACH 709 - Teach the Teacher - 46th Annual American Association of Gynecologic Laparoscopists (AAGL) Global Congress (11/12/2017)
- Effects of ondansetron on opioid withdrawal symptoms - American Pain Society (APS) 29th Annual Meeting (5/6/2010 - 5/8/2010)
- Early Outcomes and Safety of Same Day Total Hip Arthroplasty - American Orthopaedic Association (AOA) 120th Annual Meeting (6/13/2007 - 6/16/2007)
- Effects of Acetabular Component Position on Cup Wear Rates in Total Hip Arthroplasty - American Academy of Orthopaedic Surgeons (AAOS) 74th Annual Meeting (2/15/2007)