Stanford



Alexandriah Nicole Alas, MD

Clinical Associate Professor, Obstetrics & Gynecology

CLINICAL OFFICE (PRIMARY)

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Bio

BIO

Dr. Alas is a board-certified, fellowship-trained urogynecologist with Stanford Health Care Obstetrics & Gynecology. She is also a pelvic surgeon and a Clinical Associate Professor in the Department of Obstetrics & Gynecology at Stanford University School of Medicine. She specializes in minimally invasive urogynecology and reconstructive pelvic surgery, including vaginal, laparoscopic, robotic and VNOTES approaches.

Dr. Alas has expertise in treating pelvic organ prolapse, urinary and fecal incontinence, bladder pain, vaginal fistulas, mesh and non-mesh procedures as well as treating complications. In addition, she offers uterine preservation surgeries as well as non-surgical options. She is trained in a variety of in-office procedures, including urodynamics, office cystoscopy, bladder Botox injections, urethral injections, PTNS, and sacral neuromodulation tests.

Dr. Alas is nationally recognized for her expertise and serves as a national oral board examiner for the American College of Obstetrics and Gynecology. She is passionate about teaching and has served as the associate fellowship director in Urogynecology in the past and currently supervises, teaches, and mentors medical students, residents, and fellows in urogynecology.

Dr. Alas is actively involved in research and serves on the Society of Gynecological Surgeons Systematic Review Group. She has published her work in many peer-reviewed journals, including International Urogynecology Journal, Journal of Urology, and Obstetrics & Gynecology. She also serves as a reviewer for several peer-reviewed journals and has presented her research nationally and internationally.

CLINICAL FOCUS

- Obstetrics and Gynecology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Obstetrics & Gynecology

HONORS AND AWARDS

- Best San Antonio Doctor, San Antonio Magazine (2020-2024)
- Outstanding Women in Medicine, Scene in SA (2021-22)

- Top Doctor in Texas, Rising Star, Scene in SA (2020-2024)
- Excellence in Female Pelvic Medicine & Reconstructive Surgery (Resident), American Urogynecologic Society (2013)
- Cleveland Clinic Florida Grant Recipient, Women's Professional Staff Association (2013)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, American Congress of Obstetricians and Gynecologists (2015 - present)
- Member, American Urogynecologic Society (2015 - present)
- Member, Association of Professors of Gynecology and Obstetrics (2019 - 2024)
- Member, International Urogynecology Association (2015 - 2023)

PROFESSIONAL EDUCATION

- Fellowship: Cleveland Clinic Foundation (2016) OH
- Board Certification: Urogynecology and Reconstructive Pelvic Surgery, American Board of Obstetrics and Gynecology (2019)
- Board Certification: Obstetrics and Gynecology, American Board of Obstetrics and Gynecology (2014)
- Residency: Cedars Sinai Medical Center Obstetrics and Gynecology Residency (2013) CA
- Medical Education: University of Texas Medical Branch Hospital (2009) TX

Teaching

COURSES

2025-26

- Current Issues in Reproductive Health: OBGYN 216 (Spr)

2024-25

- Current Issues in Reproductive Health: OBGYN 216 (Spr)

Publications

PUBLICATIONS

- **Nonestrogen Therapies for Treatment of Genitourinary Syndrome of Menopause: A Systematic Review.** *Obstetrics and gynecology*
  Casiano Evans, E. A., Hobson, D. T., Aschkenazi, S. O., Alas, A. N., Balgobin, S., Balk, E. M., Dieter, A. A., Kanter, G., Orejuela, F. J., Sanses, T. V., Rahn, D. D.
  2023; 142 (3): 555-570

- **Changes in Pelvic Floor Symptoms After Procedural Interventions for Uterine Leiomyomas: A Systematic Review.** *Obstetrics and gynecology*
  Gupta, A., Balk, E. M., Lenger, S. M., Yang, L. C., Misal, M., Balgobin, S., Chang, O. H., Sharma, V., Stuparich, M., Behbehani, S., Nihira, M., Alas, A., Jampa, et al
  2023; 142 (2): 319-329

- **Surgical Removal of Midurethral Sling in Women Undergoing Surgery for Presumed Mesh-Related Complications: A Systematic Review.** *Obstetrics and gynecology*
  Doyle, P. J., Grimes, C. L., Balk, E. M., Wieslander, C., Richardson, M., Mamik, M. M., Sleemi, A., Alas, A., Kudish, B., Walter, A. J., Aschkenazi, S., Mama, S., Foda, et al
  2022; 139 (2): 277-286

- **Sexual function after pelvic organ prolapse surgery: a systematic review comparing different approaches to pelvic floor repair.** *American journal of obstetrics and gynecology*
  Antosh, D. D., Dieter, A. A., Balk, E. M., Kanter, G., Kim-Fine, S., Meriwether, K. V., Mamik, M. M., Good, M. M., Singh, R., Alas, A., Foda, M. A., Rahn, D. D., Rogers, et al
  2021; 225 (5): 475.e1-475.e19

- **International Urogynecology Consultation Chapter 1 Committee 5: relationship of pelvic organ prolapse to associated pelvic floor dysfunction symptoms: lower urinary tract, bowel, sexual dysfunction and abdominopelvic pain.** *International urogynecology journal*
  Harvey, M. A., Chih, H. J., Geoffrion, R., Amir, B., Bhide, A., Miotla, P., Rosier, P. F., Offiah, I., Pal, M., Alas, A. N.
  2021; 32 (10): 2575-2594

- **Relationship of postoperative vaginal anatomy and sexual function: a systematic review with meta-analysis.** *International urogynecology journal*
  Kim-Fine, S., Antosh, D. D., Balk, E. M., Meriwether, K. V., Kanter, G., Dieter, A. A., Mamik, M. M., Good, M., Singh, R., Alas, A., Foda, M., Rahn, D. D., Rogers, et al
  2021; 32 (8): 2125-2134

- **Comparison of Methods to Identify Stress Urinary Incontinence in Women With Pelvic Organ Prolapse.** *Female pelvic medicine & reconstructive surgery*
  Martin, L., Ossin, D., Schachar, J., Devakumar, H., Alas, A., Davila, G. W., Reis, I. M., Miao, F., Hurtado, E.
  2021; 27 (1): e127-e132

- **Changes in Sexual Activity and Function After Pelvic Organ Prolapse Surgery: A Systematic Review.** *Obstetrics and gynecology*
  Antosh, D. D., Kim-Fine, S., Meriwether, K. V., Kanter, G., Dieter, A. A., Mamik, M. M., Good, M., Singh, R., Alas, A., Foda, M. A., Balk, E. M., Rahn, D. D., Rogers, et al
  2020; 136 (5): 922-931

- **Anesthetics' role in postoperative urinary retention after pelvic organ prolapse surgery with concomitant midurethral slings: a randomized clinical trial.** *International urogynecology journal*
  Alas, A., Martin, L., Devakumar, H., Frank, L., Vaish, S., Chandrasekaran, N., Davila, G. W., Hurtado, E.
  2019

- **Does spinal anesthesia lead to postoperative urinary retention in same-day urogynecology surgery? A retrospective review.** *International urogynecology journal*
  Alas, A., Hidalgo, R., Espaillat, L., Devakumar, H., Davila, G. W., Hurtado, E.
  2019

- **Countdown to CREOG Series: Geriatric Care**
  Song , J., Alas , A.
  acog.
  2019

- **Advanced uterovaginal prolapse: is vaginal hysterectomy with McCall culdoplasty as effective as in lesser degrees of prolapse?** *International urogynecology journal*
  Alas, A., Chandrasekaran, N., Devakumar, H., Martin, L., Hurtado, E., Davila, G. W.
  2018; 29 (1): 139-144

- **Resolution of Rectal Prolapse by Vaginal Reconstruction.** *Female pelvic medicine & reconstructive surgery*
  Devakumar, H., Chandrasekaran, N., Alas, A., Martin, L., Davila, G. W., Hurtado, E.
  2017; 23 (1): e4-e7

- **De novo stress urinary incontinence after pelvic organ prolapse surgery in women without occult incontinence.** *International urogynecology journal*
  Alas, A. N., Chinthakanan, O., Espaillat, L., Plowright, L., Davila, G. W., Aguilar, V. C.
  2017; 28 (4): 583-590

- **Transvaginal Repair of Complex Rectovaginal Fistulas Using the Porcine Urinary Bladder Matrix as an Augmenting Graft.** *Female pelvic medicine & reconstructive surgery*
  Devakumar, H., Chandrasekaran, N., Alas, A., Martin, L., Davila, G. W., Hurtado, E.
  2017; 23 (3): e25-e28

- **The Quality of Care Provided to Women with Urinary Incontinence in 2 Clinical Settings.** *The Journal of urology*
  Anger, J. T., Alas, A., Litwin, M. S., Chu, S. D., Bresee, C., Roth, C. P., Rashid, R., Shekelle, P., Wenger, N. S.
  2016; 196 (4): 1196-200

- **Apical sling: an approach to posthysterectomy vault prolapse.** *International urogynecology journal*
  Alas, A. N., Pereira, I., Chandrasekaran, N., Devakumar, H., Espaillat, L., Hurtado, E., Davila, G. W.

2016; 27 (9): 1433-6

- **EA Intraoperative Cystoscopic Evaluation of Ureteral Patency: A Randomized Controlled Trial**
  Espaillat-Rijo , L., Siff , L., Alas , A., Chadi , S., Zimberg , S., Vaish , S., Davila , G., Barber , M., Hurtado , E.
  Obstet Gynecol. .
  2016

- **Health Care Disparities Among English-Speaking and Spanish-Speaking Women With Pelvic Organ Prolapse at Public and Private Hospitals: What Are the Barriers?**
  Alas , A., Dunivan , G., Wieslander , C., Sevilla , C., Barrera , B., Rashid , R., Maliski , S., Eilber , K., Rogers , R., Anger , J.
  Female Pelvic Med Reconstr Surg.
  2016

- **Same-day surgery for pelvic organ prolapse and urinary incontinence: Assessing satisfaction and morbidity** *Perioperative Care and Operating Room Management*
  Alas , A., Espaillat , L., Plowright , L., Aguilar , V., Davila , G.
  2016

- **Are suburethral slings less successful in the elderly?**
  Alas , A., Chinthakanan , O., Espaillat , L., Plowright , L., Aguilar , V., Davila, G.
  Int Urogynecol J.
  2016

- **Management of apical pelvic organ prolapse.** *Current urology reports*
  Alas, A. N., Anger, J. T.
  2015; 16 (5): 33

- **Misconceptions and miscommunication among Spanish-speaking and English-speaking women with pelvic organ prolapse.** *International urogynecology journal*
  Wieslander, C. K., Alas, A., Dunivan, G. C., Sevilla, C., Cichowski, S., Maliski, S., Eilber, K., Rogers, R. G., Anger, J. T.
  2015; 26 (4): 597-604

- **The quality of care provided to women with pelvic organ prolapse: an infrastructure for quality assessment**
  Alas , A., Bresee , C., Eilber , K., Rashid , R., Roth , C., Shekelle , P., Wenger , N., Anger , J.
  Am J Obstet Gynecol.
  2015

- **Is postpartum urinary retention a neurogenic phenomenon?**
  Alas , A., Hurtado , A.
  Curr Bladder Dysfunct Rep.
  2015

- **Role of apical support defect: correction in women undergoing vaginal prolapse surgery.** *Current opinion in obstetrics & gynecology*
  Alas, A. N., Anger, J. T.
  2014; 26 (5): 386-92

- **Pelvic organ prolapse: a disease of silence and shame.** *Female pelvic medicine & reconstructive surgery*
  Dunivan, G. C., Anger, J. T., Alas, A., Wieslander, C., Sevilla, C., Chu, S., Maliski, S., Barrera, B., Eiber, K., Rogers, R. G.
  2014; 20 (6): 322-7

- **Readability of common health-related quality-of-life instruments in female pelvic medicine.** *Female pelvic medicine & reconstructive surgery*
  Alas, A. N., Bergman, J., Dunivan, G. C., Rashid, R., Morrisroe, S. N., Rogers, R. G., Anger, J. T.
  2013; 19 (5): 293-7

- **The rapidly increasing usefulness of social media in urogynecology.** *Female pelvic medicine & reconstructive surgery*
  Alas, A., Sajadi, K. P., Goldman, H. B., Anger, J. T.
  2013; 19 (4): 210-3

- **The pessary process: Spanish-speaking Latinas' experience.** *International urogynecology journal*
  Sevilla, C., Wieslander, C. K., Alas, A., Dunivan, G., Khan, A., Maliski, S., Rogers, R., Anger, J. T.

2013; 24 (6): 939-46

- **Communication between physicians and Spanish-speaking Latin American women with pelvic floor disorders: a cycle of misunderstanding?** *Female Pelvic Med Reconstr Surg*
  Sevilla , C., Wieslander , C., Alas , A., Dunivan , G., Khan , A., Maliski , S., Rogers , R., Anger , J.
  2013

- **Use of a Tissue Expander to Aid in Repeat Urethrolysis: A Case Report** *Female Pelvic Med Reconstr Surg*
  Alas , A., Hall , C.
  2012