Stanford



Asad Gul Rao

Postdoctoral Scholar, Pediatric Surgery

Bio

BIO

As a Postdoctoral Research Scholar in the Division of Pediatric Surgery at Stanford University School of Medicine, I conduct outcomes research focused on improving the care of children with surgical disorders. My work integrates clinical epidemiology, large-scale healthcare databases, and population-level analyses to study pediatric surgical outcomes, healthcare disparities, and global disease burden.

My research interests include pediatric surgical antibiotic stewardship, congenital anomalies, health services research, and evidence-based approaches to optimizing surgical care. I have experience working with multicenter clinical databases and international collaborative research initiatives, with a particular interest in translating real-world data into findings that help clinical practice and healthcare policy.

My long-term goal is to pursue a career in academic pediatric surgery, combining clinical practice with research to improve surgical outcomes and expand access to high-quality care for children worldwide.

PROFESSIONAL EDUCATION

- Doctor of Medicine (MBBS), Dow University of Health Sciences

STANFORD ADVISORS

- James Dunn, Postdoctoral Faculty Sponsor

COMMUNITY AND INTERNATIONAL WORK

- Research Mentor

LINKS

- ORCiD: https://orcid.org/0009-0004-4197-2786

Publications

PUBLICATIONS

- **Global and regional burden of measles and vaccine coverage among children under 5 years, 1990-2023: a Global Burden of Disease Study.** *Nature medicine*

  2026

- **Global, Regional, and National Burden of Heart Failure, 1990-2023: A Systematic Analysis for the Global Burden of Disease Study 2023.** *JAMA cardiology*

Johnson, C. O., Abbasi, M., Abbasifard, M., Abbastabar, H., ElHafeez, S. A., Abdel Razeq, N. M., Abdelgalil, A. A., Abdolizadeh, A., Abdoun, M., Abdrabou, M., Abdullahi, A., Abebe, T. B., Abejew, et al

2026

- **Single-Stage Surgical Management Versus Conventional Two-Stage Management for Pediatric Choledocholithiasis: A Systematic Review and Meta-Analysis.** *Journal of pediatric surgery*

  Nasim, M. T., Nasim, M. T., Rao, A. G., Javed, J., Athavan, S., Tahan, D., Fatimi, A. S., Thobani, H., Ehsan, A. N., Iqbal, B., Islam, S., Tirrell, T. F., Khan, et al

  2026: 163412

- **Global, regional, and national burden of HIV/AIDS, 1990-2023, with the estimated burden attributable to intimate partner violence and forecasted impacts of funding cuts through 2030: results from the Global Burden of Disease Study 2023.** *The lancet. HIV*

  2026

- **Global burden of enteric infectious diseases, diarrhoeal diseases, and corresponding aetiologies, 1990-2023: a systematic analysis for the Global Burden of Disease Study 2023 (vol. 26, 00194-5, 2026)** *LANCET INFECTIOUS DISEASES*

  Vongpradith, A., Dominguez, R., Car, L., Movo, A., Ostroff, S. M., He, J., Albertson, S. B., Carter, A., Bisignano, C., Bhoomadevi, A., Aalruz, H., Abate, B., Abbasi, et al

  2026; 26 (8): e278

- **Global Burden of Elevated LDL-C: Findings From the Global Burden of Disease Study 2023.** *JAMA*

  Razo, C., DeCleene, N. K., Johnson, C. O., Stark, B. A., LeGrand, K., Aalruz, H., Abaraogu, U. O., Abd ElHafeez, S., Abdelmasseh, M., Abdelnabi, M., Abd-Elsalam, S., Abdelsalam Elshenawy, R., Abdelwahab, et al

  2026

- **Global, regional, and national burden of tuberculosis and multidrug-resistant tuberculosis by HIV status, 1990-2023: a systematic analysis for the Global Burden of Disease Study 2023.** *The Lancet. Infectious diseases*

  2026

- **Global burden of enteric infectious diseases, diarrhoeal diseases, and corresponding aetiologies, 1990-2023: a systematic analysis for the Global Burden of Disease Study 2023.** *The Lancet. Infectious diseases*

  2026

- **Updated trends in the global prevalence and burden of mental disorders, 1990-2023: a systematic analysis for the Global Burden of Disease Study 2023.** *Lancet (London, England)*

  2026; 407 (10543): 2040-2064

- **Global, regional, and national burden of meningitis, its risk factors, and aetiologies, 1990-2023: a systematic analysis for the Global Burden of Disease Study 2023.** *The Lancet. Neurology*

  2026; 25 (5): 451-468

- **Association of Surgical Antibiotic Prophylaxis with Postoperative Outcomes Following Pediatric Gastrostomy Tube Placement: A Propensity Score Overlap Weighted Analysis.** *Journal of pediatric surgery*

  Khan, M. O., Thobani, H., Ahmad, S., Iqbal, B., Tahan, D., Ehsan, A. N., Rao, A. G., Tirrell, T., Islam, S., Khan, F. A.

  2026: 163152

- **Global burden of lower respiratory infections and aetiologies, 1990-2023: a systematic analysis for the Global Burden of Disease Study 2023** *LANCET INFECTIOUS DISEASES*

  Sirota, S., Bender, R., Dominguez, R., Movo, A., Swetschinski, L. R., Araki, D. T., Han, C., Wool, E. E., He, J., Carter, A., Jabbar, A. A. J., Aalipour, M., Aalruz, et al

  2026; 26 (4): 343-361

- **Outcomes of robotic-assisted soave pull-through procedure for Hirschsprung disease: a systematic review and meta-analysis.** *Journal of robotic surgery*

  Rizvi, S. B., Khalid, L., Shahid, F., Ibrahim, S., Mansoor, T., Fatimi, A. S., Thobani, H., Rao, A. G., Ehsan, A. N., Khan, F. A.

  2026; 20 (1): 221

- **Patch Repair Versus Flap Repair for Congenital Diaphragmatic Hernia: A Systematic Review and Meta-Analysis.** *Journal of pediatric surgery*

  Fatimi, A. S., Salman, R., Manal, H., Anns, K. M., Thobani, H., Ehsan, A. N., Rao, A. G., Tahan, D., Tirrell, T. F., Islam, S., Khan, F. A.

  2026: 162919

- **Comparing Palliative Approaches for GOO in Locally Advanced Pancreatic Cancer: A Systematic Review and Meta-Analysis.** *Journal of surgical oncology*
  Rao, A. G., Nadeem, M. A., Awan, A. R., Wehrle, C. J., Gross, A., Giuseppucci, A., Berber, B., Mohiuddin, S., Stevens, T., Siddiki, H., Stackhouse, K. A., Naffouje, S., Joyce, et al
  2026; 133 (1): 81-91
- **Outcomes of Sutureless versus Sutured Closure for Gastroschisis: A Systematic Review and Meta-Analysis.** *Journal of pediatric surgery*
  Rao, A. G., Awan, A. R., Ayazuddin, M., Thobani, H., Ehsan, A. N., Fatimi, A. S., Minhas, A., Javid, A., Tirrell, T. F., Sylvester, K. G., Islam, S., Khan, F. A.
  2025: 162867
- **Global, regional, and national burden of chronic kidney disease in adults, 1990-2023, and its attributable risk factors: a systematic analysis for the Global Burden of Disease Study 2023.** *Lancet (London, England)*
  2025; 406 (10518): 2461-2482
- **Trends and Disparities in Mortality due to Obesity and Arrhythmias in the U.S: 1999-2023**
  Rao, A., Parvez, A., Pervez, N., Murtaza, S., Sarwari, A., Shahzad, Z.
  LIPPINCOTT WILLIAMS & WILKINS.2025
- **Assessing the Oncological Safety of Glucagon-Like Peptide-1 Receptor Agonists: A Systematic Review and Meta-Analysis.** *Cureus*
  Jaradat, J. H., Al-Ahmad, R. I., Al Jaghbeer, M., Abdelaziz, A. A., Abu Afifeh, N. M., Abu Afifeh, G., Rao, A., Alzoubi, A., Nashwan, A. J.
  2025; 17 (11): e96071
- **Role of antibiotic prophylaxis in liver transplant patients undergoing endoscopic retrograde cholangiopancreatography: a systematic review and meta-analysis.** *EClinicalMedicine*
  Nadeem, M. A., Awan, A. R., Rao, A. G., Ayyazuddin, M., Salma Shabbar Banatwala, U. E., Laique, S., Bansal, P., Junna, S., Siddiki, H., Koval, C., Fujiki, M., Schlegel, A., Hashimoto, et al
  2025; 89: 103560
- **Somatostatin Analogues in the Management of Gastrointestinal Angiodysplasia: An Updated Meta-Analysis**
  Ijaz, O., Shahzad, Z., Ilmaguook, B., Fatima, I., Moiz, M., Haider, M., Samrah, F., Rukh, M., Safdar, M., Rashid, Y., Rao, A.
  LIPPINCOTT WILLIAMS & WILKINS.2025: S305
- **Is enteral vitamin A supplementation the right approach for preventing bronchopulmonary dysplasia in preterm infants?** *Nutrition and health*
  Akbar, A., Khan, M. H., Zaheer, A., Gul Rao, A.
  2025; 31 (3): 827-830
- **Chlormequat in our food: A potential hidden threat to health, highlighting the need for improved food safety practices.** *Nutrition and health*
  , Rizwan, A. A., Gul Rao, A., Akbar, A.
  2025; 31 (3): 837-839
- **Trends and disparities in mortality due to hypertensive disease and coexisting obesity in the USA: 1999-2023.** *The Egyptian heart journal : (EHJ) : official bulletin of the Egyptian Society of Cardiology*
  Rao, A. G., Parvez, A., Shahid, S., Pervez, N., Rana, J. S., Fudim, M., Khan, M. S.
  2025; 77 (1): 81
- **Trends and Disparities in Mortality due to Diabetes Mellitus and Sepsis in the US Adults: 1999-2023** *ENDOCRINOLOGY DIABETES & METABOLISM*
  Rao, A., Shahid, S., Pervez, N., Pervez, R., Ahmed, R.
  2025; 8 (5): e70082
- **Enhancing endoscopic retrograde cholangiopancreatography safety: Predictive insights into gastric retention.** *World journal of gastrointestinal surgery*
  Rao, A. G., Nashwan, A. J.
  2025; 17 (3): 98898
- **Comparative Effectiveness of Epidural Analgesia and Intravenous Lidocaine for Postoperative Pain in Major Abdominal Surgery: A Systematic Review and Meta-Analysis.** *Anesthesiology research and practice*
  Jawwad, M., Dar, D. N., Khan, R. F., Chaudhry, A., Arkam, F., Rao, A. G., Mir, Y., Mubashir, M. M., Mir, A., Imran, H., Maqbool, U., Pereira, P. C.
  2025; 2025: 9822744

- **Microvascular decompression: a contemporary update.** *BMC surgery*
  Okon, I. I., Menon, S. S., Osama, M., Aiman, M., Paleare, L. F., Eliseo, D. L., Shafqat, M. D., Ezeaku, C. O., Ferreira, M. Y., Razouqi, Y., Kapsetaki, M., Saniel, J. D., Panit, et al
  2025; 25 (1): 20

- **Robotic Surgery for Ventral Hernia: A Double-Edged Sword?** *Next Research*
  Shahid, S., Rao, A. G.
  2025; 2(2) (100430)

- **Advancements in transcatheter tricuspid valve repair and replacement: a state-of-the-art review with echocardiographic outcomes** *Global Cardiology*
  Rao, A. G., Javaid, S. S., Rashid, A. M., Alenezi, F.
  2025

- **EFFICACY AND SAFETY OF PROTAMINE FOR HEPARIN REVERSAL IN PATIENTS UNDERGOING TRANSCATHETER AORTIC VALVE REPLACEMENT: AN UPDATED META-ANALYSIS**
  Rao, A. G., Pervez, N., Shahid, S., Pervez, R.
  2025

- **Intersection of the glymphatic system and diabetes: Navigating a new frontier.** *World journal of diabetes*
  Rao, A. G., Nashwan, A. J.
  2024; 15 (12): 2376-2379

- **Cognitive clarity in colon surgery: The dexmedetomidine advantage.** *World journal of gastrointestinal surgery*
  Rao, A. G., Nashwan, A. J.
  2024; 16 (11): 3629-3631

- **Assessing the Efficacy and Safety of Olezarsen in Lowering Triglyceride Levels: A Systematic Review and Meta-Analysis**
  Shahzad, Z., Ijaz, O., Rao, A., Rasool, W., Wani, S., Rauf, F., Ilmaguook, B., Khan, A., Bhatti, A., Batool, A.
  LIPPINCOTT WILLIAMS & WILKINS.2024

- **Is Gene Therapy the Game-Changer for Autosomal Recessive Deafness 9?** *Clinical otolaryngology : official journal of ENT-UK ; official journal of Netherlands Society for Oto-Rhino-Laryngology & Cervico-Facial Surgery*
  Rao, A. G., Pervez, N.
  2024; 49 (6): 842-843

- **Are inorganic nitrates the key to preventing contrast-induced nephropathy?** *International urology and nephrology*
  Rao, A. G., Kataria, M., Ishaque, G.
  2024; 56 (11): 3683-3684

- **Entangled: Rapunzel syndrome with postoperative intussusception.** *Journal of surgical case reports*
  Shahzad, Z., Ijaz, O., Akram, U., Pervez, N., Rao, A. G., Nashwan, A. J.
  2024; 2024 (10): rjae623

- **Efficacy of Mycophenolate Mofetil vs Standard Therapy for the Treatment of Autoimmune Hepatitis: An Updated Meta-Analysis**
  Ijaz, O., Shahzad, Z., Rao, A., Ilmaguook, B., Rauf, F. A., Shah, S., Ali, R., Rehman, K., Bajwa, M.
  LIPPINCOTT WILLIAMS & WILKINS.2024: S1291-S1292

- **Redefining hemorrhoid therapy with endoscopic polidocanol foam sclerobanding.** *World journal of gastroenterology*
  Rao, A. G., Nashwan, A. J.
  2024; 30 (36): 4021-4024

- **Navigating a paradigm shift: Bruton's tyrosine kinase inhibitors redefining the landscape of multiple sclerosis therapy.** *International immunopharmacology*
  Rao, A. G.
  2024; 135: 112265

- **Integrating Traditional Chinese Medicine and Artificial Intelligence for insomnia: A promising frontier** *Brain Behavior and Immunity Integrative*
  Nashwan, A. J., Rao, A. G.

2024

- **Point Sheer Wave Elastography (pSWE) and Transient Elastography (TE) for Quantifying Iron Overload and Liver Fibrosis in Beta-Thalassemia Patients** *Journal of Medicine Surgery and Public Health*
  Nashwan, A. J., Athikkal, S. A., Rao, A. G.
  2024
- **Trim the Fat, Trim the Risk: Can Bariatric Surgery Prevent Breast Cancer?** *Health Sciences Review*
  Rao, A. G., Pervez, N.
  2024: 12(1)
- **Is Tirofiban the Silver Bullet for Early Neurological Deterioration in Stroke?** *Health Sciences Review*
  Rao, A. G.
  2024: 11(10):100180