



Aimee D. Shu

Clinical Associate Professor, Medicine - Endocrinology, Gerontology, & Metabolism

CLINICAL OFFICE (PRIMARY)

- Endocrinology Clinic at Hoover Pavilion

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Bio

BIO

I am an endocrinologist with particular interests in reproductive and bone health.

I enjoy treating patients with menstrual disorders, menopause, fractures, osteoporosis, parathyroid imbalance, and calcium imbalance.

As a certified menopause practitioner (North American Menopause Society), I help women fine-tune their health at the mid-life transition. Some women transition through menopause with ease, while others experience challenging symptoms like hot flashes, slowed metabolism, and mood changes. This transition period provides a good opportunity to create a "game plan" for preserving future health. It also marks the beginning of natural bone loss, leaving one more susceptible to fragility fractures.

I provide individualized treatment plans for bone health to men and women of all ages, including for those with specific challenges such as chronic steroid use. As a certified clinical densitometrist (International Society for Clinical Densitometry), I personally review all my patients' bone density scan images. Thus, please bring any non-Stanford bone density scan images to your appointment with me.

Appointments with me are available on Stanford's main campus (300 Pastuer Drive) and at the Stanford Medicine Outpatient Center (450 Broadway, Redwood City).

CLINICAL FOCUS

- Osteoporosis
- Bone Diseases
- Parathyroid Diseases
- Calcium Metabolism Disorders
- Reproductive Health

- Menopause
- Amenorrhea
- Polycystic Ovary Syndrome
- Thyroid Gland
- Adrenal Glands
- Primary Ovarian Insufficiency
- Osteoporotic Fractures
- Stress Fracture
- Primary Hyperparathyroidism
- Hypoparathyroidism
- Hormone Replacement Therapy
- Female Athlete Triad Syndrome
- Diabetes and Metabolism
- Endocrinology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Endocrinology, Gerontology, & Metabolism

PROFESSIONAL EDUCATION

- Fellowship: New York Presbyterian Hospital (2009) NY
- Board Certification: Endocrinology, Diabetes and Metabolism, American Board of Internal Medicine (2008)
- Residency: Brigham and Women's Hospital Harvard Medical School (2006) MA
- Internship: Brigham and Women's Hospital Harvard Medical School (2004) MA
- Medical Education: Harvard Medical School (2003) MA
- Fellowship, Columbia University Medical Center, New York, NY , endocrinology, diabetes & metabolism (2009)

Publications

PUBLICATIONS

- **Palopegteriparatide for Adults with Chronic Hypoparathyroidism: Skeletal Dynamics Through 3 yr of the Phase 2 paTH Forward Trial.** *Journal of bone and mineral research : the official journal of the American Society for Bone and Mineral Research*
Rubin, M. R., Clarke, B. L., Hofbauer, L. C., Khan, A., Schwarz, P., Vokes, T., Ahmed, I., Palermo, A., Cetani, F., Pagotto, U., Zhao, C., Ominsky, M. S., Lai, et al
2026
- **Longitudinal Observation of Children with Achondroplasia: Findings from a Global Natural History Study (ACHieve).** *Hormone research in paediatrics*
McDonnell, C., Hove, H. B., Irving, M., White, K. K., Fontecha, C. G., Legare, J. M., Hogler, W., Hoernschemeyer, D. G., Schnabel, D., Unger, S., Bacino, C. A., Hofman, P., Yu, et al
2026: 1-12
- **Patient-Reported Outcomes in Palopegteriparatide-Treated Adults with Hypoparathyroidism: PaTH Forward Trial Extension.** *The Journal of clinical endocrinology and metabolism*
Rubin, M., Palermo, A., Vokes, T., Khan, A. A., Schwarz, P., Cetani, F., Pagotto, U., Tsourdi, E., Sikjaer, T., Pfeiffer, K. M., Brod, M., McLeod, L. D., Zhao, et al
2025
- **Once-Weekly Navepegtride in Children With Achondroplasia: The APPROACH Randomized Clinical Trial.** *JAMA pediatrics*

- Savarirayan, R., McDonnell, C., Bacino, C. A., Hoernschemeyer, D. G., Legare, J. M., Abuzzahab, M. J., Hofman, P. L., Campeau, P. M., de Bergua Domingo, J. M., Ward, L. M., Smit, K., Smith, A., Mao, et al
2025
- **Efficacy and Safety of Palopegteriparatide Treatment in Adults With Hypoparathyroidism: 3-Year Results From the Phase 3 PaTHway Trial**
Khan, A., Clarke, B., Rubin, M., Schwarz, P., Shoback, D., Gagnon, C., Palermo, A., Abbott, L., Kohlmeier, L., Tsourdi, E., Cetani, F., Jain, R., Zhao, et al
SMW supporting association.2025
 - **Long-Term Efficacy and Safety of Palopegteriparatide Treatment in Adults With Chronic Hypoparathyroidism: 4-Year Results From the Phase 2 PaTH Forward Trial**
Palermo, A., Khan, A., Rubin, M., Schwarz, P., Clarke, B., Pagotto, U., Tsourdi, E., Cetani, F., Jain, R., Zhao, C., Ominsky, M., Lai, B., Ukena, et al
SMW supporting association.2025
 - **TRANSCON CNP (NAVEPEGTRITIDE) IMPROVED PHYSICAL FUNCTIONING IN CHILDREN WITH ACHONDROPLASIA (ACH) IN THE APPROACH TRIAL**
Bacino, C., Savarirayan, R., Hove, H., Hoernschemeyer, D., Legare, J., Abuzzahab, M., Hofman, P., Campeau, P., Domingo, J., Smith, A., Jorgensen, A., Freiberg, L., Ominsky, et al
KARGER.2025
 - **Improvements in Lower Extremity Alignment are Associated with Physical Functioning in Children With Achondroplasia Treated With Navepegtritide: 52-Week Results From the ApproaCH Trial**
Ward, L. M., Hoernschemeyer, D. G., Legare, J. M., Hove, H. B., Bacino, C. A., Campeau, P. M., Hofman, P. L., Domingo, J., Abuzzahab, M., Smit, K., Carsen, S., Tice, A., Jackowski, et al
OXFORD UNIV PRESS.2025
 - **Improved Skeletal Dynamics in Adults Treated with Palopegteriparatide for Chronic Hypoparathyroidism: 214-Week Results from the Phase 2 PaTH Forward Trial**
Rubin, M. R., Khan, A. A., Schwarz, P., Palermo, A., Tsourdi, E., Cetani, F., Kohlmeier, L., Jain, R., Clarke, B., Zhao, C., Ominsky, M. S., Lai, B., Ukena, et al
OXFORD UNIV PRESS.2025
 - **Palopegteriparatide Improves Skeletal Dynamics in Adults With Chronic Hypoparathyroidism: 3-Year Results From the Phase 2 PaTH Forward Trial**
Rubin, M. R., Khan, A., Schwarz, P., Ahmed, I., Palermo, A., Tsourdi, E., Cetani, F., Pagotto, U., Jain, R., Zhao, C., Ominsky, M. S., Lai, B., Ukena, et al
OXFORD UNIV PRESS.2024: 369
 - **Efficacy and Safety of TransCon PTH in Adults with Hypoparathyroidism: 52-Week Results From the Phase 3 PaTHway Trial.** *The Journal of clinical endocrinology and metabolism*
Clarke, B. L., Khan, A. A., Rubin, M. R., Schwarz, P., Vokes, T., Shoback, D. M., Gagnon, C., Palermo, A., Abbott, L. G., Hofbauer, L. C., Kohlmeier, L., Cetani, F., Pihl, et al
2024
 - **Palopegteriparatide Treatment Improves Renal Function in Adults with Chronic Hypoparathyroidism: 1-Year Results from the Phase 3 PaTHway Trial.** *Advances in therapy*
Rejnmark, L., Gosmanova, E. O., Khan, A. A., Makita, N., Imanishi, Y., Takeuchi, Y., Sprague, S., Shoback, D. M., Kohlmeier, L., Rubin, M. R., Palermo, A., Schwarz, P., Gagnon, et al
2024
 - **Once-weekly TransCon CNP (navepegtritide) in children with achondroplasia (ACcomplisH): a phase 2, multicentre, randomised, double-blind, placebo-controlled, dose-escalation trial.** *EClinicalMedicine*
Savarirayan, R., Hoernschemeyer, D. G., Ljungberg, M., Zarate, Y. A., Bacino, C. A., Bober, M. B., Legare, J. M., Hogler, W., Quattrin, T., Abuzzahab, M. J., Hofman, P. L., White, K. K., Ma, et al
2023; 65: 102258
 - **Improved Skeletal Dynamics in Adults Treated With Palopegteriparatide for Hypoparathyroidism: 52-Week Analysis of Phase 3 PaTHway Trial**
Khan, A. A., Rubin, M. R., Shoback, D. M., Schwarz, P., Kohlmeier, L., Palermo, A., Clarke, B. L., Eriksen, E., Tsourdi, E., Cetani, F., Jain, R., Zhao, C., Lai, et al
OXFORD UNIV PRESS.2023: 432-433

- **TransCon PTH for Hypoparathyroidism: Skeletal Dynamics Through Week 58 of the Phase 2 PaTH Forward Trial**
Rubin, M., Clarke, B., Hofbauer, L. C., Khan, A., Schwarz, P., Vokes, T., Ahmed, I., Palermo, A., Marcocci, C., Pagotto, U., Eriksen, E., An, X., Lai, et al
WILEY.2023: 27
- **Efficacy and Safety of Parathyroid Hormone Replacement with TransCon PTH in Hypoparathyroidism: 26-Week Results From the Phase 3 PaTHway Trial.** *Journal of bone and mineral research : the official journal of the American Society for Bone and Mineral Research*
Khan, A. A., Rubin, M. R., Schwarz, P., Vokes, T., Shoback, D. M., Gagnon, C., Palermo, A., Marcocci, C., Clarke, B. L., Abbott, L. G., Hofbauer, L. C., Kohlmeier, L., Pihl, et al
2022
- **Sustained Benefit of TransCon PTH, a Potential Hormone Replacement Therapy for Patients with Hypoparathyroidism, at Week 58 in the PaTH Forward Trial**
Khan, A., Schwarz, P., Rubin, M. R., Vokes, T., Clarke, B. L., Ahmed, I., Hofbauer, L. C., Palermo, A., Marcocci, C., Pagotto, U., Eriksen, E., Markova, D., Pihl, et al
WILEY.2022: 350
- **PaTH Forward: A randomized, double-blind, placebo-controlled phase 2 trial of TransCon PTH in adult hypoparathyroidism.** *The Journal of clinical endocrinology and metabolism*
Khan, A. A., Rejnmark, L., Rubin, M., Schwarz, P., Vokes, T., Clarke, B., Ahmed, I., Hofbauer, L., Marcocci, C., Pagotto, U., Palermo, A., Eriksen, E., Brod, et al
2021
- **Declining Rates of Inpatient Parathyroidectomy for Primary Hyperparathyroidism in the US.** *PloS one*
Kim, S. M., Shu, A. D., Long, J., Montez-Rath, M. E., Leonard, M. B., Norton, J. A., Chertow, G. M.
2016; 11 (8)
- **Quality of life and hypertension after hormone therapy withdrawal in New York City** *MENOPAUSE-THE JOURNAL OF THE NORTH AMERICAN MENOPAUSE SOCIETY*
Warren, M. P., Richardson, O., Chaudhry, S., Shu, A. D., Swica, Y., Sims, V. R., Sloan, N. L.
2013; 20 (12): 1255-1263
- **Trabecular and Cortical Microarchitecture in Postmenopausal HIV-Infected Women** *CALCIFIED TISSUE INTERNATIONAL*
Yin, M. T., Shu, A., Zhang, C. A., Boutroy, S., McMahon, D. J., Ferris, D. C., Colon, I., Shane, E.
2013; 92 (6): 557-565
- **TRABECULAR AND CORTICAL MICROARCHITECTURE IN POSTMENOPAUSAL HIV-INFECTED WOMEN**
Yin, M. T., Shu, A., Zhang, C. A., Boutroy, S., McMahon, D. J., Ferris, D. C., Colon, I., Shane, E.
SPRINGER LONDON LTD.2012: S211-S212
- **Bone structure and turnover in type 2 diabetes mellitus** *OSTEOPOROSIS INTERNATIONAL*
Shu, A., Yin, M. T., Stein, E., Cremers, S., Dworakowski, E., Ives, R., Rubin, M. R.
2012; 23 (2): 635-641
- **Effect of Estrogen and Hormone Therapy Withdrawal on Health and Quality of Life after Publication of The Women's Health Initiative in New York City**
Warren, M., Richardson, O., Chaudhry, S., Shu, A., Chua, A., Sloan, N. L.
LIPPINCOTT WILLIAMS & WILKINS.2011: 1342
- **Vitamin D deficiency in HIV-infected postmenopausal Hispanic and African-American women** *OSTEOPOROSIS INTERNATIONAL*
Stein, E. M., Yin, M. T., McMahon, D. J., Shu, A., Zhang, C. A., Ferris, D. C., Colon, I., Dobkin, J. F., Hammer, S. M., Shane, E.
2011; 22 (2): 477-487
- **Low Bone Mass and High Bone Turnover in Postmenopausal Human Immunodeficiency Virus-Infected Women** *JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM*
Yin, M. T., McMahon, D. J., Ferris, D. C., Zhang, C. A., Shu, A., Staron, R., Colon, I., Laurence, J., Dobkin, J. F., Hammer, S. M., Shane, E.
2010; 95 (2): 620-629
- **Adherence to Osteoporosis Medications After Patient and Physician Brief Education: Post Hoc Analysis of a Randomized Controlled Trial** *AMERICAN JOURNAL OF MANAGED CARE*
Shu, A. D., Stedman, M. R., Polinski, J. M., Jan, S. A., Patel, M., Truppo, C., Breiner, L., Chen, Y., Weiss, T. W., Solomon, D. H.

