Stanford



Loretta Chou, MD

Professor of Orthopaedic Surgery, Emerita

CLINICAL OFFICE (PRIMARY)

- **Stanford Foot and Ankle Services**

  420 Broadway St

  1st Fl Pavillion D MC 6415

  Redwood City, CA 94063

  Tel (650) 723-5643 **Fax** (650) 721-3422

ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

  Donna San Juan - Administrative Associate

  Email dsanjuan@stanford.edu

  Tel 650-721-7626

Bio

CLINICAL FOCUS

- Foot/Ankle Trauma
- Foot and ankle ligament tears and sprains
- Foot and ankle surgical reconstruction
- Surgical treatment of foot and ankle deformities
- Surgical treatment of arthritis of the ankle joint
- Surgical treatment of foot arthritis
- Foot and Ankle Surgery

ACADEMIC APPOINTMENTS

- Professor Emeritus, Orthopaedic Surgery

ADMINISTRATIVE APPOINTMENTS

- Chief of Foot and Ankle Surgery, Stanford, (2005- present)
- Director Foot and Ankle Fellowship, Stanford, (2015- present)
- Editor, Orthopaedic Knowledge Update, Edition 5 and 6, (2014-2019)
- Deputy Editor of Foot and Ankle, JAAOS Journal of the American Academy of Orthopaedic Surgeons, (2018-2022)
- Stanford Medicine Leadership Academy, Stanford, (2016-2017)
- Stanford University Faculty Senate Member, Stanford, (2009-2013)
- Chair of the School of Medicine Assistant Professor Review Committee, Stanford, (2014-2016)
- Diversity Liaison Department of Orthopaedic Surgery, Stanford, (2015-2016)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Fellow, American Orthopaedic Association (2006 - present)

- Member, AOFAS American Orthopaedic Foot and Ankle Society (1995 - present)
- Fellow, AAOS American Academy of Orthopaedic Surgeons (1995 - present)

PROFESSIONAL EDUCATION

- Residency: Howard University Hospital Orthopaedic Surgery Program (1992) DC
- Internship: UC Irvine General Surgery Residency (1987) CA
- Medical Education: University of California Irvine Office of the Registrar (1986) CA
- Board Certification: Orthopaedic Surgery, American Board of Orthopaedic Surgery (1995)
- Fellowship: Roger Mann Foot and Ankle Surgery (1993) CA
- Fellowship: Inselspital (1992) Switzerland

LINKS

- Get a Second Opinion: https://stanfordhealthcare.org/second-opinion/overview.html

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

I am a Board Certified Orthopaedic Surgeon, subspecializing in Disorders of the Foot and Ankle. My clinic offers diagnosis and treatment of deformities and acute injuries of the foot and ankle.

My research interests include: rupture and tendinitis of the Achilles tendon, osteochondral defects of the talus, Total Ankle Arthroplasty, arthrodesis (fusion) of the foot and ankle, open fractures treated with operations, and anatomy of the foot and ankle.

CLINICAL TRIALS

- Dynamic Versus Static Night Splinting of Plantar Fasciitis, Not Recruiting

Publications

PUBLICATIONS

- **Current Use of Patient-Reported Outcome Measures Ignores Functional Demand.** *The Journal of the American Academy of Orthopaedic Surgeons*
  Kamal, R. N., Gomez, G., Chakraborty, A., Leversedge, C., Amanatullah, D. F., Chou, L., Gardner, M. J., Hu, S. S., Safran, M., Zhuang, T., Shapiro, L. M.
  2024
- **Health Numeracy Is Associated With a Patient's Ability to Interpret Patient-Reported Outcome Measures Data.** *Orthopedics*
  Schultz, E. A., Eppler, S. L., Gardner, M., Hu, S. S., Chou, L., Safran, M., Amanatullah, D. F., Abrams, G. D., Shapiro, L. M., Kamal, R. N.
  2024: 1-6
- **Pain Self-Efficacy Can Improve During a Visit With an Orthopedic Surgeon** *ORTHOPEDICS*
  Lemos, J. L., Gomez, G. I., Tewari, P., Amanatullah, D. F., Chou, L., Gardner, M. J., Hu, S., Safran, M., Kamal, R. N.
  2024; 47 (4): e197-e203
- **Health Considerations for Female Orthopaedic Surgeons.** *The Journal of the American Academy of Orthopaedic Surgeons*
  Chou, L. B., Kha, S. T., Shapiro, L. M.
  2023
- **Reply to Letter to the Editor: Increased Prevalence of Breast and All-cause Cancer in Female Orthopaedic Surgeons.** *Journal of the American Academy of Orthopaedic Surgeons. Global research & reviews*
  Chou, L. B., Johnson, B., Shapiro, L. M., Pun, S., Cannada, L. K., Chen, A. F., Valone, L. C., Van Nortwick, S. S., Ladd, A. L., Finlay, A. K.

2023; 7 (9)

- **The Environmental Impact of Orthopaedic Surgery.** *The Journal of bone and joint surgery. American volume*
  Saleh, J. R., Mitchell, A., Kha, S. T., Outterson, R., Choi, A., Allen, L., Chang, T., Ladd, A. L., Goodman, S. B., Fox, P., Chou, L.
  2022
- **Multidisciplinary extremity preservation program improves quality of life for patients with advanced limb threat.** *Annals of vascular surgery*
  Fereydooni, A., Yawary, F., Sen, S., Chou, L., Murphy, M., Dalman, R. L., Stern, J. R., Chandra, V.
  2022
- **Health Literacy and Patient Participation in Shared Decision-Making in Orthopedic Surgery** *ORTHOPEDICS*
  Mertz, K., Eppler, S., Shah, R., Yao, J., Steffner, R., Safran, M., Hu, S., Chou, L., Amanatullah, D. F., Kamal, R. N.
  2022; 45 (4): 227-232
- **Increased Prevalence of Breast and All-cause Cancer in Female Orthopaedic Surgeons** *JOURNAL OF THE AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS GLOBAL RESEARCH AND REVIEWS*
  Chou, L. B., Johnson, B., Shapiro, L. M., Pun, S., Cannada, L. K., Chen, A. F., Valone, L. C., Van Nortwick, S. S., Ladd, A. L., Finlay, A. K.
  2022; 6 (5)
- **Increased Prevalence of Breast and All-cause Cancer in Female Orthopaedic Surgeons.** *Journal of the American Academy of Orthopaedic Surgeons. Global research & reviews*
  Chou, L. B., Johnson, B., Shapiro, L. M., Pun, S., Cannada, L. K., Chen, A. F., Valone, L. C., Van Nortwick, S. S., Ladd, A. L., Finlay, A. K.
  2022; 6 (5)
- **A framework to make PROMs relevant to patients: qualitative study of communication preferences of PROMs.** *Quality of life research : an international journal of quality of life aspects of treatment, care and rehabilitation*
  Lai, C. H., Shapiro, L. M., Amanatullah, D. F., Chou, L. B., Gardner, M. J., Hu, S. S., Safran, M. R., Kamal, R. N.
  2021
- **Multidisciplinary Extremity Preservation Program Improves Quality of Life for Patients With Advanced Limb Threat**
  Fereydooni, A., Yawary, F., Sen, S., Chou, L., Dalman, R. L., Murphy, M., Stern, J. R., Chandra, V.
  MOSBY-ELSEVIER.2021: E41-E43
- **Short-term outcomes following dehydrated micronized allogenic cartilage versus isolated microfracture for treatment of medial talar osteochondral lesions.** *Foot and ankle surgery : official journal of the European Society of Foot and Ankle Surgeons*
  Allahabadi, S., Johnson, B., Whitney, M., Oji, D., Chou, L., Lau, B. C.
  2021
- **Methods for Reducing Intraoperative Breast Radiation Exposure of Orthopaedic Surgeons.** *The Journal of bone and joint surgery. American volume*
  Van Nortwick, S. S., Leonard, D. A., Finlay, A. K., Chou, L., Valone, L. C.
  2021
- **Opioid use among patients with pain syndromes commonly seeking surgical consultation: A retrospective cohort.** *Annals of medicine and surgery (2012)*
  Kin, C., Chou, L., Safer, D. L., Morris, A., Ding, Q., Trickey, A., Girod, S.
  2021; 69: 102704
- **Does a Question Prompt List Improve Perceived Involvement in Care in Orthopaedic Surgery Compared with the AskShareKnow Questions? A Pragmatic Randomized Controlled Trial.** *Clinical orthopaedics and related research*
  Mariano, D. J., Liu, A., Eppler, S. L., Gardner, M. J., Hu, S., Safran, M., Chou, L., Amanatullah, D. F., Kamal, R. N.
  2020
- **The Importance of Concordance Between Patients and Their Subspecialists** *ORTHOPEDICS*
  Shah, R. F., Mertz, K., Gil, J. A., Eppler, S. L., Amanatullah, D., Yao, J., Chou, L., Steffner, R., Safran, M., Hu, S. S., Kamal, R. N.
  2020; 43 (5): 315-+
- **Radiation Exposure and Case Characteristics in National Sample of Female Orthopaedic Trauma and Arthroplasty Surgeons.** *The Iowa orthopaedic journal*
  Lai, C. H., Finlay, A., Cannada, L. K., Chen, A. F., Chou, L. B.
  2020; 40 (1): 5–11

- **The Association of Financial Distress With Disability in Orthopaedic Surgery.** *The Journal of the American Academy of Orthopaedic Surgeons*
  Mertz, K., Eppler, S. L., Thomas, K., Alokozai, A., Yao, J., Amanatullah, D. F., Chou, L., Wood, K. B., Safran, M., Steffner, R., Gardner, M., Kamal, R. N.
  2019; 27 (11): e522–e528

- **Ankle joint contact loads and displacement in syndesmosis injuries repaired with Tightropes compared to screw fixation in a static model.** *Injury*
  Pang, E. Q., Bedigrew, K. n., Palanca, A. n., Behn, A. W., Hunt, K. J., Chou, L. n.
  2019

- **Quality Measures in Foot and Ankle Care.** *The Journal of the American Academy of Orthopaedic Surgeons*
  Xiong, G., Bennett, C. G., Chou, L., Kamal, R. N.
  2018

- **Patient Perceptions Correlate Weakly With Observed Patient Involvement in Decision-making in Orthopaedic Surgery** *CLINICAL ORTHOPAEDICS AND RELATED RESEARCH*
  Mertz, K., Eppler, S., Yao, J., Amanatullah, D. F., Chou, L., Wood, K. B., Safran, M., Steffner, R., Gardner, M., Kamal, R.
  2018; 476 (9): 1859–65

- **Postoperative Pain After Surgical Treatment of Ankle Fractures: A Prospective Study** *JOURNAL OF THE AMERICAN ACADEMY OF ORTHOPAEDIC SURGEONS GLOBAL RESEARCH AND REVIEWS*
  Chou, L. B., Niu, E. L., Williams, A. A., Duester, R., Anderson, S. E., Harris, A. H. S., Hunt, K. J.
  2018; 2 (9)

- **Postoperative Pain After Surgical Treatment of Ankle Fractures: A Prospective Study.** *Journal of the American Academy of Orthopaedic Surgeons. Global research & reviews*
  Chou, L. B., Niu, E. L., Williams, A. A., Duester, R., Anderson, S. E., Harris, A. H., Hunt, K. J.
  2018; 2 (9): e021

- **Patient Perceptions Correlate Weakly With Observed Patient Involvement in Decision-making in Orthopaedic Surgery.** *Clinical orthopaedics and related research*
  Mertz, K., Eppler, S., Yao, J., Amanatullah, D. F., Chou, L., Wood, K. B., Safran, M., Steffner, R., Gardner, M., Kamal, R.
  2018

- **Cost-minimization Analysis of the Management of Acute Achilles Tendon Rupture.** *journal of the American Academy of Orthopaedic Surgeons*
  Truntzer, J. N., Triana, B., Harris, A. H., Baker, L., Chou, L., Kamal, R. N.
  2017; 25 (6): 449-457

- **Association of Short-term Complications With Procedures Through Separate Incisions During Total Ankle Replacement** *FOOT & ANKLE INTERNATIONAL*
  Criswell, B., Hunt, K., Kim, T., Chou, L., Haskell, A.
  2016; 37 (10): 1060–64

- **Ankle Joint Contact Loads and Displacement With Progressive Syndesmotic Injury** *FOOT & ANKLE INTERNATIONAL*
  Hunt, K. J., Goeb, Y., Behn, A. W., Criswell, B., Chou, L.
  2015; 36 (9): 1095-1103

- **Ankle Joint Contact Loads and Displacement With Progressive Syndesmotic Injury.** *Foot & ankle international*
  Hunt, K. J., Goeb, Y., Behn, A. W., Criswell, B., Chou, L.
  2015; 36 (9): 1095-1103

- **Cancer Prevalence among a Cross-sectional Survey of Female Orthopedic, Urology, and Plastic Surgeons in the United States.** *Women's health issues : official publication of the Jacobs Institute of Women's Health*
  Chou, L. B., Lerner, L. B., Harris, A. H., Brandon, A. J., Girod, S., Butler, L. M.
  2015; 25 (5): 476-481

- **Locked Versus Nonlocked Plate Fixation for First Metatarsophalangeal Arthrodesis: A Biomechanical Investigation** *FOOT & ANKLE INTERNATIONAL*
  Hunt, K. J., Barr, C. R., Lindsey, D. P., Chou, L. B.
  2012; 33 (11): 984-990

- **The Benefits of Implant Removal from the Foot and Ankle** *JOURNAL OF BONE AND JOINT SURGERY-AMERICAN VOLUME*
  Williams, A. A., Witten, D. M., Duester, R., Chou, L. B.
  2012; 94A (14): 1316-1320
- **The benefits of implant removal from the foot and ankle.** *The Journal of bone and joint surgery. American volume*
  Williams, A. A., Witten, D. M., Duester, R., Chou, L. B.
  2012; 94 (14): 1316-20
- **Increased Breast Cancer Prevalence Among Female Orthopedic Surgeons** *JOURNAL OF WOMENS HEALTH*
  Chou, L. B., Chandran, S., Harris, A. H., Tung, J., Butler, L. M.
  2012; 21 (6): 683-689
- **Foot and Ankle Questions on the Orthopaedic In-Training Examination: Analysis of Content, Reference, and Performance** *ORTHOPEDICS*
  Barr, C. R., Cheng, I., Chou, L. B., Hunt, K. J.
  2012; 35 (6): E880-E888
- **Supercharged Free Fibula for Complex Ankle Arthrodesis A Case Report** *ANNALS OF PLASTIC SURGERY*
  Fox, P. M., Chou, L., Lee, G. K.
  2012; 68 (4): 342-345
- **Osteochondral Lesions of the Talus Effect of Defect Size and Plantarflexion Angle on Ankle Joint Stresses** *AMERICAN JOURNAL OF SPORTS MEDICINE*
  Hunt, K. J., Lee, A. T., Lindsey, D. P., Slikker, W., Chou, L. B.
  2012; 40 (4): 895-901
- **Current Concepts Review: Intra-Articular Fractures of the Calcaneus** *FOOT & ANKLE INTERNATIONAL*
  Epstein, N., Chandran, S., Chou, L.
  2012; 33 (1): 79-86
- **Influence of Stretching and Warm-Up on Achilles Tendon Material Properties** *FOOT & ANKLE INTERNATIONAL*
  Park, D. Y., Rubenson, J., Carr, A., Mattson, J., Besier, T., Chou, L. B.
  2011; 32 (4): 407-413
- **Biomechanical Comparison of Blade Plate and Intramedullary Nail Fixation for Tibiocalcaneal Arthrodesis** *FOOT & ANKLE INTERNATIONAL*
  Lee, A. T., Sundberg, E. B., Lindsey, D. P., Harris, A. H., Chou, L. B.
  2010; 31 (2): 164-171
- **Prevalence of cancer in female orthopaedic surgeons in the United States.** *journal of bone and joint surgery. American volume*
  Chou, L. B., Cox, C. A., Tung, J. J., Harris, A. H., Brooks-Terrell, D., Sieh, W.
  2010; 92 (1): 240-244
- **Prevalence of Cancer in Female Orthopedic Surgeons in the United States** *JOURNAL OF BONE AND JOINT SURGERY-AMERICAN VOLUME*
  Chou, L. B., Cox, C. A., Tung, J. J., Harris, A. H., Brooks-Terrell, D., Sieh, W.
  2010; 92A (1): 240-244
- **Tumors of the Foot and Ankle: Experience with 153 Cases** *FOOT & ANKLE INTERNATIONAL*
  Chou, L. B., Ho, Y. Y., Malawer, M. M.
  2009; 30 (9): 836-841
- **Current Concept Review: Perioperative Soft Tissue Management for Foot and Ankle Fractures** *FOOT & ANKLE INTERNATIONAL*
  Chou, L. B., Lee, D. C.
  2009; 30 (1): 84-90
- **Postoperative Pain Following Foot and Ankle Surgery: A Prospective Study** *FOOT & ANKLE INTERNATIONAL*
  Chou, L. B., Wagner, D., Witten, D. M., Martinez-Diaz, G. J., Brook, N. S., Toussaint, M., Carroll, I. R.
  2008; 29 (11): 1063-1068
- **Variation of nerve to flexor hallucis brevis** *FOOT & ANKLE INTERNATIONAL*
  Chou, L. B., Choi, L. E., Ramachandra, T., Ma, G.

2008; 29 (10): 1042-1044

- **Biomechanical comparison of the simple running and cross-stitch epitenon sutures in Achilles tendon repairs** *FOOT & ANKLE INTERNATIONAL*
  Shepard, M. E., Lindsey, D. P., Chou, L. B.
  2008; 29 (5): 513-517
- **Osteoarthritis of the ankle: The role of arthroplasty** *73rd Annual Meeting of the American-Academy-of-Orthopaedic-Surgeons*
  Chou, L. B., Coughlin, M. T., Hansen, S., Haskell, A., Lundeen, G., Saltzman, C. L., Mann, R. A.
  AMER ACAD ORTHOPAEDIC SURGEONS.2008: 249–59
- **Secretan's disease of the foot: A case report and review** *FOOT & ANKLE INTERNATIONAL*
  Abnousi, F., Chou, L. B.
  2008; 29 (2): 248-250
- **Current concepts review: Venous thromboembolic disease in foot and ankle surgery** *FOOT & ANKLE INTERNATIONAL*
  Mayle, R. E., DiGiovanni, C. W., Lin, S. S., Tabrizi, P., Chou, L. B.
  2007; 28 (11): 1207-1216
- **Biomechanical testing of epitenon suture strength in Achilles tendon repairs** *FOOT & ANKLE INTERNATIONAL*
  Shepard, M. E., Lindsey, D. P., Chou, L. B.
  2007; 28 (10): 1074-1077
- **Osteosarcoma of the calcaneus treated with prosthetic replacement with twelve years of followup: A case report** *FOOT & ANKLE INTERNATIONAL*
  Chou, L. B., Malawer, M. M.
  2007; 28 (7): 841-844
- **Treatment of severe, painful pes planovalgus deformity with hindfoot arthrodesis and wedge-shaped tricortical allograft** *FOOT & ANKLE INTERNATIONAL*
  Chou, L. B., Halligan, B. W.
  2007; 28 (5): 569-574
- **Stress fracture as a complication of autogenous bone graft harvest from the distal tibia** *FOOT & ANKLE INTERNATIONAL*
  Chou, L. B., Mann, R. A., Coughlin, M. J., McPeake, W. T., Mizel, M. S.
  2007; 28 (2): 199-201
- **Surgical treatment of severe hallux valgus: The state of practice among academic foot and ankle surgeons** *FOOT & ANKLE INTERNATIONAL*
  Pinney, S. J., Song, K. R., Chou, L. B.
  2006; 27 (12): 1024-1029
- **Stretching for prevention of achilles tendon injuries: A review of the literature** *FOOT & ANKLE INTERNATIONAL*
  Park, D. Y., Chou, L.
  2006; 27 (12): 1086-1095
- **Surgical treatment of mild hallux valgus deformity: The state of practice among academic foot and ankle surgeons** *FOOT & ANKLE INTERNATIONAL*
  Pinney, S., Song, K., Chou, L.
  2006; 27 (11): 970-973
- **Surgical treatment of tarsal navicular stress fractures** *OPERATIVE TECHNIQUES IN SPORTS MEDICINE*
  Choi, L. E., Chou, L. B.
  2006; 14 (4): 248-251
- **Current concepts review: Lisfranc injuries** *FOOT & ANKLE INTERNATIONAL*
  Desmond, E. A., Chou, L. B.
  2006; 27 (8): 653-660
- **Surgical Treatment of Post-Radiotherapy Nonunions of the Clavicle** *BULLETIN OF THE HOSPITAL FOR JOINT DISEASES*
  Wera, G., Mohler, D., Chou, L.

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- **Synovial sarcoma presenting as posterior tibial tendon dysfunction: A report of two cases and review of the literature** *FOOT & ANKLE INTERNATIONAL*
  Chou, L. B., Malawer, M. M.
  2004; 25 (11): 810-814
- **Informed consent for ankle fracture surgery: Patient comprehension of verbal and videotaped information** *FOOT & ANKLE INTERNATIONAL*
  Rossi, M., McClellan, R., Chou, L., Davis, K.
  2004; 25 (10): 756-762
- **Functional evaluation of the Scandinavian Total Ankle Replacement** *FOOT & ANKLE INTERNATIONAL*
  Dyrby, C., Chou, L. B., Andriacchi, T. P., Mann, R. A.
  2004; 25 (6): 377-381
- **Autologous osteochondral grafting for talar cartilage defects** *FOOT & ANKLE INTERNATIONAL*
  Al-Shaikh, R. A., Chou, L. B., Mann, J. A., Dreeben, S. M., Prieskorn, D.
  2002; 23 (5): 381-389
- **Pulmonary embolism following operative treatment of ankle fractures: A report of three cases and review of the literature** *FOOT & ANKLE INTERNATIONAL*
  Wang, F., Wera, G., Knoblich, G. O., Chou, L. B.
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- **Intramedullary screw fixation of proximal fifth metatarsal fractures: A biomechanical study** *FOOT & ANKLE INTERNATIONAL*
  Shah, S. N., Knoblich, G. O., Lindsey, D. P., Kreshak, J., Yerby, S. A., Chou, L. B.
  2001; 22 (7): 581-584
- **Lateral planter nerve entrapment in a competitive gymnast** *CLINICAL JOURNAL OF SPORT MEDICINE*
  Fredericson, M., Standage, S., Chou, L., Matheson, G.
  2001; 11 (2): 111-114
- **Malleolar fractures in athletes** *OPERATIVE TECHNIQUES IN SPORTS MEDICINE*
  Chou, L. B.
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- **Tibiotalocalcaneal arthrodesis** *FOOT & ANKLE INTERNATIONAL*
  Chou, L. B., Mann, R. A., Yaszay, B., Graves, S. C., McPeake, W. T., Dreeben, S. M., Horton, G. A., Katcherian, D. A., Clanton, T. O., MILLER, R. A., Van Manen, J. W.
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- **Disorders of the first metatarsophalangeal joint - Diagnosis of great-toe pain** *PHYSICIAN AND SPORTSMEDICINE*
  Chou, L. B.
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- **Biplanar chevron osteotomy** *FOOT & ANKLE INTERNATIONAL*
  Chou, L. E., Mann, R. A., Casillas, M. M.
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- **Prosthetic replacement for intramedullary calcaneal osteosarcoma: A case report** *FOOT & ANKLE INTERNATIONAL*
  Chou, L. B., Malawer, M. M., Kollender, Y., Wellborn, C. C.
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- **Prosthetic survival and clinical results with use of large-segment replacements in the treatment of high-grade bone sarcomas.** *journal of bone and joint surgery. American volume*
  Malawer, M. M., Chou, L. B.
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