Stanford



Sophia Yen, MD, MPH

Clinical Associate Professor, Pediatrics - Adolescent Medicine

Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Center for Adolescent Health**

  1195 W Fremont Ave

  Sunnyvale, CA 94087

  Tel (408) 637-5959 **Fax** (669) 233-2872

ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

  Ana Valdez-Frasier - Administrative Assistant

  Email avaldez@stanford.edu

  Tel (650) 736-9557

Bio

BIO

Graduated MIT with a degree in Biology, UCSF MD, Children's Hospital Oakland for pediatrics residency, UCSF for Adolescent Medicine Fellowship. UC Berkeley for MPH in Child and Maternal Health specializing in obesity.

Currently, I work at the Weight clinic, where I help patients and families improve their food choices and check for co-morbidities of obesity such as hyperinsulinemia, obstructive sleep apnea, vitamin D deficiency, and prepare for bariatric surgery, if applicable. I enjoy seeing adolescents for general well child checkups but I also enjoy doing "outpatient gynecology" for Teens and young adults. I particularly like discussing birth control options, sexually transmitted infections, that menstruation is optional, and treating acne and menstrual cramps.

Also, I am the CEO & Co-Founder of www.PandiaHealth.com, a birth control delivery company that also provides a doctor's consult if needed.

CLINICAL FOCUS

- Adolescent Medicine
- Reproductive Health
- Contraception
- Menstrual regulation
- Acne
- Obesity

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Pediatrics - Adolescent Medicine

ADMINISTRATIVE APPOINTMENTS

- Clinical Associate Professor, Stanford Medical School, (2016- present)
- Clinical Assistant Professor, LPCH/Stanford Medical School, (2011-2016)

- Clinical Instructor, LPCH, (2003-2011)

HONORS AND AWARDS

- Outstanding Interdepartmental Faculty Professor, Chosen by the Resident Staff of the Department of Obstetrics and Gynecology (2007-08)
- Pediatric Clerkship Faculty Honor Roll, Dept of Pediatrics, Stanford Medical School (2007, 2008, 2010, 2012, 2014, 2015)
- Faculty Teaching Award, Stanford Medical School, LPCH. (2006)
- MCHB Postdoctoral Training Fellowship in Adolescent Health, Division of Adolescent Medicine, Department of Pediatrics, University of California, San Francisco (2000-2003)
- Special graduation award for Student Advocacy, UCSF Class of 1997 (1997)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Executive Committee, Section On Adolescent Health, American Academy of Pediatrics (2015 - present)
- Member, Association of Reproductive Health Professionals (2012 - 2018)
- President, Society for Adolescent Health and Medicine, Northern CA Chapter (2011 - 2013)
- Vice President/President Elect, Society for Adolescent Health and Medicine, Northern CA Chapter (2009 - 2011)
- Member, Society for Adolescent Health and Medicine (2000 - present)
- Member, American Academy of Pediatrics (1998 - present)

PROFESSIONAL EDUCATION

- Board Certification: Adolescent Medicine, American Board of Pediatrics (2003)
- Residency: UCSF Pediatric Fellowships (2000) CA
- Internship: UCSF Pediatric Fellowships (1998) CA
- Medical Education: University of California at San Francisco School of Medicine (1997) CA
- MPH, UC Berkeley , Maternal Child Health (2004)
- Fellowship: UCSF Adolescent Medicine (2003) CA
- Residency, Children's Hospital Oakland , Pediatrics (2000)
- MD, UCSF (1997)
- BS, MIT , Biology (1993)

COMMUNITY AND INTERNATIONAL WORK

- Member of Exec Committee, Section On Adolescent Health
- President, N. CA SAHM
- SheHeroes.org, co-founder, Board president
- Silver Ribbon Campaign to Trust Women
- N. CA AAP Pediatric Obesity Interest Group
- Reproductive Rights
- Vice President, N. CA SAHM

LINKS

- Pandia Health, Birth Control Delivery: https://www.pandiahealth.com
- Hairy, Acne, Irregular periods, is it PCOS? Talk for LPCH: https://youtu.be/KyOkahCr6UU
- Acne treatment tips for teens - LPCH video: https://youtu.be/OS1ik5OEreY
- How to achieve healthier weight status - LPCH video: https://youtu.be/N8gXPxDRwwk

- TedXBayAreaWomen Cutting Edge Adolescent Medicine 2010: https://youtu.be/uPFI_cCwrsg
- Twitter: personal and political does NOT reflect Stanford: https://twitter.com/teenmd

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Emergency contraception access, availability, knowledge.

Pediatric obesity and its treament with videogames and pedometers.

Adolescent use and access to contraception.

Using computers to educate patients during waiting time.

Determinants of Tampon use/initiation.

Health needs of adolescents in local high schools. Obesity, exercise, mental health, reproductive health.

Attitudes towards a reproductive health clinic - parents perspective, adolescents.

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Adolescent Medicine (Fellowship Program)

Publications

PUBLICATIONS

- **The Contraceptive Ring, Patch, and Pills: An Update** *AM:STARs Adolescent Medicine State of the Art Reviews*
  Yen, S., Cahill, E. P.
  2019: 60-81
- **Improving adolescent knowledge of emergency contraception: challenges and solutions** *Open Access Journal of Contraception*
  Seetharaman , S., Sophia, Y., Seth, A. D.
  2016: 161-173
- **Improving adolescent knowledge of emergency contraception: challenges and solutions** *OPEN ACCESS JOURNAL OF CONTRACEPTION*
  Seetharaman, S., Yen, S., Ammerman, S. D.
  2016; 7: 161–73
- **Emergency Contraception Pill Awareness and Knowledge in Uninsured Adolescents: High Rates of Misconceptions Concerning Indications for Use, Side Effects, and Access.** *Journal of pediatric and adolescent gynecology*
  Yen, S., Parmar, D. D., Lin, E. L., Ammerman, S.
  2015; 28 (5): 337-342
- **Development of an Accelerometer-Linked Online Intervention System to Promote Physical Activity in Adolescents** *PLOS ONE*
  Guthrie, N., Bradlyn, A., Thompson, S. K., Yen, S., Haritatos, J., Dillon, F., Cole, S. W.
  2015; 10 (5)
- **Pilot Study of Reproductive Health Counseling in a Pediatric Rheumatology Clinic** *ARTHRITIS CARE & RESEARCH*

Ronis, T., Frankovich, J., Yen, S., Sandborg, C., Chira, P.
2014; 66 (4): 631-635

- **Contraception for Adolescents** *PEDIATRIC ANNALS*
  Yen, S., Martin, S.
  2013; 42 (2): 21-25
- **Direct pharmacy access to hormonal contraception: California physician and advanced practice clinician views** *CONTRACEPTION*
  Rafie, S., Haycock, M., Rafie, S., Yen, S., Harper, C. C.
  2012; 86 (6): 687-693
- **Pediatric Residents' Knowledge, Use, and Comfort With Expedited Partner Therapy for STIs** *PEDIATRICS*
  Hsii, A., Hillard, P., Yen, S., Golden, N. H.
  2012; 130 (4): 705-711
- **IUDs and Adolescents An Under-Utilized Opportunity for Pregnancy Prevention** *JOURNAL OF PEDIATRIC AND ADOLESCENT GYNECOLOGY*
  Yen, S., Saah, T., Hillard, P. J.
  2010; 23 (3): 123-128
- **EMERGENCY CONTRACEPTION KNOWLEDGE AMONG TEENS** *ETHNICITY & DISEASE*
  Urena, E., Yen, S.
  2009; 19 (2): S25-S27
- **Feasibility of a dance videogame to promote weight loss among overweight children and adolescents** *ARCHIVES OF PEDIATRICS & ADOLESCENT MEDICINE*
  Madsen, K. A., Yen, S., Wlasiuk, L., Newman, T. B., Lustig, R.
  2007; 161 (1): 105-107
- **Bacterial vaginosis in sexually experienced and non-sexually experienced young women entering the military** *OBSTETRICS AND GYNECOLOGY*
  Yen, S., SHAFER, M. A., Moncada, J., Campbell, C. J., Flinn, S. D., Boyer, C. B.
  2003; 102 (5): 927-933