Stanford

Neha Shah

Clinical Assistant Professor, Medicine - Immunology & Rheumatology

CLINICAL OFFICE (PRIMARY)

- **Immunology and Rheumatology Clinic**
  900 Blake Wilbur Dr Rm W2081
  2nd Fl
  Stanford, CA 94305
  Tel (650) 723-6961 **Fax** (650) 723-3059

Bio

BIO

Dr Shah's clinical and research interests lie in Integrative Rheumatology, healing-oriented medicine that takes account of the whole patient, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies, including those outside the realm of allopathic medicine. Specifically, she is interested in exploring the impact of diet/nutrition/botanicals on inflammation as it pertains to rheumatic diseases such as gout, rheumatoid arthritis, lupus, psoriatic arthritis and other autoimmune conditions, as well as studying the impact of other lifestyle approaches such as mindful meditation, sleep, yoga, stress reduction, etc. on disease burden and quality of life of patients with rheumatic diseases. She boarded in Lifestyle Medicine and has advanced training in Functional Medicine. Dr Shah is currently pursuing additional training in Ayurvedic Medicine.

CLINICAL FOCUS

- Rheumatology
- Integrative Medicine
- Lifestyle Medicine
- Ayurveda

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Immunology & Rheumatology

PROFESSIONAL EDUCATION

- Fellowship: University of Arizona Center for Integrative Medicine (2013) AZ
- Fellowship: Stanford University Rheumatology and Immunology Fellowship (2004) CA
- Residency: University of Miami Jackson Memorial Hospital Internal Med Residency (2002) FL
- Board Certification: Lifestyle Medicine, American Board of Lifestyle Medicine (2020)
- Board Certification: Rheumatology, American Board of Internal Medicine (2015)

- Medical Education: University of Florida College of Medicine (1999) FL

Publications

PUBLICATIONS

- **Learnings in Digital Health Design: Insights From a Pilot Web App for Structured Note-Taking for Patients With Rheumatoid Arthritis.** *JMIR formative research*

  Srivastava, U., Dasari, S., Shah, N.

  2023; 7: e49358

- **2022 American College of Rheumatology Guideline for Exercise, Rehabilitation, Diet, and Additional Integrative Interventions for Rheumatoid Arthritis.** *Arthritis & rheumatology (Hoboken, N.J.)*

  England, B. R., Smith, B. J., Baker, N. A., Barton, J. L., Oatis, C. A., Guyatt, G., Anandarajah, A., Carandang, K., Chan, K. K., Constien, D., Davidson, E., Dodge, C. V., Bemis-Dougherty, et al

  2023