Stanford



Heather Henri, MD

Clinical Associate Professor, Medicine - Primary Care and Population Health

CLINICAL OFFICE (PRIMARY)

- **Stanford Express Care**
  211 Quarry Rd Ste 102
  MC 5989
  Palo Alto, CA 94304
  Tel (650) 530-2914 **Fax** (650) 530-1114

ACADEMIC CONTACT INFORMATION

- **Alternate Contact**
  Sonia Garcia - Executive Assistant
  Email adminhenri@carashealth.com

Bio

BIO

Dr. Heather Henri is a Clinical Associate Professor at Stanford University School of Medicine.

A graduate of Stanford University and the Harvard Medical School, she is Board Certified in Internal Medicine and a Fellow of the American College of Physicians. A Biological Sciences major at Stanford, Dr. Henri was awarded the President's Award for Academic Excellence. She received an American Heart Association Internship at the National Institutes of Health (NIH) and completed two Howard Hughes Medical Institute Research Fellowships at the NIH.

Following medical school, she completed Internship and Residency at Stanford Hospital, then joined the Stanford Medical Group and was subsequently appointed Clinic Chief at the Blake Wilbur Clinic.

In 2013, Dr. Henri was one of two physicians selected to launch Stanford Concierge Medicine. During her 15-year tenure as a full time Internist at Stanford, she consistently received the highest tier of patient satisfaction scores.

Dr. Henri has served on Stanford's General Internal Medicine Executive Committee and the Appointment and Promotions Committee. She was a member of the California Academic Collaborative on Chronic Care and co-authored the chapter "Hypertension: Context and Management" in the leading Textbook of Cardiovascular Medicine. She served on the Outcomes Research Advisory Board for Food Allergy Research and Education (FARE)– the world's largest private source of funding for research dedicated to the prevention and treatment of food allergy. In addition, Dr. Henri was named a "Top Reviewer" by the Annals of Internal Medicine.

Dr. Henri works closely with the American College of Physicians (ACP) – the world's largest medical society for Internists- and is one of the three Primary Care physicians in the country serving on the ACP 2027 Scientific Program Advisory Committee. She served for four years as the Director of the ACP Internal Medicine Maintenance of Certification Course held in San Francisco. Dr. Henri was a member of the ACP Internal Medicine Essentials Text

and Online Questions Editorial Review Board, and authored educational material for the ACP's Medical Knowledge and Self-Assessment Program. Dr. Henri has given several lectures for the ACP and reviewed podcasts created by the ACP for physician continuing education. In 2025 and 2026 Dr. Henri served as a Curriculum Subspecialty Editor.

Dr. Henri feels that comprehensive proactive preventive care and excellent personalized patient-physician communication are the foundations of her medical practice. She is pleased to see patients once a month at Stanford's Express Care, and otherwise as a Stanford Trusted Community Concierge Physician at the medical practice of Caras Health in Portola Valley.

CLINICAL FOCUS

- Hypertension
- Preventive Care
- Cardiovascular Risk
- Internal Medicine
- Food Allergy

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Primary Care and Population Health

ADMINISTRATIVE APPOINTMENTS

- Internal Medicine Scientific Program Committee, American College of Physicians, (2025-2027)
- Clinical Associate Professor of Medicine, Division of Primary Care and Population Health, (2018- present)
- Director, American College of Physicians Internal Medicine Maintainance of Certification Review Course, (2016-2017)
- Faculty Physician, Stanford Executive and Concierge Medicine, Stanford University Hospital and Clinics, (2013- present)
- Co-Director, American College of Physicians Internal Medicine Maintenance of Certification Review Course, (2013-2015)
- Clinical Assistant Professor of Medicine, Division of Medicine, Stanford University, (2007-2018)
- Clinic Chief, Stanford Medical Group- Blake Wilbur Building, (2006-2009)
- Faculty Physician, Stanford Internal Medicine, Stanford University Hospital and Clinics, (2004-2013)
- Clinical Instructor, Division of Medicine, Stanford University, (2004-2007)
- Social Science Research Assistant, Stanford Center for Research in Disease Prevention, (2001-2002)

HONORS AND AWARDS

- Fellow, American College of Physicians (2016)
- Primary Care Rapid Process Improvement, Physician Member, Stanford Hospital and Clincs (2012)
- General Internal Medicine Executive Committee, Stanford University Hospital and Clinics (2006-2009)
- Physician Member, California Academic Collaborative on Chronic Care (2006-2007)
- Recognized as a Top Reviewer, Annals of Internal Medicine (2006)
- Howard Hughes Institute Award, National Cancer Institute (1993)
- President's Award for Academic Excellence, Stanford University (1993)
- Howard Hughes Institute Award, National Eye Institute (1992)
- American Heart Association Internship, National Heart, Lung and Blood Institute (1991)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Clinical Editor, Subspecialty Board Preparation, American College of Physicians (2025 - 2026)
- Department of Medicine's Appointments and Promotions Committee, Stanford University Medical Center (2018 - 2019)
- Reviewer, ACP MKSAP 17 New Information Updates, General Internal Medicine and Cardiovascular Medicine (2018 - 2018)
- Reviewer, American College of Physicians Podcast: Cirrhosis: Initial Evaluation and Management (2018 - 2018)
- Reviewer, American College of Physicians Podcast: Point of Care Ultrasound (2018 - 2018)
- Reviewer, American College of Physicians Podcast: Journal Club June 2018 (2018 - 2018)
- Reviewer, American College of Physicians Podcast: Journal Club August 2018 (2018 - 2018)
- Reviewer, American College of Physician's Podcast: Knee Pain, Practical Office Orthopedics (2018 - 2018)
- Reviewer, Case Vignettes, Society General Internal Medicine (2018 - 2018)
- Author, ACP MKSAP 17 General Medicine Update 4 (2017 - 2017)
- Reviewer, ACP MKSAP 17 New Information Updates, General Internal Medicine (2017 - 2017)
- Research Advisory Board, Food Allergy Research and Education (2016 - present)
- Author, ACP MKSAP 17 General Medicine Update 2 (2016 - 2016)
- Reviewer, ACP Internal Medicine Meeting 2016 MOC Modules (2016 - 2016)
- Reviewer, Philadelphia ACP Maintainance of Certification Course (2016 - 2016)
- Questions Editorial Review Board: Internal Medicine (IM) Essentials Text, IM Questions, IM Online, American College of Physicians (2015 - 2015)

PROFESSIONAL EDUCATION

- Residency: Stanford University Internal Medicine Residency (2004) CA
- Residency: Stanford University Internal Medicine Residency (2003) CA
- Internship: Stanford University Internal Medicine Residency (2001) CA
- Board Certification: Internal Medicine, American Board of Internal Medicine (2004)
- Internship, Stanford Univ Medical Center , General Surgery (2001)
- Residency, Stanford Univ Medical Center , Internal Medicine (2004)
- MD, Harvard Medical School , Medicine (2000)
- BS, Stanford University , Biological Sciences (1996)

COMMUNITY AND INTERNATIONAL WORK

- Physician Volunteer

Publications

PUBLICATIONS

- **Lipid Disorders** *Division of Medicine Clinical Teaching Module*
  Heather Henri
  2008
- **Hypertension: Context and Management** *Textbook of Cardiovascular Medicine*
  Heather Henri, Peter Rudd
  2007
- **First Autopsy-confirmed Complete Remission of Metastatic Neuroendocrine Neoplasm of Tailgut Cyst After a Single Cycle of Alpha-Peptide Receptor Radionuclide Therapy With [225Ac]Ac-DOTA-LM3.** *Clinical nuclear medicine*
  Perrone, E., Shaheen, S., Kunz, P. L., Henri, H. C., Baum, R. P.

2025

- **Acute Viral Conjunctivitis** *ACP Smart Medicine Online Module*
  Henri, H.
  2014
- **Food Allergy** *Division of Medicine Clinical Teaching Module*
  Heather Henri
  2012
- **Asthma** *Clinic Teaching Module, Department of Medicine*
  Heather Henri
  2012
- **Ophthalmology for the Internist** *Division of Medicine Clinical Teaching Module*
  Heather Henri
  2010
- **Subclinical Glucose Dysmetabolism: At risk for Type 2 Diabetes** *Division of Medicine Clinical Teaching Module*
  Heather Henri
  2006
- **Contraception** *Division of Medicine Clinical Teaching Module*
  Heather Henri
  2006
- **Breast Cancer Screening in Women** *Division of Medicine Clinical Teaching Module*
  Heather Henri
  2003

PRESENTATIONS

- Updates in General Medicine - Northern California Scientific Meeting American College of Physicians (October 22, 2017)
- Cardiovascular Disease - American College of Physicians (8/15/2013 - 8/13/2015)
- Endocrinology - American College of Physicians (August 15, 2013)
- Hematology - American College of Physicians (August 17, 2013 - August 14, 2014)
- Gastroenterology - American College of Physicians (August 17, 2013 - August 15, 2015)
- Allergy and Immunology - American College of Physicians (August 14, 2014 - August 13, 2015)
- Allergy and Immunology - American College of Physicians (August 11, 2016)
- Allergy and Immunology for Primary Care - Stanford Medical School (August 27, 2015)
- General Medicine - Americal College of Physicians (August 13, 2016)
- Gastroenterology (August 11, 2016)
- Aspirin - American College of Physicians, Norther California Chapter Meeting (November 3, 2018)