Bio

I am initially a Pittsburgh, PA native, but have been at Stanford University since 2012 for residency, fellowship, and now as faculty. It is exciting to be affiliated with one of the most dynamic and innovative medical institutions worldwide.

My clinical and research interests focus on functional, motility, and esophageal disorders of the gastrointestinal tract. Outside of this sub-sub specialization, a significant portion of my practice is also devoted to the care of a broad range of “general gastroenterology” concerns.

Functional, motility, esophageal, and general gastroenterology disorders are very common, and can cause significant disability. Some examples include irritable bowel syndrome, functional dyspepsia, gastroparesis, chronic nausea, chronic constipation, achalasia, and gastroesophageal reflux disease.

Despite the common nature of these disorders, many are not well understood, leading to frustration among both patients and clinicians alike. Furthermore, there is an incorrect stigma associated with some of these disorders that “it is all in your head.” On the opposite side of the spectrum, there is sometimes an incorrect assumption that we will be able to pinpoint an exact underlying cause in all cases, but this is not possible with current technology. We aim to bridge this gap using the latest diagnostic testing and treatment paradigms, as well as a healing hand. Additionally, our group is actively engaged in multiple research projects and studies to drive the future of the field.

Though I am early in my career, I am hoping that by the end the field will look nothing like it does today. I am hopeful, and I believe that we can revolutionize the field to better characterize gastrointestinal disorders, and come up with highly effective targeted treatments.
• Board Certification: Internal Medicine, American Board of Internal Medicine (2015)
• Residency: Stanford University Internal Medicine Residency (2015) CA
• Medical Education: University of Pittsburgh School of Medicine (2012) PA

Publications

PUBLICATIONS

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  Ozeki, K. A., Zikos, T. A., Clarke, J. O., Sonu, I.
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• **Thalidomide Use Reduces Risk of Refractory Gastrointestinal Bleeding in Patients with Continuous Flow Left Ventricular Assist Devices.** *ASAIO journal (American Society for Artificial Internal Organs : 1992)*

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• **Reduction in Hospitalizations for Esophageal Reflux in a Decade with Minimal Increases in Other Functional and Motor Disorders.** *Digestive diseases and sciences*

2019

• **Esophagogastroduodenoscopy and Esophageal Involvement in Patients With Pemphigus Vulgaris**

Ozeki, K., Zikos, T. A., Clarke, J., Sonu, I.
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• **Blood and Guts: Diarrhea from Colonic Involvement in Chronic Lymphocytic Leukemia/Small Lymphocytic Lymphoma.** *Digestive diseases and sciences*

Zikos, T. A., Triadafilopoulos, G., Berube, C., Regalia, K. A.
2018

• **Use of Esophageal pH Monitoring to Minimize Proton-Pump Inhibitor Utilization in Patients with Gastroesophageal Reflux Symptoms.** *Digestive diseases and sciences*

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• **A Positive Correlation Between Gastric and Esophageal Dysmotility Suggests Common Causality.** *Digestive diseases and sciences*

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• **Outcomes of Endoscopic Procedures on Patients With Left-Ventricular Assist Devices: Experiences From a Single-Center Retrospective Case Series**

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