



Julieta Gabiola

Clinical Professor, Medicine - Primary Care and Population Health

 NIH Biosketch available Online

 Curriculum Vitae available Online

CLINICAL OFFICE (PRIMARY)

- **Stanford Express Care**

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ACADEMIC CONTACT INFORMATION

- **Alternate Contact**

Express Care Coordinator

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Bio

BIO

JULIETA GABIOLA, MD, RN BIO

Julieta Gabiola, MD is a Clinical Professor of Medicine at Stanford University. She is an Educator's for CARE faculty, teaching the Practice of Medicine at Stanford Medical School, while mentoring medical students longitudinally. She is involved in mentoring medical students with their MedScholar projects with focus on global health outreach programs. Her specialty is Internal Medicine with interest in chronic diseases like Hypertension and Diabetes. She is a Stanford CIGH faculty fellow.

She practices Internal Medicine at Stanford Express Care, involved heavily in her foundation, ABC's for Global Health with a mission to improve chronic disease management and outcomes in Filipinos in the Philippines and in the US. She collaborates with hospitals and universities in the Philippines to mitigate disparities in health care and improve health care access. She has partnered with institutions in the Philippines in research and health education. She provides opportunities for global health immersion in the Philippines to students from high school to medical school. She co-authored an interdisciplinary textbook in clinical assessment, published by Pearson. This book is poised to provide clinical assessment tools to various disciplines like medical students, nurse practitioners, physician assistants, and other paramedical practitioners. She was also one of the authors for DISRUPT, a book by Filipina leaders with the idea that in order to effect change, we must be willing to disrupt the status quo.

Most recently, she was instrumental in launching the first medical mobile clinic in Pampanga, Philippines with a vision to promote community outreach programs, continuity of care, education, prevention and research in health care. Focus is on improving health outcomes in chronic non- communicable diseases and decreasing health disparity. Specific target populations are: disenfranchised population with chronic cardiovascular diseases with limited access to care and the indigenous population (AETAS tribes).<http://www.abcsforglobalhealth.org>

She is now involved with the planning and execution of Stanford Digital MEDiC in the Philippines where academic institutions and non- profit organizations partner with Stanford to enhance digital medical education.<http://www.digitalmedic.com>

Her passions are teaching, community outreach programs, and integration of work and life balance. Her motto: LIVE LIFE EACH DAY!

CLINICAL FOCUS

- Internal Medicine
- Medical Mobile Clinic
- Women's Health Services
- Medical Missions to the Philippines
- Hypertension
- Diabetes
- Mentoring students in Global Health
- Express Care
- Preventive medicine research
- Global Health projects

ACADEMIC APPOINTMENTS

- Clinical Professor, Medicine - Primary Care and Population Health
- Member, Cardiovascular Institute

ADMINISTRATIVE APPOINTMENTS

- Chair , SOM Faculty Senate, Stanford University, (2022- present)
- Chief Stanford Medical Group Hoover, Stanford University, (2006-2009)

HONORS AND AWARDS

- Outstanding Student Nephrology Award, Rush University (1982)
- Scholastic Achievement Award, American Medical Womens Association Womens (1982)
- Teaching Excellence Award, Stanford University (1983)
- Most Outstanding Student Award, Far Eastern University (1972)
- Humanitarian and Volunteerism Award, American College of Physicians (2011)
- Top 100 Most Influential Filipina Women in the World Award, Filipina Womens Network (2013)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Fellow, Stanford Center for Innovation in Global Health (2015 - present)
- Board of Director, National Council of Asian Pacific Islander Physicians (NCAPIP) (2015 - present)
- Founder, ABC's for Global Health (2009 - present)

PROFESSIONAL EDUCATION

- Medical Education: Rush University Medical College (1982) IL
- Residency: Stanford University Internal Medicine Residency (1985) CA
- Internship: Stanford University Internal Medicine Residency (1983) CA
- Board Certification: Internal Medicine, American Board of Internal Medicine (1985)
- BSN, Far Eastern University , Nursing (1972)
- MD, Rush University , Medicine (1982)

COMMUNITY AND INTERNATIONAL WORK

- ABC's for Global Health
- Medical Mobile Clinic
- Help Rebuild Tacloban, Tacloban, Palo and Tanauan
- Medical mobile clinics, Philippines
- Prevention of Hypertension through education and lifestyle modification, Manila, Philippines
- Medical mision, Philippines

LINKS

- <http://www.abcsforglobalhealth.org>: <http://www.abcsforglobalhealth.org>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

In the Philippines where hypertension and prehypertension are prevalent and medication not affordable, we are looking into prevention of hypertension through education and lifestyle modification as a practical alternatives.

PROJECTS

- Medical Mobile Clinics in the Philippines - ABC's for Global Health with research support from Stanford University
- Prevention of Hypertension and Diabetes in the Philippines through lifestyle modification - Stanford University, Manila Doctors Hospital
- Telemedicine - ABC's for Global Health (1/6/2021 - present)

Teaching

STANFORD ADVISEES

E4C Mentor

Vaishali Mittal, May Yang

Publications

PUBLICATIONS

- **The EffectiveNess of Lifestyle with Diet and Physical Activity Education ProGram Among Prehypertensives and Stage 1 HyperTENSives in an Urban Community Setting (ENLIGHTEN) Study.** *Journal of community health*
Gabiola, J., Morales, D., Quizon, O., Cadiz, R. I., Feliciano, K., Ruiz, R. L., Aguatis, C. J., Mararac, T., Rojina, J., Garcia, A., Hedlin, H., Cullen, M., Palaniappan, et al
2019
- **Textbook: Patient -Focused Assessment: The art and Science of Clinical Data Gathering**
Gabiola, J., Mansen, T.
Pearson.2015
- **DISRUPT *Filipina Women's Leadership***
Gabiola, J.
2015: 11

PRESENTATIONS

- Big Data - University of the Philippines Cebu (July 5, 2017 - 7/8/2017)