Stanford



Mytilee Vemuri

Clinical Professor, Psychiatry and Behavioral Sciences

CLINICAL OFFICE (PRIMARY)

- **Women's Wellness Clinic**

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Bio

CLINICAL FOCUS

- Psychiatry
- Women's Mental Health

ACADEMIC APPOINTMENTS

- Clinical Professor, Psychiatry and Behavioral Sciences

ADMINISTRATIVE APPOINTMENTS

- Outpatient Clinic Operations Chief, Adult Outpatient Clinics, Department of Psychiatry & Behavioral Sciences, (2016- present)
- Physician Improvement Leader, Adult Division, Department of Psychiatry & Behavioral Sciences, (2017- present)

PROFESSIONAL EDUCATION

- Residency: Stanford University Psychiatry and Behavioral Sciences (2006) CA
- Medical Education: University of California at Irvine School of Medicine (2002) CA
- Board Certification: Psychiatry, American Board of Psychiatry and Neurology (2009)
- Residency, Stanford University , Psychiatry (2006)
- M.D., Univ. of California, Irvine , Medicine (2002)
- M.B.A., Univ. of California, Irvine , Business Administration (2000)
- B.A., Univ. of California, Berkeley , Molecular Biology (1996)

LINKS

- Behavioral Neuroendocrinology Laboratory: http://bne.stanford.edu/

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

I am a Clinical Assistant Professor of Psychiatry, with clinical and research interests in hormonal influences on women's mental and cognitive health. After Psychiatry residency I completed a NIMH research fellowship studying gender differences in metabolic complications such as dyslipidemia, obesity, and insulin-resistance in patients with bipolar disorder. As a research fellow, I also provided clinical oversight for research participants in studies evaluating hormonal change, metabolic biomarkers and mood. More recently, I have collaborated with PI Duncan and her research group on projects studying relationships between sex hormones and mood/anxiety disorders, particularly in peri-menopausal women. From these experiences I have gained experience in conducting clinical research and collaborating in interdisciplinary research teams. I have also had over 20 years of clinical experience as an attending psychiatrist in Stanford Women's Wellness psychiatry, general psychiatry and primary care clinics treating a wide range of psychiatric conditions including perimenopausal and geriatric mood disorders. I have published review articles detailing the evidence-basis for treating mood disorders in women during times of hormonal change, and the role of hormones as potential treatments. I also serve as the Stanford Psychiatry Department's clinical quality improvement leader, where I oversee multiple interdisciplinary improvement teams charged with improving the quality and efficiency of care processes. I currently specialize in managing perimenopausal mood disorders and have an interest in the judicious use of menopausal hormone therapy as an adjunctive treatment for mood symptoms in this population. My clinical and research experience in the intersection of women's mental health, sex-steroid hormones, and the perimenopause, along with broad experience working on cross-disciplinary teams, will bring valuable input to this research team.

Publications

PUBLICATIONS

- **HOT FLASH GWAS REVEALS SUBSTANTIAL GENETIC OVERLAP WITH PSYCHIATRIC DISORDERS AND A TOP LOCUS THAT SIGNALS A HIGHLY EFFECTIVE AND NOVEL TREATMENT TARGET**
  Werwath, K., Lawn, R., Shen, H., Salem, M., Li, T., Koenen, K., Martin, N., Gordon, S., Vemuri, M., Duncan, L.
  ELSEVIER.2023: S80

- **Shared genetic influences on depression and menopause symptoms.** *Psychological medicine*
  Meijsen, J. J., Shen, H., Vemuri, M., Rasgon, N. L., Koenen, K. C., Duncan, L. E.
  2021: 1-11

- **HOT FLASH: A GWAS WITH NOTABLE INTERPRETABILITY AND PSYCHIATRIC RELEVANCE**
  Duncan, L., Werwath, K., Shen, H., Li, T., Vemuri, M., Meijsen, J.
  ELSEVIER.2021: E45

- **Shared Genetic Effects may Partially Explain Higher Depression and PTSD Prevalence Among Women Using Hormone Therapy (HT)**
  Duncan, L., Meijsen, J., Shen, H., Vemuri, M., Rasgon, N., Koenen, K.
  ELSEVIER SCIENCE INC.2021: S101-S102

- **Connecting tobacco users in the primary care setting to comprehensive tobacco treatment: a quality improvement initiative** *JOURNAL OF PUBLIC HEALTH-HEIDELBERG*
  Kendra, M. S., Dang, J., Artandi, M., Vemuri, M.
  2020

- **Ethical and Clinical Issues in Integrated Care Settings: Patient Privacy Concerns and Electronic Health Records.** *Focus (American Psychiatric Publishing)*
  Vemuri, M. n., Dunn, L. B.
  2017; 15 (3): 301–5

- **Ethical and Clinical Issues in Integrated Care Settings: Patient Privacy Concerns and Electronic Health Records** *FOCUS*
  Vemuri, M., Dunn, L.
  2017; 15 (3)

- **Gender-specific lipid profiles in patients with bipolar disorder** *JOURNAL OF PSYCHIATRIC RESEARCH*
  Vemuri, M., Kenna, H. A., Wang, P. W., Ketter, T. A., Rasgon, N. L.
  2011; 45 (8): 1036-1041
- **Update on Estrogen and Progesterone as Treatment for Mood Disorders in Women**
  Vemuri, M., Williams, K. E.
  Psychiatric Times.
  2011
- **Metabolic dysfunction in women with bipolar disorder: the potential influence of family history of type 2 diabetes mellitus** *BIPOLAR DISORDERS*
  Rasgon, N. L., Kenna, H. A., Reynolds-May, M. F., Stemmle, P. G., Vemuri, M., Marsh, W., Wang, P., Ketter, T. A.
  2010; 12 (5): 504-513
- **A case of olanzapine-induced gestational diabetes mellitus in the absence of weight gain** *JOURNAL OF CLINICAL PSYCHIATRY*
  Vemuri, M. P., Rasgon, N. L.
  2007; 68 (12): 1989-1989
- **Historical and Current Conceptualizations of Eating Disorders: A Developmental Perspective** *Eating Disorders in Children and Adolescents*
  Vemuri M, Steiner H
  2007: 3-11
- **Diagnosing and Treating Bipolar Disorder in Women of Reproductive Age**
  Vemuri, M., Rasgon, N. L.
  Continuing Medical Education LLC.
  2007
- **Bipolar Disorders in Women** *Depression: Mind and Body*
  Marsh W, Vemuri M
  2007; 3 (1): 2-11
- **Treating Bipolar Disorder in Women During Their Childbearing Years** *Psychiatric Times*
  Vemuri M, Rasgon N