



Chitra Dinakar

 Curriculum Vitae available Online

Bio

BIO

Dr. Chitra Dinakar is a Clinical Professor of Medicine at Stanford University and the Clinical Chief of Allergy, Asthma and Immunodeficiency, Stanford Health Care. Prior to coming to Stanford she was a Professor of Pediatrics at the University of Missouri-Kansas City; and Director, Food Allergy Center at Children's Mercy Hospital, Kansas City. She completed her fellowship in Allergy/Immunology (A/I) at the Cleveland Clinic Foundation, Ohio, and her residency in pediatrics at Case Western Reserve University/Metrohealth Medical Center, Ohio. She completed her medical school and pediatric residency training at JIPMER, a premier medical institution in India.

Having had the benefit of experiencing health care in diverse settings, Dr. Dinakar is empowered with the perspective, and driven by the passion, to improve health care across the globe. Her interests and expertise include food allergies, asthma, and health care disparities, delivery, and outcomes. She serves on the editorial boards of four reputed Allergy/Immunology journals and the World Allergy Organization Web Editorial Board. She has been involved in more than 50 multi-centered, clinical trials relating to asthma and food allergies, and has over 100 peer-reviewed publications and research abstracts in prestigious journals.

One of her current research interests is ASIAd (Allergy/Asthma Studies in Individuals of Asian Descent), that explores the Care, Cure and Prevention of Allergic conditions in individuals of Asian lineage. As part of the exploration she is collaborating with researchers from Northwestern University to study the unique food allergens prevalent in the South Asian population (please click on link: <https://www.surveymonkey.com/s/SouthAsianFoodAllergySurvey>). She hopes to address the significant knowledge gaps and unmet needs regarding diagnostic, treatment and preventive options available to this demographic group. Another current area of focus is development of tools to improve patient outcomes in food allergic disorders; she recently received a grant to support phase I of the project. Her other ongoing research interests include the health impact of e-cigarettes, clinical intervention trials and outcomes research in asthma, and use of e-health to improve patient outcomes.

She is an invited speaker at national and international allergy conferences, and serves on the Board of Directors at national A/I organizations [American Board of A/I; American Academy of A/I; Joint A/I Task Force on Practice Parameters; American Academy of Pediatrics Section of A/I]. Dr. Dinakar's honors include the following national awards: "Distinguished Fellow", "Woman in Allergy", "Acellus Teacher of the Year", "Award of Excellence", and an honorary "Kentucky Colonel" awarded by the Governor of Kentucky, "Best Doctors in America", and "Kansas City SuperDocs".

ACADEMIC APPOINTMENTS

- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Clinical Chief, Allergy, Asthma and Immunodeficiency, Stanford Health Care, (2017- present)

HONORS AND AWARDS

- Distinguished Service Award, Executive Member of the Section of A/I, American Academy of Pediatrics, (2017)
- Gies Foundation Endowed Faculty Scholar for Food Allergy, Asthma and Immunology Research, Child Health Research Institute, Stanford (2017)
- Distinguished Fellow Award, American College of Allergy, Asthma and Immunology (ACAAI) (2016)
- Excellence in Service, Missouri State Medical Association (2016)
- Woman in Allergy Award, American College of Allergy, Asthma and Immunology (ACAAI) (2015)
- Acellus Teacher of the Year, International Academy of Science (2015)
- Service Recognition Award, American College of Allergy, Asthma and Immunology (ACAAI) (2014)
- Golden Apple Mercy Mentor Award, Children's Mercy Hospital (2013)
- Kentucky Colonel, Commonwealth of Kentucky (2013)
- Award of Excellence, American Association of Allergists & Immunologists of Indian Origin (2009)
- Outstanding Faculty Abstract Award, American Academy of Pediatrics Section on Allergy and Immunology (2005)
- Fellow (FAAAAI), American Academy of Allergy, Asthma & Immunology (AAAAI) (2003)
- Fellow (FACAAI), American College of Allergy, Asthma & Immunology (2003)
- Clemens Von Pirquet Award For Best Research Abstract, American College of Allergy, Asthma & Immunology (ACAAI) (2000)
- Fellow (FAAP), American Academy of Pediatrics (2000)
- University Gold Medal, MD Pediatrics certifying examination, Pondicherry University, India (1993)
- Gold Medal, MBBS certifying exam (MD equivalent), PFIZER, India (1991)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Board of Directors, American Academy of Allergy, Asthma and Immunology (AAAAI) (2017 - present)
- Board of Directors, American Board of Allergy and Immunology (ABAI) (2016 - present)
- Board Member, Joint Task Force on Allergy/Immunology Practice Parameters (2016 - present)

Publications

PUBLICATIONS

- **Management of acute loss of asthma control: yellow zone strategies** *CURRENT OPINION IN ALLERGY AND CLINICAL IMMUNOLOGY*
Polk, B. I., Dinakar, C.
2019; 19 (2): 154–60
- **Needs Assessment Survey for a Food Allergy Control Tool.** *The journal of allergy and clinical immunology. In practice*
Lippner, E., Sicherer, S. H., Land, M. H., Schatz, M., Dinakar, C.
2018
- **The Health Effects of Electronic Cigarettes.** *The New England journal of medicine*
Dinakar, C. n., O'Connor, G. T.
2016; 375 (14): 1372–81
- **The transforming power of proximity food challenges.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Dinakar, C. n., Shroba, J. n., Portnoy, J. M.
2016; 117 (2): 135–37

- **Quality measures in allergy, asthma, and immunology.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Dinakar, C. n., Lang, D. M.
2015; 114 (6): 435–39
- **TeleAllergy: a new way to manage asthma.** *The journal of allergy and clinical immunology. In practice*
Portnoy, J. n., Waller, M. n., Dinakar, C. n.
2014; 3 (2): 302–3
- **Electronic cigarettes: navigating the vapor.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Nickels, A. S., Joshi, A. Y., Dinakar, C. n.
2014; 112 (6): 481–83
- **Empowering the child and caregiver: yellow zone Asthma Action Plan.** *Current allergy and asthma reports*
Dinakar, C. n., Portnoy, J. M.
2014; 14 (11): 475
- **From the Pages of Allergy Watch: December 2019.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Oppenheimer, J. J., Chipps, B. E., Dinakar, C., Fineman, S. M.
2019
- **AllergyWatch ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY**
Oppenheimer, J. J., Dinakar, C., Fineman, S. M.
2019; 123 (3): 319
- **Allergic rhinitis is 'nothing to sneeze at' (Nov-Dec 2018) ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY**
Oppenheimer, J. J., Dinakar, C., Fineman, S. M.
2019; 123 (3): 319
- **Drug Allergy.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Dinakar, C., Lang, D. M., Fineman, S. M.
2019; 123 (1): 112–14
- **Allergy Watch.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Oppenheimer, J. J., Dinakar, C., Fineman, S. M., Dinakar, C.
2019
- **Race and Allergy ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY**
Fineman, S. M., Khan, D. A., Dinakar, C.
2019; 122 (5): 543–45
- **From the pages of AllergyWatch May 2019.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Fineman, S. M., Khan, D. A., Dinakar, C.
2019
- **Informatics Analysis of Cross-Reactivity of Food Allergens in South Asian Cuisine**
Agusala, V., Dinakar, C., Dinakarbandian, D.
MOSBY-ELSEVIER.2019: AB238
- **Needs assessment survey for a food allergy control tool JOURNAL OF ALLERGY AND CLINICAL IMMUNOLOGY-IN PRACTICE**
Lippner, E., Sicherer, S. H., Land, M. H., Schatz, M., Dinakar, C.
2019; 7 (2): 701-+
- **American Academy of Allergy, Asthma and Immunology response to the EAACI/GA(2)LEN/EDF/WAO guideline for the definition, classification, diagnosis, and management of Urticaria 2017 revision ALLERGY**
Wood, R. A., Khan, D. A., Lang, D. M., Fasano, M., Peden, D. B., Busse, P. J., Carter, M. C., Demain, J. G., Dinakar, C., Grayson, M. H., Markovics, S. B., Sicherer, S. H., Stone, et al

2019; 74 (2): 411–13

- **Management of acute loss of asthma control: yellow zone strategies.** *Current opinion in allergy and clinical immunology*
Polk, B. I., Dinakar, C.
2019
- **Biallelic mutations in DNA ligase 1 underlie a spectrum of immune deficiencies** *JOURNAL OF CLINICAL INVESTIGATION*
Maffucci, P., Chavez, J., Jurkiw, T. J., O'Brien, P. J., Abbott, J. K., Reynolds, P. R., Worth, A., Notarangelo, L. D., Felgentreff, K., Cortes, P., Boisson, B., Radigan, L., Cobat, et al
2018; 128 (12): 5489–5504
- **Biallelic mutations in DNA ligase 1 underlie a spectrum of immune deficiencies.** *The Journal of clinical investigation*
Maffucci, P., Chavez, J., Jurkiw, T. J., O'Brien, P. J., Abbott, J. K., Reynolds, P. R., Worth, A., Notarangelo, L. D., Felgentreff, K., Cortes, P., Boisson, B., Radigan, L., Cobat, et al
2018
- **Penicillin allergy.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Lang, D., Dinakar, C., Oppenheimer, J. J., Hernandez-Trujillio, V.
2018; 121 (5): 637–39
- **Penicillin allergy** *ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY*
Lang, D., Dinakar, C., Oppenheimer, J. J., Hernandez-Trujillio, V.
2018; 121 (5): 637–39
- **AAAAI Response to the EAACI/GALEN/EDF/WAO Guideline for the Definition, Classification, Diagnosis and Management of Urticaria 2017 Revision.** *Allergy*
Wood, R. A., Khan, D. A., Lang, D. M., Fasano, M. B., Peden, D. B., Busse, P. J., Carter, M. C., Demain, J. G., Dinakar, C., Grayson, M. H., Markovics, S. B., Sicherer, S. H., Stone, et al
2018
- **Pharmacotherapy** *ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY*
Fineman, S. M., Khan, D. A., Dinakar, C., Lang, D., Tilles, S. A.
2018; 121 (1): 22–23
- **Recent advances in our understanding of the environment's role in allergy** *ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY*
Dinakar, C., Fineman, S. M., Chipps, B. E., Khan, D. A., Tilles, S. A.
2018; 120 (5): 465–67
- **Biologics** *ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY*
Dinakar, C., Khan, D. A., Fineman, S. M., Lang, D., Tilles, S. A.
2018; 120 (4): 354–56
- **Recent advances in asthma** *ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY*
Chipps, B. E., Dinakar, C., Fineman, S. M., Tilles, S. A.
2018; 120 (2): 128–30
- **The importance of reducing risk in peanut allergy: Current and future therapies** *ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY*
Shreffler, W. G., Baumert, J. L., Remington, B. C., Koppelman, S. J., Dinakar, C., Fleischer, D. M., Kim, E., Tilles, S. A., Spergel, J. M.
2018; 120 (2): 124–27
- **Recent advances in atopic dermatitis** *ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY*
Dinakar, C., Fineman, S. M., Tilles, S. A.
2018; 120 (1): 8–9
- **Treatment of seasonal allergic rhinitis An evidence-based focused 2017 guideline update** *ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY*
Dykewicz, M. S., Wallace, D. V., Baroody, F., Bernstein, J., Craig, T., Finegold, I., Huang, F., Larenas-Linnemann, D., Meltzer, E., Steven, G., Bernstein, D. I., Blessing-Moore, J., Dinakar, et al
2017; 119 (6): 489+
- **American College of Allergy, Asthma & Immunology Position Paper on the Use of Telemedicine for Allergists** *ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY*

- Elliott, T., Shih, J., Dinakar, C., Portnoy, J., Fineman, S.
2017; 119 (6): 512–17
- **Combining anti-IgE with oral immunotherapy** *PEDIATRIC ALLERGY AND IMMUNOLOGY*
Lin, C., Lee, I. T., Sampath, V., Dinakar, C., DeKruyff, R. H., Schneider, L. C., Nadeau, K.
2017; 28 (7): 619–27
 - **Inadequacy of current pediatric epinephrine autoinjector needle length for use in infants and toddlers.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Kim, H., Dinakar, C., McInnis, P., Rudin, D., Benain, X., Daley, W., Platz, E.
2017; 118 (6): 719-725 e1
 - **Patient-Centered Outcomes in Food Allergy.** *Current allergy and asthma reports*
Polk, B. I., Dinakar, C.
2017; 17 (6): 39-?
 - **Ara h2 levels in dust from homes of individuals with peanut allergy and individuals with peanut tolerance** *ALLERGY AND ASTHMA PROCEEDINGS*
Shroba, J., Barnes, C., Nanda, M., Dinakar, C., Ciaccio, C.
2017; 38 (3): 192-196
 - **Immunodeficiency-associated Lymphoid Hyperplasia as a Cause of Intussusception in a Case of activated PI3K-delta Syndrome** *FRONTIERS IN PEDIATRICS*
Mettman, D., Thiffault, I., Dinakar, C., Saunders, C.
2017; 5
 - **Food Allergy-Related Risk-Taking and Management Behaviors Among Adolescents and Young Adults.** *journal of allergy and clinical immunology. In practice*
Warren, C. M., Dyer, A. A., Otto, A. K., Smith, B. M., Kauke, K., Dinakar, C., Gupta, R. S.
2017
 - **Prevalence of food allergies in South Asia.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Arakali, S. R., Green, T. D., Dinakar, C.
2017; 118 (1): 16-20
 - **Evaluating proteins for potential allergenicity using bioinformatic approaches.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Dinakarbandian, D. n., Dinakar, C. n.
2017; 119 (3): 197–98
 - **Stinging insect hypersensitivity A practice parameter update 2016** *ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY*
Golden, D. B., DeMain, J., Freeman, T., Graft, D., Tankersley, M., Tracy, J., Blessing-Moore, J., Bernstein, D., Dinakar, C., Greenhawt, M., Khan, D., Lang, D., Nicklas, et al
2017; 118 (1): 28-54
 - **Comparison of allergens collected from furnace filters and vacuum floor dust.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Allenbrand, R., Barnes, C. S., Mohammed, M., Gard, L., Pacheco, F., Kennedy, K., DiDonna, A., Portnoy, J., Dinakar, C.
2017; 118 (1): 108-109
 - **Association of tree nut and coconut sensitizations.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Polk, B. I., Dinakarbandian, D., Nanda, M., Barnes, C., Dinakar, C.
2016; 117 (4): 412-416
 - **Telemedicine is as effective as in-person visits for patients with asthma.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Portnoy, J. M., Waller, M., De Lurgio, S., Dinakar, C.
2016; 117 (3): 241-245

- **Updated epinephrine autoinjector labeling.** *The journal of allergy and clinical immunology. In practice*
Dinakar, C. n.
2016; 4 (5): 1020–21
- **The talking card: Randomized controlled trial of a novel audio-recording tool for asthma control** *ALLERGY AND ASTHMA PROCEEDINGS*
Cowden, J. D., Wilkerson-Amendell, S., Weathers, L., Gonzalez, E. D., Dinakar, C., Westbrook, D. H., Williams, A. R.
2015; 36 (5): E86-E91
- **Analysis of Open Oral Food Challenges Performed in a Pediatric Allergy Clinic**
Shroba, J. A., Suenram, D., Bandelier, C., Dinakar, C.
MOSBY-ELSEVIER.2015: AB69
- **Co-Sensitization Patterns to Tree Nuts in a Pediatric Population**
Polk, B. I., Dinakar, C., Barnes, C. S., Shroba, J. A., Preston, K. A., Osnas, J. L. D., Humphrey, A. L., Jara, D. A., Hanson, J. R., Patel, N. N., Ciaccio, C. E.
MOSBY-ELSEVIER.2015: AB34
- **Overview of Immunodeficiency Disorders.** *Immunology and allergy clinics of North America*
Raje, N. n., Dinakar, C. n.
2015; 35 (4): 599–623
- **Management of acute loss of asthma control in the yellow zone: a practice parameter** *ANNALS OF ALLERGY ASTHMA & IMMUNOLOGY*
Dinakar, C., Oppenheimer, J., Portnoy, J., Bacharier, L. B., Li, J., Kerckmar, C. M., Bernstein, D., Blessing-Moore, J., Khan, D., Lang, D., Nicklas, R., Randolph, C., Schuller, et al
2014; 113 (2): 143-159
- **Sailing to the port of best practice on the A/I practice parameters Mayflower.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Dinakar, C. n., Portnoy, J. n.
2014; 113 (2): 123–24
- **Simulation in pediatrics.** *Missouri medicine*
Sharma, J., Myers, D., Dinakar, C.
2013; 110 (2): 147-149
- **Office-based exhaled nitric oxide measurement in children 4 years of age and older.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Hanson, J. R., De Lurgio, S. A., Williams, D. D., Dinakar, C. n.
2013; 111 (5): 358–63
- **Interpretation of food specific immunoglobulin E levels in the context of total IgE.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Federly, T. J., Jones, B. L., Dai, H. n., Dinakar, C. n.
2013; 111 (1): 20–24
- **Anaphylaxis in children: current understanding and key issues in diagnosis and treatment.** *Current allergy and asthma reports*
Dinakar, C. n.
2012; 12 (6): 641–49
- **Exhaled nitric oxide in asthma management.** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Dinakar, C. n.
2012; 108 (4): 219–22
- **Pediatric pay-for-performance in asthma: who pays?** *Current allergy and asthma reports*
Johnson, R. n., Dinakar, C. n.
2010; 10 (6): 405–10
- **Exhaled nitric oxide in pediatric asthma.** *Current allergy and asthma reports*
Dinakar, C. n.

2009; 9 (1): 30–37

- **Social perceptions and preferences of youth with asthma.** *Missouri medicine*
Dinakar, C., Brimer, A. G., Adams, C. D., Malhi, K.
2006; 103 (5): 553-556
- **Monitoring of asthma control in children.** *Current opinion in allergy and clinical immunology*
Dinakar, C. n.
2006; 6 (2): 113–18
- **Learning preferences of caregivers of asthmatic children.** *The Journal of asthma : official journal of the Association for the Care of Asthma*
Dinakar, C. n., Adams, C. n., Brimer, A. n., Silva, M. D.
2005; 42 (8): 683–87
- **Real-life environmental tobacco exposure does not affect exhaled nitric oxide levels in asthmatic children.** *The Journal of asthma : official journal of the Association for the Care of Asthma*
Dinakar, C. n., Lapuente, M. n., Barnes, C. n., Garg, U. n.
2005; 42 (2): 113–18
- **Urticaria and angioedema.** *Immunology and allergy clinics of North America*
Baxi, S. n., Dinakar, C. n.
2005; 25 (2): 353–67, vii
- **Effective management of home exacerbations (yellow zone) of asthma.** *Missouri medicine*
Dinakar, C.
2004; 101 (3): 212-217
- **Allergen immunotherapy in the prevention of asthma.** *Current opinion in allergy and clinical immunology*
Dinakar, C., Portnoy, J. M.
2004; 4 (2): 131-136
- **How frequent are asthma exacerbations in a pediatric primary care setting and do written asthma action plans help in their management?** *The Journal of asthma : official journal of the Association for the Care of Asthma*
Dinakar, C. n., Van Osdol, T. J., Wible, K. n.
2004; 41 (8): 807–12
- **Review of cetirizine hydrochloride for the treatment of allergic disorders.** *Expert opinion on pharmacotherapy*
Portnoy, J. M., Dinakar, C. n.
2004; 5 (1): 125–35
- **The yellow zone in asthma treatment: is it a gray zone?** *Annals of allergy, asthma & immunology : official publication of the American College of Allergy, Asthma, & Immunology*
Dinakar, C. n., Reddy, M. n.
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- **Pediatric asthma: a look at adherence from the patient and family perspective.** *Current allergy and asthma reports*
Adams, C. D., Dreyer, M. L., Dinakar, C. n., Portnoy, J. M.
2004; 4 (6): 425–32
- **Exhaled nitric oxide in the clinical management of asthma.** *Current allergy and asthma reports*
Dinakar, C. n.
2004; 4 (6): 454–59
- **A pilot study to evaluate the effect of passive tobacco exposure on exhaled nitric oxide levels in children measured using Mylar balloons**
Dinakar, C., Lapuente, M., Garg, U., Barnes, C. S., Laskowski, D.
MOSBY, INC.2002: S32
- **The impact of temperature and rainfall on airborne ragweed pollen**
Dinakar, C., Barnes, C. S., Hu, F., Pacheco, F., Portnoy, J.
MOSBY, INC.2001: S171

- **Building a Targeted Asthma Education and Management Program.** *Missouri medicine*
Murphy, H. n., Wolverton, J. n., Dinakar, C. n.
; 113 (5): 409–14
- **Food Allergy Care: "It Takes a Team".** *Missouri medicine*
Dinakar, C. n., Warady, B. n.
; 113 (4): 314–19
- **Update on asthma step-therapy.** *Allergy and asthma proceedings*
Dinakar, C. n.
; 31 (6): 444–51
- **Changes in exhaled nitric oxide levels with immunotherapy.** *Allergy and asthma proceedings*
Dinakar, C. n., Van Osdol, T. J., Barnes, C. S., Dowling, P. J., Zeigler, A. W.
; 27 (2): 140–44