

# Stanford

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## Sandra Tsai

Clinical Associate Professor, Medicine - Primary Care and Population Health

### CLINICAL OFFICES

- **Stanford Internal Medicine**

211 Quarry Rd Ste 305

MC 5987

Palo Alto, CA 94304

**Tel** (650) 498-9000      **Fax** (650) 725-7078

- **Stanford Women's Heart Health Clinic**

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**Tel** (650) 725-5909      **Fax** (650) 724-1444

- **Stanford Express Care**

211 Quarry Rd Ste 102

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**Tel** (650) 736-5211      **Fax** (650) 736-5299

### Bio

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### CLINICAL FOCUS

- Preventive Cardiology
- Internal Medicine

### ACADEMIC APPOINTMENTS

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

### ADMINISTRATIVE APPOINTMENTS

- Member, Ethics Committee, Stanford University Medical Center, (2015- present)
- Research Supervisor, Leadership in Health Disparities Summer Program, Stanford Center of Excellence, (2016- present)
- Elected Member, Medical Executive Committee, (2019-2022)
- Value Based Care Champion, Cardiac Diagnostics SPRINT, (2020- present)

## HONORS AND AWARDS

- Fellow, AHA 34th Seminar on the Epidemiology and Prevention of CVD (2008)

## BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Fellow, American College of Physicians (2010 - present)

## PROFESSIONAL EDUCATION

- Residency: University of Texas Southwestern Medical School Registrar (1998) TX
- Internship: University of Texas Southwestern Medical School Registrar (1996) TX
- Board Certification: Internal Medicine, American Board of Internal Medicine (1998)
- Medical Education: University of Texas Southwestern Medical Center (1995) TX
- MPH, UC Berkeley (2003)
- Residency, UT Southwestern, Dallas , Internal Medicine (1998)

## Research & Scholarship

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### CLINICAL TRIALS

- Cardiovascular Health in Postpartum Women Diagnosed With Excessive Gestational Weight Gain, Not Recruiting

## Publications

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### PUBLICATIONS

- **Association of Neighborhood Income with Clinical Outcomes Among Pregnant Patients with Cardiac Disease** *Reproductive Sciences*  
Carland, C., Panelli, D. M., Leonard, S. A., Bryant, E., Sherwin, E. B., Lee, C. J., Levin, E., Jimenez, S., Tremmel, J. A., Tsai, S., Heidenreich, P. A., Bianco, K., Khandelwal, et al  
2022
- **IT TAKES A VILLAGE: COMPARATIVE ANALYSIS OF STRATEGIES TO IMPROVE PROVIDER ENGAGEMENT FOR WEIGHT MANAGEMENT AT AN ACADEMIC MEDICAL CENTER**  
Shah, S., Lu, C., Tsai, S. A., Reisenberg, A., Calugar, A., Filipowicz, H., Sharp, C., Phadke, A.  
SPRINGER.2020: S667–S668
- **Psychological Distress Among Female Cardiac Patients Presenting to a Women's Heart Health Clinic** *AMERICAN JOURNAL OF CARDIOLOGY*  
Edwards, K. S., Hekler, A. C., Baum, J., Nejedly, M., Tsai, S., Khandelwal, A., Naderi, S., Hoover, V., Tremmel, J. A.  
2019; 123 (12): 2026–30
- **Association of triglyceride to HDL cholesterol ratio with cardiometabolic outcomes** *JOURNAL OF INVESTIGATIVE MEDICINE*  
Yang, M., Rigdon, J., Tsai, S. A.  
2019; 67 (3): 663–68
- **Breastfeeding Duration and the Risk of Coronary Artery Disease** *JOURNAL OF WOMENS HEALTH*  
Rajaei, S., Rigdon, J., Crowe, S., Tremmel, J., Tsai, S., Assimes, T. L.  
2019; 28 (1): 30–36
- **Hypertensive Disorders of Pregnancy.** *Current atherosclerosis reports*  
Naderi, S., Tsai, S. A., Khandelwal, A.  
2017; 19 (3): 15-?
- **Association of the cardiometabolic staging system with individual engagement and quality of life in the US adult population.** *Obesity (Silver Spring, Md.)*  
Tsai, S. A., Xiao, L. n., Lv, N. n., Liu, Y. n., Ma, J. n.  
2017
- **Impact of a Genetic Risk Score for Coronary Artery Disease on Reducing Cardiovascular Risk: A Pilot Randomized Controlled Study.** *Frontiers in cardiovascular medicine*

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Knowles, J. W., Zarafshar, S. n., Pavlovic, A. n., Goldstein, B. A., Tsai, S. n., Li, J. n., McConnell, M. V., Absher, D. n., Ashley, E. A., Kiernan, M. n., Ioannidis, J. P., Assimes, T. L.  
2017; 4: 53

- **Gender Differences in Weight-Related Attitudes and Behaviors Among Overweight and Obese Adults in the United States.** *American journal of men's health*  
Tsai, S. A., Lv, N., Xiao, L., Ma, J.  
2016; 10 (5): 389-398
- **Cardiovascular Disease Prevention in Primary Care** *Prevention Practice in Primary Care*  
Tsai, S. A., Ravenell, J., Fernandez, S., Schoenthaler, A., Kenny, K., Ogedegbe, G.  
edited by Gorin, S. S.  
Oxford University Press.2014: 120-149
- **Trends in menopausal hormone therapy use of US office-based physicians, 2000-2009** *MENOPAUSE-THE JOURNAL OF THE NORTH AMERICAN MENOPAUSE SOCIETY*  
Tsai, S. A., Stefanick, M. L., Stafford, R. S.  
2011; 18 (4): 385-392