

Stanford



Sandra Tsai

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

CLINICAL OFFICES

- **Stanford Internal Medicine**

211 Quarry Rd Ste 305

MC 5987

Palo Alto, CA 94304

Tel (650) 498-9000

Fax (650) 725-7078

Bio

CLINICAL FOCUS

- Preventive Cardiology
- Internal Medicine

ACADEMIC APPOINTMENTS

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

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
- Fellowship: Stanford University (2010) CA
- 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

CLINICAL TRIALS

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

Publications

PUBLICATIONS

- **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., Lv, N., Liu, Y., Ma, J.
2017
- **Impact of a Genetic Risk Score for Coronary Artery Disease on Reducing Cardiovascular Risk: A Pilot Randomized Controlled Study.** *Frontiers in cardiovascular medicine*
Knowles, J. W., Zarafshar, S., Pavlovic, A., Goldstein, B. A., Tsai, S., Li, J., McConnell, M. V., Absher, D., Ashley, E. A., Kiernan, M., 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 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