



## Julia J. Chang, MD

- Clinical Assistant Professor, Medicine - Endocrinology, Gerontology, & Metabolism
- Clinical Assistant Professor (By courtesy), Neurosurgery

### CLINICAL OFFICE (PRIMARY)

- **Endocrinology Clinic at Hoover Pavilion**

211 Quarry Rd Ste 205

2nd Fl

Palo Alto, CA 94304

**Tel** (650) 721-1300      **Fax** (650) 498-5823

### Bio

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#### BIO

Dr. Chang is a board-certified endocrinologist and internal medicine doctor. She is a Clinical Assistant Professor in Stanford Medicine's Division of Endocrinology, Gerontology, and Metabolism. She specializes in transgender health, pituitary disorders, diabetes, and general endocrine disorders.

She provides patient care at the Stanford Health Care Endocrinology Clinic and the Stanford Health Care LGBTQ+ Health Program. For each patient, she develops a comprehensive, compassionate care plan personalized to individual needs. Her goal is always the best possible health and quality of life for every patient in her care.

Dr. Chang leads quality improvement and education initiatives within the endocrinology and pituitary team. She teaches medical students, residents, and fellows and serves as the associate program director for the Stanford endocrinology fellowship.

Dr. Chang has conducted extensive research and has published peer-reviewed articles on obesity, weight loss, and transgender health in the journals *Endocrine Practice*, *Family Medicine*, and *Cleveland Clinic Journal of Medicine*. She has presented the findings of her research at national meetings of the Endocrine Society and United States Professional Association of Transgender Health.

She is a member of the Endocrine Society, American Association of Clinical Endocrinology, Pituitary Society, and the World Professional Association of Transgender Health.

As a volunteer, Dr. Chang has guided medical students providing health care to uninsured residents of the Bay Area.

When not providing clinical care, teaching, or conducting research, Dr. Chang enjoys time with her family, violin, golf, figure skating, and travel.

She is a native English speaker and also understands Korean.

## CLINICAL FOCUS

- Endocrinology
- Diabetes and Metabolism

## ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Endocrinology, Gerontology, & Metabolism
- Clinical Assistant Professor (By courtesy), Neurosurgery

## ADMINISTRATIVE APPOINTMENTS

- Endocrinology Fellowship Associate Program Director, Stanford University School of Medicine, (2023- present)
- Endocrinology Residency Rotation Director, Stanford University School of Medicine, (2022-2023)

## HONORS AND AWARDS

- Early Career Forum Award, Endocrine Society
- High Value Innovation Challenge Award, Stanford Healthcare
- Alpha Omega Alpha Honor Medical Society, Stanford University School of Medicine
- Pituitary Society Master Course for Fellows-in-Training, Pituitary Society
- Resident Clinical Decision-Making Award, Stanford University School of Medicine
- Max Miller Award, Case Western Reserve University School of Medicine
- Ray A and Robert L. Kroc Summer Research Fellowship in Endocrinology, Case Western Reserve University
- Scholarship, Korean-American Medical Association of Northeast Ohio
- Intramural Research Opportunities Fellowship, National Institutes of Health – National Institute of Allergy and Infectious Diseases
- Dean's Research Fellowship in the Sciences, Yale College
- Perspectives on Science Research Fellowship, Yale College

## PROFESSIONAL EDUCATION

- Board Certification: Endocrinology, Diabetes and Metabolism, American Board of Internal Medicine (2021)
- Board Certification, American Board of Internal Medicine , Internal Medicine (2019)
- Fellowship, Stanford University School of Medicine , Endocrinology (2021)
- Residency, Stanford University School of Medicine , Internal Medicine (2019)
- Medical Education: Case Western Reserve School of Medicine (2016) OH
- MD, Case Western Reserve University School of Medicine (2016)
- BS, Yale University , Biology (2011)

## Publications

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### PUBLICATIONS

- **Patient and caregiver perspectives of fluid discharge protocols following pituitary surgery.** *Journal of clinical & translational endocrinology*  
Chang, J. J., Amano, A., Brown-Johnson, C., Chu, O., Gates-Bazarbay, V., Wipff, E., Kling, S. M., Alhadha, M., Carlos Fernandez-Miranda, J., Vilendrer, S.  
2024; 35: 100336
- **Fertility issues in hypopituitarism.** *Reviews in endocrine & metabolic disorders*  
Chen, J., Chang, J. J., Chung, E. H., Lathi, R. B., Aghajanova, L., Katznelson, L.  
2023

- **Use of the Community of Inquiry Framework to Measure Student and Facilitator Perceptions of Online Flipped Classroom Compared with Online Lecture Learning in Undergraduate Medical Education.** *Advances in medical education and practice*  
Chang, J. J., Hain, A., Dosiou, C., Gesundheit, N.  
2023; 14: 963-972
- **Severe Posaconazole-Induced Glucocorticoid Deficiency with Concurrent Pseudohyperaldosteronism: An Unfortunate Two-for-One Special.** *Journal of fungi (Basel, Switzerland)*  
Villar-Prados, A., Chang, J. J., Stevens, D. A., Schoolnik, G. K., Wang, S. X.  
2021; 7 (8)
- **A RETROSPECTIVE STUDY EXAMINING PHENTERMINE ON PRECONCEPTION WEIGHT LOSS AND PREGNANCY OUTCOMES.** *Endocrine practice : official journal of the American College of Endocrinology and the American Association of Clinical Endocrinologists*  
Chang, J. J., Lathi, R. B., Kim, S. H.  
2020
- **LIMITED CARBOHYDRATE REFEEDING INSTRUCTION FOR LONG-TERM WEIGHT MAINTENANCE FOLLOWING A KETOGENIC, VERY-LOW-CALORIE MEAL PLAN.** *Endocrine practice*  
Chang, J. J., Bena, J., Kannan, S., Kim, J., Burguera, B., Kashyap, S. R.  
2017
- **A Student-Led Introduction to Lesbian, Gay, Bisexual, and Transgender Health for First-Year Medical Students** *FAMILY MEDICINE*  
Grosz, A. M., Gutierrez, D., Lui, A. A., Chang, J. J., Cole-Kelly, K., Ng, H.  
2017; 49 (1): 52-56
- **The protein-sparing modified fast for obese patients with type 2 diabetes: what to expect.** *Cleveland Clinic journal of medicine*  
Chang, J., Kashyap, S. R.  
2014; 81 (9): 557-565