




Leslee L. Subak, MD

Katharine Dexter McCormick and Stanley McCormick Memorial Professor
Obstetrics & Gynecology

 NIH Biosketch available Online

 Curriculum Vitae available Online

CLINICAL OFFICES

- **Gynecology Clinic at Stanford**

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ACADEMIC CONTACT INFORMATION

- **Administrative Contact**

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Bio

CLINICAL FOCUS

- Obstetrics and Gynecology
- Urogynecology

ACADEMIC APPOINTMENTS

- Professor - Med Center Line, Obstetrics & Gynecology
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Chair, Department of Obstetrics and Gynecology, Stanford University, (2017- present)

HONORS AND AWARDS

- Distinction in Mentoring Award Nominee, UCSF Academic Senate (2015, 2016)
- Outstanding Faculty Award in Medical Student Teaching, UCSF Department of OBGYN&RS (2010, 2011, 2013, 2014)
- Women's Health Foundation Medical Activist Award, Women's Health Foundation (2009)
- Mid-Career Investigator Award in Patient Oriented Research (K24) and renewal, NIH/NIDDK (2008, 2015)
- Honoree, UCSF Chancellor's Committee on the Status of Women, UCSF, Chancellor (2002)
- UCSF Women's Reproductive Health Research Career Development Scholar (WRHR K12), UCSF, NIH/NICHD (2000)
- Rolex Achievement Award for outstanding career achievements and contribution to society, College Golf Foundation (1996)
- Outstanding Resident Consultant, UCSF Department of Obstetrics, Gynecology & Reproductive Science (1994)
- Julius R. Krevans Award for Clinical Excellence, UCSF (1991)
- Green Key Honor Society, Dartmouth College (1982)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Committee on the Socio-Economic Impact of Urinary Incontinence, WHO and International Continence Society, 1st to 6th International Consultation on Incontinence (1998 - present)
- Executive Committee, NIDDK International Collaborative Research Group on Bladder Dysfunction (2003 - 2007)
- Co-Chair, NIDDK Research Symposium: Urologic Outcomes of Diabetes & Obesity (2008 - 2009)
- Member, NIH.NIDDK, Urologic Diseases in America External Expert Panel (2016 - present)
- Member, Advisory Board, UCSF-Kaiser Permanente Urological Epidemiology Research Career Development Program (K12) (2017 - present)

PROFESSIONAL EDUCATION

- Residency: UCSF Reproductive Endocrinology and Infertility Fellowship (1995) CA
- Board Certified, American Board of Obstetrics and Gynecology (Diplomate) (1997)
- Fellowship, University of California, San Francisco (UCSF) and San Francisco Veterans Affairs Medical Center (SFVAMC) , Epidemiology & Clinical Research (1997)
- Fellowship, UCSF and SFVAMC , Urogynecology and Pelvic Reconstructive Surgery (1997)
- Certificate, UCSF , Advanced Training in Clinical Research (1996)
- Fellowship: San Francisco VA Medical Center (1997) CA
- Residency, University of California, San Francisco , Obstetrics & Gynecology (1995)
- MD, Stanford University School of Medicine , Medicine (1991)
- AB, Dartmouth College , Earth Sciences, Economics (1983)

COMMUNITY AND INTERNATIONAL WORK

- Trustee
- Trustee

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

My multidisciplinary research program is focused on lower urinary tract function and genitourinary health in women, including (1) the effect of weight loss and physical activity on urinary incontinence (UI) and overactive bladder (OAB), (2) epidemiology of female lower urinary tract and pelvic floor disorders (UI, OAB, pelvic organ prolapse, sexual dysfunction, and fecal incontinence), (3) the association of race/ethnicity with pelvic floor disorders and their treatment, (4) development of novel treatments for UI (weight loss, yoga, slow-paced respiration, mobile health app delivery), and (5) economics, health-related quality of life, and cost-effectiveness of treatments for pelvic floor disorders.

CLINICAL TRIALS

- A Group-Based Therapeutic Yoga Intervention for Urinary Incontinence in Ambulatory Older Women, Not Recruiting

Publications

PUBLICATIONS

- **A group-based yoga program for urinary incontinence in ambulatory women: feasibility, tolerability, and change in incontinence frequency over 3 months in a single-center randomized trial.** *American journal of obstetrics and gynecology*
Huang, A. J., Chesney, M., Lisha, N., Vittinghoff, E., Schembri, M., Pawlowsky, S., Hsu, A., Subak, L.
2019; 220 (1)
- **Associations of Intimate Partner Violence, Sexual Assault, and Posttraumatic Stress Disorder With Menopause Symptoms Among Midlife and Older Women.** *JAMA internal medicine*
Gibson, C. J., Huang, A. J., McCaw, B., Subak, L. L., Thom, D. H., Van Den Eeden, S. K.

2018

- **Effect of Group-Administered Behavioral Treatment on Urinary Incontinence in Older Women A Randomized Clinical Trial** *JAMA INTERNAL MEDICINE*
Diokno, A. C., Newman, D. K., Low, L. K., Griebing, T. L., Maddens, M. E., Goode, P. S., Raghunathan, T. E., Subak, L. L., Sampsel, C. M., Boura, J. A., Robinson, A. E., McIntyre, D., Burgio, et al
2018; 178 (10): 1333–41
- **INTERPERSONAL VIOLENCE, POSTTRAUMATIC STRESS DISORDER, AND AGING-RELATED GENITOURINARY DYSFUNCTION IN AN ETHNICALLY-DIVERSE, COMMUNITY-BASED SAMPLE OF WOMEN**
Huang, A., Gibson, C., Mccaw, B., Shan, J., Subak, L., Thom, D., Van Den Eeden, S.
ELSEVIER SCI LTD.2018: S104–S105
- **Association of Pharmacologic Treatment of Urgency Urinary Incontinence With Sleep Quality and Daytime Sleepiness EDITORIAL COMMENT** *OBSTETRICAL & GYNECOLOGICAL SURVEY*
Warsi, Q. A., Huang, A. J., Hess, R., Arya, L. A., Richter, H. E., Bradley, C. S., Rogers, R. G., Myers, D. L., Johnson, K. C., Winkelman, W. D., Gregory, W., Kraus, S. R., Schembri, et al
2018; 73 (5): 273–74
- **Sleep Quality and Daytime Sleepiness Among Women With Urgency Predominant Urinary Incontinence**
Winkelman, W. D., Warsi, A., Huang, A. J., Schembri, M., Rogers, R. G., Richter, H. E., Myers, D. L., Kraus, S. R., Johnson, K. C., Hess, R., Gregory, T., Bradley, C. S., Arya, et al
LIPPINCOTT WILLIAMS & WILKINS.2018: 76–81
- **Association of Pharmacologic Treatment of Urgency Urinary Incontinence With Sleep Quality and Daytime Sleepiness**
Warsi, Q. A., Huang, A. J., Hess, R., Arya, L. A., Richter, H. E., Bradley, C. S., Rogers, R. G., Myers, D. L., Johnson, K. C., Winkelman, W. D., Gregory, W., Kraus, S. R., Schembri, et al
LIPPINCOTT WILLIAMS & WILKINS.2018: 204–11
- **RANDOMIZED CONTROLLED TRIAL OF GROUP-ADMINISTERED BEHAVIORAL TREATMENT IN REDUCING URINARY INCONTINENCE IN ADULT WOMEN**
Newman, D., Diokno, A., Burgio, K., Low, L., Griebing, T., Maddens, M., Subak, L., Goode, P., Sampsel, C., Robinson, A., Raghunathan, T., Boura, J., McIntyre, et al
WILEY.2018: S564–S565
- **TRAINING FIDELITY AND QUALITY CONTROL IN CLINICAL BEHAVIORAL RESEARCH FOR URINARY INCONTINENCE: THE GLADIOLUS TRIAL**
Griebing, T. L., Diokno, A., Newman, D., Burgio, K., Low, L., Maddens, M., Subak, L., Goode, P., Sampsel, C., Robinson, A., Raghunathan, T., Boura, J., McIntyre, et al
WILEY.2018: S633–S634
- **A Behavioral Weight Loss Program and Nonurinary Incontinence Lower Urinary Tract Symptoms in Overweight and Obese Women with Urinary Incontinence: A Secondary Data Analysis of PRIDE** *JOURNAL OF UROLOGY*
Breyer, B. N., Creasman, J. M., Richter, H. E., Myers, D., Burgio, K. L., Wing, R. R., West, D., Kusek, J. W., Subak, L. L., PRIDE
2018; 199 (1): 215–21
- **Search Images and Extrapolation Risk Reply** *JAMA INTERNAL MEDICINE*
Grady, D., Subak, L.
2017; 177 (12): 1870
- **Interpersonal Violence, Posttraumatic Stress Disorder, and Menopause-Related Sexual Dysfunction in an Ethnically-Diverse, Community-Based Sample of Women**
Gibson, C., Huang, A., McCaw, B., Shan, J., Subak, L., Thom, D., Van den Eeden, S.
LIPPINCOTT WILLIAMS & WILKINS.2017: 1433
- **Characterizing the Functional Decline of Older Women With Incident Urinary Incontinence**
Parker-Autry, C., Houston, D. K., Rushing, J., Richter, H. E., Subak, L., Kanaya, A. M., Kritchevsky, S. B.
LIPPINCOTT WILLIAMS & WILKINS.2017: 1025–32
- **Asymptomatic Microscopic Hematuria-Rethinking the Diagnostic Algorithm** *JAMA INTERNAL MEDICINE*
Subak, L. L., Grady, D.
2017; 177 (6): 808–9

- **Modifiers of Response to Treatment With Fesoterodine for Urgency-Predominant Urinary Incontinence in a Randomized Controlled Trial**
Winkelman, W. D., Huang, A. J., Schembri, M., Rogers, R. G., Richter, H., Myers, D. L., Kraus, S. R., Johnson, K. C., Hess, R., Gregory, T., Bradley, C. S., Arya, L., Brown, et al
LIPPINCOTT WILLIAMS & WILKINS.2017: 151–56
- **Urinary Incontinence in Older Women: The Role of Body Composition and Muscle Strength: From the Health, Aging, and Body Composition Study** *JOURNAL OF THE AMERICAN GERIATRICS SOCIETY*
Suskind, A. M., Cawthon, P. M., Nakagawa, S., Subak, L. L., Reinders, I., Satterfield, S., Cummings, S., Cauley, J. A., Harris, T., Huang, A. J., Hlth ABC Study
2017; 65 (1): 42–50
- **The FDA and the Vaginal Mesh Controversy-Further Impetus to Change the 510(k) Pathway for Medical Device Approval** *JAMA INTERNAL MEDICINE*
Jacoby, V. L., Subak, L., Waetjen, L.
2016; 176 (2): 277–78
- **Bridging the gap: determinants of undiagnosed or untreated urinary incontinence in women** *AMERICAN JOURNAL OF OBSTETRICS AND GYNECOLOGY*
Duralde, E. R., Walter, L. C., Van den Eeden, S. K., Nakagawa, S., Subak, L. L., Brown, J. S., Thom, D. H., Huang, A. J.
2016; 214 (2): 266.e1–266.e9
- **Urinary Incontinence Before and After Bariatric Surgery** *JAMA INTERNAL MEDICINE*
Subak, L. L., King, W. C., Belle, S. H., Chen, J., Courcoulas, A. P., Ebel, F. E., Flum, D. R., Khandelwal, S., Pender, J. R., Pierson, S. K., Pories, W. J., Steffen, K. J., Strain, et al
2015; 175 (8): 1378–87
- **The Impact of Multimorbidity on Sexual Function in Middle-Aged and Older Women: Beyond the Single Disease Perspective** *JOURNAL OF SEXUAL MEDICINE*
Appa, A. A., Creasman, J., Brown, J. S., Van den Eeden, S. K., Thom, D. H., Subak, L. L., Huang, A. J.
2014; 11 (11): 2744–55
- **Urinary incontinence management costs are reduced following Burch or sling surgery for stress incontinence** *AMERICAN JOURNAL OF OBSTETRICS AND GYNECOLOGY*
Subak, L. L., Goode, P. S., Brubaker, L., Kusek, J. W., Schembri, M., Lukacz, E. S., Kraus, S. R., Chai, T. C., Norton, P., Tennstedt, S. L., Urinary Incontinence Treatment Net
2014; 211 (2): 171.e1–7
- **Adding Evidence-Based Behavioral Weight Loss Strategies to a Statewide Wellness Campaign: A Randomized Clinical Trial** *AMERICAN JOURNAL OF PUBLIC HEALTH*
Leahey, T. M., Thomas, G., Fava, J. L., Subak, L. L., Schembri, M., Krupel, K., Kumar, R., Weinberg, B., Wing, R. R.
2014; 104 (7): 1300–1306
- **A Group-Based Yoga Therapy Intervention for Urinary Incontinence in Women: A Pilot Randomized Trial** *FEMALE PELVIC MEDICINE AND RECONSTRUCTIVE SURGERY*
Huang, A. J., Jenny, H. E., Chesney, M. A., Schembri, M., Subak, L. L.
2014; 20 (3): 147–54
- **What constitutes an adequate evaluation of device-guided breathing?** *JAMA internal medicine*
Huang, A. J., Subak, L. L.
2014; 174 (4): 637
- **Childbirth and Female Sexual Function Later in Life** *OBSTETRICS AND GYNECOLOGY*
Fehniger, J. E., Brown, J. S., Creasman, J. M., Van Den Eeden, S. K., Thom, D. H., Subak, L. L., Huang, A. J.
2013; 122 (5): 988–97
- **Fecal Incontinence Decreases Sexual Quality of Life, But Does Not Prevent Sexual Activity in Women** *DISEASES OF THE COLON & RECTUM*
Imhoff, L. R., Brown, J. S., Creasman, J. M., Subak, L. L., Van den Eeden, S. K., Thom, D. H., Varma, M. G., Huang, A. J.
2012; 55 (10): 1059–65
- **Diabetes Mellitus and Sexual Function in Middle-Aged and Older Women** *OBSTETRICS AND GYNECOLOGY*
Copeland, K. L., Brown, J. S., Creasman, J. M., Van Den Eeden, S. K., Subak, L. L., Thom, D. H., Ferrara, A., Huang, A. J.
2012; 120 (2): 331–40

- **Decrease in Urinary Incontinence Management Costs in Women Enrolled in a Clinical Trial of Weight Loss to Treat Urinary Incontinence** *OBSTETRICS AND GYNECOLOGY*
Subak, L. L., Pinto, A., Wing, R. R., Nakagawa, S., Kusek, J. W., Herman, W. H., Kuppermann, M., Program Reduce Incontinence Diet
2012; 120 (2): 277–83
- **Pharmacologic treatment for urgency-predominant urinary incontinence in women diagnosed using a simplified algorithm: a randomized trial** *AMERICAN JOURNAL OF OBSTETRICS AND GYNECOLOGY*
Huang, A. J., Hess, R., Arya, L. A., Richter, H. E., Subak, L. L., Bradley, C. S., Rogers, R. G., Myers, D. L., Johnson, K. C., Gregory, W., Kraus, S. R., Schembri, M., Brown, et al
2012; 206 (5): 444.e1–11
- **Summary of Research Recommendations From the Inaugural American Urogynecologic Society Research Summit** *FEMALE PELVIC MEDICINE AND RECONSTRUCTIVE SURGERY*
Nygaard, I., Chai, T. C., Cundiff, G. W., Delancey, J. L., FitzGerald, M., Heit, M., Moalli, P., Richter, H. E., Subak, L., Swift, S.
2011; 17 (1): 4–7
- **Incidence of and Risk Factors for Change in Urinary Incontinence Status in a Prospective Cohort of Middle-Aged and Older Women: The Reproductive Risk of Incontinence Study in Kaiser** *JOURNAL OF UROLOGY*
Thom, D. H., Brown, J. S., Schembri, M., Ragins, A. I., Subak, L. L., Van Den Eeden, S. K.
2010; 184 (4): 1394–1401
- **Urinary incontinence, fecal incontinence and pelvic organ prolapse in a population-based, racially diverse cohort: prevalence and risk factors.** *Female pelvic medicine & reconstructive surgery*
Rortveit, G., Subak, L. L., Thom, D. H., Creasman, J. M., Vittinghoff, E., Van Den Eeden, S. K., Brown, J. S.
2010; 16 (5): 278–83
- **An Intensive Behavioral Weight Loss Intervention and Hot Flushes in Women** *ARCHIVES OF INTERNAL MEDICINE*
Huang, A. J., Subak, L. L., Wing, R., West, D., Hernandez, A. L., Macer, J., Grady, D., Program Reduce Incontinence Diet
2010; 170 (13): 1161–67
- **Talking About Incontinence The First Step Toward Prevention and Treatment** *JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION*
Wagner, T. H., Subak, L. L.
2010; 303 (21): 2184–85
- **An Innovative Program to Train Health Sciences Researchers to Be Effective Clinical and Translational Research Mentors** *ACADEMIC MEDICINE*
Johnson, M. O., Subak, L. L., Brown, J. S., Lee, K. A., Feldman, M. D.
2010; 85 (3): 484–489
- **Pelvic floor disorders and quality of life in women with self-reported irritable bowel syndrome** *ALIMENTARY PHARMACOLOGY & THERAPEUTICS*
Wang, J., Varma, M. G., Creasman, J. M., Subak, L. L., Brown, J. S., Thom, D. H., van den Eeden, S. K.
2010; 31 (3): 424–31
- **Obesity and Urinary Incontinence: Epidemiology and Clinical Research Update**
Subak, L. L., Richter, H. E., Hunskaar, S.
ELSEVIER SCIENCE INC.2009: S2–S7
- **Sexual Function Among Overweight and Obese Women With Urinary Incontinence in a Randomized Controlled Trial of an Intensive Behavioral Weight Loss Intervention** *JOURNAL OF UROLOGY*
Huang, A. J., Stewart, A. L., Hernandez, A. L., Shen, H., Subak, L. L., Program Reduce Incontinence Diet &
2009; 181 (5): 2235–42
- **Weight Loss to Treat Urinary Incontinence in Overweight and Obese Women.** *NEW ENGLAND JOURNAL OF MEDICINE*
Subak, L. L., Wing, R., West, D., Franklin, F., Vittinghoff, E., Creasman, J. M., Richter, H. E., Myers, D., Burgio, K. L., Gorin, A. A., Macer, J., Kusek, J. W., Grady, et al
2009; 360 (5): 481–90
- **High costs of urinary incontinence among women electing surgery to treat stress incontinence** *OBSTETRICS AND GYNECOLOGY*
Subak, L. L., Brubaker, L., Chai, T. C., Creasman, J. M., Diokno, A. C., Goode, P. S., Kraus, S. R., Kusek, J. W., Leng, W. W., Lukacz, E. S., Norton, P., Tennstedt, S., Urinary Incontinence Treatment Ne
2008; 111 (4): 899–907

- **Pelvic organ prolapse surgery in the United States, 1997** *AMERICAN JOURNAL OF OBSTETRICS AND GYNECOLOGY*
Brown, J. S., Waetjen, L. E., Subak, L. L., Thom, D. H., Van den Eeden, S., Vittinghoff, E.
2002; 186 (4): 712-716
- **Does weight loss improve incontinence in moderately obese women?** *INTERNATIONAL UROGYNECOLOGY JOURNAL*
Subak, L. L., Johnson, C., Whitcomb, E., Boban, D., Saxton, J., Brown, J. S.
2002; 13 (1): 40-43
- **Cost of pelvic organ prolapse surgery in the United States** *OBSTETRICS AND GYNECOLOGY*
Subak, L. L., Waetjen, L. E., Van den Eeden, S., Thom, D. H., Vittinghoff, E., Brown, J. S.
2001; 98 (4): 646-651
- **THERAPEUTIC DONOR INSEMINATION - A PROSPECTIVE RANDOMIZED TRIAL OF FRESH VERSUS FROZEN SPERM** *58TH ANNUAL MEETING OF THE PACIFIC COAST OBSTETRICAL AND GYNECOLOGICAL SOC*
Subak, L. L., Adamson, G. D., BOLTZ, N. L.
MOSBY-YEAR BOOK INC.1992: 1597-1606
- **COMPARISON OF CO2-LASER LAPAROSCOPY WITH LAPAROTOMY FOR TREATMENT OF ENDOMETRIOMATA** *FERTILITY AND STERILITY*
Adamson, G. D., Subak, L. L., Pasta, D. J., HURD, S. J., VONFRANQUE, O., Rodriguez, B. D.
1992; 57 (5): 965-973
- **ANALGESIA AFTER CESAREAN DELIVERY - PATIENT EVALUATIONS AND COSTS OF 5 OPIOID TECHNIQUES** *REGIONAL ANESTHESIA*
Cohen, S. E., Subak, L. L., Brose, W. G., Halpern, J.
1991; 16 (3): 141-149
- **IMPROVED PREDICTION OF POSTOVULATORY DAY USING TEMPERATURE RECORDING, ENDOMETRIAL BIOPSY, AND SERUM PROGESTERONE** *FERTILITY AND STERILITY*
PILLET, M. C., Wu, T. F., Adamson, G. D., Subak, L. L., Lamb, E. J.
1990; 53 (4): 614-619
- **LAPAROSCOPIC CO2-LASER VAPORIZATION OF ENDOMETRIOSIS COMPARED WITH TRADITIONAL TREATMENTS** *FERTILITY AND STERILITY*
Adamson, G. D., Lu, J., Subak, L. L.
1988; 50 (5): 704-710