



Lauren E. Eggert, MD

Clinical Assistant Professor, Medicine - Pulmonary, Allergy & Critical Care Medicine

CLINICAL OFFICE (PRIMARY)

- **Division of Pulmonary and Critical Care Medicine**

300 Pasteur Dr Rm H3143

MC 5236

Stanford, CA 94305

Tel (650) 723-6381

Fax (650) 725-5489

Bio

BIO

Dr. Eggert is a board-certified, fellowship-trained pulmonologist and a clinical assistant professor in the Division of Pulmonary, Allergy, and Critical Care Medicine at Stanford University School of Medicine.

She is an expert in the diagnosis and management of diseases of the airway, with a focus on patients with allergic asthma. She also treats chronic obstructive pulmonary disease (COPD), allergic bronchopulmonary aspergillosis (ABPA), and chronic cough.

For every patient, Dr. Eggert develops a comprehensive care plan personalized to the individual's unique needs and lifestyle. Her goals are always to deliver innovative, compassionate care of the highest quality to help each patient achieve the best possible outcome and quality of life.

Dr. Eggert has extensive research experience. During her fellowship, she worked closely with the Sean N. Parker Center for Allergy and Asthma Research at Stanford University, where she designed projects to study the use of biologic medications to treat severe asthma, ABPA, and related conditions.

Dr. Eggert has authored review articles on asthma in adults for BMJ Best Practice. She has developed abstracts related to the prediction of asthma outcomes and switching and combining biologic therapies for asthma. She has presented her work at the American Thoracic Society and the American Academy of Allergy and Immunology annual meetings.

She is currently involved in several COVID-19 related research projects, including a study of the impact of COVID-19 on outcomes for asthmatic patients and another on the use of pulse oximeters to predict clinical decline after COVID-19 diagnosis.

Dr. Eggert also practices critical care at Stanford Health Care - ValleyCare and is actively engaged in teaching residents and fellows. She precepts both the Stanford Pulmonary Consult Service and the fellow's clinics.

CLINICAL FOCUS

- Critical Care Medicine

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Pulmonary, Allergy & Critical Care Medicine

ADMINISTRATIVE APPOINTMENTS

- Director of Airways Disease, Division of Pulmonary, allergy, and critical care medicine, (2021- present)
- Medical Director, Stanford Health Care- ValleyCare Pulmonary Rehabilitation, (2021- present)

HONORS AND AWARDS

- Alpha Omega Alpha, AOA Honor Society (6/2013)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Program Committee Member, ATS (2021 - present)

PROFESSIONAL EDUCATION

- Board Certification: Critical Care Medicine, American Board of Internal Medicine (2020)
- Fellowship: Stanford University Pulmonary and Critical Care Fellowship (2020) CA
- Board Certification: Pulmonary Disease, American Board of Internal Medicine (2019)
- Board Certification: Internal Medicine, American Board of Internal Medicine (2016)
- Residency: Icahn School of Medicine at Mount Sinai Hospital Internal Medicine Residency (2016) NY
- Medical Education: Albert Einstein College of Medicine Montefiore Medical Center (2013) NY

Publications

PUBLICATIONS

- **Remotely supervised spirometry versus laboratory-based spirometry during the COVID-19 pandemic: a retrospective analysis.** *Respiratory research*
Koltowski, L., Basza, M., Bojanowicz, W., Dabrowiecki, P., Solinski, M., Gorska, K., Korczynski, P., Eggert, L. E.
2024; 25 (1): 39
- **Low-dose naltrexone use for the management of post-acute sequelae of COVID-19.** *International immunopharmacology*
Bonilla, H., Tian, L., Marconi, V. C., Shafer, R., McComsey, G. A., Miglis, M., Yang, P., Bonilla, A., Eggert, L., Geng, L. N.
2023; 124 (Pt B): 110966
- **Toward precision sleep medicine: variations in sleep outcomes among disaggregated Asian Americans in the National Health Interview Survey (2006-2018).** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*
Wang, R. Z., Jamal, A., Wang, Z., Dan, S., Srinivasan, M., Kim, G., Long, J., Palaniappan, L., Singh, J., Eggert, L. E.
2023
- **Myalgic Encephalomyelitis/Chronic Fatigue Syndrome is common in post-acute sequelae of SARS-CoV-2 infection (PASC): Results from a post-COVID-19 multidisciplinary clinic.** *Frontiers in neurology*
Bonilla, H., Quach, T. C., Tiwari, A., Bonilla, A. E., Miglis, M., Yang, P. C., Eggert, L. E., Sharifi, H., Horomanski, A., Subramanian, A., Smirnoff, L., Simpson, N., Halawi, et al
2023; 14: 1090747
- **Severity of COVID-19 in Patients on Biologics for Allergic Disease: A Retrospective Study of Two Tertiary Healthcare Systems**
Pathak, C., Jiang, S., Cao, S., Collins, W., Eggert, L., Chinthrajah, R. S., Akuthota, P.
AMER THORACIC SOC.2022
- **Precision Sleep Medicine: Variations in Sleep Quality Among Asian Americans in the National Health Interview Survey (2006-2018)**
Wang, R., Wang, Z., Jamal, A., Dan, S., Srinivasan, M., Eggert, L.

AMER THORACIC SOC.2022

- **COVID-19 and Biologics in Severe Asthmatic Patients: A Multicenter Retrospective Analysis**
Jiang, S. Y., Pathak, C., Cao, S., Collins, W., Eggert, L., Akuthota, P., Chinthrajah, R. S.
AMER THORACIC SOC.2022
- **Use of home pulse oximetry with daily short message service messages for monitoring outpatients with COVID-19: The patient's experience** *DIGITAL HEALTH*
Vaughan, L., Eggert, L. E., Jonas, A., Sung, A., Singer, S.
2021; 7: 20552076211067651
- **The allergic asthma phenotype, associated comorbidities, and long-term symptoms in COVID-19**
Lee, A. S., He, Z., Eggert, L. E., Collins, W., Dhondalay, G., Jiang, S. Y., Fitzpatrick, J., Snow, T. T., Desai, M., Sindher, S. B., Nadeau, K. C., Chinthrajah, R. S., Cao, et al
WILEY.2021: 199-200
- **Asthma phenotypes, associated comorbidities, and long-term symptoms in COVID-19.** *Allergy*
Eggert, L. E., He, Z., Collins, W., Lee, A. S., Dhondalay, G., Jiang, S. Y., Fitzpatrick, J., Snow, T. T., Pinsky, B. A., Artandi, M., Barman, L., Puri, R., Wittman, et al
2021
- **Asthma as a predictor of more severe outcomes in COVID-19 infection**
Eggert, L., Cao, S., He, Z., Dhondalay, G., Jiang, S., Collins, W., Sindher, S., Nadeau, K., Sharon Chinthrajah, R.
MOSBY-ELSEVIER.2021: AB44
- **Asthma as a predictor of more severe outcomes in COVID-19 infection** *Journal of Allergy and Clinical Immunology*
Eggert, L. E., Cao, S., He, Z., Sindher, S., Nadeau, K., Chinthrajah, R.
2021; 147 (2)
- **Asthma phenotypes, associated comorbidities, and long-term symptoms in COVID-19** *European Journal of Allergy and Clinical Immunology*
Eggert, L. E., He, Z., Collins, W., Lee, A. S., Nadeau, K., Chinthrajah, R.
2021
- **Asthma in Adults** *BMJ Best Practice*
Eggert, L., Majumdar, S.
2020
- **Acute Asthma Exacerbation in Adults** *BMJ Best Practice*
Majumdar, S., Eggert, L.
2020
- **Oncotype recurrence score (RS) and discordance in patients with secondary invasive breast events (SIBE).**
Zimmerman, B., Cascetta, K., Blanter, J., Eggert, L., Molot, M., Ru, M., Nayak, A., Bleiweiss, I., Jaffer, S., Tiersten, A.
AMER SOC CLINICAL ONCOLOGY.2019
- **Switching and Combining Biologics in Severe Asthma: Experience from a Large Academic Teaching Center**
Eggert, L., Chinthrajah, R. S.
AMER THORACIC SOC.2019
- **Retrospective analysis of oncoprotein DX recurrence score (RS) and discordance in patients with node-negative, ER+ breast cancer with recurrence**
Zimmerman, B. S., Cascetta, K. P., Ru, M., Eggert, L., Molot, M., Nayak, A., Bleiweiss, I., Tiersten, A.
2018
- **One-Year Experience After Implementation of a Multidisciplinary Pulmonary Embolism Team** *ATS*
Eggert, L., Klipper, K., Kadian-Dodov, D., Reddy, R., DePalo, L., Lookstein, R., Poor, H.
2016