

Stanford



Afrin N. Kamal, MD MS

Clinical Assistant Professor, Medicine - Gastroenterology & Hepatology

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Bio

BIO

Afrin Kamal is a board-certified gastroenterologist, who trained at Washington University in internal medicine, Cleveland Clinic in gastroenterology/hepatology, and most recently Stanford University in esophageal and motility diseases. Afrin shares a clinical passion in esophageal motility diseases with an overlapping interest in health services and outcomes research.

CLINICAL FOCUS

- Gastroenterology
- Benign esophageal diseases
- Esophageal motility

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Gastroenterology & Hepatology

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Trainee Committee member, American College of Gastroenterology (2018 - present)

PROFESSIONAL EDUCATION

- Fellowship: Cleveland Clinic Foundation Hospital (2018) OH
- Fellowship: Stanford University Gastroenterology Fellowship (2019) CA
- Board Certification: Gastroenterology, American Board of Internal Medicine (2018)
- Residency: Washington University School Of Medicine Registrar (2014) MO
- Board Certification, Gastroenterology, American Board of Internal Medicine (2018)
- Board Certification: Internal Medicine, American Board of Internal Medicine (2014)
- Medical Education: University of Missouri (2011) MO

Research & Scholarship

CLINICAL TRIALS

- Applying Nutrient Drink Test in Understanding Pathophysiology of CVS, Recruiting

Publications

PUBLICATIONS

- **Esophageal Lichen Planus: A Descriptive Multicenter Report.** *Journal of clinical gastroenterology*
Aby, E. S., Eckmann, J. D., Abimansour, J., Katzka, D. A., Beveridge, C., Triggs, J. R., Dbouk, M., Abdi, T., Turner, K. O., Antunes, C., Zhuo, J., Kamal, A. N., Patel, et al
2023
- **Tacrolimus-Induced Esophageal and Colon Ulcers** *ACG CASE REPORTS JOURNAL*
Vazquez-Reyes, R., Yeoh, A., Kamal, A.
2023; 10 (6)
- **Development and modification of a dysphagia question prompt list to improve patient-physician communication: Incorporating both esophageal expert and patient perspectives.** *Neurogastroenterology and motility : the official journal of the European Gastrointestinal Motility Society*
Achal, S., Berry, R., Zhuo, J., Bredenoord, A. J., Clarke, J. O., Fass, R., Gyawali, C. P., Kahrilas, P. J., Katzka, D. A., Massey, B. T., Penagini, R., Roman, S., Savarino, et al
2023: e14600
- **A Delphi Method for Development of a Barrett's Esophagus Question Prompt List as a Communication Tool for Optimal Patient-physician Communication.** *Journal of clinical gastroenterology*
Kamal, A. N., Wang, C. J., Triadafilopoulos, G., Diehl, D. L., DuCoin, C., Dunst, C. M., Falk, G., Iyer, P. G., Katzka, D. A., Konda, V. J., Muthusamy, R., Otaki, F., Pleskow, et al
2023
- **Nutrient Drink Test to Assess Gastric Accommodation in Cyclic Vomiting Syndrome: Single-blinded Parallel Grouped Prospective Study.** *Journal of neurogastroenterology and motility*
Kamal, A. N., Harris, K. B., Sarvapalli, S., Sayuk, G. S., Gyawali, C. P., Gabbard, S.
2023; 29 (1): 65-71
- **Quality Indicators for the Diagnosis and Management of Eosinophilic Esophagitis.** *The American journal of gastroenterology*
Leiman, D. A., Kamal, A. N., Otaki, F., Bredenoord, A. J., Dellon, E. S., Falk, G. W., Fernandez-Becker, N. Q., Gonsalves, N., Hirano, I., Katzka, D. A., Peterson, K., Yadlapati, R., Kathpalia, et al
2023
- **Value of 96-hour ambulatory esophageal pH monitoring in the assessment of patients with refractory acid reflux symptoms and their response to anti-reflux diet.** *Diseases of the esophagus : official journal of the International Society for Diseases of the Esophagus*
Triadafilopoulos, G., Kamal, A., Clarke, J. O.
2022
- **Achalasia Quality Indicator Adherence.** *Digestive diseases and sciences*
Romanoff, E., Zhuo, J., Huang, A. C., Amador, D., Otaki, F., Kamal, A. N., Kathpalia, P., Leiman, D. A.
2022
- **The Impact of Intermittent Fasting on Patients With Suspected Gastroesophageal Reflux Disease.** *Journal of clinical gastroenterology*
Jiang, Y., Sonu, I., Garcia, P., Fernandez-Becker, N. Q., Kamal, A. N., Zikos, T. A., Singh, S., Neshatian, L., Triadafilopoulos, G., Goodman, S. N., Clarke, J. O.
2022
- **Healthcare Disparities in Gastroesophageal Reflux Disease for Hispanic and Latino Americans: A Solution-Oriented Approach for Improvement.** *The American journal of gastroenterology*
Kamal, A. N., Wang, C. J., Triadafilopoulos, G., Clarke, J. O.
2022
- **Best Practices in Treatment of Laryngopharyngeal Reflux Disease: A Multidisciplinary Modified Delphi Study.** *Digestive diseases and sciences*

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- Kamal, A. N., Dhar, S. I., Bock, J. M., Clarke, J. O., Lechien, J. R., Allen, J., Belafsky, P. C., Blumin, J. H., Chan, W. W., Fass, R., Fisichella, P. M., Marohn, M., O'Rourke, et al
2022
- **Model for multi-disciplinary, multi-institutional virtual learning: The Stanford Esophageal Virtual Collaborative Conference on benign esophageal diseases.** *Neurogastroenterology and motility : the official journal of the European Gastrointestinal Motility Society*
Kamal, A. N., Triadafilopoulos, G., Gyawali, C. P., Nguyen, L., Sayuk, G. S., Azagury, D. E., Tatum, R. P., Clarke, J. O.
2022: e14369
 - **Intra-subject Variability in High Resolution Anorectal Manometry Using the London Classification: Diagnostic and Therapeutic Implications.** *Digestive diseases and sciences*
Triadafilopoulos, G., Clarke, J. O., Kamal, A., Neshatian, L.
2022
 - **Development of a Preliminary Question Prompt List as a Communication Tool for Adults With Achalasia: A Modified Delphi Study.** *Journal of clinical gastroenterology*
Zhuo, J., Triadafilopoulos, G., Bredenoord, A. J., Clarke, J. O., Fass, R., Gyawali, C. P., Hawn, M., Hwang, J. H., Kahrilas, P. J., Katzka, D. A., Low, D., Massey, B. T., Patel, et al
2022
 - **Question Prompt List as a Communication Tool for Adults with Gastroesophageal Reflux Disease Incorporation of Patients' Perspectives.** *Journal of clinical gastroenterology*
Kamal, A., Achkar, E., Carlson, D., Clarke, J., Fass, R., Gyawali, C. P., Katzka, D. A., Patel, D., Penagini, R., Rezaie, A., Roman, S., Savarino, E., Shaheen, et al
2021
 - **The Effects of Intermittent Fasting on Gastroesophageal Reflux Disease**
Jiang, Y., Goodman, S., Sonu, I., Garcia, P., Fernandez-Becker, N., Kamal, A., Zikos, T., Singh, S., Neshatian, L., Triadafilopoulos, G., Clarke, J.
LIPPINCOTT WILLIAMS & WILKINS.2021: S214
 - **The Stanford Multidisciplinary Swallowing Disorders Center.** *Clinical gastroenterology and hepatology : the official clinical practice journal of the American Gastroenterological Association*
Nandwani, M., Dewan, K., Starmer, H., Kamal, A. N., Clarke, J. O.
2021
 - **Development of quality indicators for the diagnosis and management of achalasia.** *Neurogastroenterology and motility : the official journal of the European Gastrointestinal Motility Society*
Kamal, A. N., Kathpalia, P., Otaki, F., Bredenoord, A. J., Castell, D. O., Clarke, J. O., Falk, G. W., Fass, R., Prakash Gyawali, C., Kahrilas, P. J., Katz, P. O., Katzka, D. A., Pandolfino, et al
2021: e14118
 - **Severe gastroparesis is associated with an increased incidence of slow-transit constipation as measured by wireless motility capsule.** *Neurogastroenterology and motility : the official journal of the European Gastrointestinal Motility Society*
Radetic, M., Kamal, A., Roupael, C., Kou, L., Lyu, R., Cline, M.
2020: e14045
 - **Patient Reported Outcomes and Objective Swallowing Assessments in a Multidisciplinary Dysphagia Clinic.** *The Laryngoscope*
Dewan, K., Clarke, J. O., Kamal, A. N., Nandwani, M., Starmer, H. M.
2020
 - **Type II Achalasia Is Increasing in Prevalence.** *Digestive diseases and sciences*
Zhou, M. J., Kamal, A., Freedberg, D. E., Markowitz, D., Clarke, J. O., Jodorkovsky, D.
2020
 - **Assessment of Gastric Emptying Times Between Pediatrics and Adults With Cyclic Vomiting Syndrome** *JOURNAL OF CLINICAL GASTROENTEROLOGY*
Kamal, A., Sarvepalli, S., Selvakumar, P., Lopez, R., Radhakrishnan, K., Gabbard, S.
2020; 54 (9): E89–E92
 - **The Role of Symptom Association Analysis in Gastroesophageal Reflux Testing.** *The American journal of gastroenterology*
Kamal, A. N., Clarke, J. O., Oors, J. M., Smout, A. J., Bredenoord, A. J.
2020
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- **Mucosal impedance for esophageal disease: evaluating the evidence.** *Annals of the New York Academy of Sciences*
Clarke, J. O., Ahuja, N. K., Chan, W. W., Gyawali, C. P., Horsley-Silva, J. L., Kamal, A. N., Vela, M. F., Xiao, Y.
2020
- **The role of ambulatory 24-hour esophageal manometry in clinical practice.** *Neurogastroenterology and motility : the official journal of the European Gastrointestinal Motility Society*
Kamal, A. N., Clarke, J. O., Oors, J. M., Bredenoord, A. J.
2020: e13861
- **Long-term outcomes of per-oral endoscopic myotomy compared to laparoscopic Heller myotomy for achalasia: a single-center experience.** *Surgical endoscopy*
Podboy, A. J., Hwang, J. H., Rivas, H., Azagury, D., Hawn, M., Lau, J., Kamal, A., Friedland, S., Triadafilopoulos, G., Zikos, T., Clarke, J. O.
2020
- **Changes in high-resolution manometric diagnosis over time: implications for clinical decision-making.** *Diseases of the esophagus : official journal of the International Society for Diseases of the Esophagus*
Triadafilopoulos, G., Kamal, A., Zikos, T., Nguyen, L., Clarke, J. O.
2020
- **Development of a Preliminary Question Prompt List as a Communication Tool for Adults With Gastroesophageal Reflux Disease: A Modified Delphi Study.** *Journal of clinical gastroenterology*
Kamal, A. n., Katzka, D. A., Achkar, E. n., Carlson, D. n., Clarke, J. n., Fass, R. n., Gyawali, C. P., Patel, D. n., Penagini, R. n., Rezaie, A. n., Roman, S. n., Savarino, E. n., Shaheen, et al
2020
- **Building an integrated multidisciplinary swallowing disorder clinic: considerations, challenges, and opportunities.** *Annals of the New York Academy of Sciences*
Starmer, H. M., Dewan, K. n., Kamal, A. n., Khan, A. n., Maclean, J. n., Randall, D. R.
2020
- **The functional lumen imaging probe in gastrointestinal disorders: the past, present, and future.** *Annals of the New York Academy of Sciences*
Clarke, J. O., Ahuja, N. K., Fernandez-Becker, N. Q., Gregersen, H. n., Kamal, A. N., Khan, A. n., Lynch, K. L., Vela, M. F.
2020
- **Diagnosis of gastroesophageal reflux: an update on current and emerging modalities.** *Annals of the New York Academy of Sciences*
Ang, D. n., Lee, Y. Y., Clarke, J. O., Lynch, K. n., Guillaume, A. n., Onyimba, F. n., Kamal, A. n., Gyawali, C. P.
2020
- **Baseline impedance via manometry and ambulatory reflux testing are not equivalent when utilized in the evaluation of potential extra-esophageal gastroesophageal reflux disease.** *Journal of thoracic disease*
Zikos, T. A., Triadafilopoulos, G. n., Kamal, A. n., Podboy, A. n., Sonu, I. S., Regalia, K. A., Nandwani, M. C., Nguyen, L. A., Fernandez-Becker, N. Q., Clarke, J. O.
2020; 12 (10): 5628–38
- **Reflux Hypersensitivity: How to Approach Diagnosis and Management.** *Current gastroenterology reports*
Aggarwal, P. n., Kamal, A. N.
2020; 22 (9): 42
- **The Association Between Gastroparesis and Slow Transit Constipation as Seen by Wireless Motility Capsule (WMC)**
Radetic, M., Kamal, A., Roupael, C., Cline, M.
LIPPINCOTT WILLIAMS & WILKINS.2019: S692–S693
- **Gastric per-oral endoscopic myotomy: Current status and future directions** *WORLD JOURNAL OF GASTROENTEROLOGY*
Podboy, A., Hwang, J., Nguyen, L. A., Garcia, P., Zikos, T. A., Kamal, A., Triadafilopoulos, G., Clarke, J. O.
2019; 25 (21): 2581–90
- **Gastric per-oral endoscopic myotomy: Current status and future directions.** *World journal of gastroenterology*
Podboy, A., Hwang, J. H., Nguyen, L. A., Garcia, P., Zikos, T. A., Kamal, A., Triadafilopoulos, G., Clarke, J. O.
2019; 25 (21): 2581-2590

- **PER-ORAL ENDOSCOPIC MYOTOMY HAS SIMILAR EFFICACY COMPARED TO LAPAROSCOPIC HELLER MYOTOMY AFTER 4 YEARS: A SINGLE CENTER EXPERIENCE**
Podboy, A. J., Hwang, J., Rivas, H., Azagury, D., Hawn, M. T., Kamal, A., Triadafilopoulos, G., Zikos, T., Clarke, J. O.
MOSBY-ELSEVIER.2019: AB201–AB202
- **Under Pressure: Do Volume-Based Measurements Define Rectal Hyposensitivity in Clinical Practice?** *DIGESTIVE DISEASES AND SCIENCES*
Kamal, A. N., Garcia, P., Clarke, J. O.
2019; 64 (5): 1062–63
- **Under Pressure: Do Volume-Based Measurements Define Rectal Hyposensitivity in Clinical Practice?** *Digestive diseases and sciences*
Kamal, A. N., Garcia, P., Clarke, J. O.
2019
- **High Prevalence of Slow Transit Constipation in Patients With Gastroparesis** *JOURNAL OF NEUROGASTROENTEROLOGY AND MOTILITY*
Zikos, T. A., Kamal, A. N., Neshatian, L., Triadafilopoulos, G., Clarke, J. O., Nandwani, M., Nguyen, L. A.
2019; 25 (2): 267–75
- **High Prevalence of Slow Transit Constipation in Patients With Gastroparesis.** *Journal of neurogastroenterology and motility*
Zikos, T. A., Kamal, A. N., Neshatian, L., Triadafilopoulos, G., Clarke, J. O., Nandwani, M., Nguyen, L. A.
2019
- **Inflammatory Bowel Disease and Irritable Bowel Syndrome: What to Do When There Is an Overlap** *INFLAMMATORY BOWEL DISEASES*
Kamal, A., Padival, R., Lashner, B.
2018; 24 (12): 2479–82