

Stanford

Meryl Megumi Sperling

Clinical Assistant Professor, Obstetrics & Gynecology - Maternal Fetal Medicine

CLINICAL OFFICES

- **Obstetrics and Gynecology**

300 Pasteur Dr Rm HH333

MC 5317

Stanford, CA 94305

Tel (650) 497-8928 **Fax** (650) 498-6583

- **Stanford El Camino Perinatal Diagnostic Center**

2495 Hospital Dr Ste 500

Mountain View, CA 94040

Tel (650) 988-7930 **Fax** (650) 988-7859

- **Center for Academic Medicine Obstetrics and Gynecology**

453 Quarry Rd

MC 5317

Palo Alto, CA 94304

Tel (650) 725-8623 **Fax** (650) 723-7737

Bio

CLINICAL FOCUS

- Obstetrics and Gynecology

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Obstetrics & Gynecology - Maternal Fetal Medicine

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Maternal Fetal Medicine Fellowship (2022) CA
- Board Certification: Obstetrics and Gynecology, American Board of Obstetrics and Gynecology (2021)
- Residency: University of Hawaii Obstetrics and Gynecology Residency (2019) HI
- Medical Education: Georgetown University School of Medicine (2015) DC

Publications

PUBLICATIONS

- **Effect of gestational age at first delivery and interpregnancy interval on the recurrence of clinical chorioamnionitis.** *AJOG global reports*
Sperling, M. M., Sie, L., Leonard, S. A., Girsan, A. I., Lee, H. C., Gibbs, R. S.
2022; 2 (4): 100116
- **Fasting vs fed: A randomized trial assessing oral intake prior to the glucose tolerance test**

Sperling, M., Leonard, S. A., Miller, S. E., El Sayed, Y. Y., Herrero, T., Faig, J., Carter, S., Blumenfeld, Y. J.
MOSBY-ELSEVIER.2022: S189

- **Provider utilization of gestational diabetes screening methods - Have practices changed since the HAPO trial?**
Miller, S. E., Sperling, M., Cruz, G., Schulkin, J., Leonard, S. A., Lyell, D. J., Herrero, T., Blumenfeld, Y. J.
MOSBY-ELSEVIER.2022: S483-S484
- **To Eat or not to Eat? Provider Recommendations Surrounding Oral Intake Before the 50g OGTT**
Miller, S. E., Sperling, M., Cruz, G., Schulkin, J., Leonard, S. A., Lyell, D. J., Herrero, T., Blumenfeld, Y. J.
MOSBY-ELSEVIER.2022: S350-S351
- **Patient preferences, beliefs, and experiences regarding oral intake and the 1-hour oral glucose tolerance test**
Sperling, M., Leonard, S. A., Miller, S. E., El-Sayed, Y. Y., Herrero, T., Faig, J., Carter, S., Blumenfeld, Y. J.
MOSBY-ELSEVIER.2022: S325-S326
- **Ketonuria is associated with a positive 1-hour oral glucose tolerance test**
Sperling, M., Leonard, S. A., Miller, S. E., El-Sayed, Y. Y., Herrero, T., Faig, J., Carter, S., Blumenfeld, Y. J.
MOSBY-ELSEVIER.2022: S574-S575
- **Second trimester prediction of gestational diabetes: maternal analytes as an additional screening tool.** *Journal of perinatal medicine*
Sperling, M. M., Towner, D., Davis, J., Yamasato, K.
2021
- **Prepregnancy body mass index and gestational diabetes mellitus across asian subpopulations**
Sperling, M., Leonard, S. A., Waldrop, A. R., Miller, S., Blumenfeld, Y. J., Carmichael, S., Chueh, J.
MOSBY-ELSEVIER.2021: S118-S119
- **Comparing insulin, metformin, and glyburide in treating diabetes in pregnancy and analyzing obstetric outcomes**
Sperling, M., Bentley, J., Girsan, A., Leonard, S. A., Sherwin, E. B., Panelli, D. M., Suharwardy, S., El Sayed, Y., Herrero, T.
MOSBY-ELSEVIER.2020: S481