Stanford

Vanessa El Kamari

Instructor, Medicine - Infectious Diseases

CLINICAL OFFICE (PRIMARY)

- **Infectious Diseases**

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Bio

BIO

Vanessa El Kamari, MD, is a physician-scientist in the Division of Infectious Diseases and Geographic Medicine at Stanford University and a member of the David Relman Laboratory. Her research investigates how host–microbe interactions in the small intestine regulate mucosal immunity, barrier integrity, and systemic inflammation in autoimmune and inflammatory diseases.

Her current studies use non-invasive sampling of the small intestine in conditions such as celiac disease, multiple sclerosis, and environmental enteropathy. She applies an integrative, multi-omic approach—combining microbiology, immunology, molecular biology, and computational biology—to define spatial immune–microbial networks along the human gut.

Before joining Stanford, Dr. El Kamari's research focused on inflammation and immune activation in chronic HIV infection, where she identified gut barrier dysfunction as a key driver of systemic inflammation and cardiometabolic complications. She also led intervention studies targeting immune activation and endothelial dysfunction in HIV, work that laid the foundation for her current efforts to apply similar mechanistic approaches to autoimmune and inflammatory disorders.

CLINICAL FOCUS

- Infectious Disease

ACADEMIC APPOINTMENTS

- Instructor, Medicine - Infectious Diseases
- Member, Stanford Medicine Children's Health Center for IBD and Celiac Disease

HONORS AND AWARDS

- Stanford Pediatric IBD and Celiac Disease Research Program – Early Career Award, Maternal & Child Health Research Institute (MCHRI), Stanford University (2024-2026)
- New Investigator Awards and Scholarships, Conference on Retroviruses and Opportunistic Infections (CROI) (2017, 2019, 2020, 2021)
- Best Poster & Oral Presentation Award, University Hospitals Research & Innovation Symposium, Cleveland Medical Center (2020)

- Top-Scored Abstract – Research & Innovation Symposium, University Hospitals Cleveland Medical Center (2020)
- Hall Award – Clinically Innovative Research Paper by a Junior Investigator, ID Week (2019)
- New Investigator Scholarship, NIAID/IDSA Research Career Meeting (2018)
- Highly Downloaded Article (Top 10 %), Clinical Infectious Diseases (2018)
- IDSA Trainee Travel Award, ID week (2017)
- Scholarship Award – Scholars in Health Research Program, National Institutes of Health (NIH) (2016)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Infectious Disease Fellowships (2024) CA
- Residency: Case Western Reserve University Internal Medicine Residency (2022) OH
- Medical Education: American University of Beirut School of Medicine (2016) Lebanon
- Fellowship, Stanford University , Infectious Diseases (2024)
- Residency, Case Western Reserve University , Internal Medicine (2022)
- Postdoctoral Fellowship, Case Western Reserve University , HIV-related comorbidities, inflammation, immune activation (2019)
- MD, American University of Beirut , Medicine (2016)
- BS, American University of Beirut , Chemistry;Biology; (2012)

Publications

PUBLICATIONS

- **Advanced Glycation End Products Associated With Cardiometabolic Biomarkers in Treated Human Immunodeficiency Virus Infection.** *Open forum infectious diseases*
  El Kamari, V., Rodriguez, K., Moser, C., Currier, J. S., Kelesidis, T., Stein, J. H., Brown, T. T., Howell, S. K., Beisswenger, P. J., McComsey, G. A.
  2021; 8 (10): ofab423

- **Advanced Glycation End Products Are Associated With Inflammation and Endothelial Dysfunction in HIV.** *Journal of acquired immune deficiency syndromes (1999)*
  El Kamari, V., Thomas, A., Shan, L., Sattar, A., Monnier, V., Howell, S. K., Beisswenger, P. J., McComsey, G. A.
  2019; 81 (2): e55-e62

- **Lower Pretreatment Gut Integrity Is Independently Associated With Fat Gain on Antiretroviral Therapy.** *Clinical infectious diseases : an official publication of the Infectious Diseases Society of America*
  El Kamari, V., Moser, C., Hileman, C. O., Currier, J. S., Brown, T. T., Johnston, L., Hunt, P. W., McComsey, G. A.
  2019; 68 (8): 1394-1401

- **Statin Therapy Does Not Reduce Liver Fat Scores in Patients Receiving Antiretroviral Therapy for HIV Infection.** *Clinical gastroenterology and hepatology : the official clinical practice journal of the American Gastroenterological Association*
  El Kamari, V., Hileman, C. O., Gholam, P. M., Kulkarni, M., Funderburg, N., McComsey, G. A.
  2019; 17 (3): 536-542.e1

- **Use of Intrathecal Amphotericin for Coccidioidal Meningitis.** *Open forum infectious diseases*
  Linfield, R. Y., Gorenburg, E., Liang, J. W., Rodriguez Nava, G., El Kamari, V., Parsonnet, J.
  2025; 12 (11): ofaf675

- **New-onset sarcoidosis in a patient with long COVID.** *Clinical case reports*
  Rodriguez-Nava, G., El Kamari, V., Chang, H., Egoryan, G., Bonilla, H. F.
  2024; 12 (8): e9186

- **Comprehensive assessment of neurocognitive function, inflammation markers, and adiposity in treated HIV and control.** *Medicine*
  Mouchati, C., El Kamari, V., Sattar, A., Yu, J., McComsey, G. A.
  2022; 101 (42): e31125

- **Sleeve Gastrectomy Compared With Roux-en-Y Gastric Bypass in Individuals Living With HIV.** *Journal of acquired immune deficiency syndromes (1999)*
  El Kamari, V., Hileman, C. O., Kosco, J., Mccomsey, G. A.
  2020; 84 (4): e28-e31
- **Altered Intestinal Permeability and Fungal Translocation in Ugandan Children With Human Immunodeficiency Virus.** *Clinical infectious diseases : an official publication of the Infectious Diseases Society of America*
  Dirajlal-Fargo, S., El-Kamari, V., Weiner, L., Shan, L., Sattar, A., Kulkarni, M., Funderburg, N., Nazzinda, R., Karungi, C., Kityo, C., Musiime, V., McComsey, G. A.
  2020; 70 (11): 2413-2422
- **Changes in the Fungal Marker β-D-Glucan After Antiretroviral Therapy and Association With Adiposity.** *Open forum infectious diseases*
  Dirajlal-Fargo, S., Moser, C., Rodriguez, K., El-Kamari, V., Funderburg, N. T., Bowman, E., Brown, T. T., Hunt, P. W., Currier, J., McComsey, G. A.
  2019; 6 (11): ofz434
- **HIV-1 elite controllers: an immunovirological review and clinical perspectives.** *Journal of virus eradication*
  Gebara, N. Y., El Kamari, V., Rizk, N.
  2019; 5 (3): 163-166
- **HIV-1 elite controllers: an immunovirological review and clinical perspectives** *JOURNAL OF VIRUS ERADICATION*
  Gebara, N. Y., El Kamari, V., Rizk, N.
  2019; 5 (3): 163-166
- **Fungal Translocation Is Associated with Immune Activation and Systemic Inflammation in Treated HIV.** *AIDS research and human retroviruses*
  Weiner, L. D., Retuerto, M., Hager, C. L., El Kamari, V., Shan, L., Sattar, A., Kulkarni, M., Funderburg, N., Ghannoum, M. A., Dirajlal-Fargo, S., McComsey, G. A.
  2019; 35 (5): 461-472
- **Brief Report: Gut Structural Damage: an Ongoing Process in Chronically Untreated HIV Infection.** *Journal of acquired immune deficiency syndromes (1999)*
  El Kamari, V., Sattar, A., Mccomsey, G. A.
  2019; 80 (2): 242-245
- **Effect of statin on arginine metabolites in treated HIV-infection.** *Atherosclerosis*
  Dirajlal-Fargo, S., El Kamari, V., Sattar, A., Alam, K., Funderburg, N., Labbato, D., Pirro, L., Longenecker, C. T., Wilson, W. H., McComsey, G. A.
  2017; 266: 74-80
- **Fatty Liver Disease in HIV: Predictors and Response to Statin Therapy** *Open Forum Infect Diseases*
  El Kamari, V., O Hileman , C., Mccomsey, .
  2017; 4