

## Arek Melkon Manugian, MD

Clinical Assistant Professor, Medicine - Primary Care and Population Health

### CLINICAL OFFICE (PRIMARY)

- **Stanford Primary Care Portola Valley**

3250 Alpine Rd

Portola Valley, CA 94028

**Tel** (650) 498-9000      **Fax** (650) 736-0647

### Bio

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#### BIO

Dr. Manugian is a board-certified internal medicine doctor at Stanford Primary Care in Portola Valley. He is also a clinical assistant professor in the Division of Primary Care and Population Health in the Department of Medicine at Stanford University School of Medicine.

He has experience diagnosing, managing, and treating a wide range of conditions. These include gastrointestinal disorders, hypertension (high blood pressure), and obesity. Dr. Manugian develops an individualized care plan for each one of his patients.

Dr. Manugian's research interests include blood pressure medication, gastric bypass surgery, and restless legs syndrome. He received a student research grant to study how the body processes glucagon (a hormone that regulates blood sugar) following gastric bypass surgery. Dr. Manugian has also studied muscle inflammation as a rare side effect of statins (drugs that lower cholesterol). He monitored a clinical trial evaluating the prescribing of drugs to lower high blood pressure. As a clinical research associate at the Stanford University Center for Sleep Sciences and Medicine, Dr. Manugian studied medications to treat restless legs syndrome.

Dr. Manugian presented research to his peers during his residency at the University of Cincinnati Medical Center. He has taught medical students, residents, and physicians about a variety of topics, including alcohol abuse, tick-borne illnesses, and managing indigestion.

Dr. Manugian is a member of the American College of Physicians.

#### CLINICAL FOCUS

- Internal Medicine

#### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Primary Care and Population Health

#### HONORS AND AWARDS

- Resident Teacher of the Year Award, Kaiser Permanente Santa Clara Medical Center
- Jerome H. Herman, MD Resident Award for Excellence in Patient Care, University of Cincinnati Medical Center
- Member, American College of Physicians (ACP)

## **PROFESSIONAL EDUCATION**

- Board Certification: Internal Medicine, American Board of Internal Medicine (2016)
- Residency: University of Cincinnati Dept of Internal Medicine (2015) OH
- Medical Education: University of Cincinnati College of Medicine (2012) OH