



Aimee D. Shu

Clinical Associate Professor, Medicine - Endocrinology, Gerontology, & Metabolism

CLINICAL OFFICE (PRIMARY)

- **Endocrinology Clinic at Hoover Pavilion**

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Bio

BIO

I am an endocrinologist with particular interests in reproductive and bone health.

I enjoy treating patients with menstrual disorders, menopause, fractures, osteoporosis, parathyroid imbalance, and calcium imbalance.

As a certified menopause practitioner (North American Menopause Society), I help women fine-tune their health at the mid-life transition. Some women transition through menopause with ease, while others experience challenging symptoms like hot flashes, slowed metabolism, and mood changes. This transition period provides a good opportunity to create a "game plan" for preserving future health. It also marks the beginning of natural bone loss, leaving one more susceptible to fragility fractures.

I provide individualized treatment plans for bone health to men and women of all ages, including for those with specific challenges such as chronic steroid use. As a certified clinical densitometrist (International Society for Clinical Densitometry), I personally review all my patients' bone density scan images. Thus, please bring any non-Stanford bone density scan images to your appointment with me.

Appointments with me are available on Stanford's main campus (300 Pastuer Drive) and at the Stanford Medicine Outpatient Center (450 Broadway, Redwood City).

CLINICAL FOCUS

- Osteoporosis
- Bone Diseases
- Parathyroid Diseases
- Calcium Metabolism Disorders
- Reproductive Health

- Menopause
- Amenorrhea
- Polycystic Ovary Syndrome
- Thyroid Gland
- Adrenal Glands
- Primary Ovarian Insufficiency
- Osteoporotic Fractures
- Stress Fracture
- Primary Hyperparathyroidism
- Hypoparathyroidism
- Hormone Replacement Therapy
- Female Athlete Triad Syndrome
- Diabetes and Metabolism
- Endocrinology

ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Endocrinology, Gerontology, & Metabolism

ADMINISTRATIVE APPOINTMENTS

- Associate Program Director, Endocrinology Fellowship Training Program, Stanford, (2015- present)

PROFESSIONAL EDUCATION

- Fellowship: New York Presbyterian Hospital (2009) NY
- Board Certification: Endocrinology, Diabetes and Metabolism, American Board of Internal Medicine (2008)
- Residency: Brigham and Women's Hospital Harvard Medical School (2006) MA
- Internship: Brigham and Women's Hospital Harvard Medical School (2004) MA
- Medical Education: Harvard Medical School (2003) MA
- Fellowship, Columbia University Medical Center, New York, NY , endocrinology, diabetes & metabolism (2009)

Publications

PUBLICATIONS

- **Declining Rates of Inpatient Parathyroidectomy for Primary Hyperparathyroidism in the US.** *PloS one*
Kim, S. M., Shu, A. D., Long, J., Montez-Rath, M. E., Leonard, M. B., Norton, J. A., Chertow, G. M.
2016; 11 (8)
- **Quality of life and hypertension after hormone therapy withdrawal in New York City** *MENOPAUSE-THE JOURNAL OF THE NORTH AMERICAN MENOPAUSE SOCIETY*
Warren, M. P., Richardson, O., Chaudhry, S., Shu, A. D., Swica, Y., Sims, V. R., Sloan, N. L.
2013; 20 (12): 1255-1263
- **Trabecular and Cortical Microarchitecture in Postmenopausal HIV-Infected Women** *CALCIFIED TISSUE INTERNATIONAL*
Yin, M. T., Shu, A., Zhang, C. A., Boutroy, S., McMahon, D. J., Ferris, D. C., Colon, I., Shane, E.
2013; 92 (6): 557-565
- **Bone structure and turnover in type 2 diabetes mellitus** *OSTEOPOROSIS INTERNATIONAL*
Shu, A., Yin, M. T., Stein, E., Cremers, S., Dworakowski, E., Ives, R., Rubin, M. R.

2012; 23 (2): 635-641

- **Vitamin D deficiency in HIV-infected postmenopausal Hispanic and African-American women** *OSTEOPOROSIS INTERNATIONAL*
Stein, E. M., Yin, M. T., McMahon, D. J., Shu, A., Zhang, C. A., Ferris, D. C., Colon, I., Dobkin, J. F., Hammer, S. M., Shane, E.
2011; 22 (2): 477-487
- **Low Bone Mass and High Bone Turnover in Postmenopausal Human Immunodeficiency Virus-Infected Women** *JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM*
Yin, M. T., McMahon, D. J., Ferris, D. C., Zhang, C. A., Shu, A., Staron, R., Colon, I., Laurence, J., Dobkin, J. F., Hammer, S. M., Shane, E.
2010; 95 (2): 620-629
- **Adherence to Osteoporosis Medications After Patient and Physician Brief Education: Post Hoc Analysis of a Randomized Controlled Trial** *AMERICAN JOURNAL OF MANAGED CARE*
Shu, A. D., Stedman, M. R., Polinski, J. M., Jan, S. A., Patel, M., Truppo, C., Breiner, L., Chen, Y., Weiss, T. W., Solomon, D. H.
2009; 15 (7): 417-424