



## Abha Khandelwal

Clinical Associate Professor, Medicine - Cardiovascular Medicine

### CLINICAL OFFICE (PRIMARY)

- **Consultative Cardiology and Womens Heart Health Clinic**

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### Bio

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#### BIO

Abha Khandelwal is an imaging cardiologist who has clinical experience in cardio-obstetrics, structural disease and prevention of cardiovascular disease in high risk populations. She has a Master's in Management of Information Systems and has integrated technology to improve operations within the cardiovascular ambulatory clinics. She serves as the Ambulatory Clinic Chief for Cardiovascular Medicine and the General Cardiology Section Lead. Her research spans clinical trials in preventative cardiology, imaging, cardio-obstetrics and women's heart health. She has participated in a broad range of phase II- phase III clinical trials targeting treatment of elevated lipoprotein a for secondary prevention of cardiovascular disease, diabetes control in cardiovascular disease and dyslipidemia in high risk populations. She has worked within the Stanford South Asian Translational Heart Initiative (SSATHI) program looking at technology utilization to improve adherence to care plans in the south Asian population. She is the course director for the first annual CME for transforming cardiac rehab in the fall at Stanford. She has utilized digital health initiatives to improve cardiometabolic profile of women with history of gestational diabetes and hypertension post-partum. She is an active member in the AHA go red scientific advisory committee and helped with virtual enrollment for their initiatives. As Ambulatory Clinic Chief, she has worked at operationalizing mobile technology within the clinics and used remote patient monitoring to improve patient outcomes. Her vision is to integrate technology to improve health care delivery, health in high-risk populations, and reduce health disparities.

#### CLINICAL FOCUS

- Valvular Heart Disease
- Cardiomyopathy
- pericardial disease
- Cardiovascular disease in Pregnancy
- women's heart health
- Stanford South Asian Translational Heart Initiative
- Cardiovascular Disease

#### ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Medicine - Cardiovascular Medicine

- Member, Cardiovascular Institute

## BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Task Force Member, CMQCC-Cardiovascular Disease in Pregnancy (2013 - present)
- Reviewer, American Journal of Cardiology (2009 - present)
- Mentor, Association for Women in Science (2013 - present)
- Volunteer, American Heart Association (2009 - present)
- Fellow, American College of Cardiology (2009 - present)

## PROFESSIONAL EDUCATION

- Board Certification: Adult Echocardiography, National Board of Echocardiography (2022)
- Residency: Rush University Medical Center (2008) IL
- Internship: Rush University Medical Center (2006) IL
- Medical Education: The Ohio University College of Medicine on Public Health (2005) OH
- Fellowship: Rush University Medical Center (2001) IL
- Board Certification, Certification Board of Nuclear Cardiology , Nuclear Cardiology (2011)
- BA, Case Western Reserve University (2000)
- MS, Case Western Reserve University , MIS (2001)
- MD, The Ohio State University College of Medicine (2005)

## LINKS

- Get a Second Opinion: <https://stanfordhealthcare.org/second-opinion/overview.html>

## Research & Scholarship

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### CURRENT RESEARCH AND SCHOLARLY INTERESTS

Cardiovascular disease in Pregnancy

Valvular Heart Disease

Cardiomyopathy

Pericardial disease

Heart Disease in South Asians

Women's Cardiovascular Disease

### CLINICAL TRIALS

- Early MRI Detection of Myocardial Deterioration as a Preventive, Disease Staging, and Prognostic Biomarker in Insulin Resistance, Not Recruiting

## Publications

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### PUBLICATIONS

- **Association of Neighborhood Income with Clinical Outcomes Among Pregnant Patients with Cardiac Disease** *Reproductive Sciences*  
Carland, C., Panelli, D. M., Leonard, S. A., Bryant, E., Sherwin, E. B., Lee, C. J., Levin, E., Jimenez, S., Tremmel, J. A., Tsai, S., Heidenreich, P. A., Bianco, K., Khandelwal, et al  
2022
- **Effect of ranolazine on symptom and quality of life in patients with angina in the absence of obstructive coronary artery disease: A case control study.** *International journal of cardiology*  
Pargaonkar, V. S., Tremmel, J. A., Schnittger, I., Khandelwal, A.

2020

- **Takayasu's Arteritis and Pregnancy** *CARDIAC PROBLEMS IN PREGNANCY, 4TH EDITION*  
Khandelwal, A., Elkayam, U.  
2020: 319–25
- **Psychological Distress Among Female Cardiac Patients Presenting to a Women's Heart Health Clinic** *AMERICAN JOURNAL OF CARDIOLOGY*  
Edwards, K. S., Hekler, A. C., Baum, J., Nejedly, M., Tsai, S., Khandelwal, A., Naderi, S., Hoover, V., Tremmel, J. A.  
2019; 123 (12): 2026–30
- **Efficacy of a Telehealth Preventive Cardiology Lifestyle Intervention Program to Treat High-Risk South Asians**  
Parameswaran, V., Josan, K., Khandelwal, A., Abbasi, F., Dash, R.  
AMER DIABETES ASSOC.2019
- **Psychological Distress Among Female Cardiac Patients Presenting to a Women's Heart Health Clinic.** *The American journal of cardiology*  
Edwards, K. S., Hekler, A. C., Baum, J., Nejedly, M., Tsai, S., Khandelwal, A., Naderi, S., Hoover, V., Tremmel, J. A.  
2019
- **Maternal Outcomes in Planned and Unplanned Pregnancies in Women with Cardiac Disease.**  
Do, S. C., Tolani, A. T., Sie, L., Girsan, A. I., Lee, C. J., Sherwin, E., Panelli, D. M., El-Sayed, Y. Y., Khandelwal, A., Blumenfeld, Y. J., Bianco, K.  
SAGE PUBLICATIONS INC.2019: 323A
- **A Multidisciplinary Approach to Care of Pregnant Patients with History of Open Heart Surgery.**  
Do, S. C., Lee, C. J., Sie, L., Tolani, A. T., Sherwin, E., Girsan, A. I., El-Sayed, Y. Y., Khandelwal, A., Bianco, K., Blumenfeld, Y. J.  
SAGE PUBLICATIONS INC.2019: 323A–324A
- **Care of the pregnant cardiac patient e the importance of a multidisciplinary approach**  
Tolani, A. T., Do, S. C., Blumenfeld, Y. J., Sie, L., Girsan, A. I., Lee, C. J., Sherwin, E. B., Tsur, A., El-Sayed, Y. Y., Khandelwal, A., Bianco, K.  
MOSBY-ELSEVIER.2019: S536
- **CardioClick an Innovative Telehealth Approach to Lifestyle Intervention in High Risk South Asians**  
Parameswaran, V., Josan, K., Winterbottom, J., Shearer, J., Khandelwal, A., Nallamshetty, S., Dash, R., Rodriguez, F.  
LIPPINCOTT WILLIAMS & WILKINS.2019
- **EFFECT OF RANOLAZINE ON SYMPTOMS AND QUALITY OF LIFE IN PATIENTS WITH ANGINA IN THE ABSENCE OF OBSTRUCTIVE CORONARY ARTERY DISEASE: A RETROSPECTIVE COHORT STUDY**  
Pargaonkar, V., Tremmel, J., Schnittger, I., Khandelwal, A.  
ELSEVIER SCIENCE INC.2018: 161
- **Hypertensive Disorders of Pregnancy.** *Current atherosclerosis reports*  
Naderi, S., Tsai, S. A., Khandelwal, A.  
2017; 19 (3): 15-?
- **External validation of a novel transthoracic echocardiographic tool in predicting left atrial appendage thrombus formation in patients with nonvalvular atrial fibrillation** *EUROPEAN HEART JOURNAL-CARDIOVASCULAR IMAGING*  
Doukky, R., Khandelwal, A., Garcia-Sayan, E., Gage, H.  
2013; 14 (9): 876-881
- **Local Fibrinolysis for Massive Pulmonary Embolism: Teaching an Old Catheter New Tricks** *SOUTHERN MEDICAL JOURNAL*  
Khandelwal, A., Spies, C.  
2010; 103 (5): 396-397
- **Recurrent Events Following Patent Foramen Ovale Closure in Patients Above 55 Years of Age With Presumed Paradoxical Embolism** *CATHETERIZATION AND CARDIOVASCULAR INTERVENTIONS*  
Spies, C., Khandelwal, A., Timmemanns, I., Kavinsky, C. J., Schraeder, R., Hijazi, Z. M.  
2008; 72 (7): 966-970
- **Percutaneous Mechanical Thrombectomy for Massive Pulmonary Embolism Using a Conservative Treatment Strategy** *JOURNAL OF INTERVENTIONAL CARDIOLOGY*  
Spies, C., Khandelwal, A., Smith, T. H., Jolly, N., Kavinsky, C. J.  
2008; 21 (6): 566-571

- **Incidence of atrial fibrillation following transcatheter closure of atrial septal defects in adults** *AMERICAN JOURNAL OF CARDIOLOGY*  
Spies, C., Khandelwal, A., Timmermanns, I., Schraeder, R.  
2008; 102 (7): 902-906
- **Idiopathic hemophagocytic syndrome with a fulminant clinical course.** *Clinical advances in hematology & oncology : H&O*  
Khandelwal, A., Shah, N. B., Eichenseer, P., Welker, M., Miller, I., Nangia, J., Farhat, M., Gimelfarb, A., Kassab, M., Batus, M., Gezer, S., Shammo, J., Gregory, et al  
2008; 6 (8): 587-590
- **Patent Foramen Ovale and the Risk of First Ischemic Stroke** *Expert Review of Cardiovascular Therapy*  
Khandelwal, A., Spies, C.  
2007; 5 (5): 821-824
- **The Clinical Picture - A young woman with an eroded plaque on the hand** *CLEVELAND CLINIC JOURNAL OF MEDICINE*  
Laungani, A. G., Khandelwal, A., Tomecki, K. J.  
2006; 73 (4): 369-371
- **Subclinical chronic lymphocytic leukaemia associated with a 13q deletion presenting initially in the skin: apropos of a case** *JOURNAL OF CUTANEOUS PATHOLOGY*  
Khandelwal, A., Seilstad, K. H., Magro, C. M.  
2006; 33 (3): 256-259