

# Stanford

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## Mark Buchfuhrer, MD

Clinical Associate Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

### CLINICAL OFFICES

11480 Brookshire Ave Ste 108

Downey, CA 90241

**Tel** (562) 904-1101      **Fax** (562) 904-1105

### Bio

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#### CLINICAL FOCUS

- Sleep Medicine

#### ACADEMIC APPOINTMENTS

- Clinical Associate Professor, Psychiatry and Behavioral Sciences - Sleep Medicine

#### PROFESSIONAL EDUCATION

- Fellowship: UCLA Harbor Pulmonary Disease and Critical Care Fellowship (1982) CA
- Residency: University of Toronto (1980) Canada
- Residency: University of Toronto (1979) Canada
- Medical Education: University of Ottawa School of Medicine (1977) Canada
- Board Certification: Sleep Medicine, American Board of Sleep Medicine (1988)
- Board Certification: Pulmonary Disease, American Board of Internal Medicine (1982)
- Board Certification: Internal Medicine, American Board of Internal Medicine (1980)

### Publications

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#### PUBLICATIONS

- **The Management of Restless Legs Syndrome: An Updated Algorithm.** *Mayo Clinic proceedings*  
Silber, M. H., Buchfuhrer, M. J., Earley, C. J., Koo, B. B., Manconi, M., Winkelman, J. W., Scientific and Medical Advisory Board of the Restless Legs Syndrome Foundation, Earley, C. J., Becker, P., Berkowski, J. A., Buchfuhrer, M. J., Clemens, S., Connor, J. R., et al  
2021; 96 (7): 1921-1937
- **Noninvasive neuromodulation reduces symptoms of restless legs syndrome.** *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*  
Buchfuhrer, M. J., Baker, F. C., Singh, H., Kolotovska, V., Adlou, B., Anand, H., de Zambotti, M., Ismail, M., Raghunathan, S., Charlesworth, J. D.  
2021
- **VALIDATION OF THE SELF-ADMINISTERED VERSION OF THE INTERNATIONAL RESTLESS LEGS SYNDROME STUDY GROUP SEVERITY RATING SCALE - THE SIRLS**

Sharon, D., Allen, R. P., Martinez-Martin, P., Walters, A. S., Ferini-Strambi, L., Hoegl, B., Trotti, L., Buchfuhrer, M. J., Swieca, J., Bogan, R. K., Zak, R., Becker, P. M.  
OXFORD UNIV PRESS INC.2019

- **Validation of the self-administered version of the international Restless Legs Syndrome study group severity rating scale - The sIRLS** *SLEEP MEDICINE*  
Sharon, D., Allen, R. P., Martinez-Martin, P., Walters, A. S., Strambi, L., Hoegl, B., Trotti, L., Buchfuhrer, M., Swieca, J., Bogan, R. K., Zak, R., Hensley, J. G., Schaefer, et al  
2019; 54: 94-100
- **Validation of the self-administered version of the international Restless Legs Syndrome study group severity rating scale - The sIRLS.** *Sleep medicine*  
Sharon, D., Allen, R. P., Martinez-Martin, P., Walters, A. S., Ferini Strambi, L., Hogl, B., Trotti, L. M., Buchfuhrer, M., Swieca, J., Bogan, R. K., Zak, R., Hensley, J. G., Schaefer, et al  
2018; 54: 94-100
- **In Reply-Additional Safety Considerations Before Prescribing Opioids to Manage Restless Legs Syndrome** *MAYO CLINIC PROCEEDINGS*  
Silber, M. H., Becker, P. M., Buchfuhrer, M. J., Earley, C. J., Ondo, W. G., Walters, A. S., Winkelman, J. W.  
2018; 93 (7): 955-56
- **The Appropriate Use of Opioids in the Treatment of Refractory Restless Legs Syndrome** *MAYO CLINIC PROCEEDINGS*  
Silber, M. H., Becker, P. M., Buchfuhrer, M. J., Earley, C. J., Ondo, W. G., Walters, A. S., Winkelman, J. W., Sci & Med Advisory Board Restless  
2018; 93 (1): 59-67
- **Guidelines for the first-line treatment of restless legs syndrome/Willis-Ekbom disease, prevention and treatment of dopaminergic augmentation: a combined task force of the IRLSSG, EURLSSG, and the RLS-foundation.** *Sleep medicine*  
Garcia-Borreguero, D., Silber, M. H., Winkelman, J. W., Högl, B., Bainbridge, J., Buchfuhrer, M., Hadjigeorgiou, G., Inoue, Y., Manconi, M., Oertel, W., Ondo, W., Winkelmann, J., Allen, et al  
2016; 21: 1-11
- **The Effect of Gabapentin Enacarbil on Pain Associated with Moderate-to-Severe Primary Restless Legs Syndrome in Adults: Pooled Analyses from Three Randomized Controlled Trials** *CNS DRUGS*  
Hermanowicz, N., Ellenbogen, A., Irving, G., Buchfuhrer, M., Jaros, M. J., Shang, G., Kim, R.  
2016; 30 (5): 443-454
- **Efficacy of gabapentin enacarbil in adult patients with severe primary restless legs syndrome** *SLEEP MEDICINE*  
Lee, D. O., Buchfuhrer, M. J., Garcia-Borreguero, D., Avidan, A. Y., Ahmed, M., Hays, R., Ondo, W. G., Jaros, M. J., Kim, R., Shang, G.  
2016; 19: 50-56
- **Treatment response to sleep, pain, and mood disturbance and their correlation with sleep disturbance in adult patients with moderate-to-severe primary restless legs syndrome: Pooled analyses from 3 trials of gabapentin enacarbil** *ANNALS OF MEDICINE*  
Bogan, R. K., Lee, D. O., Buchfuhrer, M. J., Jaros, M. J., Kim, R., Shang, G.  
2015; 47 (3): 269-277
- **Sensory stimuli and the restless legs syndrome.** *Journal of clinical sleep medicine*  
Burbank, F., Buchfuhrer, M. J.  
2014; 10 (12): 1363-?
- **Improving sleep for patients with restless legs syndrome. Part II: meta-analysis of vibration therapy and drugs approved by the FDA for treatment of restless legs syndrome** *JOURNAL OF PARKINSONISM AND RESTLESS LEGS SYNDROME*  
Burbank, F., Buchfuhrer, M. J., Kopjar, B.  
2013; 3: 11-22
- **Sleep improvement for restless legs syndrome patients. Part 1: pooled analysis of two prospective, double-blind, sham-controlled, multi-center, randomized clinical studies of the effects of vibrating pads on RLS symptoms** *JOURNAL OF PARKINSONISM AND RESTLESS LEGS SYNDROME*  
Burbank, F., Buchfuhrer, M. J., Kopjar, B.  
2013; 3: 1-10
- **Contemporary Challenges and Strategies for Improving Outcomes for Patients With Restless Legs Syndrome** *AMERICAN JOURNAL OF MANAGED CARE*  
Buchfuhrer, M. J.  
2012; 18 (12): S283-S290
- **Strategies for the Treatment of Restless Legs Syndrome** *NEUROTHERAPEUTICS*

Buchfuhrer, M. J.  
2012; 9 (4): 776-790