

# Stanford

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## Anne Louise Friedlander

Adjunct Professor

Human Biology

### Bio

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#### ACADEMIC APPOINTMENTS

- Adjunct Professor, Human Biology
- Member, Wu Tsai Human Performance Alliance

### Teaching

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#### COURSES

##### 2022-23

- Exercise Physiology: HUMBIO 135 (Aut)
- Your Body at Stanford: The Physiology of College: HUMBIO 35 (Spr)

##### 2021-22

- Exercise Physiology: HUMBIO 135 (Aut)
- Your Body at Stanford: The Physiology of College: HUMBIO 35 (Spr)

##### 2020-21

- Body Hacking: Applied Topics in Exercise Physiology: HUMBIO 135S (Spr)
- Exercise Physiology: HUMBIO 135 (Aut)

##### 2019-20

- Body Hacking: Applied Topics in Exercise Physiology: HUMBIO 135S (Spr)
- Exercise Physiology: HUMBIO 135 (Aut)

### Publications

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#### PUBLICATIONS

- **Cyclic Hypobaric Hypoxia Improves Markers of Glucose Metabolism in Middle-Aged Men** *HIGH ALTITUDE MEDICINE & BIOLOGY*  
Marquez, J. L., Rubinstein, S., Fattor, J. A., Shah, O., Hoffman, A. R., Friedlander, A. L.  
2013; 14 (3): 263-272
- **Sildenafil does not improve steady state cardiovascular hemodynamics, peak power, or 15-km time trial cycling performance at simulated moderate or high altitudes in men and women** *EUROPEAN JOURNAL OF APPLIED PHYSIOLOGY*  
Kressler, J., Stoutenberg, M., Roos, B. A., Friedlander, A. L., Perry, A. C., Signorile, J. F., Jacobs, K. A.  
2011; 111 (12): 3031-3040
- **Sildenafil Has Little Influence on Cardiovascular Hemodynamics or 6-km Time Trial Performance in Trained Men and Women at Simulated High Altitude** *HIGH ALTITUDE MEDICINE & BIOLOGY*  
Jacobs, K. A., Kressler, J., Stoutenberg, M., Roos, B. A., Friedlander, A. L.  
2011; 12 (3): 215-222

- **Evaluating Technology that Makes Physical Games for Children more Engaging**  
Peer, F., Mazalek, A., Mueller, F., Friedlander, A., ACM  
ASSOC COMPUTING MACHINERY.2011: 193-96
- **Sildenafil Does Not Improve Performance At Simulated High Or Moderate Altitudes In Men Or Women.**  
Stoutenberg, M., Kressler, J., Roos, B., Friedlander, A. L., Viskochil, R., Signorile, J. F., Jacobs, K. A.  
LIPPINCOTT WILLIAMS & WILKINS.2010: 470
- **Sildenafil Does Not Improve Peak Exercise Capacity During Acute Hypoxia In Trained Men Or Women.**  
Kressler, J., Stoutenberg, M., Roos, B., Friedlander, A. L., Perry, A. C., Signorile, J., Viskochil, R., Jacobs, K. A.  
LIPPINCOTT WILLIAMS & WILKINS.2010: 141
- **Men And Women Exhibit Similar Declines In Peak Exercise Capacity And Performance At Simulated Altitudes.**  
Viskochil, R., Kressler, J., Stoutenberg, M., Roos, B., Friedlander, A. L., Perry, A. C., Signorile, J., Jacobs, K.  
LIPPINCOTT WILLIAMS & WILKINS.2010: 470
- **MAKING MOLEHILLS OUT OF MOUNTAINS: Maintaining High Performance at Altitude** *ACSMS HEALTH & FITNESS JOURNAL*  
Friedlander, A. L., Braun, B., Marquez, J.  
2008; 12 (6): 15-21
- **Systematic review: The effects of growth hormone on athletic performance** *ANNALS OF INTERNAL MEDICINE*  
Liu, H., Bravata, D. M., Olkin, I., Friedlander, A., Liu, V., Roberts, B., Bendavid, E., Saynina, O., Salpeter, S. R., Garber, A. M., Hoffman, A. R.  
2008; 148 (10): 747-U59
- **Effects of growth hormone and pioglitazone in viscerally obese adults with impaired glucose tolerance: A factorial clinical trial** *PLOS CLINICAL TRIALS*  
Attallah, H., Friedlander, A. L., Nino-Murcia, M., Hoffman, A. R.  
2007; 2 (5)
- **Effects of oligofructose-enriched inulin on intestinal absorption of calcium and magnesium and bone turnover markers in postmenopausal women** *BRITISH JOURNAL OF NUTRITION*  
Holloway, L., Moynihan, S., Abrams, S. A., Kent, K., Hsu, A. R., Friedlander, A. L.  
2007; 97 (2): 365-372
- **Visceral obesity, impaired glucose tolerance, metabolic syndrome, and growth hormone therapy** *19th Annual National Cooperative Growth Study/1st Annual National Cooperative Metabolic Study Investigator Meeting*  
Attallah, H., Friedlander, A. L., Hoffman, A. R.  
CHURCHILL LIVINGSTONE.2006: S62-S67
- **Endocrine responses to acute and chronic high-altitude exposure (4,300 meters): modulating effects of caloric restriction** *AMERICAN JOURNAL OF PHYSIOLOGY-ENDOCRINOLOGY AND METABOLISM*  
Barnholt, K. E., Hoffman, A. R., Rock, P. B., Muza, S. R., Fulco, C. S., Braun, B., Holloway, L., Mazzeo, R. S., Cymerman, A., Friedlander, A. L.  
2006; 290 (6): E1078-E1088
- **Sildenafil improves cardiac output and exercise performance during acute hypoxia, but not normoxia** *JOURNAL OF APPLIED PHYSIOLOGY*  
Hsu, A. R., Barnholt, K. E., Grundmann, N. K., Lin, J. H., McCallum, S. W., Friedlander, A. L.  
2006; 100 (6): 2031-2040
- **Sildenafil Improves Cardiac Output and Exercise Performance During Acute Hypoxia**  
Friedlander, A. L., Hsu, A. R., Lin, J. H., Branholt, K. E., Grundmann, N. K., McCallum, S. W.  
LIPPINCOTT WILLIAMS & WILKINS.2006: 72
- **Cytokine response at high altitude: Effects of exercise and antioxidants at 4300 m** *MEDICINE AND SCIENCE IN SPORTS AND EXERCISE*  
Hagobian, T. A., Jacobs, K. A., Subudhi, A. W., Fattor, J. A., Rock, P. B., Muza, S. R., Fulc, C. S., Braun, B., Grediagin, A., Mazzeo, R. S., Cymerman, A., Friedlander, A. L.  
2006; 38 (2): 276-285
- **Three weeks of caloric restriction alters protein metabolism in normal-weight, young men** *AMERICAN JOURNAL OF PHYSIOLOGY-ENDOCRINOLOGY AND METABOLISM*  
Friedlander, A. L., Braun, B., Pollack, M., Macdonald, J. R., Fulco, C. S., Muza, S. R., Rock, P. B., Henderson, G. C., Horning, M. A., Brooks, G. A., Hoffman, A. R., Cymerman, A.

2005; 289 (3): E446-E455

- **Antioxidant supplementation does not attenuate oxidative stress at high altitude** *AVIATION SPACE AND ENVIRONMENTAL MEDICINE*  
Subudhi, A. W., Jacobs, K. A., Hagobian, T. A., Fattor, J. A., Fulco, C. S., Muza, S. R., Rock, P. B., Hoffman, A. R., Cymerman, A., Friedlander, A. L.  
2004; 75 (10): 881-888
- **Foot cooling reduces exercise-induced hyperthermia in men with spinal cord injury** *MEDICINE AND SCIENCE IN SPORTS AND EXERCISE*  
Hagobian, T. A., Jacobs, K. A., Kiratli, B. J., Friedlander, A. L.  
2004; 36 (3): 411-417
- **Five weeks of insulin-like growth factor-I treatment does not alter glucose kinetics or insulin sensitivity during a hyperglycemic clamp in older women** *METABOLISM-CLINICAL AND EXPERIMENTAL*  
Braun, B., Friedlander, A. L., Pollack, M., Butterfield, G. E., Marcus, R., Hoffman, A. R.  
2003; 52 (9): 1182-1190
- **Energy intake deficit and physical performance at altitude** *AVIATION SPACE AND ENVIRONMENTAL MEDICINE*  
Fulco, C. S., Friedlander, A. L., Muza, S. R., Rock, P. B., Robinson, S., Lammi, E., Baker-Fulco, C. J., Lewis, S. F., Cymerman, A.  
2002; 73 (8): 758-765
- **One year of insulin-like growth factor I treatment does not affect bone density, body composition, or psychological measures in postmenopausal women** *JOURNAL OF CLINICAL ENDOCRINOLOGY & METABOLISM*  
Friedlander, A. L., Butterfield, E., Moynihan, S., Grillo, J., Pollack, M., Holloway, L., Friedman, L., Yesavage, J., Matthias, D. F., Lee, S., Marcus, R., Hoffman, A. R.  
2001; 86 (4): 1496-1503
- **Endurance training increases fatty acid turnover, but not fat oxidation, in young men** *JOURNAL OF APPLIED PHYSIOLOGY*  
Friedlander, A. L., Casazza, G. A., Horning, M. A., Usaj, A., Brooks, G. A.  
1999; 86 (6): 2097-2105
- **Effects of exercise intensity and training on lipid metabolism in young women.** *American journal of physiology. Endocrinology and metabolism*  
Friedlander, A. L., Casazza, G. A., Horning, M. A., Buddinger, T. F., Brooks, G. A.  
1998; 275 (5): E853-E863
- **Training-induced alterations of carbohydrate metabolism in women: women respond differently from men** *JOURNAL OF APPLIED PHYSIOLOGY*  
Friedlander, A. L., Casazza, G. A., Horning, M. A., Huie, M. J., Piacentini, M. F., Trimmer, J. K., Brooks, G. A.  
1998; 85 (3): 1175-1186