

# Stanford

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## Thomas Zikos

Clinical Assistant Professor, Medicine - Gastroenterology & Hepatology

### CLINICAL OFFICES

- **General Gastroenterology Clinic**

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### Bio

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#### BIO

I am initially a Pittsburgh, PA native, but have been at Stanford University since 2012 for residency, fellowship, and now as faculty. It is exciting to be affiliated with one of the most dynamic and innovative medical institutions worldwide.

My clinical and research interests focus on functional, motility, and esophageal disorders of the gastrointestinal tract. Outside of this sub-sub specialization, a significant portion of my practice is also devoted to the care of a broad range of “general gastroenterology” concerns.

Functional, motility, esophageal, and general gastroenterology disorders are very common, and can cause significant disability. Some examples include irritable bowel syndrome, functional dyspepsia, gastroparesis, chronic nausea, chronic constipation, achalasia, and gastroesophageal reflux disease.

Despite the common nature of these disorders, many are not well understood, leading to frustration among both patients and clinicians alike. Furthermore, there is an incorrect stigma associated with some of these disorders that “it is all in your head.” On the opposite side of the spectrum, there is sometimes an incorrect assumption that we will be able to pinpoint an exact underlying cause in all cases, but this is not possible with current technology. We aim to bridge this gap using the latest diagnostic testing and treatment paradigms, as well as a healing hand. Additionally, our group is actively engaged in multiple research projects and studies to drive the future of the field.

Though I am early in my career, I am hoping that by the end the field will look nothing like it does today. I am hopeful, and I believe that we can revolutionize the field to better characterize gastrointestinal disorders, and come up with highly effective targeted treatments.

#### CLINICAL FOCUS

- Gastroenterology

#### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Gastroenterology & Hepatology

#### PROFESSIONAL EDUCATION

- Board Certification, Gastroenterology and Hepatology , American Board of Internal Medicine (2019)
- Fellowship: Stanford University Gastroenterology Fellowship (2019) CA

- Board Certification: Internal Medicine, American Board of Internal Medicine (2015)
- Residency: Stanford University Internal Medicine Residency (2015) CA
- Medical Education: University of Pittsburgh School of Medicine (2012) PA

## Publications

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### PUBLICATIONS

- **Marijuana, Ondansetron, and Promethazine Are Perceived as Most Effective Treatments for Gastrointestinal Nausea.** *Digestive diseases and sciences*  
Zikos, T. A., Nguyen, L., Kamal, A., Fernandez-Becker, N., Regalia, K., Nandwani, M., Sonu, I., Garcia, M., Okafor, P., Neshatian, L., Grewal, D., Garcia, P., Triadafilopoulos, et al  
2020
- **Long-term outcomes of per-oral endoscopic myotomy compared to laparoscopic Heller myotomy for achalasia: a single-center experience.** *Surgical endoscopy*  
Podboy, A. J., Hwang, J. H., Rivas, H., Azagury, D., Hawn, M., Lau, J., Kamal, A., Friedland, S., Triadafilopoulos, G., Zikos, T., Clarke, J. O.  
2020
- **Esophagogastric Junction Outflow Obstruction: Current Approach to Diagnosis and Management.** *Current gastroenterology reports*  
Zikos, T. A., Triadafilopoulos, G., Clarke, J. O.  
2020; 22 (2): 9
- **Changes in high-resolution manometric diagnosis over time: implications for clinical decision-making.** *Diseases of the esophagus : official journal of the International Society for Diseases of the Esophagus*  
Triadafilopoulos, G., Kamal, A., Zikos, T., Nguyen, L., Clarke, J. O.  
2020
- **Non-acid Reflux: When It Matters and Approach to Management.** *Current gastroenterology reports*  
Zikos, T. A., Clarke, J. O.  
2020; 22 (9): 43
- **Ninety-Six Hour Wireless Esophageal pH Study in Patients with GERD Shows that Restrictive Diet Reduces Esophageal Acid Exposure.** *Digestive diseases and sciences*  
Triadafilopoulos, G., Korzilius, J. W., Zikos, T., Sonu, I., Fernandez-Becker, N. Q., Nguyen, L., Clarke, J. O.  
2019
- **Motility Abnormalities Identified by Wireless Motility Capsule in Postural Orthostatic Tachycardia Syndrome**  
Zikos, T. A., Zhou, W., Clarke, J. O., Nguyen, L. A., Neshatian, L.  
LIPPINCOTT WILLIAMS & WILKINS.2019: S279
- **ARTERIOVENOUS MALFORMATIONS RESPOND POORLY TO ARGON PLASMA COAGULATION IN PATIENTS WITH CONTINUOUS FLOW LEFT VENTRICULAR ASSIST DEVICES**  
Zikos, T., Namdaran, P., Banerjee, D., Friedland, S., Pan, J. Y.  
MOSBY-ELSEVIER.2019: AB563-AB564
- **PER-ORAL ENDOSCOPIC MYOTOMY HAS SIMILAR EFFICACY COMPARED TO LAPAROSCOPIC HELLER MYOTOMY AFTER 4 YEARS: A SINGLE CENTER EXPERIENCE**  
Podboy, A. J., Hwang, J., Rivas, H., Azagury, D., Hawn, M. T., Kamal, A., Triadafilopoulos, G., Zikos, T., Clarke, J. O.  
MOSBY-ELSEVIER.2019: AB201-AB202
- **High Prevalence of Slow Transit Constipation in Patients With Gastroparesis.** *Journal of neurogastroenterology and motility*  
Zikos, T. A., Kamal, A. N., Neshatian, L., Triadafilopoulos, G., Clarke, J. O., Nandwani, M., Nguyen, L. A.  
2019
- **Arteriovenous malformations respond poorly to argon plasma coagulation in patients with continuous flow left ventricular assist devices.** *European journal of gastroenterology & hepatology*  
Zikos, T. A., Namdaran, P., Banerjee, D., Friedland, S., Pan, J. Y.  
2019; 31 (7): 792-98

- **Esophagogastroduodenoscopy and Esophageal Involvement in Patients with Pemphigus Vulgaris.** *Dysphagia*  
Ozeki, K. A., Zikos, T. A., Clarke, J. O., Sonu, I.  
2019
- **Thalidomide Use Reduces Risk of Refractory Gastrointestinal Bleeding in Patients with Continuous Flow Left Ventricular Assist Devices.** *ASAIO journal (American Society for Artificial Internal Organs : 1992)*  
Namdaran, P., Zikos, T. A., Pan, J. Y., Banerjee, D.  
2019
- **Gastric per-oral endoscopic myotomy: Current status and future directions.** *World journal of gastroenterology*  
Podboy, A., Hwang, J. H., Nguyen, L. A., Garcia, P., Zikos, T. A., Kamal, A., Triadafilopoulos, G., Clarke, J. O.  
2019; 25 (21): 2581–90
- **Reduction in Hospitalizations for Esophageal Reflux in a Decade with Minimal Increases in Other Functional and Motor Disorders.** *Digestive diseases and sciences*  
Zikos, T. A., Hendler, S., Clarke, J. O., Triadafilopoulos, G., Nguyen, L., Limketkai, B. N.  
2019
- **Esophagogastroduodenoscopy and Esophageal Involvement in Patients With Pemphigus Vulgaris**  
Ozeki, K., Zikos, T. A., Clarke, J., Sonu, I.  
NATURE PUBLISHING GROUP.2018: S177
- **Blood and Guts: Diarrhea from Colonic Involvement in Chronic Lymphocytic Leukemia/Small Lymphocytic Lymphoma.** *Digestive diseases and sciences*  
Zikos, T. A., Triadafilopoulos, G., Berube, C., Regalia, K. A.  
2018
- **Use of Esophageal pH Monitoring to Minimize Proton-Pump Inhibitor Utilization in Patients with Gastroesophageal Reflux Symptoms.** *Digestive diseases and sciences*  
Triadafilopoulos, G., Zikos, T., Regalia, K., Sonu, I., Fernandez-Becker, N. Q., Nguyen, L., Nandwani, M. C., Clarke, J. O.  
2018
- **A Positive Correlation Between Gastric and Esophageal Dysmotility Suggests Common Causality.** *Digestive diseases and sciences*  
Zikos, T. A., Clarke, J. O., Triadafilopoulos, G., Regalia, K. A., Sonu, I. S., Fernandez-Becker, N. Q., Nandwani, M. C., Nguyen, L. A.  
2018
- **Outcomes of Endoscopic Procedures on Patients With Left-Ventricular Assist Devices: Experiences From a Single-Center Retrospective Case Series**  
Pan, J. Y., Zikos, T., Chang, M. S., Limketkai, B., Banerjee, D., Fernandez-Becker, N.  
MOSBY-ELSEVIER.2017: AB207–AB208
- **Efficacy of Video Capsule Endoscopy in the Management of Suspected Small Bowel Bleeding in Patients With Continuous Flow Left Ventricular Assist Devices.** *Gastroenterology research*  
Zikos, T. A., Pan, J., Limketkai, B., Banerjee, D., Fernandez-Becker, N.  
2017; 10 (5): 280–87
- **Eculizumab Induces Sustained Remission in a Patient With Refractory Primary Catastrophic Antiphospholipid Syndrome.** *Journal of clinical rheumatology : practical reports on rheumatic & musculoskeletal diseases*  
Zikos, T. A., Sokolove, J., Ahuja, N., Berube, C.  
2015; 21 (6): 311-313
- **Cyst Fluid Glucose is Rapidly Feasible and Accurate in Diagnosing Mucinous Pancreatic Cysts.** *American journal of gastroenterology*  
Zikos, T., Pham, K., Bowen, R., Chen, A. M., Banerjee, S., Friedland, S., Dua, M. M., Norton, J. A., Poultsides, G. A., Visser, B. C., Park, W. G.  
2015; 110 (6): 909-914
- **Evaluation and Management of Pancreatic Cystic Lesions** *Journal of Clinical Outcomes Management*  
Zikos, T., Park, W. G.  
2015; 22 (12): 566-576
- **Rapid Point-of-Care Measurement of Cyst Fluid Glucose Is Feasible and Accurate in Predicting Mucinous Pancreatic Cysts**  
Zikos, T., Pham, K., Chen, A., Banerjee, S., Friedland, S., Dua, M., Norton, J., Poultsides, G., Visser, B., Park, W.  
NATURE PUBLISHING GROUP.2014: S86

- **Lung T-cell subset composition at the time of surgical resection is a prognostic indicator in non-small cell lung cancer** *CANCER IMMUNOLOGY IMMUNOTHERAPY*  
Zikos, T. A., Donnenberg, A. D., Landreneau, R. J., Luketich, J. D., Donnenberg, V. S.  
2011; 60 (6): 819-827
- **The Impact of Scoliosis Among Patients with Giant Paraesophageal Hernia** *JOURNAL OF GASTROINTESTINAL SURGERY*  
Schuchert, M. J., Adusumilli, P. S., Cook, C. C., Colovos, C., Kilic, A., Nason, K. S., Landreneau, J. P., Zikos, T., Jack, R., Luketich, J. D., Landreneau, R. J.  
2011; 15 (1): 23-28