



Jennifer Tremmel

Susan P. and Riley P. Bechtel Medical Director and Associate Professor of Medicine (Cardiovascular Medicine) at the Stanford University Medical Center

Medicine - Cardiovascular Medicine

CLINICAL OFFICES

- **Interventional Cardiology**

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Bio

CLINICAL FOCUS

- Interventional Cardiology
- Chronic Total Occlusions (CTOs)
- Complex PCI
- Women's Cardiovascular Disease
- Microvascular Angina
- Myocardial Bridging
- MINOCA
- SCAD

ACADEMIC APPOINTMENTS

- Associate Professor - Med Center Line, Medicine - Cardiovascular Medicine
- Member, Cardiovascular Institute
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Director, CTO Program, (2018- present)
- Director, Radial Program, (2009- present)

- Medical Director, Women's Heart Health at Stanford, (2007- present)

PROFESSIONAL EDUCATION

- Fellowship: Stanford University School of Medicine (2005) CA
- Medical Education: University of Iowa Carver College of Medicine (1998) IA
- Internship: Dartmouth Hitchcock Medical Center (1999) NH
- Residency: Dartmouth Hitchcock Medical Center (2001) NH
- Board Certification: Interventional Cardiology, American Board of Internal Medicine (2007)
- Board Certification: Cardiovascular Disease, American Board of Internal Medicine (2006)
- M.D., University of Iowa , Medicine (1998)
- S.M., Harvard University , Epidemiology (2002)

LINKS

- Women's Heart Health at Stanford: <http://womensheart.stanfordhospital.com>
- Get a Second Opinion: <https://stanfordhealthcare.org/second-opinion/overview.html>

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

Dr. Jennifer Tremmel is an Interventional Cardiologist in the Division of Cardiovascular Medicine at Stanford University Medical Center. She is the Endowed Medical Director of Women's Heart Health at Stanford and conducts research on sex differences in cardiovascular disease. Much of her work has focused on patients with angina in the absence of obstructive CAD. This includes studying endothelial dysfunction, microvascular dysfunction, and myocardial bridging in patients with stable angina, and myocardial infarction with nonobstructive coronary arteries (MINOCA) and spontaneous coronary artery dissection (SCAD) in patients with acute angina. She also was an early adopter of the transradial approach and is a national expert on the topic. More recently, she started the CTO program at Stanford and has contributed to the field by demonstrating that the radial approach and same-day discharge are readily achievable in complex PCI.

CLINICAL TRIALS

- Angiographic and Psychosocial Evaluation of Peripartum vs. Non: SCAD, Recruiting
- Sex Differences in Coronary Pathophysiology, Recruiting
- FAME II - Fractional Flow Reserve (FFR) Guided Percutaneous Coronary Intervention (PCI) Plus Optimal Medical Treatment (OMT) Verses OMT, Not Recruiting
- TAXUS Libert# Post Approval Study, Not Recruiting

Publications

PUBLICATIONS

- **Perforation Mechanisms, Risk Stratification, and Management in the Non-post Coronary Artery Bypass Graft Patient.** *Interventional cardiology clinics* Tremmel, J. A. 2021; 10 (1): 93–99
- **Invasive Assessment of Myocardial Bridging in Patients with Angina and No Obstructive Coronary Artery Disease.** *EuroIntervention : journal of EuroPCR in collaboration with the Working Group on Interventional Cardiology of the European Society of Cardiology* Pargaonkar, V. S., Kimura, T., Kameda, R., Tanaka, S., Yamada, R., Schwartz, J. G., Perl, L., Rogers, I. S., Honda, Y., Fitzgerald, P., Schnittger, I., Tremmel, J. A. 2020
- **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; 309: 8–13

- **SCAI Position Statement on Optimal Percutaneous Coronary Interventional Therapy for Complex Coronary Artery Disease.** *Catheterization and cardiovascular interventions* : official journal of the Society for Cardiac Angiography & Interventions
Riley, R. F., Henry, T. D., Mahmud, E., Kirtane, A. J., Brilakis, E. S., Goyal, A., Grines, C. L., Lombardi, W. L., Maran, A., Rab, T., Tremmel, J. A., Truesdell, A. G., Yeh, et al
2020
- **Dose-Response Relationship Between Intracoronary Acetylcholine and Minimal Lumen Diameter in Coronary Endothelial Function Testing of Women and Men With Angina and No Obstructive Coronary Artery Disease.** *Circulation. Cardiovascular interventions*
Pargaonkar, V. S., Lee, J. H., Chow, E. K., Nishi, T., Ball, R. L., Kobayashi, Y., Kimura, T., Lee, D. P., Stefanick, M. L., Fearon, W. F., Yeung, A. C., Tremmel, J. A.
2020; 13 (4): e008587
- **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
- **Accuracy of a novel stress echocardiography pattern for myocardial bridging in patients with angina and no obstructive coronary artery disease - A retrospective and prospective cohort study.** *International journal of cardiology*
Pargaonkar, V. S., Rogers, I. S., Su, J., Forsdahl, S. H., Kameda, R., Schreiber, D., Chan, F. P., Becker, H., Fleischmann, D., Tremmel, J. A., Schnittger, I.
2020
- **Sex Differences in Non-Obstructive Coronary Artery Disease.** *Cardiovascular research*
Waheed, N., Elias-Smale, S., Malas, W., Maas, A. H., Sedlak, T. L., Tremmel, J., Mehta, P. K.
2020
- **Twitter-Based Social Support Added to Fitbit Self-Monitoring for Decreasing Sedentary Behavior: Protocol for a Randomized Controlled Pilot Trial With Female Patients From a Women's Heart Clinic.** *JMIR research protocols*
Oppizzo, M. n., Tremmel, J. n., Desai, M. n., Baiocchi, M. n., Ramo, D. n., Cullen, M. n., Prochaska, J. J.
2020; 9 (12): e20926
- **Sex Differences in Oral Anticoagulation and Outcomes of Stroke and Intracranial Bleeding in Newly Diagnosed Atrial Fibrillation.** *Journal of the American Heart Association*
Yong, C. M., Tremmel, J. A., Lansberg, M. G., Fan, J. n., Askari, M. n., Turakhia, M. P.
2020: e015689
- **Computed Tomographic Angiography-Based Fractional Flow Reserve Compared With Catheter-Based Dobutamine-Stress Diastolic Fractional Flow Reserve in Symptomatic Patients With a Myocardial Bridge and No Obstructive Coronary Artery Disease.** *Circulation. Cardiovascular imaging*
Jubran, A. n., Schnittger, I. n., Tremmel, J. n., Pargaonkar, V. n., Rogers, I. n., Becker, H. C., Yang, S. n., Mastrodicasa, D. n., Willeminck, M. n., Fleischmann, D. n., Nieman, K. n.
2020; 13 (2): e009576
- **Off-Pump Mini Thoracotomy Versus Sternotomy for Left Anterior Descending Myocardial Bridge Unroofing.** *The Annals of thoracic surgery*
Wang, H. n., Pargaonkar, V. S., Hironaka, C. E., Bajaj, S. S., Abbot, C. J., O'Donnell, C. T., Miller, S. L., Honda, Y. n., Rogers, I. S., Tremmel, J. A., Fischbein, M. P., Mitchell, R. S., Schnittger, et al
2020
- **A Step Back in the Diagnosis and Management of Myocardial Bridging.** *The Annals of thoracic surgery*
Schnittger, I., Boyd, J. H., Tremmel, J. A.
2019
- **Patient-Reported Psychological Distress After Spontaneous Coronary Artery Dissection: EVIDENCE FOR POST-TRAUMATIC STRESS.** *Journal of cardiopulmonary rehabilitation and prevention*
Edwards, K. S., Vaca, K. C., Naderi, S., Tremmel, J. A.
2019
- **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

- **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
- **EXPRESS: Myocardial Bridge - An Unrecognized Cause of Chest Pain in Pulmonary Arterial Hypertension.** *Pulmonary circulation*
Rajmohan, D. n., Sung, Y. K., Kudelko, K. n., Perez, V. i., Haddad, F. n., Tremmel, J. n., Schnittger, I. n., Zamanian, R. T., Spiekerkoetter, E. F.
2019: 2045894019860738
- **Asymmetric dimethylarginine predicts impaired epicardial coronary vasomotion in patients with angina in the absence of obstructive coronary artery disease.** *International journal of cardiology*
Parikh, R. V., Pargaonkar, V. n., Ball, R. L., Kobayashi, Y. n., Kimura, T. n., Yeung, A. C., Cooke, J. P., Tremmel, J. A.
2019
- **Breastfeeding Duration and the Risk of Coronary Artery Disease.** *Journal of women's health (2002)*
Rajaei, S., Rigdon, J., Crowe, S., Tremmel, J., Tsai, S., Assimes, T. L.
2018
- **Breastfeeding Duration and the Risk of Coronary Artery Disease** *JOURNAL OF WOMENS HEALTH*
Rajaei, S., Rigdon, J., Crowe, S., Tremmel, J., Tsai, S., Assimes, T. L.
2019; 28 (1): 30–36
- **Is Post-Percutaneous Coronary Intervention Fractional Flow Reserve of Value in Chronic Total Occlusions?** *CIRCULATION-CARDIOVASCULAR INTERVENTIONS*
Tremmel, J. A., Fearon, W. F.
2018; 11 (11)
- **Vascular Access-Related Complications in Women: Temporal Trends, Emerging Data, and the Current State of Interventional Cardiology Practice** *CURRENT ATHEROSCLEROSIS REPORTS*
Chacko, Y., Parikh, R. V., Tremmel, J. A.
2018; 20 (8): 41
- **Surgical unroofing of hemodynamically significant myocardial bridges in a pediatric population.** *The Journal of thoracic and cardiovascular surgery*
Maeda, K., Schnittger, I., Murphy, D. J., Tremmel, J. A., Boyd, J. H., Peng, L., Okada, K., Pargaonkar, V. S., Hanley, F. L., Mitchell, R. S., Rogers, I. S.
2018
- **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
- **SUBCLINICAL LEFT VENTRICULAR DYSFUNCTION IN WOMEN WITH ANGINA IN THE ABSENCE OF OBSTRUCTIVE CORONARY ARTERY DISEASE: A COMPREHENSIVE INVASIVE AND ECHOCARDIOGRAPHIC STUDY**
Bouajila, S., Pargaonkar, V., Kobayashi, Y., Kobayashi, Y., Haddad, F., Tremmel, J.
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- **MYOCARDIAL BRIDGE MUSCLE INDEX (MMI): A MARKER OF DISEASE SEVERITY AND ITS RELATIONSHIP WITH ENDOTHELIAL DYSFUNCTION AND SYMPTOMATIC OUTCOME IN PATIENTS WITH ANGINA AND A HEMODYNAMICALLY SIGNIFICANT MYOCARDIAL BRIDGE**
Pargaonkar, V., Schnittger, I., Rogers, I., Tanaka, S., Yamada, R., Kimura, T., Boyd, J., Tremmel, J.
ELSEVIER SCIENCE INC.2018: 160
- **Accuracy of non-invasive stress testing in women and men with angina in the absence of obstructive coronary artery disease.** *International journal of cardiology*
Pargaonkar, V. S., Kobayashi, Y. n., Kimura, T. n., Schnittger, I. n., Chow, E. K., Froelicher, V. F., Rogers, I. S., Lee, D. P., Fearon, W. F., Yeung, A. C., Stefanick, M. L., Tremmel, J. A.
2018
- **Is Post-Percutaneous Coronary Intervention Fractional Flow Reserve of Value in Chronic Total Occlusions?** *Circulation. Cardiovascular interventions*
Tremmel, J. A., Fearon, W. F.
2018; 11 (11): e007360

- **Late breaking trials of 2016 in coronary artery disease: Commentary covering SCAI, ACC, TCT, EuroPCR, ESC, and AHA.** *Catheterization and cardiovascular interventions : official journal of the Society for Cardiac Angiography & Interventions*
Seto, A. H., Dehghani, P., Shah, B., Anwaruddin, S., Safirstein, J., Tremmel, J. A.
2017; 89 (6): 1028-1034
- **Myocardial Bridges on Coronary Computed Tomography Angiography - Correlation With Intravascular Ultrasound and Fractional Flow Reserve.** *Circulation journal : official journal of the Japanese Circulation Society*
Forsdahl, S. H., Rogers, I. S., Schnittger, I. n., Tanaka, S. n., Kimura, T. n., Pargaonkar, V. S., Chan, F. P., Fleischmann, D. n., Tremmel, J. A., Becker, H. C.
2017
- **Pyruvate controls the checkpoint inhibitor PD-L1 and suppresses T cell immunity.** *The Journal of clinical investigation*
Watanabe, R. n., Shirai, T. n., Namkoong, H. n., Zhang, H. n., Berry, G. J., Wallis, B. B., Schaeffgen, B. n., Harrison, D. G., Tremmel, J. A., Giacomini, J. C., Goronzy, J. J., Weyand, C. M.
2017; 127 (7): 2725–38
- **Myocardial bridges: Overview of diagnosis and management.** *Congenital heart disease*
Rogers, I. S., Tremmel, J. A., Schnittger, I. n.
2017
- **Myocardial bridging is associated with exercise-induced ventricular arrhythmia and increases in QT dispersion.** *Annals of noninvasive electrocardiology : the official journal of the International Society for Holter and Noninvasive Electrocardiology, Inc*
Nishikii-Tachibana, M. n., Pargaonkar, V. S., Schnittger, I. n., Haddad, F. n., Rogers, I. S., Tremmel, J. A., Wang, P. J.
2017
- **Surgical Unroofing of Hemodynamically Significant Left Anterior Descending Myocardial Bridges.** *Annals of thoracic surgery*
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2016
- **Myocardial Bridge and Acute Plaque Rupture.** *Journal of investigative medicine high impact case reports*
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- **Late Breaking Trials of 2015 in Coronary Artery Disease: Commentary Covering ACC, EuroPCR, SCAI, TCT, ESC, and AHA** *CATHETERIZATION AND CARDIOVASCULAR INTERVENTIONS*
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2016; 87 (7): 1224-1230
- **Bilateral Giant Coronary Artery Aneurysms Complicated by Acute Coronary Syndrome and Cardiogenic Shock.** *Annals of thoracic surgery*
Chiu, P., Lynch, D., Jahanayar, J., Rogers, I. S., Tremmel, J., Boyd, J.
2016; 101 (4): e95-7
- **Functional Versus Anatomic Assessment of Myocardial Bridging by Intravascular Ultrasound: Impact of Arterial Compression on Proximal Atherosclerotic Plaque.** *Journal of the American Heart Association*
Yamada, R., Tremmel, J. A., Tanaka, S., Lin, S., Kobayashi, Y., Hollak, M. B., Yock, P. G., Fitzgerald, P. J., Schnittger, I., Honda, Y.
2016; 5 (4)
- **To Define Is to Limit: Is That Good or Bad When it Comes to Chest Pain?** *JACC. Cardiovascular interventions*
Tremmel, J. A.
2016; 9 (6): 562–64
- **Investing in our future: Update on the SCAI Emerging Leader Mentorship (ELM) Program.** *Catheterization and cardiovascular interventions : official journal of the Society for Cardiac Angiography & Interventions*
Feldman, D. N., Aronow, H. D., Swaminathan, R. V., Dawn Abbott, J. n., Tremmel, J. A., Kapur, N. K., Breinholt, J. P., Asgar, A. W., Pinto, D. S., Tu, T. M., Rosenfield, K. M., Naidu, S. S.
2016; 88 (5): 674–77
- **Response to Letters Regarding Article, "Invasive Evaluation of Patients With Angina in the Absence of Obstructive Coronary Artery Disease"** *CIRCULATION*
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2015; 132 (20): E244

- **Exercise Strain Echocardiography in Patients With a Hemodynamically Significant Myocardial Bridge Assessed by Physiological Study.** *Journal of the American Heart Association*
Kobayashi, Y., Tremmel, J. A., Kobayashi, Y., Amsallem, M., Tanaka, S., Yamada, R., Rogers, I. S., Haddad, F., Schnittger, I.
2015; 4 (11)
- **How Can We Further Optimize the Invasive Evaluation of Coronary Physiology?** *JACC-CARDIOVASCULAR INTERVENTIONS*
Fearon, W. F., Tremmel, J. A.
2015; 8 (13): 1692–94
- **Exercise Strain Echocardiography in Patients With a Hemodynamically Significant Myocardial Bridge Assessed by Physiological Study** *JOURNAL OF THE AMERICAN HEART ASSOCIATION*
Kobayashi, Y., Tremmel, J. A., Kobayashi, Y., Amsallem, M., Tanaka, S., Yamada, R., Rogers, I. S., Haddad, F., Schnittger, I.
2015; 4 (11)
- **Effect of Sex Differences on Invasive Measures of Coronary Microvascular Dysfunction in Patients With Angina in the Absence of Obstructive Coronary Artery Disease** *JACC-CARDIOVASCULAR INTERVENTIONS*
Kobayashi, Y., Fearon, W. F., Honda, Y., Tanaka, S., Pargaonkar, V., Fitzgerald, P. J., Lee, D. P., Stefanick, M., Yeung, A. C., Tremmel, J. A.
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- **Preventing Radial Artery Occlusion by Using Reverse Barbeau Assessment: Bringing Evidence-Based Practice to the Bedside.** *Critical care nurse*
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- **Late breaking trials of 2014 in coronary artery disease: Commentary covering ACC, EuroPCR, SCAI, TCT, ESC, and AHA.** *Catheterization and cardiovascular interventions*
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2015; 86 (1): 73-79
- **Prevalence and Prognostic Role of Right Ventricular Involvement in Stress-Induced Cardiomyopathy** *JOURNAL OF CARDIAC FAILURE*
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2015; 21 (5): 419-425
- **Invasive Evaluation of Patients With Angina in the Absence of Obstructive Coronary Artery Disease** *CIRCULATION*
Lee, B., Lim, H., Fearon, W. F., Yong, A. S., Yamada, R., Tanaka, S., Lee, D. P., Yeung, A. C., Tremmel, J. A.
2015; 131 (12): 1054-1060
- **The relationship between fractional flow reserve and index of microcirculatory resistance: be careful with whom you associate.** *Catheterization and cardiovascular interventions*
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- **Commentary on Highlighted Late Breaking Trials in Interventional Cardiology at ESC, VIVA, TCT, and AHA 2013** *CATHERIZATION AND CARDIOVASCULAR INTERVENTIONS*
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2015; 8 (11): 1433–41
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Lin, S., Tremmel, J. A., Yamada, R., Rogers, I. S., Yong, C. M., Turcott, R., McConnell, M. V., Dash, R., Schnittger, I.
2013; 2 (2)
- **The Impact of Sex Differences on Fractional Flow Reserve-Guided Percutaneous Coronary Intervention A FAME (Fractional Flow Reserve Versus Angiography for Multivessel Evaluation) Substudy** *JACC-CARDIOVASCULAR INTERVENTIONS*
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