

CURRICULUM VITAE

Sophia Yen, M.D.
c/o LPCH at Stanford
Division of Adolescent Medicine
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EDUCATION

2003-2004	University of California, Berkeley Berkeley, CA	MPH	Maternal Child Health
2000-2003	University of California, San Francisco San Francisco, CA	Fellowship	Adolescent Medicine
1997-2000	Children's Hospital of Oakland Oakland, CA	Internship/Residency	Pediatrics
1993-1997	University of California, San Francisco San Francisco, CA	MD	Medicine
1989-1993	Massachusetts Institute of Technology Cambridge, MA	BS	Biology

LICENSURE

Medical license, California

CERTIFICATION

2003	Board Certified, Adolescent Medicine, American Board of Pediatrics
2000, 2007	Board Certified, General Pediatrics, American Board of Pediatrics
1998	Diplomate, National Board of Medical Examiners

HONORS AND AWARDS

2007, 2008	Pediatric Clerkship Faculty Honor Roll, Stanford Medical School, Lucile Packard Children's Hospital (LPCH).
2006	Pediatric Clerkship Faculty Letter of Distinction, Stanford Medical School, LPCH.
2000-2003	MCHB Postdoctoral Training Fellowship in Adolescent Health, Division of Adolescent Medicine, Department of Pediatrics, University of California, San Francisco
1997	UCSF Special graduation award for Student Advocacy from the Class of 1997
1993	Laya Wiesner Award for the "Undergraduate woman who has contributed the most to MIT"

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

2002-	Society for Adolescent Medicine, National
2002-	Ambulatory Pediatric Association
2001-	North American Society for Pediatric and Adolescent Gynecology
2000-	Society for Adolescent Health and Medicine, Northern CA Chapter 2009-11 Vice President/President Elect
1998-	American Academy of Pediatrics (AAP), FAAP 2004, Section on Adolescent Health 3/04

SERVICE TO PROFESSIONAL ORGANIZATIONS

2009-11	Society for Adolescent Health and Medicine, Northern CA Chapter, Vice President/President Elect
2008	Research mentor to high school student, for Step-UP High School Summer Research Program, NIDDK, Office of Minority Health Research Coordination.
2008	Reviewer for the <u>International Journal of Behavioral Nutrition and Physical Activity</u>
2007-	LPCH's Center for Healthy Weight's Advocacy and Public Policy Program
2007-	Founder and moderator for SAM Women in Adolescent Medicine email list

- 3/07 Organized health information table at the Princess Project (gives indigent young women prom dresses) on behalf of N. CA AAP and SAM
- 10/05-10/09 Adolescent Reproductive Health Education Project Faculty
- 2005 Reviewer for Journal of Adolescent Health
- 2005- Founder and moderator for N. CA SAHM and SAM Jr. faculty email lists
- 2003-2005 AAP Northern California chapter, Pediatric Obesity Task Force: founder and chairperson. Helped with an Obesity symposium for AAP members in fall 2004. Coalition of 160 members comprised of: MDs, PhDs, medical students, residents, fellows, pre-medical students, RDs, and community members striving to prevent and treat pediatric obesity.
- 2003- Founder and moderator for POIG (Pediatric Obesity Interest Group) email list.
- 2001- Northern CA Chapter of American Academy of Pediatrics, Youth Committee
- 1998-2001 American Academy of Pediatrics, Resident Section Liaison to the Section On Adolescent Health

CLINICAL EXPERIENCE

- 2007- Clinical Instructor: Lucile Salter Packard Children's Hospital, Stanford Medical Center, Adolescent Medicine, LPCH Inpatient Service.
- 2003- Clinical Instructor: Lucile Salter Packard Children's Hospital, Stanford Medical Center, Adolescent Medicine, Teen and Young Adult Clinic.
- 2003-2005 Clinical Instructor: Lucile Salter Packard Children's Hospital, Stanford Medical Center, Adolescent Eating Disorders Clinic and General Teen Clinic.
- 2000-2003 Fellow: Wellness Center Clinic, Job Corps, Treasure Island, San Francisco
- 2000-2003 Fellow: General Adolescent Clinic and Adolescent Gynecology Clinic, UCSF
- 2002 Fellow: Maxine Hall Health Center, weekly continuity clinic, San Francisco Department of Public Health. January to June 2002.
- 2001 Fellow: Balboa High School Teen Clinic, weekly continuity clinic, San Francisco. Jan-June 2001.
- 2000 Fellow: Youth Guidance Center, Juvenile Hall Medical Clinic, weekly continuity clinic, San Francisco. September 2000 through January 2001.
- 1997-2000 Resident Physician: Children's Hospital Oakland

INVITED LECTURES

- 2010 "Menstrual suppression, ethnic differences in tampon use and Emergency Contraception" for Human Biology 142: Adolescent Development class, Stanford University.
- 2010 "Update on Female Reproductive Health: Menstrual suppression and tampons for QOL," Pediatric Grand Rounds for LPCH at Stanford Medical School.
- 2007 "Contraception Update" for Current Issues in Adolescent Medicine CME Conference by Lucile Packard Children's Hospital at Stanford.
- 2007 "The HEADSS Assessment" Stanford Medical School Pediatrics Interest Group (PIG).
- 2007, 2010 "Adolescent health, STIs, Contraception" for undergraduate Adolescent Development class at Stanford University.
- 2006 "Sexually Transmitted Infections," Grand Rounds for the Dept of Family Medicine at UC Davis.
- 2006 "The Physician as Advocate," lecture for the family medicine residents at UC Davis.
- 2006-09 "Adolescent Health and Teen Pregnancy," lecture for medical student class "Current Issues in Reproductive Health," Stanford Medical School.
- 2006 "Contraception for Adolescents," noon lecture for pediatric residents, Lucile Packard Children's Hospital, Stanford Medical School.
- 2006 "HEADSS and Contraception for Adolescents," Noon lecture for internal medicine residents UCLA Veterans Hospital, UCLA school of medicine.
- 2005 "Adolescent Obesity; physical activity options, treatment," Hill Physicians Medical Group, Walnut Creek and Oakland.
- 2005 "Childhood obesity and what parents and schools can do" Meadow Heights PTA, San Mateo, CA
- 2004 Preceptor for Pelvic Workshop – AAP Annual Meeting, San Francisco
- 2004 "Contraception" and "STDs" Noon lectures for pediatric residents, Lucile Packard Children's Hospital, Stanford Medical School.
- 2003 "Contraception" Noon lecture for pediatric residents, University of California, San Francisco
- 2002 "Puberty" for Adolescent Medicine CORE seminar, University of California, San Francisco
- 2001 Preceptor for Pelvic Workshop – AAP Annual Meeting, San Francisco
- 2001-02 "HEADSS, STDs and PID" Noon lecture for pediatric residents, presented at SFGH and Moffitt hospitals, University of California, San Francisco

COMMUNITY ACTIVITIES/SERVICE

- 2010 "Keeping healthy in flu season, menstruation, birth control and STDS" for Boys and Girls Club of the Peninsula staff.
- 2009 "Birth control, adolescents' rights to confidential reproductive health care and STDs" for Woodside Priory female boarding students.
- 2009 "Birth control, adolescents' right to confidential reproductive health care and STDs – Parents need to know" for Spanish-speaking parents at Boys and Girls Club of the Peninsula, Redwood City.
- 2009 "Birth control, adolescents' right to confidential reproductive health care and STDs" for 6-8th graders at James Flood School, Menlo Park, CA.
- 2009 "Birth control, adolescents' right to confidential reproductive health care and STDs" for Boys and Girls Club of the Peninsula staff.
- 2008 Reviewer for Medscape Ob/gyn and Women's health section.
- 2008 "Birth control, adolescents' right to confidential reproductive health care and STDs" for "I Have a Dream" Program in East Palo Alto 8th graders.
- 2008-10 "HPV, EC, and other pre-college topics for Young Women," annual talk for all high school seniors. Castilleja School, Palo Alto, CA.
- 2008, 2009 Panelist on "Adolescent Health: Healthy Bodies, Healthy Habits," Menlo School Parent-Faculty Education Conference
- 2008 "Health Issues Facing Today's Youth" for the City of Menlo Park's "Youth at Risk Panel."
- 2008 "Childhood obesity and the media" at the 2008 Champions for Change Conference: Taking Action for Healthy Eating and Active Living, represented First 5 California.
- 2006- Board member, the Center for Reproductive Rights
- 2009-10 Assistant Secretary for Executive Board, the Center for Reproductive Rights
- 2008- Executive Board Member, the Center for Reproductive Rights
- 2006- Advisory Board of Adolescent Health Care Communication Project (a Project of The Institute for Reproductive Health Access)
- 2004-2006 Planned Parenthood Golden Gate's Public Affairs Committee and PPGG C4 Board
- 2005 co-chair of One Night Stand, comedy fundraiser for the Teen Safety Campaign, No on 73.
- 2004 San Francisco City and County's Childhood Nutrition and Physical Activity Task Force, appointed by Board of Supervisors
- 2003 Special Wishes Grant, UCSF Auxiliary. Selected and provided books for pediatric and teen clinic waiting areas.
- 2002- Advisory Board of Emerge, a Democratic training program for women to run for state or local office in California.
- 2001-2003 Ad hoc UCSF, Stanford, Children's Hospital Oakland and community committee on Obesity: founder.
- 2001- Physicians for Reproductive Choice and Health, Bay Area Chapter, Advisory Committee.
- 2008 spoke at Santa Clara Valley Medical Center to the Department of Pediatrics at noon lecture on the evidence against parental involvement laws having efficacy for abortion.
- 2001 Organized CARAL (California Abortion and Reproductive rights Action League), MSFC (Medical Students for Choice), and RCRC (Religious Coalition for Reproductive Choice) event regarding parental consent and late term abortion
- 2000-2006 San Francisco Adolescent Health Working Group (AHWG).
Working with SF Dept of Public Health on increasing emergency room access to MediCal Minor consent treatment as well as increasing access to emergency contraception.
- 2000-2003 C4 Board member, CARAL - California Abortion and Reproductive Rights Action League
- 2000-2003 CARAL Political Committee
- 2000-2001 CARAL Women of Color Organizing Project Advisory Board
- 1997-2001 Wu Yee Children's Services San Francisco Early Head Start Health Services Advisory Committee

RESEARCH EXPERIENCE

- 2008-9 "Pilot study: Use of G-ditty (an accelerometer with web support) versus Dance Dance Revolution to increase physical activity in young adolescents"
Site manager and Co-investigator with Hopelab's Steve Cole, PhD.
- 2008- "Physicians' knowledge of, practice patterns regarding and attitudes towards Emergency Contraception (EC) for Adolescents."
Internet survey of Emergency Medicine, Internal Medicine, Family Physicians, Ob/Gyns. Division of Adolescent Medicine, Department of Pediatrics, Lucile Packard Children's Hospital, Stanford Medical School.
Principal Investigator. Co-Investigators: Tonya Chaffee, MD MPH for pediatrics. Mark Richman MD, MPH for Emergency Medicine.

- 2008-9 "Sexual Health Information Websites, how good is their information?"
Survey of the accuracy of information and content of sexual health information websites
Research Assistant/Mentee: Alisha Tolani
- 2008-9 "College Sexual Health Information and Knowledge" a.k.a "Stanford Sex Survey"
Where do college students get their sexual health information and where would they like to get it?
Research Assistant/Mentee: Alisha Tolani
- 2007-8 "The TOP study (Tampons Or Pads)"
Division of Adolescent Medicine, Department of Pediatrics, Lucile Packard Children's Hospital,
Stanford Medical School.
Principal Investigator
Internet survey examining the reasons why women choose tampons or pads and use tampons or
pads and how that differs by ethnicity.
Research Assistants/Mentees: Giulia Conti, BA, Chelsea Garnett.
- 2006-8 "Pediatricians knowledge of, practice patterns regarding and attitudes towards Emergency
Contraception (EC)."
Survey at AAP meeting on Adolescents regarding EC. Currently in the process of starting a follow
up survey to be administered to the entire N. CA AAP chapter via internet.
Division of Adolescent Medicine, Department of Pediatrics, Lucile Packard Children's Hospital,
Stanford Medical School.
Co-Principal Investigator with Drs. Tonya Chaffee and Carolyn Jasik, UCSF.
- 2005-6 10th graders knowledge and preferences in receiving Emergency Contraception
Division of Adolescent Medicine, Department of Pediatrics, University of California, San Francisco
Advisor: Bonnie-Halpern Felsher, Ph.D.
- 2004-6 Pilot study to examine the feasibility of a videogame dancing intervention on overweight children
aged 8-18 from the WATCH clinic
Department of Pediatrics, University of California, San Francisco
Co-Principal Investigator with Drs. Kristine Madsen and Robert Lustig.
- 2003-04 "Prevalence and correlates of pediatric obesity in Asian-American members of a managed care
organization"
San Francisco Health Plan. Principal Investigator.
- 2003-04 "Time In Examination Rooms: TIER" Studying patient satisfaction with access to selected health
websites during their wait in the patient examination room.
Division of Adolescent Medicine, University of California, San Francisco
Advisor: Elizabeth Ozer, Ph.D.
- 2003-2004 "Management of Adolescent Mental Health Needs: Attitudes, Barriers, Skills, and Training Needs
Among Pediatricians"
Sponsor: AAP N. CA Youth Committee
Collaborators: Tonya A. Chaffee, M.D., M.P.H., and Pouya Yaghmaie
- 2001-2003 "Military recruits' acquisition of STDs and behavior during leave",
Department of Adolescent Medicine, University of California, San Francisco.
Advisors: Mary-Ann Shafer, M.D. and Cherrie Boyer, Ph.D.
- 2001-2003 "Bacterial Vaginosis in military recruits: prevalence and performance of methods of diagnosis "
Examination of the performance of pH and amine colorimetric method for diagnosis of BV versus
Nugent Criteria in sexually experienced and inexperienced female recruits.
Department of Adolescent Medicine, University of California, San Francisco
Advisors: Mary-Ann Shafer, M.D. and Cherrie Boyer, Ph.D.
- 2001-2002 "San Francisco Emergency rooms and Urgent care centers' policies regarding adolescent visits for
minor consent services."
Advisors: Janet Shalwitz, M.D. M.P.H. and Charles Irwin, Jr. M.D.
- 1992 "Lac Z and hGMCSF gene therapy in mouse myoblasts."
MIT, Dept. of Biology. Senior thesis.
Advisors: Prof. Richard Mulligan and Prof. David Housman
- 1991 "TCR chains in cells of rheumatoid arthritis patients."
Stanford University School of Medicine, Dept. of Microbiology and Immunology
Advisors: Prof. Grete Sonderstrup and Dr. Salil Patel in Prof. Hugh McDevitt's lab.
- 1990 "Drug delivery by liposomes to kill cancer cells."
University of California, San Francisco, Cancer Research Institute
Advisor: Dr. Kyung-Dall Lee and Dr. Keelung Hong in Prof. Demetrios Papahadjopoulos' lab.

ABSTRACTS

Rafie S, Ghaffarian S, Gray E, Haycock M, Yen S, Harper C. Provider Opinions about Expanding Access to Hormonal Contraception. Poster Presentation. Association of Reproductive Health Professionals (ARHP) annual

Meeting. Reproductive Health 2010, Sept. 2010.

Tolani AT, Yen S: College Students' Perceptions and Use of Withdrawal, Condoms, and Emergency Contraception. Poster Presentation, Society for Adolescent Health and Medicine Annual Meeting, March 2010.

Tolani AT, Yen S: Contraceptives in College: Undergraduates' Usage Patterns and Attitudes toward Pregnancy Prevention Methods. Poster Presentation, ARHP Reproductive Health Annual Meeting, Sept. 2009.

Tolani AT, Yen S: College Students' Sexual Health: Behaviors, STDs, and Pap Smears. Poster Presentation, ARHP Reproductive Health Annual Meeting, Sept. 2009.

Tolani AT, Yen S: Many Websites Fail to Dispel Myths About IUDs, Emergency Contraception, Birth Control and Proper Timing of Pap Smears. Poster Presentation, Society for Adolescent Medicine Annual Meeting, March 2009.

Yen S, Halpern-Felsher BL: Adolescents' Knowledge, Perception, And Preferences Regarding Emergency Contraception. Platform Presentation PAS (Pediatric Academic Societies' Annual Meeting) May 2006.

Yen S, Nguyen X, Hsieh J, Ozer EM: Adolescent Patients' Response to Internet Health Information in Examination Rooms during Wait Times. Poster Presentation, PAS (Pediatric Academic Societies' Annual Meeting) May 2004.

Yen S, Yaghmaie P, Chaffee TA: Management of Adolescent Mental Health Needs: Attitudes, Barriers, Skills, and Training Needs Among Pediatricians. Oral Presentation at the Ambulatory Pediatric Association Region IX and X Annual Meeting. Jan 2004.

Yen S, Shafer MA, Moncada J, Boyer CB: Prevalence of Bacterial Vaginosis (BV) by Nugent's Criteria in a non-clinic sample of young female military recruits: sexually experienced and inexperienced and correlations with symptoms and clinical findings. Platform presentation at the Society for Adolescent Medicine Annual Meeting, March 2003.

Yen S, Shafer MA, Moncada J, Campbell CJ, Henry C, Flinn K, Flinn SD, Boyer CB: How common is bacterial vaginosis and how good are the tests: Comparing *FemExam*® *pH-Amine TestCard*™ and Papanicolaou smear to Nugent's criteria in a non-clinic population of young female military recruits. Platform presentation at the Society for Adolescent Medicine Annual Meeting, March 2002.

Yen S. San Francisco Emergency rooms and Urgent care centers' policies regarding adolescent visits for minor consent services. Presented at UCSF Department of Pediatrics Research symposium 2002.

ORIGINAL ARTICLES

Yen S, Saah T, Adams PJ, IUDs and Adolescents – Review. An under-utilized opportunity for pregnancy prevention. Journal of Pediatric and Adolescent Gynecology. 2010 Jun;23(3):123-8. Epub 2009 Nov 5.

Stack S, Yen S, Jasik C, Chaffee T, Provision of Emergency Contraception to Adolescents: A Preliminary Report. California Pediatrician. Spring p8-9, 2007.

Madsen KA, Yen S, Wlasiuk L, Newman TB, Lustig R. Feasibility of a Dance Videogame to Promote Weight Loss Among Overweight Children and Adolescents. Arch Pediatr Adolesc Med. 161(1) p105-107, 2007.

Yen S, Shafer MA, Moncada J, Campbell CJ, Flinn SD, Boyer CB . Bacterial vaginosis in sexually experienced and non-sexually experienced young women entering the military. Obstetrics & Gynecology 102:(5) p927-933, 2003.

Yen S, Irwin CE. An outstanding guide to adolescent health. Lancet. 360:1707, 2002.

CHAPTERS

“The approach to the adolescent patient “ “Medico-legal considerations “ “Emergency contraception” and “Vaginal Bleeding” in A Practical Guide to Pediatric Emergency Medicine: Caring for Children in the Emergency Department Edited by N. Ewen Amieva-Wang. (ISBN-13: 9780521700085) March 2011.

<http://www.cambridge.org/catalogue/catalogue.asp?isbn=9780521700085#contributors>

TV PUBLICITY

1.19.10 **Teens and sexual health myths - 1/19/10 - San Francisco News - abc7news.com** "View from the Bay" show.

[http://abclocal.go.com/kgo/story?section=view from the bay/health fitness&id=7227672](http://abclocal.go.com/kgo/story?section=view%20from%20the%20bay/health_fitness&id=7227672)

<http://bit.ly/5Xufr7>

INTERNET PUBLICITY

6.21.10 "Teens advised to consider benefits of IUD use for birth control" by John Sanford.

<http://med.stanford.edu/ism/2010/june/iud-0621.html>

4.14.09 Six Teen Sexual Health Myths Spread by Web Identified in Packard/Stanford Study | Business Wire

<http://bit.ly/cjk9w>

<http://www.lpch.org/aboutus/news/releases/2009/yen.html>

<http://www.youtube.com/watch?v=zvuFiag5y-M>

2007 Tailored Care for Teens <http://www.lpch.org/NewsFeatures/2007/alyssaMax.html>

NEWSPAPER PUBLICITY

5/11/08 San Jose Mercury News The doctor is in: Specialists focus on teens' unique health issues This article discusses adolescent health care. Sophia Yen, who practices at Packard Children's teen clinic in Mountain View, is quoted here.

For every patient she sees, Dr. Sophia Yen performs a delicate medical operation. It's called a "parentectomy."