

Latha Palaniappan, M.D., M.S.

Internal Medicine, Clinical Epidemiology

Assistant Investigator, Health Care and Policy Research, Palo Alto Medical Foundation Research Institute
Adjunct Clinical Assistant Professor, Prevention Research Center, Stanford University School of Medicine
795 El Camino Real, Palo Alto, CA 94301

EDUCATION & EMPLOYMENT :

- 8/2006 – present **Palo Alto Medical Foundation Research Institute, CA**
Assistant Investigator – Health Care and Policy Research
- 7/2003 – 7/2006 **Stanford Prevention Research Center, Palo Alto, CA**
Stanford University School of Medicine, Instructor
- 5/2000 – 6/2003 **Stanford Center for Research in Disease Prevention,**
Palo Alto, CA Postdoctoral Fellow
- 9/2000 – 12/2001 **Stanford University, Division of Epidemiology, Department**
of Health Research and Policy, Palo Alto, CA
M.S. in Clinical Epidemiology
- 6/1997 – 6/1999 **Kaiser Permanente Foundation Hospital, San Francisco, CA**
Resident Physician in Internal Medicine Department
- 6/1996 - 6/1997 **Kaiser Permanente Foundation Hospital, San Francisco, CA**
Internship
- 8/1992 - 6/1996 **University of Michigan Medical School, Ann Arbor, MI**
Accepted into the Integrated Premedical-Medical program;
M.D.
- 9/1989 – 6/1993 **University of Michigan, Ann Arbor, MI**
Bachelor of Arts in Biomedical Sciences / Philosophy
Admitted to the Honors Program

CLINICAL & TEACHING EXPERIENCE :

- 1/2005 – Present **Course Coordinator, “Heart Disease and Diabetes”,**
Student Initiated Course, Stanford University
- 7/2002 – Present **Attending Physician, Preventive Cardiology Clinic**
Stanford University School of Medicine

*Directed Patient Care for Primary and Secondary Prevention
of Cardiovascular Disease*

- 9/2002 – 9/2004 **Staff Physician, Emergency Department
Palo Alto Veterans Affairs Health Care System**
- 11/2002 – 11/2003 **Instructor, Preparation for Clinical Medicine Course
Stanford University School of Medicine**
Taught Medical Students Physical Exam Skills
- 6/2001 – 9/2002 **Clinical Instructor, Internal Medicine Clinic
Stanford University School of Medicine**
Supervised Residents in Primary Care Continuity Clinics
- 1/2002 – 6/2002 **Visiting Lecturer, University of New South Wales
St. Vincent's Hospital, Sydney, Australia**
- 4/2000 – 12/2001 **Clinical Fellow, Preventive Cardiology Clinic
Stanford University School of Medicine**
- 7/1999 – 4/2000 **Volunteer Physician, Medecins Sans Frontieres (MSF)
Doctors without Borders; Dili, East Timor**
Medical Coordinator for Refugee Clinic

Board Certification & Licensure :

- 8/1999 **The American Board of Internal Medicine**
Certified Diplomate
#189301
- 7/1998 **The Medical Board of California**
Physician's and Surgeon's License
#A 0659904

MEMBERSHIPS :

- 5/07 – present National Lipid Association - Member
- 3/06 – present American Heart Association Minorities Committee
- 1/2002 – present American Diabetes Association – Council on Epidemiology
and Statistics Member
- 6/2002 – present Fellow of the American Heart Association – Council on
Epidemiology and Prevention

6/1996 – present American College of Physicians – Associate Member
9/1993 – present American Medical Association – Resident Member
9/1993 – present American Medical Women’s Society – Resident Member

HONORS AND AWARDS :

2003 BIRCWH (Building Interdisciplinary Research Careers in Women’s Health) Scholar. NIH Career Development Award (5K12HD043452-02)
2003 Katherine McCormick Travel Award
2003 Fellow – American College of Epidemiology
2002 Associate Fellow - American Heart Association Council on Epidemiology and Prevention
2001 American Heart Association 27th Ten-Day Seminar on the Epidemiology and Prevention of Heart Disease - Fellow
2000 Individual NIH National Research Service Award (5F32HL010338) Three year Award from The National Heart, Lung, and Blood Institute
1996 Received \$40,000 research grant from the Kughn Clinical Research Center (MO1-RR00042), University of Michigan Medical Center

LEADERSHIP ROLES :

8/2005 – present **Founder, Stanford University Red Dress Committee** – started interdisciplinary university wide group to promote the American Heart Association’s campaign to raise awareness of Heart Disease in Women. Speaker at Stanford’s First Annual Heart Health Event, February 2, 2006.
9/2000-present **Community Advisory Board Member, Study of Cardiovascular Risk Factors among Asian Indians** Physician board member for study funded by the Centers for Disease Control and Prevention, University of California Berkeley.
1999 – 2000 **Medical Coordinator, Mediciens Sans Frontieres**

Physician in charge of medical services for returning refugees in Dili, East Timor. Managing staff of twelve nurses and volunteers in assessment of over two hundred patients daily. Responsibilities included daily teaching rounds with staff and collection, analysis, and interpretation of epidemiologic statistics for weekly reporting and action.

1996 – 1999

Project Manager

“A Comparison of plasma lipid analytes and anthropometric measurements in Caucasian American, African American, and Indian American young women.”

Research Protocol funded for \$40,000 supported by the General Clinical Research Center. Prepared the grant application, secured and distributed awarded funds, designed and implemented the study, and drafted the final paper.

1997 – 1999

GMEC Representative, Internal Medicine Residency

Elected representative of the class of 1999 to serve on the Graduate Medical Education Committee. Met with the faculty to discuss pertinent Residency issues each month for a two year term.

COMMUNITY ACTIVITIES :

2004 – present

Stanford Youth Science Mentorship Program, Volunteer Lecturer

2004 – present

South Asian Heart Center, El Camino Hospital, Research Committee

2000 – present

South Asian Preventive Health Outreach Program (SAPHOP) Advisor Stanford Medical Student Organization

1999 – present

Medecins sans Frontieres Return Volunteer Network

Assist in fundraising, networking and information dissemination for Doctors without Borders

1997 – 2004

RotaCare Clinic Volunteer Monthly volunteer, providing free medical care to patients at local Rotary clinic.

PROFESSIONAL SERVICE :

Ad hoc reviewer for Diabetes Care

Ad hoc reviewer for Endocrine Reviews

Ad hoc reviewer for Metabolism

Ad hoc reviewer for American Journal of Kidney Disease

Ad hoc reviewer for Ethnicity and Disease

Ad hoc reviewer for South Asian Public Health Association

Ad hoc reviewer for American Heart Association

INVITED PRESENTATIONS :

“Motivating Patients to Follow Dyslipidemia Management Plans: Overcoming Barriers to Adherence” Pri-Med Institute Continuing Medical Education Program, Las Vegas, NV, June 2, 2007.

“Dyslipidemia and Cardiovascular Risk Reduction: An Evidence-Based Review” Practicing Clinicians Exchange Continuing Education Series, Irvine, CA, April 21, 2007.

“The Palo Alto Medical Foundation: Creating Collaboration for Translational Research” The Center for Health Research, University of California, Berkeley, January 29, 2007.

“Nurses and Women: Partners for Cardiovascular Disease Prevention” Nurses Organization of Veterans Affairs Conference Keynote Address, July 18, 2006.

“Cardiovascular Disease in South Asians: Future Directions” TIE Featured Speaker, Santa Clara, California, June 4, 2006.

“Women and Cardiovascular Disease: Prevention, Diagnosis and Treatment” Kaiser San Francisco CME, San Francisco, CA , March 8, 2006.

“Controversies in Women’s Health” Department of Obstetrics and Gynecology Journal Club, Stanford University Medical Center, Palo Alto, CA February 8, 2006.

“Heart Disease in Women: Epidemiology and Prevention” Stanford University Heart Health Event, Palo Alto, CA, February 2, 2006.

“Treatment of Pre-diabetes and CVD Prevention” Seychellois Ministry of Health, Victoria, Seychelles, January 6, 2006

“Epidemiology of Cardiovascular Disease in South Asians: Principles and Practice”; Stanford University Medical Center, Palo Alto, CA, April 4, 2005.

“Treatment of Obesity and Insulin Resistance” Women’s Health Journal Club, Stanford University Medical Center, Palo Alto, CA, March 16, 2005.

“Human Rights Abuses in East Timor” Physicians for Human Rights Course, Stanford University Medical Center, Palo Alto, CA, Feb 22, 2005.

“Weight Management for Women in the Workplace”; Workplace Wellness Symposium, Stanford University Medical Center, Palo Alto, CA, February 17, 2005.

“Obesity, Exercise, and Weight Loss in Women of Color”; Improving the Health of Older Women of Color Conference, Stanford University Medical Center, Palo Alto, CA. December 11, 2004.

“Health Consequences of Obesity”; Health Coach Training Program, Stanford University Medical Center, Palo Alto, CA, November 29, 2004.

“Doctors without Borders: The East Timor Experience”; Stanford Prevention Research Center, Palo Alto, CA. May 19, 2004.

“Heart Disease and Women” Women’s Health Week; Stanford University, Palo Alto, CA. May 12, 2004.

“Ethnic Differences in Coronary Heart Disease and Stroke Mortality in California, 1990-2000” Society of General Internal Medicine Scientific Sessions; Vancouver, Canada. May 1, 2003.

“Heterogeneity in the relationship between race, obesity, and insulin” presented at the Stanford Center for Research in Disease Prevention Seminar. January 15, 2003.

“Getting with the Guidelines” presented at the Veterans Affairs Hospital, Palo Alto, CA. January 14, 2003.

“Renal components of the metabolic syndrome: NHANES III” American Heart Association Scientific Sessions; Chicago, IL. November 20, 2002.

“Update on the National Cholesterol Education Program: ATP III” presented at Kaiser Foundation Hospital September 25, 2002; Continuing Medical Education Conference

“A Practical Approach to Common Lipid Disorders” presented at Cowell Student Health Service, Stanford University May 5, 2001; Continuing Medical Education Conference

“A Comparison of plasma lipid analytes, anthropometric measurements and nutrition in Caucasian American, African American, and Indian American Young women” presented at Kaiser Foundation Hospital June 17, 1999; Continuing Medical Education Conference

“The Use of Antihyperlipidemic Agents in the Modification of Cardiovascular Risk” presented at Kaiser Foundation Hospital September 25, 1997; Continuing Medical Education Conference

“Coarctation of the Aorta” presented at American College of Physicians Regional Meeting October 16, 1998

SELECTED PEER-REVIEWED ABSTRACTS

“Signal Detection Decision Tree for Risk Stratification for Cardiovascular Disease in Women” **Palaniappan LP**, Pencina M, Vasani RS, Wang M, D’Agostino R, Kraemer HC. Presented at the American Heart Association, Quality of Care and Outcomes Research Meeting, Washington D.C., May 10, 2007.

“Low-Carbohydrate Weight Loss Intervention Improves Insulin Resistance and Associated Abnormalities in South Asian Indian Women” Kwan AC, Martin M, McLaughlin TL, Abbasi F, Lamendola C, Reaven GM, **Palaniappan LP**. Presented at the World Congress of Insulin Resistance, Las Vegas, NV, October 5, 2006.

“Association of Body Mass Index and Insulin Resistance in South Asian Indian and Caucasian Women” Martin M, Kwan AC, McLaughlin TL, Abbasi F, Lamendola C, Reaven GM, **Palaniappan LP**. Presented at the World Congress of Insulin Resistance, Las Vegas, NV, October 5, 2006.

“Lipoprotein Abnormalities Associated with Insulin Resistance in South Asian Indian Women” **Palaniappan LP**, Kwan AC, Abbasi F, Lamendola C, McLaughlin TL, Reaven GM. Presented at American Heart Association, Phoenix, AZ, March 4, 2006.

“Coronary Heart Disease Mortality for Six Ethnic Groups in California 1990 – 2000” **Latha Palaniappan**, MD, MS; Yun Wang, MS; Stephen P. Fortmann, MD Presented at Society for General Internal Medicine, Vancouver, Canada, May 2, 2003.

Heterogeneity in the relationship between ethnicity, body mass index, and fasting insulin **Latha Palaniappan**, MD; Mercedes Carnethon, Ph.D.; Stephen P. Fortmann, MD Presented at American Heart Association April 24, 2002.

“Association between Microalbuminuria and the Metabolic Syndrome: NHANES III” **Latha Palaniappan**, MD,MS; Mercedes Carnethon, Ph.D.; Stephen P. Fortmann, MD Presented at American Heart Association, Chicago, IL, November 11, 2002

PEER-REVIEWED PUBLICATIONS :

Palaniappan LP, Pencina MJ, Vasani RS, Parast LM, Wang M, D’Agostino R, Kraemer HC. Signal Detection Regression Trees to Classify Cardiovascular Disease Risk. Archives of Internal Medicine, Submitted May, 2007

Kwan AC, Abbasi F, Lamendola C, McLaughlin TL, Reaven GM, **Palaniappan LP**. A Relatively Low Carbohydrate, Calorie-Restricted Diet Improves Insulin Sensitivity and Associated Metabolic Abnormalities in Overweight, Insulin Resistant South Asian Indian Women. Metabolism, Submitted April, 2007.

Mukherjee A, Ivey SL, **Palaniappan LP**. Leading Causes of Mortality of Asian Indians in California. Ethnicity and Disease, Submitted January 2007.

Palaniappan LP, Kwan AC, Abbasi F, Lamendola C, McLaughlin TL, Reaven GM. Lipoprotein Abnormalities Are Associated with Insulin Resistance in South Asian Indian Women. *Metabolism*. 2007 Jul;56(7):899-904.

Madan A, **Palaniappan L**, Urizar G, Wang Y, Fortmann SP, Gould JB. Sociocultural Factors That Affect Pregnancy Outcomes In Two Dissimilar Immigrant Groups In The United States. *The Journal of Pediatrics*. 2006 Mar;148(3):341-6..

Palaniappan L, Carnethon MR, Wang Y, Hanley AJ, Fortmann SP, Haffner SM, Wagenknecht L. Predictors of Metabolic Syndrome: The Insulin Resistance Atherosclerosis Study. *Diabetes Care*. 2004 Mar;27(3):788-93.

Palaniappan L, Wang Y, Fortmann SP. Coronary Heart Disease Mortality for Six Ethnic Groups in California 1990-2000. *Annals of Epidemiology*. 2004 August;14(7):495-506.

Kinder LS, Carnethon MR, **Palaniappan LP**, King AC, Fortmann SP. Depression and Metabolic Syndrome in Young Adults: Findings From the Third National Health and Nutrition Examination Survey. *Psychosomatic Medicine*. 2004 May-Jun;66(3):316-22.

Palaniappan L, Carnethon M, Fortmann S. Association Between Microalbuminuria And The Metabolic Syndrome: NHANES III. *American Journal of Hypertension*. 2003 November; 16(11):952-958.

Carnethon M, Fortmann S, **Palaniappan L**, Duncan B, Schmidt M, Chambless L. Risk Factors for Progression to Incident Hyperinsulinemia: The Atherosclerosis Risk in Communities Study, 1987-1998. *American Journal of Epidemiology*. 2003 December; 158(11):1058-1067.

Palaniappan L, Simons LA, Simons J, Friedlander Y, McCallum J. Comparison of usefulness of systolic, diastolic and mean blood pressures and pulse pressure as predictors of cardiovascular death in patients >60 years of age (The Dubbo Study). *American Journal of Cardiology*. 2002 December; 90(12):1398-1401.

Simons LA, Simons J, Friedlander Y, McCallum J, **Palaniappan L**. Risk Functions for Prediction of Cardiovascular Disease in the Australian Elderly: the Dubbo Study. *Medical Journal of Australia*. 2003 February; 178(3):113-6.

Wrone L, Carnethon M, **Palaniappan L**, Fortmann S. Implications of Dietary Protein Intake on Microalbuminuria, Findings from NHANES III. *American Journal of Kidney Diseases*. 2003 March; 41 (3):580-587.

Palaniappan L, Carnethon M, Fortmann S. Heterogeneity in the relationship between ethnicity, body mass index, and fasting insulin. *Diabetes Care*. 2002 August;25(8):1351-1357.

Carnethon M, **Palaniappan L**, Burchfield C, Brancati F, Fortmann S. Serum Insulin, Obesity, and the Incidence of Type 2 Diabetes in Black and White Adults: The Atherosclerosis Risk in Communities Study, 1987 – 1998. *Diabetes Care*. 2002 August; 25(8):1358-1364.

Park Y, Zhu S, **Palaniappan L**, Heshka S, Carnethon M, Heymsfield S. The Metabolic Syndrome: Prevalence and Associated Risk Factors : Findings in the US Population from The Third National Health and Nutrition Examination Survey, 1988-1994. *Archives of Internal Medicine*. 2003 February 24;163(4):427-36.

Palaniappan L, Anthony MN, Elliott M, Giacherio D, Rubenfire M. Cardiovascular risk factors in ethnic minority women aged < or =30 years. *American Journal of Cardiology*. 2002 Mar 1;89(5):524-9.

Ozturk IC, Wei WL, **Palaniappan L**, Rubenfire M, Killeen AA. Analysis of CYP21 coding polymorphisms in three ethnic populations: further evidence of nonamplifying CYP21 alleles among whites. *Molecular Diagnostics*. 2000 March;5(1):47-52.

STUDENTS MENTORED

Andrea C. Kwan – Mentored as undergraduate work study student 2004- 2007, matriculated to PharmD program at School of Pharmacy, University of California San Diego, 2007

Marlene Martin - Mentored as undergraduate work study student 2004- 2007, matriculated to Stanford University School of Medicine, 2007

Mary Ann Situ – Mentored as undergraduate work study student 2004-2005, matriculated to University of California San Francisco School of Medicine, 2007

Ravi Garg – Mentored as Faculty Advisor to South Asian Preventive Health Outreach Program, matriculated to Boston University School of Medicine 2006.

Laura Wallace – Mentored as undergraduate work study student 2003 – 2005, employed by Google, Inc. Mountain View, 2005.

PERSONAL :

Speak Tamil (South Indian Language), American Sign Language, Latin, Tetum (East Timorese Language). Certified scuba diver. Completed Victoria Marathon November 2001. Other interests include lacrosse, rock climbing, mountain biking, and yoga.

REFERENCES :

Dr. Stephen Fortmann, Stanford Center for Research in Disease Prevention

Dr. John Farquhar, Stanford Center for Research in Disease Prevention

Dr. Marcia Stefanick, Stanford Center for Research in Disease Prevention

Dr. Joe Selby, Director of Research, Kaiser Permanente Medical Group

Dr. Gerald Reaven, Stanford University Medical Center

Dr. Ashima Madan, Stanford University Medical Center

Dr. Susan Ivey, University of California Berkeley