

# Vijaya L. Rao, MD

The University of Chicago  
Section of Gastroenterology, Hepatology, and Nutrition  
The Department of Internal Medicine  
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## ACADEMIC APPOINTMENTS

2017—present Assistant Professor, Department of Medicine, Section of Gastroenterology, Hepatology & Nutrition, The University of Chicago, Chicago, IL

## PROGRAM, INSTITUTE, AND CENTER APPOINTMENTS

2017—present Faculty Member, The MacLean Center for Clinical Medical Ethics, The University of Chicago, Chicago, IL

## LEADERSHIP

2017—present Director of Student and Resident Rotations, Section of Gastroenterology, Hepatology & Nutrition, The University of Chicago, Chicago, IL

2018—present Associate Program Director, Gastroenterology Fellowship, Section of Gastroenterology, Hepatology & Nutrition, The University of Chicago, Chicago, IL

## ACADEMIC TRAINING

2002—2005 B.A., Sociology, Northwestern University, Evanston, IL

2007—2011 M.D., Loyola University Chicago, Stritch School of Medicine, Maywood, IL

2011—2014 Residency, Department of Internal Medicine, Loyola University Medical Center, Edward Hines Jr. Veterans Administration, Maywood, IL

2014—2017 Fellowship, Section of Gastroenterology, Hepatology & Nutrition, The University of Chicago Medical Center, Chicago, IL

Chief Fellow (2015-2016)

2016—2017 Fellowship, The MacLean Center for Clinical Medical Ethics, The University of Chicago, Chicago, IL

**EDITORIAL APPOINTMENTS**

2019—2022 Editor-in-Chief, *The New Gastroenterologist*, Publication of the American Gastroenterological Association

**OTHER PROFESSIONAL APPOINTMENTS**

2006—2007 Assistant to the Deputy Director (Richard Nakamura, PhD), National Institute of Mental Health, Rockville, MD

**LICENSING AND BOARD CERTIFICATION**

2017 Diplomate, American Board of Internal Medicine, Gastroenterology  
 2014 Diplomate, American Board of Internal Medicine, Internal Medicine  
 2014 State of Illinois Physician License #036134531. Exp: 7/31/2020  
 2014 State of Illinois Controlled Substance License #336095785. Exp: 7/31/2020

**PROFESSIONAL SOCIETIES**

- American Gastroenterological Association
  - AGA Institute Ethics Committee Member, 2018—present
  - AGA Leadership Cabinet, Member, 2019—present
  - AGA Publications Committee, Ex-Officio Member, 2019—present
- American Society for Gastrointestinal Endoscopy
  - Leadership Education and Development (LEAD) program, Class of 2018
  - Quality Assurance in Endoscopy Committee, 2019—present

**HONORS, PRIZES, AND AWARDS**

2002 NIH Undergraduate Research Fellowship, Medical College of Wisconsin  
 2002 Miller Brewing Company College Scholarship  
 2004 National Scholars Award of Achievement  
 2004 Undergraduate Research Grant, Northwestern University  
 2005 Undergraduate Research Grant, Northwestern University  
 2005 Dean's List, Northwestern University  
 2015 Chief Gastroenterology Fellow, The University of Chicago  
 2018 American Society of Gastrointestinal Endoscopy, Leadership Education and Development (LEAD) program  
 2018 Honorable Mention, Department of Medicine Research Day, The University of Chicago  
 2018 Pilot Grant, Bucksbaum Institute of Clinical Excellence, The University of Chicago  
 2018 Outstanding Poster, American College of Gastroenterology  
 2019 Editor-In-Chief, *The New Gastroenterologist*, American Gastroenterological Association

## SCHOLARSHIP

### Peer-reviewed publications in the primary literature, exclusive of abstracts:

1. **Rao V**, Flores G. Why Aren't There More African-American Physicians? A Qualitative Study and Exploratory Inquiry into African-American High-School Students' Perspectives on Careers in Medicine. *Journal of the National Medical Association*. 2007; 99 (9):986-93.
2. **Rao V**, Haywood S, Abecassis M, Levitsky J. Outcomes of a Non-Induction Renal Sparing Approach after Liver Transplantation: High Dose Mycophenolate Mofetil with Delayed, Low-Dose Tacrolimus. *Transplant Proc*. 2013 45(1):320-2.
3. Blaschke, E; **Rao VL**, Xiong L, Te HS, Hart J, Reddy KG, Oto A. Multi-phase MDCT imaging characteristics of large (>5cm) focal hepatocellular carcinoma. *J Comput Assist Tomogr*. 2016 May-Jun;40(3):493-7.
4. Micic D, Yarur A, Gonsalves A, **Rao VL**, Broadway S, Cohen R, Dalal S, Gaetano JN, Glick LR, Hirsch A, Pekow J, Sakuraba A, Walk ST, Rubin DT. Risk Factors for *Clostridium difficile* Isolation in Inflammatory Bowel Disease: A Prospective Study. *Digestive Disease and Sciences*. 2018 Feb 8. doi: 10.1007/s10620-018-4941
5. Christensen, B, Micic D, Gibson PR, Singh S, Bellaguarda E, Corsello P, Gaetano JN, Kinnucan JA, **Rao VL**, Reddy S, Yarur AJ, Rubin DT, Pekow J. "Vedolizumab is safe and effective for IBD but has no effect on liver biochemistries." *Alimentary Pharmacology & Therapeutics*. 2018 Mar;47(6):753-762.
6. Feld LD, **Rao VL**. Code Status Reversal for Do-Not-Resuscitate Patients Undergoing Invasive Procedures: Current Practices and Beliefs of Medical and Surgical Residents. *J Palliat Med*. 2019 Sep;22(9):1024-1025.
7. **Rao VL**, Gupta N, Swee E, Wagner T, Aronsohn A, Reddy KG, Sengupta N. Predictors of mortality and endoscopic intervention in patients with upper gastrointestinal bleeding in the intensive care unit. *Gastroenterol Rep (Oxf)*. 2020 Apr 1;8(4):299-305. doi: 10.1093/gastro/goaa009. eCollection 2020 Aug. <https://doi.org/10.1093/gastro/goaa009>
8. Feld LD, Mergener K, Rubin DT, **Rao VL**. Management of Code Status in the Peri-Endoscopic Period: A National Survey of Current Practices and Beliefs of U.S. Gastroenterologists. *Gastrointestinal Endoscopy*. 2021 Jan 18:S0016-5107(21)00032-8. doi: 10.1016/j.gie.2021.01.005
9. Dougherty U, Mustafi R, Hongyan Z, Xiarong Z, Deb D, Meredith SC, Ayaloglu-Butun F, Fletcher M, Sanchez A, Pekow J, Dend Z, Amini N, Konda VJ, **Rao VL**, Sakuraba A, Kwesi A, Kupfer SS, Fichera A, Joseph L, Hart J, He F, He Ton-Chuan, West-Szymanski D, Li YC, Bissonnette M. Upregulation of polycistronic microRNA-143 and -145 in colonocytes suppresses colitis and inflammation-associated colon cancer. *Epigenetics*. 2020 Dec 28:1-18. doi: 10.1080/15592294.2020.1863117. Online ahead of print.
10. Feld LD, Cleveland ER, Rabinowitz LR, **Rao VL**, Bushyhead D, Couri T, Issaka RB. Analysis of Speaker Introduction Formality by Gender at the American College of Gastroenterology 2020 Annual Scientific Meeting. *Digestive Diseases and Sciences*. In press.

### Reviews, Commentaries, and Editorials:

11. **Rao VL**, Daugherty C. "Is it ethical to enroll a patient in an HCV clinical trial when current standard of care is highly effective and safe?" *Clinical Liver Disease*. 2015, 6: 120–121.
12. **Rao VL**, Cifu AS, Yang LW. Guidelines on the Pharmacologic Management of Irritable Bowel Syndrome. *JAMA*. 2015 Dec 22-29;314(24):2684-5.
13. **Rao VL**, Micic D, Kim K. Primary Care Management of Gastroenterologic Issues in Women. *Obstet and Gynecol Clin North Am*. 2016 Jun;43(2):347-66.
14. **Rao VL**, Reddy KG. "The History of Gastroenterology Training". *Gastroenterology & Endoscopy News*. 2018 Mar; 69(3): 32.
15. **Rao VL**, Mikolajczyk A, Diaz G, Renz R. "Patient and Allograft Survival Remain the Best Metric to Gauge Successful Liver Transplantation". *Clinical Liver Disease*. 2018 Apr 6. <https://doi.org/10.1002/cld.697>

16. Mikolajczyk AE, **Rao VL**, Diaz GC, Renz JF. Can reporting more lead to less? The role of metrics in assessing liver transplant program performance. *Clinical Transplantation*. 2019 Jan;33(1):e13385. doi: 10.1111/ctr.13385.
17. **Rao VL**, Feld LD, Rubin DT. Discussion of Peri-Procedural Code Status. *American Journal of Gastroenterology*. 2019 Mar;114(3): 372-74. doi: 10.1038/s41395-018-0370-7
18. Micic D, **Rao VL**, Semrad CE. Celiac Disease and its Role in the Development of Metabolic Bone Disease. *J Clin Densitom*. 2019; S1094-6950(19)30082-4. doi: 10.1016/j.jocd.2019.06.005.
19. Micic D, **Rao VL**, Rubin DT. Clinical Approach to Lactose Intolerance. *JAMA*. 2019 Sept 26. doi: 10.1001/jama.2019.14740.
20. **Rao VL**, Micic D, Davis AM. Medical Management of Opioid-Induced Constipation. *JAMA*. 2019 Nov 4. doi: 10.1001/jama.2019.15852
21. **Rao VL**, Feld LD, Rubin DT. Periendoscopic code status. *Gastrointest Endosc*. 2020 Feb;91(2):453. doi: 10.1016/j.gie.2019.08.029.
22. **Rao VL**, Rao K. "COVID-19: Implications in Gastroenterology". *The New Gastroenterologist*. May 2020.
23. **Rao VL**, Rubin DT, Aronsohn A. "How to integrate a medical ethics curriculum into gastroenterology fellowships. *Gastroenterology*. 2021 Jan 23:S0016-5085(21)00316-4. doi: 10.1053/j.gastro.2021.01.211.

#### Case Reports:

24. Willson TD, **Rao V**, Podbielski FJ, Blecha MJ. "In situ aortic thrombosis secondary to intra-abdominal abscess". *Am J Case Rep*. 2012;13:149-52.
25. **Rao, VL**, Rangarajan V. "Chest pain and an Angiographic Abnormality". *JAMA* 2013; 309(10):1030-1.
26. **Rao, VL**, Micic D, Rubin, DT. "Hematochezia and a Mesenteric Mass". *Gastroenterology*. 2015 Jul;149(1):e12-3.
27. Cotter TG, Stier MW, **Rao VL**. Transected nasogastric tube: a rare complication of nasogastric feeding. *Intern Emerg Med*. 2019 Jan;14(1):179-180. doi: 10.1007/s11739-018-1928-5. Epub 2018 Aug 17.

#### Book chapters:

28. **Rao VL**. Kavitt, R. "Pneumatic Dilation and Achalasia". *Achalasia: Diagnosis and Treatment*. 2016. p 39 – 44.

#### Non-peer-reviewed original articles

29. **Rao VL**. Seventeenth Grade. *The Legible Script: A National Literary Journal for Medical Students*. 2009; (10) 27-30.

#### Other works that are publically available

30. **Rao VL**, Daugherty C. "Is it ethical to enroll a patient in a hepatitis C virus clinical trial when current standard of care is highly effective and safe?" December 13, 2015. <https://itunes.apple.com/us/podcast/is-it-ethical-to-enroll-patient/id554995526?i=1000358917221&mt=2>
31. **Rao VL**. "Such a Fun Guy—28 year old male with Intractable Fungal Infection". The Doctor's Channel. Gastroenterology Clinical Case Series. July 2015. [http://www.thedoctorschannel.com/view/such-a-fun-guy-28-year-old-male-with-intractable-fungal-infection\\_u-of-c\\_gi\\_case/](http://www.thedoctorschannel.com/view/such-a-fun-guy-28-year-old-male-with-intractable-fungal-infection_u-of-c_gi_case/)
32. **Rao, VL**. Commentary in "Resolution Rx: Eating, Sleeping, and Exercise". January 22, 2018. <https://www.uchicagomedicine.org/health-and-wellness-articles/resolutions-eating-sleeping-and-exercise>
33. **Rao, VL**. Commentary in "How to Get Rid of a Stomach Ache Fast". *Prevention Magazine*. May 2, 2018. <https://www.prevention.com/health/health-conditions/a20116644/stomach-ache-remedies/>
34. **Rao, VL**. Commentary in "Why You Struggle to go to the Toilet on Holiday". *Cosmopolitan*. May 10, 2018. <https://www.cosmopolitan.com/uk/body/health/a20652049/struggle-toilet-holiday-constipation/>
35. **Rao, VL**. Commentary in "Vacation Constipation". *The Sun*. May 11, 2018. <https://www.thesun.co.uk/fabulous/6261980/why-struggle-toilet-holiday-constipation/>
36. **Rao, VL**. Commentary in "This is Why You Have Trouble Pooping on Vacation". *The New York Post*. May 12, 2018. <https://nypost.com/2018/05/12/this-is-why-you-have-trouble-pooping-on-vacation/>
37. **Rao, VL**. Commentary in "8 Solutions for Bloating". *Prevention Magazine*. September 10, 2018. <https://www.preventionaus.com.au/article/8-solutions-for-bloating-500026>

38. **Rao, VL.** Commentary in “Staying Safe during Food Recalls”. January 22, 2019. <https://www.uchicagomedicine.org/forefront/gastrointestinal-articles/2019/january/staying-safe-during-food-recalls>
39. **Rao, VL.** Things You're Too Embarrassed to Ask a Doctor Season 1, Episode 5: Adult GI with Dr. Vijaya Rao. February 3, 2020 <https://www.uchicagomedicine.org/forefront/embarrassing-things-podcast/episode-5-adult-gi>
40. **Rao, VL.** Commentary in “Best Ways to Curb Digestive Issues”. Consumer Reports. May 2, 2021. <https://www.consumerreports.org/medical-conditions/best-ways-to-curb-digestive-issues/>

## ABSTRACTS

1. **Rao VL,** Haywood S, Abecassis M, Levitsky J. “Outcomes of a Non-Induction Renal Sparing Approach after Liver Transplantation.” Presented at the *American Transplant Congress Annual Meeting 2011*, Philadelphia, PA, April 30, 2011.
2. **Rao VL,** Rangarajan V, Orjuela K, Dunning L, Schulwolf E. “Not Just Another Rule-Out MI”. Presented at the *Society of General Internal Medicine*, Orlando, FL, May 11, 2012.
3. **Rao VL,** Levitsky J. “Incidence and Outcomes of Intracranial Hemorrhage in Patients with Cirrhosis.” Presented at International Liver Transplant Society, 19<sup>th</sup> Annual Congress, Sydney, Australia, June 12, 2013
4. **Rao VL,** Wolfert M, Losavio A. “Sexual dysfunction in perianal Crohn’s disease”. Presented at American College of Gastroenterology, San Diego, CA Oct 14, 2013.
5. **Rao VL,** Nguyen M, Pietrzak C, Dorfmeister J. “Superior Mesenteric Thrombosis in a Patient with Protein S Deficiency.” Presented at American College of Gastroenterology, San Diego, CA Oct 14, 2013.
6. Disadee M, **Rao VL,** Popli S. Disease-Related Amyloidosis: “It is Just a Matter of Time”. Presented at American Society of Nephrology, Philadelphia, PA, November 2014.
7. Stier M, **Rao VL,** Stoll J, Whitcomb E, Xiao SY, Kupfer S. "Small Bowel Polyposis without a Diagnosis". Presented at American College of Gastroenterology, Honolulu, HI, October 2015.
8. **Rao VL,** Gaetano JN, Reddy KG, Te HS, Aronsohn A. “Factors affecting clinical trial enrollment in patients with hepatitis C virus (HCV)”. Presented at the American Association of for the Study of Liver Disease, Boston, MA, November 14<sup>th</sup>, 2016.
9. Christensen, B, Micic D, Gibson PR, Singh S, Bellaguarda E, Corsello P, Gaetano JN, Kinnucan JA, **Rao VL,** Reddy S, Yarur AJ, Rubin DT, Pekow J. “Vedolizumab is safe and effective for IBD but has no effect on liver biochemistries.” Presented at Digestive Diseases Week, May 2017.

## FUNDING

2018-2020 Bucksbaum Institute for Clinical Excellence Pilot Grant Program. \$6,000.  
 Project period: 7/1/18-7/1/2020. Title: “Management of Do-Not-Resuscitate (DNR) Patients Who Require Endoscopy: A National Survey of Current Practices and Beliefs of U.S. Gastroenterologists.”  
 PI: Vijaya Rao

## INVITED SPEAKING

### INTRAMURAL

- “Functional Disorders of Defecation”. University of Chicago, Center for Pelvic Health Symposium: Improving Quality of Life For Patients with Pelvic Floor Disorders. January 4, 2019. (CME)
- “The Many Faces of Celiac Disease in Women”. University of Chicago, Women in Digestive Diseases: At the Forefront. March 9, 2019 (CME)

- “Celiac disease: factors to consider in transition care”. University of Chicago, Celiac Disease & Continuum of Care, April 17 2021

## **EXTRAMURAL**

- “How to make the most of your fellowship”. American Society of Gastrointestinal Endoscopy First Year Fellow Endoscopy Course. Downers Grove, IL. August 2016.
- “Integrating Ethics into Gastroenterology & Hepatology.” University of Texas Southwestern Medical Center, Dallas, TX. November 2016.
- Patient and Allograft Survival Remain the Best Metric to Gauge Successful Liver Transplantation”. American Liver Foundation Academic Debates. Chicago, IL. March 2017.
- “Colorectal Cancer Screening”. Mercy Hospital, Chicago. May 2018.

## **SERVICE**

### **INTRAMURAL**

- 2017- Director of Student and Resident Rotations, Section of Gastroenterology, Hepatology & Nutrition, The University of Chicago, Chicago, IL
- 2018- Associate Program Director, Gastroenterology Fellowship, Section of Gastroenterology, Hepatology & Nutrition, The University of Chicago, Chicago, IL

### **EXTRAMURAL**

## **CONTINUING MEDICAL EDUCATION**

- 2018- Co-Course Director for Women in Digestive Diseases
- 2020- Chair, Women in Digestive Diseases

## **TEACHING**

### **For Loyola University Chicago, Stritch School of Medicine (M.D.):**

- (a) Didactic
- 2010—2011 Patient Centered Medicine, Instructor

### **For The University of Chicago, Pritzker School of Medicine (M.D.):**

- (a) Didactic
- 2014- Clinical Pathophysiology Course, Gastroenterology, Small Group Lecturer and Discussion Leader
- 2017- Doctor Physician Relationship, Medical Ethics, Small Group Discussion Leader
- 2018- Advanced Medical Ethics Course, Discussion Leader

(b) Clinical

- 2017- Daily rounding with medical students on inpatient Gastroenterology Consult service (6-8 weeks per year) and teaching during ambulatory rotations

**For The University of Chicago, Graduate Medical Education (residency and clinical fellowships):**

## (a) Leadership/Administration

- 2017- Director of Resident Rotations, Section of Gastroenterology, Hepatology and Nutrition  
 2018- Associate Program Director, Gastroenterology Fellowship Program

## (b) Clinical

- 2017- Daily rounding with residents and fellows on inpatient Gastroenterology Consult service (8 weeks per year) and teaching during ambulatory rotations  
 2018- Preceptor for first year fellows' weekly continuity clinic

## (c) Didactic

- 2018 Academic Skills Retreat for Internal Medicine Residents. Topic: Dysphagia

**MENTEES**

- 2017-present Lauren Feld, Gastroenterology Fellow, University of Washington
- Feld LD, **Rao VL**. Code Status Reversal for Do-Not-Resuscitate (DNR) Patients Prior to Endoscopy: Current Practices of Medical and Surgical Residents. Presented at American College of Gastroenterology, Philadelphia, PA October 2018.
  - Feld, LD, Mergener K, Rubin DT, **Rao VL**. Management of Do-Not-Resuscitate (DNR) Patients Who Require Endoscopy: A National Survey of Current Practices and Beliefs of U.S. Gastroenterologists. Presented at Digestive Disease Week, May 2020.
- 2016-2018 Nina Gupta, Gastroenterology Fellow, University of Chicago
- Gupta N, Swei E, Wagner T, Reddy KG, Aronsohn A, Sengupta N, **Rao VL**. "Impact of Night and Weekend Esophagogastroduodenoscopy on Outcomes in Intensive Care Unit Patients with Upper Gastrointestinal Bleeding." Presented at American College of Gastroenterology, Philadelphia, PA October 2018. Awarded Outstanding Poster Presentation Award.
  - Gupta N, Swei E, Wagner T, Reddy KG, Aronsohn A, Sengupta N, **Rao VL**. "Impact of Night and Weekend Esophagogastroduodenoscopy on Outcomes in Intensive Care Unit Patients with Upper Gastrointestinal Bleeding." Awarded Honorable Mention at University of Chicago, Department of Medicine Research Day. March 6, 2018.
- 2016-2018 Thomas Wagner, Gastroenterology Fellow, Medical College of Wisconsin
- **Rao VL**, Gupta N, Swei E, Wagner T, Reddy KG, Aronsohn A, Sengupta N. "Outcomes of Upper Endoscopy Performed for Upper GI Bleeding in the Intensive Care Unit". Presented at American College of Gastroenterology, Orlando, FL October 2017.
- 2016-2018 Eric Swei, Gastroenterology Fellow, UTSW

**Extramural****Leadership roles:**

2004 – 2005 Founder, Student Society for Stem Cell Research, Northwestern University, Evanston, IL  
2004 – 2005 Founder, ACT/SAT Preparatory Course, Dusable High School, Chicago Public School System, Chicago, IL

**Other:**

2005— Northwestern Alumni Association, Interviewer for College Applicants  
2005— The North South Foundation (North South Foundation is a nonprofit organization whose main goal is to provide disadvantaged children living in India with college scholarships; raises funds by hosting educational competitions made up of participants of Indian background in the United States), Volunteer  
2017— River North Residents Association, Volunteer