



## Dennis M. Styne, M.D.

### Philosophy of Care

Dr. Styne understands that complex endocrine conditions in a child may affect the whole family and guides care to include the family unit. As a result of this, he works alongside an excellent team of nurses, dietitians and social workers as the family proceeds through the evaluation and treatment process. He aims to only perform laboratory or radiographic tests when truly indicated so as to spare the child or teenager discomfort and expense. He sees patients on a consistent basis providing continuity of care.

### Clinical Interests

Dr. Styne cares for all types of pediatric endocrine conditions in children and teenagers with a particular focus upon obesity, growth disorders, disorders of puberty and of course, diabetes mellitus. Dr. Styne has written a textbook on Pediatric Endocrinology that is used by providers around the world. He is also a leader in the evaluation and treatment of childhood obesity and the complications that arise from it.

### Research/Academic Interests

Dr. Styne is considered an authority on puberty, growth and obesity and has numerous publications in these areas and many others. He led the international team that developed new guidelines for the evaluation and treatment of childhood obesity. He has an avid interest in the effects of endocrine disrupting chemicals in the environment on the development of children. While his initial focus was on disorders of growth and puberty, more recently he has turned his attention to childhood obesity and its effects. He is recognized as an outstanding teacher and invited to give presentations across the country and internationally on topics of pediatric endocrinology and obesity.

**Title** Professor, Department of Pediatrics  
Yocha Dehe Endowed Chair in Pediatric Endocrinology

**Specialty** Pediatric Endocrinology

**Department** [Pediatrics](#)

**Division** Pediatric Endocrinology

**Center/Program Affiliation** [UC Davis Children's Hospital](#)  
[Center for Health and Technology](#)

**Address/Phone** Glassrock Building, Pediatric Specialty Clinics, 2521 Stockton Blvd. Suite 3200 Sacramento, CA 95817  
**Phone:** 916-734-3112

**Additional Phone** Clinic Phone: 916-734-8336  
Clinic Fax: 916-734-1241



## Dennis M. Styne, M.D.

Physician Referrals: 800-4-UCDAVIS (800-482-3284)

- Education** M.D., Northwestern University Medical School, Evanston IL 1971  
B.S., Northwestern University, Evanston IL 1969
- Internships** Pediatrics, UC San Diego, San Diego CA 1971-1972
- Residency** Pediatrics, UC San Diego, San Diego CA 1972-1973  
Pediatrics, Yale - New Haven Hospital, New Haven CT 1973-1974
- Fellowships** Pediatric Endocrinology, UC San Francisco, San Francisco CA 1974-1977

- Board Certifications** American Board of Pediatrics  
American Board of Pediatrics, Pediatric Endocrinology, 2002  
National Board of Medical Examiners

- Professional Memberships** American Academy of Pediatrics  
Endocrine Society  
Obesity Society  
Pediatric Endocrine Society  
Western Society for Pediatric Research

- Honors and Awards** Best Doctors in America, (1992-2020), 2020  
Yocha Dehe Endowed Chair in Pediatric Endocrinology (2006-present), 2020  
Krishna M. Saxena, MD Honorary Endocrine Lecture, 2004  
Dean's Excellence in Mentoring, UC Davis Medical Center, School of Medicine, Department of Pediatrics, 2013  
Medical Student Research Forum Appreciation Award (for mentoring Mo Mortazavi, MD), 2008  
14th Annual Marjorie Kantor Memorial Lecture, 2008  
Frank Oski, MD Distinguished Visiting Professor, Syracuse, NY, 2007  
Krishna M. Saxena, MD Honorary Endocrine Lecture, 2004

- Select Recent Publications** Styne DM. Physiology & Disorders of Puberty. Melmed, Koenig, Rosen, Auchus & Goldfine, (ed). Williams Textbook of Endocrinology, 14th edition, Elsevier Health. 2020:1023-1164.

Townsend MS, Shilts ML, Lanoue L, Drake C, Styne DM, Woodhouse L, Ontai L. Healthy Kids Study among 3-5 year olds: Validation with biomarkers of low-grade chronic inflammation. Childhood Obesity. 2020;16(1): S23-32.



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Jetter KM, Adkins J, Cortez S, Hopper GK Jr, Shively V, Styne DM. Yes We Can: Eating Healthy on a Limited Budget. *J Nutr Educ Behav*. 2019 Mar;51(3):268-276. doi:10.1016/j.jneb.2018.12.002. PMID:30851840.

Townsend MS, Shilts MK, Styne DM, Drake C, Lanoue L, Ontai L. An Obesity Risk Assessment Tool for Young Children: Validity With BMI and Nutrient Values. *J Nutr Educ Behav*. 2018 Jul-Aug;50(7):705-717. doi:10.1016/j.jneb.2018.01.022. Epub 2018 Mar 19. PMID:29567008.

Styne D. Growth. Gardner %26amp%3B Shoback (ed). *Basic %26amp%3B Clinical Endocrinology*, Vol. 10, Greenspan. 2018:137-170.

Styne D. Puberty. Gardner %26amp%3B Shoback (ed). *Basic %26amp%3B Clinical Endocrinology*, Vol. 10, Greenspan. 2018:547-574.

Lee Y, Styne DM. Endocrine Factors Affecting Neonatal Growth. Polin, Abman, Rowitch, Benitz, Fox (ed). *Fetal and Neonatal Physiology*, Vol 5, Elsevier, Philadelphia, PA. 2018;25:256-272.

Styne DM, Arslanian SA, Connor EL, Farooqi IS, Murad MH, Silverstein JH, Yanovski JA. Pediatric Obesity-Assessment, Treatment, and Prevention: An Endocrine Society Clinical Practice Guideline. *J Clin Endocrinol Metab*. 2017 Mar 1;102(3):709-757. doi:10.1210/jc.2016-2573. PMID: 28359099.

Townsend MS, Shilts MK, Styne DM, Drake C, Lanoue L, Woodhouse L, Allen LH. Vegetable behavioral tool demonstrates validity with MyPlate vegetable cups and carotenoid and inflammatory biomarkers. *Appetite*. 2016 Dec 1;107:628-638. doi:10.1016/j.appet.2016.09.002. Epub 2016 Sep 4. PMID:27603783.



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Styne DM, Grumbach MM. Physiology and Disorders of Puberty. Melmed %26amp%3B Polonsky %26amp%3B Larsen @ Cronenberg (ed). Williams Textbook of Endocrinology, Elsevier. 2016;13 (25):1074-1218.

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