



Lara Zimmermann, M.D.

Philosophy of Care

Every person deserves high-quality medical care provided by specialized physicians and surgeons, working together to deliver personalized and individualized care. It is both my responsibility and my privilege to educate patients and their families daily while in the intensive care unit so that they are well-informed about their treatment options.

My goal is to be able to offer leading-edge therapies and research trial opportunities that may help both my patients today and improve care in the future.

Clinical Interests

Dr. Zimmermann is a neurologist and neurocritical care specialist who treats patients with life-threatening neurological and neurosurgical diseases, and patients with neurological manifestations of systemic diseases.

She has special expertise in the application of multimodal neuromonitoring to optimize and individualize therapies for patients with traumatic brain injury, stroke, intracerebral hemorrhage, subarachnoid hemorrhage and seizures.

Multimodal neuromonitoring includes structural and functional brain imaging combined with intracranial pressure monitoring, brain tissue oxygen monitoring, cerebral microdialysis and continuous electroencephalography used to prevent further injury and optimize recovery.

Research/Academic Interests

Dr. Zimmermann's research focuses on clinical trials to optimize care and prevent ongoing brain injury following head trauma. She has a particular interest in understanding how and why seizures develop after head trauma and preventing post-traumatic epilepsy. She also has an interest in education and plays an active role developing Emergency Neurological Life Support (ENLS), a course designed to standardize and improve emergency neurological care around the world.

Title Co-Director, Neurocritical Care Service
Assistant Professor

Specialty Neurology, Neurocritical Care, Neurotrauma

Department [Neurology](#)
[Neurological Surgery](#)

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Lara Zimmermann, M.D.

- Education** M.D., David Geffen School of Medicine at UCLA, 2010
Internal Medicine, Cedars Sinai Medical Center, Los Angeles, CA, 2010-2011
B.S., Cognitive Science, UCLA, 2005
- Residency** Neurology, UCSF, 2011-2014
Chief Resident, San Francisco General Hospital, UCSF, 2013-2014
- Fellowships** Neurocritical Care, Ronald Reagan UCLA Medical Center, Los Angeles, 2014-2016

- Board Certifications** American Board of Psychiatry and Neurology - Neurology
Emergency Neurological Life Support (ENLS) - Train the Trainer
United Council of Neurologic Subspecialties - Neurocritical Care

- Honors and Awards** Neurocritical Care Society Presidential Citation, 2018
AAMC Leadership and Management Foundations Seminar, 2018
Neurocritical Care Society Presidential Citation, 2017
AAMC Early Career Women Faculty Leadership Development Seminar, 2017
UC Davis Deans Team Award for Excellence in Education, 2016
Neurocritical Care Society Presidential Citation, 2015

- Select Recent Publications** Martin, RM, Zimmermann, LL, Huynh, M, Polage, CR (2018) Diagnostic Approach to Healthcare- and Device-associated CNS Infections. *Journal of Clinical Microbiology*. August 2018.

Zimmermann, LL, Martin, R, Girgis, F. Treatment Options for Posttraumatic Epilepsy. *Current Opinions In Neurology*. 2017 Dec;30(6):580-586.

Wilson, MR*, Zimmermann, LL*, Sample, HA, et al. Acute West Nile virus meningoencephalitis diagnosed via metagenomic deep sequencing of cerebrospinal fluid in a renal transplant patient. *American Journal of Transplantation*. 2016 Sept 20.

Zimmermann LL, Diaz-Arrastia R, Vespa PM. Seizures and the Role of Anticonvulsants after Traumatic Brain Injury. *Neurosurg Clin N Am*. 2016 Oct;27(4):499-508.

Malik R, Irodenko V, Zimmermann L, Green A, Layzer R. Focal amyotrophy in multiple sclerosis.



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Burnett MM, Zimmermann L, Coralic Z, Quon T, Whetstone W, Kim AS. A Simple Text-Messaging Intervention is Associated with Improved Door-to-Needle Times For Acute Ischemic Stroke. Stroke. 2014;45:00-00.

Bearden CE, van Erp TG, Dutton RA, Tran H, Zimmermann L, Sun D, Geaga JA, Simon TJ, Glahn DC, Cannon TD, Emanuel BS, Toga AW, Thompson PM. Mapping Cortical Thickness in Children with 22q11.2 Deletions. Cerebral Cortex. 2007;17(8):1889-1898.

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