

# Saul Schaefer, M.D.

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| Philosophy of Care | Dr. Schaefer views each patient as an individual, and is interested in their approach to their health. He works with patients to optimize their health and uses the full range of therapies to treat cardiovascular disease. |
| Clinical Interests | Dr. Schaefer is a general cardiologist offering care to patients with, or at risk for, cardiovascular disease. He has a special interest in disease prevention, emphasizing non-pharmacologic approaches to heart disease. He has a special interest in abnormalities of lipid metabolism, including diagnosis and treatment of high cholesterol. |
| Research/Academic Interests | Dr. Schaefer has an active laboratory studying how to prevent and treat heart failure. Using a genetically modified mouse model, Dr. Schaefer is trying to understand the metabolic abnormalities that are seen in heart failure. He is using that knowledge to develop new and unique treatments that could be used in patients with, or at risk for, heart failure. |
| Title | Director, Medical Student Research and MD/PhD Training Program<br>Professor, Department of Internal Medicine |
| Specialty | Cardiology, Cardiovascular Imaging |
| Department | Internal Medicine |
| Division | Cardiovascular Medicine |
| Clinic | UC Davis Heart Center |
| Center/Program Affiliation | Cardiovascular Services |
| Address/Phone | Lawrence J. Ellison Ambulatory Care Center, Cardiology Clinic, 4860 Y St. Suite 0200 Sacramento, CA 95817<br>**Phone:** 800-282-3284 |
| Additional Phone | Clinic Phone: 916-734-3761<br>Physician Referrals: 800-4-UCDAVIS (800-482-3284) |
| Education | M.D., UC Davis School of Medicine, Davis CA 1981<br>Biomedical Engineering, UCLA, Los Angeles CA 1975-1976<br>Mechanical Engineering, University of Southern California, Los Angeles CA 1968-1969<br>B.E., Mechanical Engineering, The Cooper Union, New York NY 1968 |
| Internships | Internal Medicine, UC San Francisco, San Francisco CA 1981-1982 |

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**Residency**
Internal Medicine, UC San Francisco, San Francisco CA 1982-1984

**Fellowships**
Cardiovascular Medicine, University of Texas Southwestern Medical Center, Dallas TX 1984-1987

**Board Certifications**
American Board of Internal Medicine
American Board of Internal Medicine, Cardiovascular Disease

**Professional Memberships**
American College of Cardiology
American Heart Association

**Honors and Awards**
Department of Internal Medicine Research Career Achievement Award, 2020
Jan J. Kellerman Memorial Award for Cardiovascular Disease Prevention, International Academy of Cardiology, 2018
Best Doctors in America 1998-2016, 2016
UC Davis School of Medicine Alumni Association Distinguished Alumnus Award, 2009
Faculty Research Award, UC Davis School of Medicine, 2002

**Select Recent Publications**

Thai PN, Miller CV, King MT, Schaefer S, Veech RL, Chiamvimonvat N, Bers DM, Dedkova EN. Ketone Ester DHydroxybutyrate(R)1,3 Butanediol Prevents Decline in Cardiac Function in Type 2 Diabetic Mice. J Am Heart Assoc. 2021 Sep 29;10:e020729. doi:10.1161/JAHA.120.020729.

Seidlmayer LK, Hanson BJ, Thai PN, Schaefer S, Bers DM, Dedkova EN. PK11195 Protects From Cell Death Only When Applied During Reperfusion: Succinate-Mediated Mechanism of Action. Front Physiol. 2021 May 4;12:628508. doi:10.3389/fphys.2021.628508. PMID:34149440.

Yoon DJ, Kaur R, Gallegos A, West K, Yang H, Schaefer S, Tchanque-Fossuo C, Dahle SE, Isseroff RR. Adverse effects of topical timolol: Safety concerns and implications for dermatologic use. J Am Acad Dermatol. 2021 Jan;84(1):199-200. doi:10.1016/j.jaad.2020.04.101. Epub 2020 Apr 25. PMID:32344067.

Westcott S, Wung W, Schelegle A, Ganaga S, Schaefer S. 'Cool Knees' as a Measure of Systemic Vascular Resistance in Cardiac Patients. Cureus. 2020 Nov 2;12(11):e11304. doi:10.7759/cureus.11304. PMID:33282581.

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Yiaslas TA, Taylor J, Embree J, Schaefer S. Comprehensive cardio- metabolic risk reduction, and 50-pound weight loss in a US navy veteran with myasthenia gravis. Int J Dis Reversal Prevent. 2020;1(1).

Kaur R, Tchanque-Fossuo C, West K, Hadian Y, Gallegos A, Yoon D, Ismailyan L, Schaefer S, Dahle SE, Isseroff RR. Beta-adrenergic antagonist for the healing of chronic diabetic foot ulcers: study protocol for a prospective, randomized, double-blinded, controlled and parallel-group study. Trials. 2020 Jun 8;21(1):496. doi:10.1186/s13063-020-04413-z. PMID:32513257.

Yiaslas T, Schaefer S, Marbas L. How to Reverse Heart Disease with a Plant-Based Diet. Disease Reversal and Prevention Digest. 2019;(1).

Thai PN, Seidlmayer LK, Miller C, Ferrero M, Dorn GW II, Schaefer S, Bers DM, Dedkova EN. Mitochondrial Quality Control in Aging and Heart Failure: Influence of Ketone Bodies and Mitofusin-Stabilizing Peptides. Front Physiol. 2019 Apr 10;10:382. doi:10.3389/fphys.2019.00382. PMID:31024341.

Thai PN, Daugherty DJ, Frederich BJ, Lu X, Deng W, Bers DM, Dedkova EN, Schaefer S. Cardiac-specific Conditional Knockout of the 18-kDa Mitochondrial Translocator Protein Protects from Pressure Overload Induced Heart Failure. Sci Rep. 2018 Nov 1;8(1):16213. doi:10.1038/s41598-018-34451-2. PMID:30385779.

Ortiz J, Saeed R, Little C, Schaefer S. Age-adjusted D-Dimer in the prediction of pulmonary embolism: Does a normal age-adjusted D- Dimer rule out PE? BioMed Research International. 2017:4867060. doi:10.1155/2017/4867060.


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