

Fernando Velayos, M.D.

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Active Projects

- Chemoprevention for IBD-related colorectal cancer
- Molecular markers of dysplasia and progression in IBD
- Adherence to surveillance colonoscopy in IBD
- Natural history of dysplasia in IBD
- Surgical volume and outcomes in IBD
- Predictors of outcomes in IBD

Techniques in Use

- Prospective/retrospective observational studies
- Administrative databases
- Quality of life measures
- Meta-analysis
- Decision-analysis
- Outcomes research

Education

- 1988-1992 University of California, Los Angeles, B.S. Summa Cum Laude, Biology
- 1992-1997 University of California, San Francisco M.D. MD with Thesis, Alpha Omega Alpha

Training

- 1997-1998 University of California, San Francisco Intern Medicine
- 1998-2000 University of California, San Francisco Resident Medicine
- 2000-2001 University of California, San Francisco Chief resident Medicine
- 2001-2004 University of California, San Francisco Fellow Gastroenterology
- 1/04-6/04 Mayo Clinic, Rochester MN, Fellow Inflammatory Bowel Disease
- 2004-2005 University of California, Berkeley MPH Epidemiology

Certification

- 1997 Diplomate, National Board of Medical Examiners
- 1998 Medical License, Medical Board of California
- 1998 Drug Enforcement Administration Certificate
- 2001 Diplomate in Internal Medicine, American Board of Internal Medicine
- 2004 Medical License, Medical Board of Minnesota
- 2005 Diplomate in Gastroenterology, American Board of Internal Medicine

Memberships and Affiliations

- 2002-now American Gastroenterological Association

- 2002-now American College of Gastroenterology
- 2002-now American Society of Gastrointestinal Endoscopy
- 2002-now Crohn's and Colitis Foundation of America
- 2004-now Northern California Society of Clinical Gastroenterology

Service to Professional Organizations

- 2005-now National Patient Education Committee, Crohn's and Colitis Foundation of America
- 2006-now Clinical Trials Review Committee, Crohn's and Colitis Foundation of America
- 2007-now American Gastroenterological Association (AGA), Faculty, Inflammatory Bowel Disease Investing in the Future Mentorship Program
- 2008-now Medical Advisory Committee, Northern California Crohn's and Colitis Foundation (CMAC)
- 2009 Northern California Society of Clinical Gastroenterology, President Elect
- 2009-now Councilor and Nominating Committee, Intestinal Disorders Section, AGA

Editorial Boards

- 2006-Present Inflammatory Bowel Diseases Journal
- 2007-Present Gastroenterology & Hepatology
- 2009-Present Clinical Gastroenterology and Hepatology

Selected Publications

- **Velayos FS**, Allen BA, Conrad PG, Gum J, Karkar S, Chung DC, Truta B, Sleisenger MH, Kim YS, Terdiman JP. Low rate of microsatellite instability in young patients with adenomas: Reassessing the Bethesda Guidelines. *American Journal of Gastroenterology*. 2005 May; 100(5):1143-9.
- **Velayos FS**, Terdiman JP, Walsh JM. Effect of 5-Aminosalicylate use on colorectal cancer and dysplasia risk: A systematic review and meta-analysis of observational studies. *American Journal of Gastroenterology*. 2005 June; 100: 1345-1353.
- Jess T, Loftus EV, **Velayos FS**, Harmsen WS, Zinsmeister AR, Smyrk TC, Schleck CD, Tremaine WJ, Melton LJ 3rd, Munkholm P, Sandborn WJ. Risk of intestinal cancer in inflammatory bowel disease: a population-based study from Olmsted County, Minnesota. *Gastroenterology*. 2006 Apr;130(4):1039-46.
- **Velayos FS**, Loftus EV, Jess T, Harmsen WS, Bida J, Zinsmeister AR, Tremaine WJ, Sandborn WJ. Predictive and protective factors associated with colorectal cancer in ulcerative colitis: A case-control study. *Gastroenterology*. 2006 Jun;130(7):1941-9.
- Jess T, Loftus EV, **Velayos FS**, Harmsen WS, Zinsmeister AR, Smyrk TC, Tremaine WJ, Melton LJ 3rd, Munkholm P, Sandborn WJ. Incidence and prognosis of colorectal dysplasia in inflammatory bowel disease: a population-based study from Olmsted County, Minnesota. *Inflammatory Bowel Disease*. 2006 Aug;12(8):669-76
- Jess T, Loftus E, **Velayos FS**, Harmsen WS, Winther KV, Zinsmesiter AR, Tremaine WJ, Munkholm P, Sandborn WJ. Risk Factors for Cancer and Dysplasia in Inflammatory Bowel Disease: A Nested Case-Control Study of Population-Based Cohorts from Copenhagen County and Olmsted County. *American Journal of Gastroenterology*, 2007 Apr; 102(4) 829-36.
- **Velayos F** and Mahadevan U. Management of Steroid-Dependent Ulcerative Colitis: Immunomodulatory Agents, Biologics, or Surgery? *Clinical Gastroenterology and Hepatology*, 2007 Jun 5 (6): 668-671.
- Truta B, Chen YY, Blanco AM, Deng G, Conrad PG, Kim YH, Park ET, Kakar S, Kim YS, **Velayos F**, Sleisenger MH, Terdiman JP. Tumor histology helps to identify Lynch syndrome among colorectal cancer patients. *Familial Cancer*. 2008 Feb; 7(3):267-74.
- Rubin DT, Cruz-Correa MR, Gasche C, Jass JR, Lichtenstein GR, Montgomery EA, Riddell RH, Rutter MD, Ullman TA, **Velayos FS**, Itzkowitz S; 5-ASA in Colorectal Cancer Prevention

Meeting Group. Colorectal cancer prevention in inflammatory bowel disease and the role of 5-aminosalicylic acid: a clinical review and update. *Inflammatory Bowel Disease*. 2008 Feb;14(2):265-74.

- Altschuler A, Collins B, Lewis JD, **Velayos F**, Allison JE, Hutfless S, Liu L, Herrinton LJ. Gastroenterologists' attitudes and self-reported practices regarding inflammatory bowel disease. *Inflammatory Bowel Disease*. 2008 Jul; 14(7):992-999
- Pressman AR, Hutfless S, **Velayos FS**, Fireman B, Lewis JD, Allison JE, Abramson O, Herrinton LJ. Patterns of Infliximab use among Crohn's disease patients in a community setting. *Inflammatory Bowel Disease* 2008 Sep; 14(9): 1265-1272
- **Velayos FS**. Colon cancer surveillance in inflammatory bowel disease patients: current and emerging practices. *Expert Review in Gastroenterology and Hepatology*. 2008 Dec; 2(6): 817-825
- Herrinton LJ, Liu L, Fireman B, Lewis JD, Allison JE, Flowers N, Hutfless S, **Velayos FS**, Abramson O, Altschuler A, Perry GS. Time Trends in Therapies and Outcomes for Adult Inflammatory Bowel Disease, Northern California, 1998-2005. *Gastroenterology* 2009 May; [epub ahead of print]
- Rubenstein JH, Waljee A, Jeter J, **Velayos FS**, Ladabaum U, Higgins PD. Cost-effectiveness of Ulcerative Colitis Surveillance in the Setting of 5-aminosalicylates. *American Journal of Gastroenterology*. *in press*.
- Lewis JD, Abramson O, Pascua M, Liu L, Asakura LM, **Velayos FS**, Hutfless SM, Allison JE, Herrinton LJ. Myelosuppression during Thiopurine Therapy for Inflammatory Bowel Disease: Implications for Monitoring Recommendations. *in press*.
- Ahwais D, **Velayos FS**, Ullman TA, Isaacs K, Higgins PD. Colon Cancer Risk Perception in Ulcerative Colitis; Patients Overestimate the Risk but Disagree with the Therapy. *In press*
- Melmed GY, Spiegel BM, Bressler B, Cheifetz AS, Devlin SM, Harrell LE, Irving PM, Jones J, Kozuch PL, **Velayos PS**, Baudoo L, Sparrow MP, Siegel CA. When is it appropriate to use concomitant immunomodulators with anti-TNF agents for the treatment of Crohn's disease? Results of a RAND appropriateness Panel. *In press*.
- **Velayos FS**, Loftus EV, Jess T, Sandborn WJ. Prior use of 5-aminosalicylic acid Improves Survival in Colitis-Related Colorectal Cancer. *In press*.
- **Velayos FS**, Liu L, Lewis JD, Allison JE, Flowers N, Hutfless S, Abramson O, Perry GS, Herrinton LJ. Adherence to colorectal cancer surveillance guidelines in ulcerative colitis. *In press*

Book Chapters

- Gastrointestinal Bleeding. Fernando S Velayos. In Weiner-Kronish (ed): *Critical Care Secrets*. 3 ed. Hanley & Belfus, Inc. Philadelphia 2002.
- Polyposis and Familial Cancer Syndromes. Fernando S Velayos, Madhulika Varma, Jonathan P Terdiman. In Michael Kochman and Doug Faigel (eds): *Endoscopic Oncology: Gastrointestinal Endoscopy and Cancer Management*. Humana Press, Inc. 2006
- Gastrointestinal Bleeding. John Yang and Fernando S Velayos. In Weiner-Kronish (ed): *Critical Care Secrets*. 4 ed. Hanley & Belfus, Inc. Philadelphia 2007
- Cancer and Dysplasia in Inflammatory Bowel Disease. Fernando S. Velayos. In Loftus (ed): *Blackwell Clinical Handbook: Inflammatory Bowel Disease*. 1ed. Blackwell Publishing. *In press*.

Invited Reviews and Editorials

- Diagnostic Techniques in Inflammatory Bowel Disease. Fernando Velayos and Uma Mahadevan. *CCFA Foundation Focus*. Summer 2002: 3-9.
- Expert Column: Cancer Prevention of Ulcerative Colitis. *Medscape.com*. **Fernando S. Velayos**. Published on-line December 2006.

- Compliance, Mucosal Healing, and the Chemoprevention of Colorectal Cancer. A Clinical Monograph. **Fernando S. Velayos**. *Gastroenterology and Hepatology*. December 2006.
- Examining Current and Emerging Treatment Options in Ulcerative Colitis: Strategies to Improve Patient Outcomes. **Fernando S. Velayos**. *Published on line: PeerView.com CME*-Mar 2007
- Research update on Colorectal Cancer in Inflammatory Bowel Disease from Digestive Diseases Week 2007. **Fernando S. Velayos**. *Published on line: Medscape.com*. May 2007
- Research updates from Digestive Diseases Week 2007. **Fernando S. Velayos**. *Gastroenterology and Hepatology*. August 2007.
- Digestive Diseases Week 2007 Meeting Report. **Fernando S. Velayos**. *IBD Monitor*. September 2007.
- Examining the Ulcerative Colitis-Colorectal Cancer Link. **Fernando S. Velayos**. *Expert Insights*. October 2007.
- Research update on Diagnostic Advances in Inflammatory Bowel Disease from the 2007 American College of Gastroenterology Congress. **Fernando S. Velayos**. *Published on line: Medscape.com*. October 2007.
- Advances in Ulcerative Colitis-volume 3: Ulcerative Colitis and Cancer Chemoprevention. **Fernando S, Velayos**. *Published on line: Medscape.com* November 2007.
- **Velayos FS** and Sandborn WJ. Positioning Biologic Therapy for Crohn's Disease and Ulcerative Colitis. *Current Gastroenterology Reports*. 2007. Dec; 9(6): 521-527.
- Bahamonde L and **Velayos FS**. The fungus among us: Pneumocystis in Inflammatory Bowel Disease. *Inflammatory Bowel Disease*. 2008 Jan;14(5):721-722.
- Lichtenstein GR, Rubin DT, Sabesin SM, **Velayos FS**, Vitat P. Maximizing patient adherence and clinical outcomes with mesalamine in mildly-to-moderately active ulcerative colitis. *Reviews in Gastroenterological Disorders*. 2008 Winter; 8(1): 21-30.
- Sparrow MP, Irving PM, Baidoo L, Bressler B, Cheifetz AS, Devlin S, Harrell LE, Jones J, Kozuch PL, Melmed GY, **Velayos FS**, Siegel CA. Current Controversies in Crohn's Disease; A Roundtable Discussion of the BRIDGe Group. *Gastroenterology & Hepatology*, 2008 Oct 4(10): 713-720.
- Sraju P and **Velayos FS**. Predicting cyclosporine success or failure. *Inflammatory Bowel Disease*. 2009 Jan; 15(1): 152-3
- Digestive Diseases Week 2009 Meeting Report. Uma Mahadevan and **Fernando S. Velayos**. *IBD Monitor*. July 2009.
- **Velayos FS** and Sandborn WJ. Use of Azathioprine and 6MP in Post-Operative Crohn's. Changing Natural History of Just Along for the Ride? *American Journal of Gastroenterology* [epub ahead of print]
- **Velayos FS**. Deciding to operate for low-grade colorectal dysplasia in UC: How much does the colon cost? How much is it worth. *Gastrointestinal Endoscopy* [epub ahead of print]
- Siao D and **Velayos FS**. The Good the Bad and The Ugly: Adverse Events with Crohn's Therapies. *Inflammatory Bowel Diseases*, in press
- Siao D and **Velayos FS**. Surgery for low-grade colorectal dysplasia in UC: Decisions, decisions. *Inflammatory Bowel Diseases*, in press