

Kiumars Arfai, MD
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EDUCATION

Jan. 2006-
Dec 2007 **Stanford University Medical Center, Palo Alto, CA**
Fellow in pain management

Jul. 2002-
Jun. 2005 **UCLA/Drew Medical Center, Los Angeles, CA**
Residency in Anesthesiology and Critical Care.

Sep. 2004-
Oct 2004 **Cedars-Sinai Medical Center, Los Angeles, CA**
Rotating resident for acute and chronic pain management.

Jul. 2003-
Dec. 2003 **Cedars-Sinai Medical Center, Los Angeles, CA**
Rotating resident for acute and chronic pain management, obstetric anesthesia, and
cardiothoracic anesthesia.

Jan. 2003-
Mar. 2003 **Children's Hospital of Los Angeles, Los Angeles, CA**
Rotating resident for pediatric anesthesia.

Jul. 2001-
July 2002 **UCLA/Drew Medical Center, Los Angeles, CA**
Internship in Internal Medicine.

Sep. 1992-
Sep. 1999 **Shahid Beheshti University of Health Sciences, Tehran, Iran**
Medical School, MD received on Sep. 1999.

MEDICAL LICENSURE

Sep. 2005 **Board Certified in American Board of Anesthesiology**

Sep. 2003 **Medical Board of California License**

Sep. 2003 **Drug Enforcement Administration (DEA number)**

Oct. 2000 **ECFMG Certificate (United States Medical Licensure)**

Dec. 1999 **Permanent Permit to Practice Medicine, Tehran, Iran**

AFFILIATIONS

Aug. 2006 **American Academy of Pain Medicine**

Sep. 2002 **California Society of Anesthesiologists**
Delegate resident for 2004-2005.

Sep. 2002 **American Society of Anesthesiologists**
Delegate resident for 2004-2005.

Sep. 2001 **American Medical Association**

PUBLICATIONS

- Oct. 2006 Arfai K, Lewis K, Arciaga P, Windokum A. "Intraoperative Pulmonary Embolism Presenting as Widened PaCO₂-PECO₂ Gradient" *American Collage of chest Physicians* 2006 Oct;
- Sep. 2004 Arfai K, Shultz E, Tavaré CJ, Sayre J, Gilsanz V. "Osteoporosis and vertebral fractures, risk factors for aortic calcification." *The Journal of Clinical Endocrinology and Metabolism* 2004 Sep; 89(9): 4246-4253.
- Mar. 2004 Arfai K, Hsia S, Pan D, Lee M. "Retrospective analysis of an association between atherosclerotic inflammation and osteoporotic fractures." Prepared for publication in *Archives of Internal Medicine*.
- Aug. 2002 Arfai K, Pitukcheevanont P, Goran M, Tavaré CJ, Heller L, Gilsanz V. "Bone, muscle, and fat: sex-related differences in prepubertal children." *Radiology*. 2002 Aug; 224(2):338-44.
- Jul. 1999 Arfai K, Moghadam Z. Medical School Thesis. "Benign and malignant lymph node distribution in Taleghani hospital from 1997-1999."

PRESENTATIONS

- Sep. 2006 **Oral Presentation Stanford Medical Center, Palo Alto, California**
"Spinal Cord Stimulators."
- Aug. 2006 **Oral Presentation Stanford Medical Center, Palo Alto, California**
"Pediatric Pain Management."
- Jul. 2006 **Oral Presentation Stanford Medical Center, Palo Alto, California**
"Radiologic Aspects of Pain Management."
- Oct. 2004 **Poster Presentation, American Society of Critical Care Anesthesia, Las Vegas, Nevada**
"Comparison of the Duration of Stay in PACU in Patients Receiving Intrathecal Bupivacaine + Sufentanyl, Bupivacaine + Fentanyl versus Bupivacaine Alone"
- Oct. 2004 **Poster Presentation, American Society of Critical Care Anesthesia, Las Vegas, Nevada**
"Comparison of Postoperative Pain Management in Patients Receiving Intrathecal Bupivacaine + Sufentanyl, Bupivacaine + Fentanyl versus Bupivacaine Alone"
- Oct. 2004 **Poster Presentation, American Society of Anesthesiology, Las Vegas, Nevada**
"Evidence-Based Medicine: Safety of Moderate/Heavy IV Sedation (MHIVS) versus General Endotracheal Anesthesia (GETA) for D&C for Spontaneous Abortion."
- Jul. 2004 **Oral Presentation, National Medical Associations, San Diego, California**
"Myotonic Dystrophy and Anesthesia Management: A Case Report"
- Feb. 2004 **Oral Presentation, UCLA/Drew Medical Center, Los Angeles, California**
"Wolf-Parkinson-White Syndrome and Anesthetic Management."

- Mar. 2003 **Oral Presentation, UCLA/Drew Medical Center, Los Angeles, California**
“Sodium Metabolism and Anesthetic Management.”
- May 2003 **Oral Presentation, UCLA/Drew Medical Center, Los Angeles, California**
“Diabetes Mellitus and Anesthetic Management.”
- Dec. 2002 **Oral Presentation, UCLA/Drew Medical Center, Los Angeles, California**
“Thyroid diseases and Anesthetic Management.”
- Apr. 2002 **Poster Presentation, UCLA Solomon Scholars, Los Angeles, California**
“Retrospective Analysis of an Association between Atherosclerotic Inflammation and Osteoporotic Fractures.” Supervised by Stanley Hsia, MD, Professor of Medicine, UCLA/Drew Medical Center, Endocrinology and Metabolism Division.
- Jan. 2003 **Oral Presentation, Western Regional Meetings for Internal Medicine, Carmel, California**
“Independent Associations between Atherosclerosis, Inflammation, Reduced Bone Density, and Fractures.”

ABSTRACTS

- Oct. 2004 **American Society of Critical Care Anesthesia, Las Vegas, Nevada**
“Comparison of the Duration of Stay in PACU in Patients Receiving Intrathecal Bupivacaine + Sufentanyl, Bupivacaine + Fentanyl versus Bupivacaine Alone”
- Oct. 2004 **American Society of Critical Care Anesthesia, Las Vegas, Nevada**
“Comparison of Postoperative Pain Management in Patients Receiving Intrathecal Bupivacaine + Sufentanyl, Bupivacaine + Fentanyl versus Bupivacaine Alone”
- Oct. 2004 **American Society of Anesthesiology, Las Vegas, Nevada**
“Evidence-Based Medicine: Safety of Moderate/Heavy IV Sedation (MHIVS) versus General Endotracheal Anesthesia (GETA) for D&C for Spontaneous Abortion.”
- Jul. 2004 **National Medical Associations, San Diego, California**
“Myotonic Dystrophy and Anesthesia Management: A Case Report”
- Nov. 2002 **Western Regional Meetings of Internal Medicine, Carmel, California**
“Independent Associations between Atherosclerosis, Inflammation, Reduced Bone Density, and Fractures.”
- Jun. 2002 **Solomon Scholars, Los Angeles, California**
“Retrospective Analysis of an Association between Atherosclerotic Inflammation and Osteoporotic Fractures in Minority Populations.”

RESEARCH

- Oct. 1999-
Jun. 2000 **Research Associate**
Children’s Hospital of Los Angeles, Bone Center, Radiology and Endocrinology Department
Designed research protocol, conducted literature searches, analyzed data, prepared and edited manuscripts for several projects. Trained and supervised medical students and junior researchers in bone density and 3D image processing. Supervised by Vicente

Gilsanz, MD, PhD, Professor of Radiology and Orthopedic Surgery.

Sep. 1998-
Sep 1999

Research Assistant

Shahid Beheshti Medical Research Institute, Tehran, Iran

Conducted literature searches, analyzed data, prepared and edited manuscripts for several projects, translated articles to Farsi. Supervised by Fereidun Azizi, MD, Professor of Medicine, Endocrinology and Metabolism Division.

TRANSLATED PUBLICATIONS

Jun. 1999

Navab M, Hama SY, Van Lenten BJ, Hough GP, Catherine C, Fogelman AM. "High density lipoprotein associated enzymes: Their role in vascular calcification." *Tazehay Pezeshki*. 1999; 5:23-30.

May 1998

Navab M, Berliner JA, Watson, Hama SY, Territo MC. "The yin and yang of oxidation in the development of the fatty streak." *Pajuhesh*. 1998; 24:130-137.

CLINICAL EXPERIENCE

Aug 2007-
Present

Los Robles Hospital

Staff anesthesiology and pain management

Jan 2007-
Present

Los Robles Surgery Center

Staff anesthesiology and pain management

Jan 2010-
Present

Westlake Specialty Surgical Center

Staff anesthesiology and pain management

Jan 2007-
2009

Pasadena Surgery Center

Staff anesthesiology and pain management

Jan. 2006-
Dec 2006

Stanford University Medical Center, Palo Alto, CA

Pain Management

Aug. 2006-
Present

Harbor/UCLA Medical Center

Faculty anesthesiology and pain management

Jul. 2005-
Present

UCLA/Drew Medical Center

Faculty anesthesiology and pain management

Jul. 2005-
Present

Kaiser Permanente, Woodland Hills, California

Staff anesthesiology

Jul. 2004-
Jul. 2005

Chief Resident in Anesthesiology and Critical Care

Faculty and peer selected.

Jul. 2002-
Jun. 2005

Residency in Anesthesiology and Critical Care; Rotations (months)

UCLA/Drew Medical Center: Acute Pain (2), Chronic Pain (2), Obstetrics (1), Preoperative Evaluation Clinic (1), Surgical ICU (1), Neurosurgical ICU (1), Postanesthesia ICU (1), General OR (13).

Cedars-Sinai Medical Center: Acute and Chronic Pain (2), Obstetrics (1), Cardiothoracic anesthesia (2).

Children's Hospital of Los Angeles: Pediatric anesthesia (2)

Jul. 2001-
Jun. 2002 **Internship in Internal Medicine**
UCLA/Drew Medical Center. Rotations (months): Internal Medicine wards (7),
Emergency Medicine (1), Neurology (1), CCU (1), and MICU (1).

Apr. 1998-
Sep. 1999 **Transitional Internship in Shahid Beheshti University Hospitals**
Rotations (months): Cardiology (1), Internal Medicine (4), Pediatrics (3), OB/GYN (2),
Dermatology (1), Infectious Disease (1), Psychiatry (1), Surgery (2), Orthopedics (1),
Preventive Medicine and Public Health (1).

CITIZENSHIP

Dec. 2003 **Naturalized US Citizen**
Permanent resident since 1997.

AWARDS

Apr. 2004 **Delegate Resident in Anesthesiology and Critical Care for CSA and ASA**
UCLA/Drew Medical Center 2004-2005.

Sep. 2004 **Excellence Award in Anesthesiology and Critical Care**
UCLA/Drew Medical Center, Los Angeles, California.
Anesthesia in-Training exam score above 95th percentile.

Sep. 2003 **Excellence Award in Anesthesiology and Critical Care**
UCLA/Drew Medical Center, Los Angeles, California.
Anesthesia in-Training exam score above 95th percentile.

Sep. 2002 **Excellence Award in Anesthesiology and Critical Care**
UCLA/Drew Medical Center, Los Angeles, California.
Anesthesia in-service examination score above 95th percentile.

Jun. 2002 **Best Resident Research Award**
UCLA/Drew Medical Center, Los Angeles, California.

Jun. 2002 **Solomon Scholars Research Award**
UCLA School of Medicine. Los Angeles, California

PROCEDURES

Interventional pain, fluoroscopic-guided procedures

- Transforaminal epidural steroid injections
- Interlaminar epidural steroid injections
- Medial branch blocks
- Zygapophyseal joint blocks

- Pars interarticularis defect blocks
- Caudal epidural steroid injections
- Sacroiliac joint injections
- Hip joint injections
- Shoulder joint injection
- Radiofrequency ablation
- Celiac plexus blocks
- Lumbar sympathetic blocks
- Hypogastric plexus blocks
- Ganglion impar blocks

Chemodenervation

- Botulinum toxin
- Alcohol neurolytic
- Motor point blocks with phenol

Spinal cord stimulator management

- Trials and implants

Intrathecal pump management

- Refills
- Interrogation, programming, dose adjustment
- Trials and implants
- Complication management

Joint and soft tissue injections

- Torticollis
- Glenohumeral, subacromial bursa, AC joint
- Biceps tendon, short head
- Elbow, intra-articular
- Lateral epicondyle enthesitis
- DeQuervain's tenosynovitis
- Triangular fibrocartilaginous complex
- Digital tenovaginitis stenosans (trigger finger)
- Paraspinals, quadratus lumborum
- Iliolumbar ligament/triangle injections
- Trochanteric bursae
- Piriformis muscle
- Knee, intra-articular, pes anserine bursa
- Ankle mortise
- Trigger points, various
- Peripheral nerve blocks - carpal tunnel injections
- And more....

Musculoskeletal medicine

- Treatment of a variety of musculoskeletal injuries and diseases
- Robert Partovi, MD 818-361-3788

- Meli Vagas 818-239-2115
- Fax 213-572-3814