

Lauren Alexandra Rubal, M.D., F.A.C.O.G.

(Maiden name Lauren Gay)

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MISSION

A holistic and tailored approach to help couples dealing with infertility or recurrent miscarriage achieve the family they've dreamed of as naturally as possible.

A customized and comprehensive evaluation of abnormal periods to get peace from disruptive bleeding or missed menses.

A concierge boutique practice focused on integrating whole body approaches to fertility issues, especially in women who want to optimize fertility using lifestyle optimization, prepare their bodies for upcoming fertility treatments, or avoid aggressive procedures.

EMPLOYMENT

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| 2019-present | Lauren Rubal, M.D., F.A.C.O.G.
Solo private practice specializing in holistic fertility & reproductive endocrinology issues |
| 2012-2019 | Partner, Southern California Permanente Medical Group
Kaiser Permanente, Orange County
Reproductive Endocrinology & Infertility Division |
| 2012-present | Associate Clinical Faculty
University of California Irvine
Reproductive Endocrinology & Infertility Division |

EDUCATION

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| 2020 | Fellow, Reproductive Health Research Institute
FEMM Medical Management Training by Dr. Pilar Vigil, MD, PhD & team |
| 2009-2012 | Fellowship, Reproductive Endocrinology & Infertility
University of Southern California, Los Angeles, CA |
| 2005-2009 | Residency, Obstetrics & Gynecology
University of Southern California, Los Angeles, CA |
| 2001-2005 | M.D., Honors Program in Medicine (combined 6-year dual M.D./B.S. degree)
University of Miami, Miami, FL |
| 1999-2001 | B.S. with Honors in Biology with Minor in Chemistry
University of Miami, Miami, FL |

CERTIFICATIONS AND MEMBERSHIPS

2020	Member, American Society of Reproductive Medicine
2020	Member, American College of Lifestyle Medicine
2020	Member, FACTS About Fertility
2020	Member, California Association of Natural Family Planning
2020	Member, Billings Ovulation Method Association
2020	Member, Young Catholic Professionals
2014-present	Fellow, American Board of Obstetrics and Gynecology
2012-present	Active Candidate, Reproductive Endocrinology and Infertility American Board of Obstetrics and Gynecology
2005-present	Basic Life Support Certification

LICENSURE

2006-present	The Medical Board of California Physician and Surgeon A98939
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HONORS AND AWARDS

2020	Southern California Super Doctors Reproductive Endocrinology & Infertility
2015-2017	Super Doctors, Southern California Rising Star Reproductive Endocrinology & Infertility
2011-2014, 2017	Top Docs in Pasadena, CA Reproductive Endocrinology & Infertility
2009	Leadership Award Elected as the senior resident with superior leadership skills by fellow residents
2009	Daniel R. Mishell, Jr. Teaching Award Presented to the 4th year resident voted outstanding medical student educator in Obstetrics and Gynecology
2009	Organization and Management Award Peer selected as the most methodical senior resident in the program
2008	Resident's Award

- Selected by her peers as the doctor they would choose to be their personal physician
- 2008 **Daniel R. Mishell, Jr. Teaching Award**
Presented to the 3rd year resident voted outstanding medical student educator in Obstetrics and Gynecology
- 2008 **Organization and Management Award**
Peer selected as the most methodical resident in the program
- 2007 **Daniel R. Mishell, Jr. Teaching Award**
Presented to the 2nd year resident voted outstanding medical student educator in Obstetrics and Gynecology
- 2007 **Bayer Health Care Pharmaceuticals Best Teaching Resident**
Nominated by the intern class as the best Ob/Gyn 2nd year resident
- 2006 **USC Keck School of Medicine Faculty Teaching Awards – Outstanding Teaching as a House Officer**
Selected amongst residents of all specialties by the medical students for excellence and commitment to teaching
- 2006 **Daniel R. Mishell, Jr. Teaching Award**
Presented to the intern voted outstanding medical student educator in Obstetrics and Gynecology
- 2005 **John K. Robinson Award**
Given to the graduating medical school senior who epitomizes service to the school and others
- 1999-2005 **Honors Program in Medicine**
6-year combined B.S./M.D. degree awarded to twenty people per year
- 2004 **Iron Arrow Honor Society**
The highest honor attained at the University of Miami, emphasizing character, leadership, love of alma mater, scholarship, and humility
- 1999-2001 **Bowman Foster Ashe Academic Financial Scholarship**
75% tuition scholarship based on academic merit
- 1999-2001 **Florida Bright Futures Scholarship**

LEADERSHIP AND PROFESSIONAL EXPERIENCE

- 2013-present **Oncofertility Program**
Created a program for fertility preservation for Kaiser Permanente Orange County
- 2008-present **Executive Board Member, USC Former Residents of Obstetrics and Gynecology (FROG)**
Representative to the USC Ob/Gyn non-profit alumni organization
- 2008-2009 **Administrative Chief Resident**
USC Obstetrics & Gynecology Residency Program
- 2007-present **Associate Member, American Society for Reproductive Medicine**
- 2007-2009 **Section Chair, ACOG Junior Fellows**

2006-2007	Section Vice-Chair, ACOG Junior Fellows
2005-2009	Class Representative, Graduate Medical Education Committee
2005-present	Junior Fellow, American College of Obstetricians and Gynecologists
2005-2006	Joint Council of Interns and Residents Representative
2004-2005	Executive Academics Director, Academic Societies Supervised peer tutoring, organized pre-medical mentoring, composed the Clinical Skills Guides, and arranged Student Report and Jeopardy interactive learning sessions
2002-2004	Florida Medical Association delegate
2003-2004	Governing Student Council representative, Florida Medical Association
2003-2004	Florida Medical Association Reference Committee on Public Health
2003-2004	Coordinator, Surgical Specialties Program in Haiti
2003-2005	Secretary, University of Miami chapter, American Medical Association

SPEAKING ENGAGEMENTS

2020	Invited Speaker, Mira Fertility: Getting Pregnant after Miscarriage Presented online to international audience regarding next steps after experiencing a pregnancy loss\
2020	Invited Speaker, Couple to Couple League Southern California: The Abnormal Cycle — Reasons & Solutions Presented the physiology of the menstrual cycle and reasons it may go awry to an online layperson audience
2020	Invited Speaker, (Un)explained Infertility Summit Presented at a Natural Womanhood-sponsored summit on the silent causes of unexplained infertility
2020	Invited Speaker, Infertility Unfiltered Participated in Q&A session with women seeking fertility support
2018	Broadcast Lectures on KX 93.5 FM Presented various reproductive endocrine topics as part of an outreach to educate the general public, facilitated through the Laguna Beach Community Clinic
2017	Invited Speaker, Irving M. Rasgon, MD Family Medicine Symposium Lectured general practitioners about abnormal uterine bleeding and its management, with a focus on hormonal methods, at the 43 rd annual meeting
2017	Moderator, 'The Secret Life of Girls' at the Laguna Beach Playhouse Led the post-play discussion about issues teenagers face

- 2017 **Navigating Mortality Symposium**
Participated in a Laguna Beach, CA panel comprised of experts discussing various end of life concerns and explained relevant issues pertaining to oncofertility patients
- 2015-2016 **Invited Speaker, Multi-Disciplinary Oncology Symposium**
Spoke about oncofertility at the annual Southern California Kaiser Permanente meeting
- 2016 **Invited Speaker, Obstetric & Gynecologic Assembly of Southern California**
Presented lecture on the need to definitively diagnose a pregnancy of unknown location at the 71st annual meeting

RESEARCH EXPERIENCE

- 2011 – 2012 **Principal investigator**
Division of Reproductive Endocrinology and Infertility
University of Southern California, Department of Obstetrics and Gynecology, Los Angeles, California
Mentor: Kristin Bendikson, M.D.
Research Subject: Determination of serum vitamin D levels and if a correlation exists with semen analysis parameters and sperm DNA fragmentation
- 2011-2012 **Principal investigator**
Division of Reproductive Endocrinology and Infertility
University of Southern California, Department of Obstetrics and Gynecology, Los Angeles, California
Mentor: Karine Chung, M.D., M.S.C.E., Kate Lawrenson Ph.D.
Research Subject: Examination of telomere length as a marker of ovarian reserve in relation to chemotherapy
- 2009-2012 **Co-investigator**
Multicenter Predictors of Ectopic Pregnancy group with University of Southern California, University of Pennsylvania, and University of Miami
Mentor: Karine Chung, M.D.
Research Subject: Examination of hyperglycosylated hCG in early pregnancy and its use as a diagnostic marker for ectopic pregnancy
- 2007-2011 **Co-investigator**
Division of Reproductive Endocrinology and Infertility
USC Department of OB/GYN – Los Angeles, CA
Mentor: Rene Allen, M.D., Richard Paulson, M.D.
Research Subject: determination of clinical utility of serum hyperglycosylated hCG in diagnosing ectopic pregnancy.
- 2008-2012 **Co-investigator**
Division of Reproductive Endocrinology and Infertility
USC Department of OB/GYN – Los Angeles, CA
Mentor: Rene Allen, M.D., Karine Chung, M.D.

2004-2005

Research Subject: determination of the effects of aromatase inhibition on the endometrium in the setting of complex hyperplasia with atypia

Research Assistant

Division of Gynecologic Oncology

University of Miami – Miami, FL

Research Subject: evaluation of success using Miami Technique in radical hysterectomies for cervical cancer

Presented at the American Society for Pelvic Surgeons annual meeting in November 2004.

PUBLICATIONS/ ABSTRACTS

Peer-Review Journals:

Rubal L, Chung K. Do you need to definitively diagnose the location of a pregnancy of unknown location? The case for "yes". *Fertil Steril*. 2012 Nov;98(5):1078-84.

Rubal LA, Sammel MD, Shaunik A, Takacs P, Stanczyk FZ, Barnhart K, Chung K. Hyperglycosylated hCG in early pregnancy and its use as a diagnostic marker for ectopic pregnancy. *Human Reproduction*, submitted.

Rubal L, Allen R, Stanczyk F, Patel S, Bendikson K, Paulson R, Chung K. The aromatase inhibitor anastrozole as treatment of complex atypical endometrial hyperplasia in women desiring fertility preservation. *J Clin Endocrinol Metab*, submitted.

Rubal L, Chung K. Ectopic pregnancy in a myomectomy scar. *NEJM*, submitted.

Book Chapters:

Rubal L. Female sexual function and dysfunction. In: *Management of Common Problems in Obstetrics and Gynecology*, 5th Edition. Goodwin TM, Montoro MN, Muderspach LI, Paulson RJ, Roy S, editors, 2010, pp. 306-13. Wiley-Blackwell, Oxford, UK.

Rubal L, Israel R. Endometriosis. In: *Management of Common Problems in Obstetrics and Gynecology*, 5th Edition. Goodwin TM, Montoro MN, Muderspach LI, Paulson RJ, Roy S, editors, 2010, pp. 314-8. Wiley-Blackwell, Oxford, UK.

Rubal L, Shoupe D. Menopause. In: *Management of Common Problems in Obstetrics and Gynecology*, 5th Edition. Goodwin TM, Montoro MN, Muderspach LI, Paulson RJ, Roy S, editors, 2010, pp. 416-22. Wiley-Blackwell, Oxford, UK.

Rubal L, Paulson RJ. Unexplained infertility. In: *Management of Common Problems in Obstetrics and Gynecology*, 5th Edition. Goodwin TM, Montoro MN, Muderspach LI, Paulson RJ, Roy S, editors, 2010, pp. 452-7. Wiley-Blackwell, Oxford, UK.

Magazines:

Rubal L. Surrogacy concerns. In: *Parenting OC*, July 2017.

Editorships:

Gay L. Executive Editor. University of Miami School of Medicine Clinical Survival Guide. 2004.

Gay L. Editor. USC Department of OB/GYN Intern Survival Guide. 2006.

Abstracts:

Allen RB, **Gay L**, Kalan MJ, Landay MF, Stanczyk FZ, Paulson RJ. Hyperglycosylated human chorionic gonadotropin production by human preimplantation embryos in vitro. Presented at the 56th Annual Meeting of the Pacific Coast Reproductive Society, April 9-13, 2008, Rancho Mirage, California. Fertil Steril 2008;89 (Suppl 2):S25.

Rubal LA, Allen RB, Kalan M, Opper N, Sanchez M, Chung K, Bendikson K, Paulson RJ. Nausea and vomiting in early pregnancy following controlled ovarian hyperstimulation (COH): Effect of estradiol (E2) and hCG levels. Presented at the 57th Annual Meeting of the Society for Gynecologic Investigation, March 24-27, 2010, Orlando, Florida. Reprod Sci 2010;17 (Suppl): 312A.

Rubal L, Opper N, Bendikson K, Chung K, Paulson R. In vitro fertilization outcomes in super-poor responders: Effect of microdose human chorionic gonadotropin boost. Presented at the 58th Annual Meeting of the Pacific Coast Reproductive Society, April 14-18, 2010, Indian Wells, California. Fertil Steril 2010;93 (Suppl 1):S21.

Rubal LA, Sammel MD, Takacs P, Stanczyk F, Barnhart K, Chung K. Hyperglycosylated hCG in early pregnancy and its use as a diagnostic marker for ectopic pregnancy. Presented at the 66th Annual Meeting of the American Society for Reproductive Medicine, October 23-27, 2010, Denver, Colorado. Fertil Steril 2010;94 (Suppl):S13.

Rubal L, Allen R, Stanczyk F, Patel S, Bendikson K, Paulson R, Chung K. The aromatase inhibitor anastrozole: A novel treatment for complex atypical endometrial hyperplasia in premenopausal women who desire fertility preservation. Presented at the 58th Annual Meeting of the Society for Gynecologic Investigation, March 16-19, 2011, Miami Beach, Florida. Reprod Sci 2011;18 (Suppl):258A.

Rubal L, Rudick B, Wilson M, Early M, Kashani B, Stanczyk F, Bendikson K. Visfatin: A confounder of clinical pregnancy in oocyte donation recipients. Presented at the 59th Annual Meeting of the Pacific Coast Reproductive Society, April 13-17, 2011, Rancho Las Palmas, California. Fertil Steril 2011;95 (Suppl):S27.

Rubal L, Opper N, Kashani B, Paulson R, Chung K. Tubal transfer prior to day three is associated with improved perinatal outcomes after IVF. Presented at the 67th Annual Meeting of the American Society for Reproductive Medicine, October 15-19, 2011, Orlando, Florida.

Rubal L, Scrooc M, Ingles S, Kashani B, Bendikson K. The Impact of Serum Vitamin D Levels on Semen Analysis Parameters. Presented at the 60th Annual Meeting of the Pacific Coast Reproductive Society, Rancho Las Palmas, California.

Rubal L, Hernandez IM, Ingles S, Scrooc M, Bendikson K. Do serum vitamin D levels correlate with semen analysis parameters and sperm DNA fragmentation? Presented at the 68th Annual Meeting for the American Society for Reproductive Medicine, October 20-24, 2012, San Diego, CA.

Rubal L, Rosencrantz M. Oncofertility -- Reproductive hope amidst cancer. Presented at the 2015 Kaiser Permanente Multi-Disciplinary Oncology Symposium, September 2015, Long Beach, CA.

PERSONAL

Date of Birth: July 4, 1981

Birthplace: Fort Lauderdale, FL, USA

Languages: English, Spanish (fluent)