



Saul Schaefer, M.D.

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
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
Phone: 800-282-3284

Additional Phone

Clinic Phone: 916-734-3761
Physician Referrals: 800-4-UCDAVIS (800-482-3284)

Education

M.D., UC Davis School of Medicine, Davis CA 1981
Biomedical Engineering, UCLA, Los Angeles CA 1975-1976
Mechanical Engineering, University of Southern California, Los Angeles CA 1968-1969
B.E., Mechanical Engineering, The Cooper Union, New York NY 1968

Internships

Internal Medicine, UC San Francisco, San Francisco CA 1981-1982



Saul Schaefer, M.D.

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.



Saul Schaefer, M.D.

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.

© 2024 UC Regents