

Sarah Lowenthal, M.D., CEDS-C

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PROFESSIONAL SUMMARY

Dr. Lowenthal is a board certified eating disorder expert physician with 20 years of clinical experience treating children, adolescents, and adults with eating disorders and co-occurring mental health conditions. She has experience treating patients at all levels of care including inpatient, residential, and PHP/IOP levels. Dr. Lowenthal runs a specialty eating disorder practice in the San Francisco Bay Area, and is one of a limited number of physicians nationwide who hold a designation as a Certified Eating Disorder Specialist and Consultant (CEDS-C) from the International Association of Eating Disorder Professionals (IAEDP).

Dr. Lowenthal is a seasoned expert who has provided opinions on eating disorder treatment, residential treatment, social media addiction, severe malnutrition and other conditions. She has participated in civil and multi-district litigation (MDL), and litigation at both the federal and state level. Prior cases include but are not limited to wrongful death, medical malpractice, civil rights, product liability, and breach of contract.

Dr. Lowenthal is a seasoned speaker, educator, and supervisor for other clinicians in the field. She is a member of IAEDP, the Academy for Eating Disorders (AED), and the American Academy of Family Medicine (AAFP).

EDUCATION

M.D., University of Chicago, Pritzker School of Medicine (Aug 1997-June 2001)

Chief Residency, University of California, San Francisco (UCSF) (July 2006-July 2007) Residency, University of California, San Francisco (UCSF) (July 2004-July 2006)

Internship, (General Surgery) Rush University Medical Center (July 2003-July 2004) Internship (Family Medicine), UCSF/Santa Rosa (July 2001-July 2002)

B.A, University of California, Santa Cruz (September 1990 – June 1995)

CLINICAL EXPERIENCE

SARAH LOWENTHAL, APC (June 2019-current)

Longitudinal outpatient care for children, adolescents, and adults with eating disorders. Care involves medical supervision and monitoring of multidisciplinary care, treatment of medical complications, and collaboration with eating disorder treatment facilities.

HEALTHY TEEN PROJECT (June 2022-January 2023)

Provided medical oversight for adolescent and young adult medical care at this eating disorder treatment

CASA OAKVIEW (June 2019-July 2019)

Provided medical oversight for care of adolescent and young adults at this eating disorder treatment facility (residential level). Collaborated with a multidisciplinary team, set medical goals, evaluated patients' medical stability, treated medical complications, and determined appropriateness for residential level care.

CIELO HOUSE (May 2014-Jan 2015 and ongoing intermittent coverage through Dec 2019) Served as Medical Director at this adult Residential and PHP program. Developed medical and nutritional staff protocols, oversaw nursing staff, performed intake assessments, monitored weights, progress, vital signs, laboratory results and overall clinical progress. Managed medical complications and evaluated patients' medical stability, need for higher levels of care and readiness for step down and discharge.

ONE MEDICAL (May 2017-May 2018)

Offered eating disorder consultation for colleagues in primary care; supervised nurse practitioner care of complex eating disorder patients. Also provided primary care for an approximately 1000 patient panel.

PRIMA MEDICAL GROUP (Feb 2016-April 2017)

Provided specialized eating disorders for adolescents and adults. Provided consultation for primary care colleagues and supervised NP care of complex eating disorder patients. Also provided primary care to an approximately 2000 patient panel.

THE CARLTON CLINIC (April 2014-Aug 2015)

Provided specialized eating disorder care for approximately 100 adolescents and adults, seeing 8-10 patients per day three days per week. Monitored for and treated medical complications of malnutrition and undernourishment. Managed medications and assessed medical necessity for higher levels of care. Managed transitions between levels of care and collaborated with multidisciplinary treatment teams.

STANFORD UNIVERSITY HEALTH ALLIANCE/EAST BAY FAMILY PRACTICE

(Dec 2007-Dec 2013)

Provided specialized eating disorder care for approximately 50 adult and adolescent eating disorder patients longitudinally over 5 years. Monitored for and treated medical complications of malnutrition and undernourishment, monitored weights, vital signs and laboratory studies. Managed medications and assessed medical necessity for higher levels of care. Managed transitions between levels of care and collaborated with multidisciplinary treatment teams. Served as a consultant for other primary care physicians in the practice. Provided primary care for an approximately 2500 patient panel.

MARIN COMMUNITY CLINICS (July 2007 – July 2009)

Established the clinic's first women's health and family planning clinic. Developed clinic protocols, trained staff, implemented the Medi-Cal Family PACT program and was the primary clinician during the program's infancy.

CHICAGO LAKESHORE HOSPITAL (2001, sub-internship)

Conducted intake and progress exams and assessments on the inpatient adolescent psychiatry unit. Attended multidisciplinary treatment team rounds, assisted with medication management and attended group therapy sessions.

DEPARTMENT OF PSYCHIATRY, UNIVERSITY OF CHICAGO (2001, subinternship)

Involved with the inpatient care of high acuity adolescent eating disorder patients. Monitored vital signs, laboratory results, managing tube feedings and monitoring for medical complications. Attended multidisciplinary treatment team rounds.

INVITED SPEAKING ENGAGEMENTS

"Eating Disorders in Middle School" - Kent Middle School, Dec 2025

"Gastrointestinal Issues in Eating Disorder Treatment" - ConnectED Bay Area, Oct 2024

"Medical Issues in Eating Disorder Treatment" - Kindful Body, Telehealth Eating Disorder Therapy & Nutrition Counseling group practice, July 2023

"Eating Disorders: Identification and Early Warning Signs" - Marin Country Day School, April 2023

"Eating Disorders in Children and Adolescents: Prevention, Detection, and Early Intervention in Schools" - Tam Union School District, March 2019

"The Recognition and Medical Management of Eating Disorders" - Grand Rounds, Community Hospital of the Monterey Peninsula - April 2016

"Eating Disorders in Children & Adolescents" – Kent School PTA Meeting, March 2016

"Eating Disorders in Children and Adolescents: Prevention, Detection and Early Intervention" - Marin County Board of Education, Feb 2015

PODCASTS

The Eating Disorder Trap

"Gastrointestinal Issues with Dr. Lowenthal"

<https://theeatingdisordertrap.com/142-gastrointestinal-issues-with-dr-sarah-lowenthal/>

PUBLICATIONS

Friedman M, Ibrahim H, Lowenthal S, Ramakrishnan V, Joseph NJ. Uvulopalatoplasty (UP2): a modified technique for selected patients. *Laryngoscope*. 2004 Mar;114(3):441-9. doi: 10.1097/00005537-200403000-00011. PMID: 15091216.

CERTIFICATIONS

Certified Eating Disorder Specialist (CEDS), IAEDP, since June 2019-present

Certified Eating Disorder Specialist Supervisor (CEDS-S), IAEDP, since June 2019-present

Board Certification, American Board of Family Medicine – since 2006-present

LICENSURE

California Medical License #A80725, since 2002; renewed and current

New York Medical License #326704, renewed and current

Florida Medical License # ME0166649, inactive status beginning 1/31/2026

New Jersey Medical License #25MA12073200, inactive status beginning 6/31/25

PROFESSIONAL MEMBERSHIPS

International Association of Eating Disorders (IAEDP)

Academy of Eating Disorders (AED)

American Academy of Family Physicians (AAFP)