

CURRICULUM VITAE

Martha L. Simmons, MS, MD, PhD

Education and Postgraduate Training:

2025-26	MS, Health Policy and Law University of California San Francisco (UCSF) University of California Law San Francisco
1997-99	Neuropathology Fellowship UCSF
1996-97	Postdoctoral Fellowship Laboratory of Stephen DeArmond, UCSF
1994-96	Resident, Anatomic Pathology Chief Resident, Dept. of Pathology, SF Veterans Affairs Medical Center (1/96-3/96) UCSF
1987-94	MD/PhD, Pharmacology University of Iowa College of Medicine, Iowa City, IA
1983-87	BA, Biology with Honors Grinnell College, Grinnell, IA

Licensure and Certification:

2019	Diplomate, American Board of Lifestyle Medicine
1999	Board Certification, Anatomic Pathology and Neuropathology
1994	California Physician and Surgeon License, A60300 (Next renewal 9/2027)

Professional Roles:

2019-23	Medical Director, Content Better Therapeutics Inc., San Francisco, CA - Led development of clinical and behavioral content within the Better Therapeutics applications, working directly with content, clinical, design, product, regulatory, and leadership teams. Flagship prescription digital therapeutic launched in 2023 after successful clinical trial and FDA authorization for use in type 2 diabetes - Primary author of Device Description section for successful FDA De Novo submission - Conducted medical literature searches to inform patient-facing content, product pipeline strategy, and corporate communications
2017-19	Sr. Consultant, Clinical Program Development, Education Division Palo Alto Medical Foundation Sutter Health, Palo Alto, CA - Provided Lifestyle Medicine input to the development of the Sutter Health Clinical Guidelines for Hypertension, led initial development of associated patient education materials - Supported coalition building across Sutter Health for patient-focused Education Services

- Researched and implemented virtual health education classes and webinars in conjunction with clinical staff, including technical training
- 2016-17 Clinical Program Development Manager, Office of Patient Experience
Sutter Health, Mountain View, CA
- Implemented a technology-supported model of patient chronic disease self-management
 - Integrated use of patient-generated health data into a primary care setting
 - Contributed to design and implementation of population management dashboards
- 2012-16 Clinical Content Manager, Druker Center for Health Systems Innovation
Palo Alto Medical Foundation, Mountain View, CA
- Managed creation and maintenance of clinical content for digital disease management and wellness programs, including logic rules for delivering in a digital format
 - Created analyses and summary statistics for patient-generated health data, providing clarity for clinical decision-making, including the development of standardized reports
 - Provided input to design and development of new programs and features, including conducting and summarizing medical literature searches
- 2007 – 2010 Private Provider, Emotional Brain Training
Belmont, CA
- Curriculum and provider training through Institute for Health Solutions, San Anselmo, CA
 - Provided education in Emotional Brain Training (EBT) to small community groups
- 2005 Associate Director, Scientific Services
Apothecom Associates, LLC
- Worked with clinical and scientific key opinion leaders, graphic artists, and medical writers to edit presentations for medical conferences
 - Summarized medical/scientific literature for communications needs in cancer and osteoporosis
- 2002-2004 Assistant Clinical Professor, Neuropathology
Medical Education Consultant
UCSF
- 2000-2002 Assistant Clinical Professor, Neuropathology
UCSF
- 1999-2000 Clinical Instructor, Neuropathology
UCSF

Honors and Awards:

Alpha Omega Alpha Honor Medical Society
Janet H. Glasgow Memorial Achievement Citation, 1994
American Society for Neurochemistry Travel Award, 1993
Life and Health Insurance Medical Research Fund Young Scientist Training Program MD/PhD Scholarship, 1989-94
Mortar Board Senior Honor Society (Vice President, Grinnell Chapter 1987)
Grinnell Trustee Honor Scholarship, 1983-87
National Merit Semi-Finalist

Memberships in Professional Organizations:

American College of Lifestyle Medicine

University and Community Service:

2026 - present Medicare Counselor (in training), Health Insurance Counseling and Advocacy Program (HICAP), San Mateo, CA
 2025 - present Ambassador, Peninsula Open Space Trust, Palo Alto, CA
 2017-21 Board of Directors, Peninsula Family Connections, Palo Alto, CA
 2018-22 Medical Advisory Board, Health Connected, East Palo Alto, CA
 2012-14 Advisory Committee, Belmont-Redwood Shores School District Healthy Schools Initiative Grant, Belmont, CA
 2007-12 Board of Directors, School-Force Public School Foundation, Belmont, CA
 2004 Judge, Ralston Middle School Science Fair, Belmont, CA
 2000-02 Brain, Mind and Behavior Subcommittee of the New Curriculum Committee, UCSF
 1999 UCSF Association for Science Education, Presentation for Science Teachers, "A Practical Peek into the Pathology of Cancer"
 1997 UCSF Science and Education Partnership (SEP), Judge, Lesson Plan Contest
 1992 Univ. of Iowa, Medical Scientist Training Program (MSTP) Advisory Committee
 1991-93 Student Representative to the Pharmacology Department Faculty, Univ. Iowa
 1990 MSTP Retreat Committee
 1988 Histology Liaison Committee, Univ. Iowa College of Medicine
 1985-87 Student Representative to the Biology Department Faculty, Grinnell College

Service to Professional Publications:

1998-2001 *Journal of Neuropathology and Experimental Neurology* Ad hoc reviewer

Consulting (Industry):

2004 Abgenix, Inc. Consultant on CNS histopathology.

Research Support:

1998-2000 American Brain Tumor Association Fellowship: "The Role of the Hedgehog Signaling Pathway in the Pathogenesis of Medulloblastoma"

Academic Teaching Experience:

University of Iowa

1990-92 Private Tutoring of Medical Pharmacology students
 1990-93 Lecturer in "Drugs: Their Nature, Action, and Use" (undergraduate course; 1993 Co-Director)

University of California, San Francisco

Formal Scheduled Classes:

Qtr.	Acad. Year	Course	Contribution	Class Size
F	1995-2000	Pathology 101	Lab Instructor	40
W	1995-2002	Pathology 102	Lab Instructor	40
Sp	1995-2000	Pathology 103	Lab Instructor	40
F	1996-98	Pathology 101	Review Session	8
W	1996-98	Pathology 102	Review Session	8

Sp	1996-98	Pathology 103	Review Session	8
F	1998-99	Pathology 126	Lab Instructor	30
Sp	2001-2002	Pathology 102	Lectures	110
Sp	2002	IDS 104 (BMB)	Lectures	140
Sp	2002-2004	IDS 104 (BMB)	Small Group Instructor	14-30
Sp	2003-2004	IDS 104 (BMB)	Course Co-director	140

Weekly Teaching Conferences:

Neuro-oncology Conference
Brain Cutting Conference
Muscle Biopsy Conference

Monthly Teaching Conferences:

Department of Neurology Clinical-Pathologic Correlation Conference

Informal teaching of Pathology Residents, Neuropathology Fellows, Neurosurgery Residents, and Neurology Residents.

Health & Medical Sciences Program, University of California, Berkeley

1997-2001 Lecturer in Principles of Human Pathology (2 hr/yr)

California College of Podiatric Medicine

1997 Lecturer in Pathology I (1 hr/yr)

Touro University College of Osteopathic Medicine

1998 Lecturer in Pathology I (1 hr/yr)

Nonacademic Teaching

- 2019-23 Regular in-service instruction for nurse practitioners and health coaches on topics in Lifestyle Medicine and cardiometabolic diseases, Better Therapeutics Inc.
- 2016-18 Informal lunch and learns and seminars for nurses and nurse practitioners on topics of Lifestyle Medicine, Palo Alto Medical Foundation

Invited Presentations

- May 2001 Departments of Pathology and Laboratory Medicine Ground Rounds: Diagnosis of Human Gliomas: From Histology to Molecular Biology.
Ken Aldape MD and Martha Simmons MD, PhD.
- July 2001 Northern California Cancer Center, National Cancer Institute, Coding Seminar
Overview of WHO Brain Tumor Grading

PUBLICATIONS

1. Albrecht J, Simmons ML, Dutton GR, Norenberg MD. Aluminum chloride stimulates the release of endogenous glutamate, taurine and adenosine from cultured rat cortical astrocytes. *Neurosci Lett* 127:105-107, 1991.
2. Simmons ML, Dutton GR. Neuronal origins of K⁺-evoked amino acid release from cerebellar cultures. *J Neurosci Res* 31:646-653, 1992.

3. Simmons ML, Murphy S. Induction of nitric oxide synthase in glial cells. *J Neurochem* 59:897-905, 1992.
4. Murphy S, Simmons ML, Agullo L, Garcia A, Feinstein DL, Galea E, Reis DJ, Minc-Glulomb D, Schwartz JP. Synthesis of nitric oxide in CNS glial cells. *Trends Neurosci* 16:323-328, 1993.
5. Simmons ML, Murphy S. Cytokines regulate L-arginine-dependent cyclic GMP production in glial cells. *Eur J Neurosci* 5:825-832, 1993.
6. Bauer MB, Simmons ML, Murphy S, Gebhart GF. Bradykinin and capsaicin stimulate cGMP production in cultured dorsal root ganglion neurons via a nitrosyl intermediate. *J Neurosci Res*, 36:280-289, 1993.
7. Simmons ML, Murphy S. Roles for protein kinase C and protein tyrosine kinases in the induction of nitric oxide synthase in astrocytes. *Glia* 11:227-234, 1994.
8. Gelb AB, Simmons ML, Weidner N. Solitary fibrous tumor involving the renal capsule. *Am J Surg Pathol* 20:1288-1295, 1996.
9. Tunc M, Simmons ML, Char DH, Herndier B. Non-Hodgkin's lymphoma and Kaposi's sarcoma in an eyelid of an AIDS patient: Multiple viruses in pathogenesis. *Arch Ophthalmol* 115:1464-1466, 1997.
10. Read TE, Simmons ML, Halvorsen MD, Schechter WP. Obstructing carcinoid tumor of the rectum: case report and review of the literature. *Contemp Surg* 50:177-180, 1997.
11. Lomen-Hoerth C, Simmons ML, DeArmond SJ, Layzer RB. Adult-onset nemaline myopathy: Another cause of dropped head. *Muscle and Nerve* 22: 1146-50, 1999.
12. Aldape K, Simmons ML, Davis RL, Miike R, Wiencke J, Lee M, Chen P, Wrensch M. Diagnostic discrepancies in neuroepithelial neoplasms: The San Francisco Bay Area Adult Glioma Study. *Cancer* 88: 2342-9, 2000.
13. Simmons ML, Lamborn KR, Takahashi M, Chen P, Israel MA, Berger MB, Godfrey TR, Nigro J, Prados M, Chang S, Barker FG, Aldape K. Analysis of complex relationships between age, p53, epidermal growth factor receptor, and survival in glioblastoma multiforme. *Cancer Research* 61: 1122-8, 2001.
14. Barker FG, Simmons ML, Chang SM, Prados MD, Larson DA, Sneed PK, Wara WM, Berger MS, Chen P, Aldape KD. EGFR overexpression and radiation response in glioblastoma multiforme. *Intl J Rad Onc Bio Phys* 51/2: 409-17, 2001.
15. Lv N, Xiao L, Simmons ML, Rosas LG, Chan A, Entwistle M. Personalized Hypertension Management Using Patient-Generated Health Data Integrated With Electronic Health Records (EMPOWER-H): Six-Month Pre-Post Study. *J Med Internet Res*. 2017 Sep 19;19(9):e311. doi: 10.2196/jmir.7831. PMID: 28928111; PMCID: PMC5627043.
16. Canonico ME, Hsia J, Guthrie NL, Simmons M, Mehta P, Lupinacci P, Edwards K, Mosesso K, Gearhart M, Skuban A, Bonaca MP, Berman MA. Cognitive behavioral therapy delivered via digital mobile application for the treatment of type 2 diabetes: Rationale, design, and baseline characteristics of a randomized, controlled trial. *Clin Cardiol*. 2022 Aug;45(8):850-856. doi: 10.1002/clc.23853. Epub 2022 Jul 1. PMID: 35778834; PMCID: PMC9346968.

BOOK CHAPTERS/REVIEWS

1. Dutton GR, Barry MA, Simmons ML, Philibert RA. Astrocyte taurine. In: *Glial-Neuronal Interactions* (Abbot NJ, ed.), NY Acad Sci, pp. 489-500, 1991.
2. Murphy S, Bruner G, Simmons ML. The role of polyphosphoinositides in agonist-evoked release of vasoactive factors from astrocytes. In: *Neuronal-Astrocytic Interactions* (Yu A, Hertz L, Norenburg M, Sykova E, Waxman SG, eds.), Progress in Brain Research, Elsevier, pp. 153-162, 1992.
3. Murphy S, Bruner G, Simmons ML. Phosphoinositide hydrolysis indicates functional receptors in astrocytes and in neoplastic cells from the human CNS. In: *Phospholipids and Signal Transmission* (Massarelli R, Horrocks LA, Kanfer JN, Loffelholz K, eds.), ASI Series, Springer Verlag, pp. 95-105, 1993.
4. Bruner G, Simmons ML, Murphy S. Purines, eicosanoids and nitrosyl compounds. In: *Astrocytes: Pharmacology and Function* (Murphy S, ed.), Academic Press, pp. 89-108, 1993.
5. Murphy S, Simmons ML. Production of nitrosyl mediators in astrocytes. In: *Biology and Pathology of Astrocyte-Neuron Interactions* (Fedoroff S, Burkholder G, eds.), Plenum, pp. 75-81, 1993.
6. Simmons ML, Murphy S. Second messenger systems. In: *Neuroglial Cells* (Ketterman H, Ransom BR, eds.) Oxford Univ. Press, pp. 500-509, 1995.
7. Murphy S, Grzybicki DM, Simmons ML. Glial cells as nitric oxide sources and targets. In: *Nitric Oxide in the Nervous System* (Vincent S, ed.) Academic Press, pp. 163-190, 1995.

ABSTRACTS

1. Dutton GR, Philibert RA, Simmons ML, Miyazaki R, Eastburn J. Excitatory amino acid agonist-evoked taurine release from cultured astrocytes. Soc Neurosci Absts 15: 353, 1989.
2. Simmons ML, Dutton GR. Chronic kainate treatment decreases K⁺-stimulated release of endogenous amino acids from cultured cerebellar neurons. Soc Neurosci Absts 16: 1183, 1990.
3. Albrecht J, Simmons ML, Dutton GR, Norenburg MD. Aluminum chloride stimulates the release of neuroactive amino acids from rat cortical astrocytes. Eur Soc Neurochem Absts 8: 63, 1990.
4. Dutton GR, Barry MA, Simmons ML, Philibert RA. Astrocyte taurine. Glial-neuronal interactions. NY Acad Sci Mtg, Cambridge, UK, 1990.
5. Simmons ML, Murphy S. Astrocyte-derived relaxant as a potential autocrine and paracrine factor. Am Soc Neurochem Absts 22: 131, 1991.
6. Bauer MB, Simmons ML, Murphy S, Gebhart GF. Bradykinin stimulation of dorsal root ganglion cell cultures. Soc Neurosci Absts 17: 1011, 1991.
7. Rogers KL, Simmons ML, Dutton GR. Amino acid neuro-transmitter release from kainate-treated cultures. Soc Neurosci Absts 17: 1538, 1991.
8. Rogers KL, Simmons ML, Dutton GR. Cerebellar granule cell kainate receptors are down-regulated following chronic kainate exposure. Winter Conference on Brain Research, 1992.

9. Simmons ML, Murphy S. Induction of a nitric oxide synthase in glial cells. Am Soc Neurochem Absts 23: 180, 1992.
10. Simmons ML, Murphy S. Induction of a nitric oxide synthase in glial cells. Biology and Pathology of Astrocyte-Neuron Interactions (2nd Altschul Symposium) Saskatoon, Saskatchewan, Canada, 1992.
11. Simmons ML, Murphy S. Cytokine induction of L-arginine-dependent cGMP production in glial cells. Soc Neurosci Absts 18, 1992.
12. Simmons ML, Murphy S. Protein kinase regulation of nitric oxide synthase in glial cells. Am Soc Neurochem Absts 24, 1993.
13. Simmons ML, Murphy S. Mechanisms of nitric oxide synthase induction in astrocytes. J Neurochem 61: S44, 1993.
14. Simmons ML, Barker II FG, Prados MD, Chang SM, Lamborn KR, Wara WM, Sneed PK, Larson DA, Bollen AW, Davis RL, Wilson CB, Berger MS, Chen P, Aldape K. Abnormal p53 expression and radiographically-assessed radiation response in glioblastoma multiforme (GM). Am Assoc Neuropathologists, 1998.
15. Simmons ML, Barker F, Burwick J, Lamborn K, Berger M, Miller T, Chen P, Prados M, Aldape K. Age and molecular subgrouping determine the predictive value of prognostic markers in glioblastoma multiforme. Am Assoc Neuropathologists, 1999.
16. Nigro JM, Ginzinger D, Burton E, Simmons M, Takahashi M, Aldape K. Detection of chromosome 1p loss in gliomas by quantitative microsatellite analysis (QuMA). Proc Am Soc Cancer Res 41, 2000.
17. Aldape K, Simmons M, Takahashi M, Barker F, Berger M, Feuerstein BG, Lamborn KR, Prados M. Molecular genetic predictors of survival in glioblastoma. Proc Am Soc Cancer Res 41, 2000.

ADDITIONAL PRESENTATIONS AT NATIONAL MEETINGS

1. Simmons ML, Davis RL. Case #1: Neurocytoma. Diagnostic slide session. Am Assoc of Neuropathologists, 1999.
2. Uyehara-Lock J, Simmons ML. Case #10: Spinal cord glioblastoma. Diagnostic slide session. Am Assoc of Neuropathologists, 2001.