

## Katherine Ludlow Palmerola, MD, FACOG

### EMPLOYMENT

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**IVFMD Miami, FL** (July 2019 to present)  
Fertility Specialist

### MEDICAL LICENSURE & CERTIFICATION

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New York State Medical License (active, 2014 to present)	License No. 276378
Florida State Medical License (active, 2018 to present)	License No. ME138533
American Board of Obstetrics and Gynecology	January 2018

### EDUCATION

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**Pennsylvania State University**, Milton Hershey College of Medicine (2008-2012), Hershey, PA  
Doctor of Medicine

**University of Pennsylvania**, College of Arts and Sciences (2004-2008), Philadelphia, PA  
Bachelor of Arts, Cum Laude Graduate  
**Major:** Biological Basis of Behavior, **Minor:** Biology

**The Lawrenceville School** (2001-2004), Lawrenceville, NJ

### POSTDOCTORAL TRAINING

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**New York Presbyterian Hospital – Columbia University Medical Center** (July 2016 to June 2019)  
New York, NY  
Reproductive Endocrinology and Infertility Fellowship  
Anticipated graduation June 2019

**New York Presbyterian Hospital – Columbia University Medical Center** (July 2012 to June 2016)  
New York, NY  
Obstetrics & Gynecology Residency  
Administrative Chief Resident 2015-2016

### MEMBERSHIPS

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**Society for Reproductive Surgeons** January 2018  
**NY Metropolitan Embryologist Society** September 2017  
**Society for Reproductive Endocrinology and Infertility** July 2016  
**American Society for Reproductive Medicine** January 2013  
**Alpha Omega Alpha Honor Medical Society** April 2011  
**American College of Obstetricians & Gynecologists** March 2011

### PUBLICATIONS

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#### PEER REVIEWED ARTICLES

Selter J, Huang U, Grossman Becht LC, **Palmerola KL**, Williams SZ, Forman EJ, Ananth CV, Hur C, Neugut AI, Hershman DL, Wright JD. Use of fertility preservation services in female reproductive-aged cancer patients. *Am J Obstet Gynecol* 2019: Epub ahead of print. PMID: 31108063

Selter J, Wen T, **Palmerola KL**, Friedman AM, Williams Z, Forman EJ. Life-threatening complications among women with severe ovarian hyperstimulation syndrome. *Am J Obstet Gynecol* 2019: Epub ahead of print. PMID: 30742828

**Palmerola KL**, Vitez SF, Amrane S, Fischer C, Forman EJ. Minimizing mosaicism: assessing the impact of fertilization method on rate of mosaicism after next generation sequencing (NGS) preimplantation genetic testing for aneuploidy (PGT-A). *J Assist Reprod Genet.* 2019; 36(1): 153-7. PMID: 30362056

Ratan RB, Rupley DM, **Palmerola K**, Smith DD, Sealy P. Multimedia versus traditional informed consent for cesarean delivery: a randomized controlled trial. *Obstet Gynecol*. 2018; 131(p30S) Epub ahead of print. DOI: 10.1097/01.AOG.0000532942.78289.ee

**Palmerola KL**, Selter J, Gumer A, Zimmermann RC, Lobo RA, Douglas NC. Do fertility outcomes differ in an underinsured urban predominantly Hispanic population? A single center experience. *J Reprod Endocrinol & Infertil*. 2018; 3(1:4): 1-7. DOI: 10.21767/2476-2008.100029

**Palmerola KL**, Rudick BJ, Lobo RA. Low estradiol responses in oocyte donors undergoing gonadotropin stimulation do not influence clinical outcomes. *J Assist Reprod Genet*. 2018; 35(9): 1675-1682. PMID: 29704227

**Palmerola KL**, McConnell RA, Rackow BW. Arcuate uterus and rudimentary second uterine cavity. *J Minim Invasive Gynecol*. 2018; 25(5): 755-756. PMID: 28951152

**Palmerola KL**, Hsu JY, Grossman LC, Sauer MV, Lobo RA. Repeated doses of GnRH antagonist at midcycle in artificial frozen embryo transfer cycles may not affect pregnancy outcomes. *Gynecol Endocrinol*. 2017; 33(4): 301-305. PMID: 28010150

Rupley DM, Tergas AI, **Palmerola KL**, Burke WM. Robotically assisted delayed total laparoscopic hysterectomy for placenta percreta. *Gynecol Oncol Rep*. 2016; 17: 53-55. PMID: 27355003

**Palmerola KL**, Brock CO, D'Alton ME, Friedman AM. Compliance with mechanical venous thromboembolism prophylaxis after cesarean delivery. *J Matern Fetal Neonatal Med*. 2016; 29(19): 3072-3075. PMID: 26555934

**Palmerola KL**, D'Alton ME, Brock CO, Friedman AM. A comparison of recommendations for pharmacologic thromboembolism prophylaxis after cesarean delivery from three major guidelines. *BJOG*. 2016; 123(13): 2157-2162. PMID: 26435300

Fanning J, Kesterson J, Benton A, Farag S, **Ludlow KD**. Laparoscopy-Assisted Supracervical Hysterectomy for Ovarian Cancer: Cervical Recurrence. *JLS*. 2014; 18(3): 1-4. PMID: 25392621

Maddox JR, **Ludlow KD**, Li F, Niyibizi C. Breast and abdominal adipose multipotent mesenchymal stromal cells and stage-specific embryonic antigen 4 expression. *Cells Tissues Organs*. 2012; 196(2): 107-116. PMID: 22237379

#### ORAL PRESENTATIONS

Selter J, Wen T, **Palmerola KL**, Friedman A, Williams Z, Forman EJ. Epidemiology and risk factors for life-threatening complications in severe ovarian hyperstimulation syndrome (OHSS) in a nationwide sample. American Society of Reproductive Medicine Annual Meeting (Denver, CO, 2018).

**Palmerola KL**, Vitez SF, Amrane S, Fischer C, Forman EJ. Minimizing mosaicism: assessing rates of mosaicism after next generation sequencing (NGS) preimplantation genetic testing (PGT) in conventional insemination (IVF) versus intracytoplasmic sperm injection (ICSI) cycles. Midwest Reproductive Symposium International Annual Meeting (Chicago, Illinois, 2018).

**Palmerola KL**, Vitez SF, Amrane S, Fischer C, Forman EJ. Male factor & mosaicism: assessing the contribution of abnormal semen parameters to rate of mosaicism in next generation sequencing (NGS) preimplantation genetic testing (PGT) intracytoplasmic sperm injection (ICSI) cycles. Pacific Coast Reproductive Society Annual Meeting (Indian Wells, California, 2018).

#### POSTER PRESENTATIONS

**Palmerola KL**, Forman EJ, Lobo RA, Egli DM. Replication stress limits developmental potential of human preimplantation embryos. American Society of Preorproductive Medicine Annual Meeting (Philadelphia, Pennsylvania, 2019).

Vitez S, **Palmerola KL**, Williams SZ, Forman EJ. Injection-free ovarian stimulation for poor responders. Midwest Reproductive Symposium International Annual Meeting (Chicago, Illinois, 2019).

Ratan RB, **Palmerola KL**. Decel Defense! Teaching interns to tackle Category II fetal heart rate tracings. CREOG & APGO Annual Meeting (New Orleans, Louisiana, 2019).

Amrane S, Vitez S, **Palmerola KL**, Forman EJ. HCG trigger based on follicle size as compared to set stimulation length results in shorter stimulation with favorable in vitro fertilization (IVF) outcomes. American Society of Reproductive Medicine Annual Meeting (Denver, Colorado, 2018).

Selter J, Huang Y, Grossman-Becht L, **Palmerola KL**, Forman EJ, Williams Z, Ananth C, Neugut A. Utilization and predictors of ovarian transposition among young women with pelvic malignancies who undergo radiotherapy. American Society of Reproductive Medicine Annual Meeting (Denver, Colorado, 2018).

Selter J, Huang Y, Grossman-Becht L, **Palmerola KL**, Forman EJ, Williams Z, Ananth C, Neugut A. Utilization and predictors of ovarian transposition among young women with pelvic malignancies who undergo radiotherapy. American Society of Reproductive Medicine Annual Meeting (Denver, Colorado, 2018).

Rupley D, Smith DD, Sealy P, **Palmerola KL**, Ratan RB. Multimedia versus traditional informed consent for cesarean section: a randomized controlled trial. American Congress of Obstetrics and Gynecology Annual Clinical and Scientific Meeting (Austin, Texas, 2018).

**Palmerola KL**, Lobo RA, Rudick BJ. Low estradiol responses in oocyte donor antagonist in vitro fertilization cycles do not influence outcomes. American Society of Reproductive Medicine Annual Meeting (San Antonio, Texas, 2017).

Rupley D, Smith DD, Sealy P, **Palmerola KL**, Ratan RB. Multimedia versus traditional informed consent for cesarean section: a randomized controlled trial. The Dr. Thomas Q. Morris Symposium on Medical Education (New York, New York, 2017).

**Palmerola KL**, Ratan RB. Decel Defense! A Simulation Session to Teach Interns Basic Principles of Intrapartum Management of Category II Fetal Heart Rate Tracings. New York Obstetrical Society Resident and Fellow Research Night (New York, New York, 2016).

**Palmerola KL**, Choi JM, Sauer MV. Advanced Oncofertility Patients: Reproductive Choices and Outcomes. American Society of Reproductive Medicine Annual Meeting (Baltimore, Maryland, 2015).

**Palmerola KL**, Hsu JY, Grossman LC, Sauer MV, Lobo RA. Frozen Embryo Transfer: a comparison of outcomes from Lupron suppressed and non-lupron cycles. American Society of Reproductive Medicine Annual Meeting (Baltimore, Maryland, 2015).

**Palmerola KL**, VanderHaar E, Ratan R. An Essential SCHOOLMATE for the OBGYN Clerkship. CREOG & APGO Annual Meeting (San Antonio, Texas, 2015).

**Ludlow KD**, D'Alton ME, Friedman AM. Mechanical thromboprophylaxis compliance postcesarean delivery: a prospective quality assurance analysis. American Congress of Obstetricians and Gynecologists Annual Clinical Meeting (Chicago, Illinois, 2014).

#### VIDEOS

Truong MD, Advincula AP. The Extracorporeal C-Incision Tissue Extraction (ExCITE) technique. *OBG Manag.* 2014; 26(11): 56. (Designed animation graphics used to depict tissue morcellation techniques)

**Palmerola, KL**, Truong MD, Advincula AP. Mastering the Uterine Manipulator: Basics & Beyond. *OBG Management* 2014; 26(12): 52.

## LECTURES

**“Replication stress limits the developmental potential of human preimplantation embryos”**

Thesis Defense, Columbia Fertility, Jun. 4, 2019

**“Return on egg-vestment: fertility preservation and outcomes of subsequent oocyte thaw cycles”**

Invited Lecturer, New York Presbyterian – Lawrence Hospital OBGYN Grand Rounds, Feb. 28, 2018

**“Return on egg-vestment: fertility preservation and outcomes of subsequent oocyte thaw cycles”**

New York Presbyterian – Columbia University Medical Center OBGYN Grand Rounds, Feb. 8, 2018

**“Third party reproduction”**

New York Presbyterian – Columbia University Medical Center OBGYN Grand Rounds, Dec. 17, 2015

**“Preimplantation genetic testing & the future of IVF”**

New York Presbyterian – Columbia University Medical Center OBGYN Grand Rounds, Oct. 31, 2013

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## ONGOING RESEARCH

**“Replication stress limits the developmental potential of human preimplantation embryos ”**

Fellowship Thesis, January 2018 to present (manuscript in progress)

Dieter Egli, PhD, Principal Investigator, Department of Obstetrics & Gynecology, Columbia University Medical Center

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## OCCUPATIONAL BACKGROUND

**Medical Emergency Response Team (MERT)** September 2005-May 2008

*PA State Certified Emergency Medical Technician-Basic (EMT)*

*Crew Chief (2006-8), Liaison Lieutenant (2006-7), Logistics Captain (2007-8)*

University of Pennsylvania, Philadelphia, PA

**Yardley-Makefield Emergency Unit** Summers 2005-2008

*Senior EMT Volunteer, Cpt. Hank Lawrence, Supervisor, Yardley, PA*

**CPR instructor** October 2005-May 2008 Philadelphia, PA; Yardley, PA

*BLS-CPR instructor*

**Hospital Volunteer** September 2004-December 2005

Post-Operative Recovery, Seashore House, Children’s Hospital of Pennsylvania, Philadelphia, PA

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## AWARDS & HONORS

**Top Abstract Submission**, June 2018

Presented by Midwest Reproductive Symposium international

**Outstanding Resident Paper**, April 2016

Presented by New York Obstetrical Society

**Excellence in Teaching** June 2014, June 2015

Presented by medical students of Columbia University College of Physicians & Surgeons

**Department of OBGYN Medical Student Commencement Award** May 2014

Penn State University College of Medicine

**College of Medicine Medical Student Research Award** April 2010

Presented by Penn State University College of Medicine for outstanding research project proposals

**Cum Laude Graduate** May 2008

University of Pennsylvania

**Dean’s List** May 2007, May 2008

University of Pennsylvania

**Certificate of Appreciation** April 2007, April 2008

Presented by the University of Pennsylvania Division of Public Safety in recognition of the dedication and service to community through participation and leadership in Penn’s Medical Emergency Response Team.

**Award of Longevity** April 2008

Presented by University of Pennsylvania’s Medical Emergency Response Team for outstanding participation, contribution and leadership in the organization since its founding in 2005.

## POST-GRADUATE COURSES

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**Frontiers in Reproductive Endocrinology** March 2019  
**ASRM Embryo Transfer Certificate Course** February 2019  
**ASRM Embryology Certificate Course** June 2018  
**Clinical and Research Genomics** March 2018 to June 2018, New York, NY  
**SRS-SREI Surgical Boot Camp** January 2018, Houston, TX  
**Introduction to Biostatistics in Clinical Research** September 2017 to December 2017, New York, NY  
**NICHD Young Investigators Conference** September 2017, Itasca, IL  
**Physicians & Surgeons NYPH Quest for Success**, June 2015, New York, NY  
**DaVinci Robotics Cadaver Lab** August 2014, Atlanta, GA

## ACTIVITIES

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**Penn Alumni Interviewer** December 2018 to present  
**PLOS ONE Ad Hoc Reviewer** August 2018 to present  
**Journal of Assisted Reproduction and Genetics Ad Hoc Reviewer** November 2017 to present  
**ASRM Oral Abstract Moderator** October 2017, San Antonio, TX  
**Columbia OBGYN Residency Interviewer** 2014, 2015, 2017  
**Columbia Infertility Quality Assurance Outcomes Database** September 2016 to July 2017  
**Patient Education Video Library** September 2016 to July 2017  
**Columbia OBGYN Administrative Chief Resident** March 2015 to March 2016  
**ASRM Resident Reporter** October 2015, Baltimore, MD  
**Residency Education Coordinator** July 2014 to July 2015  
**Surgical Resident Robotics Olympics** December 2014  
**Orthopedics Interest Group** August 2008 to 2012, *B for Bones Founder*  
**College of Medicine Class of 2012 Class Council** May 2010 to 2012, *Fundraising Chair*  
**Southern France Youth Institute** June to July 2008

## SKILLS & HOBBIES

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**Citizenship:** United States, United Kingdom  
**Languages:** Intermediate medical Spanish  
**Hobbies:** Travel, snowboarding, surfing, sailing, running, family