

Dr. Vinales received her M.D. in 2003 from the Federal University of Alagoas in Brazil. She did Internal Medicine residency and Endocrinology fellowship in Brazil, where she practiced Endocrinology prior to moving to the United States in 2008. She completed her Internal Medicine residency at University of Texas Health Science Center at San Antonio in 2013 and then her Endocrinology fellowship at University of Arizona Medical Center-Phoenix/VA Health Care System in 2015. Dr. Vinales also completed a Clinical Research fellowship at the NIDDK in 2018, further deepening her commitment to advancing the understanding of metabolism, now as a special volunteer researcher for the NIDDK. Her research focuses on energy expenditure response to overfeeding and fasting, and how individual response to overfeeding and fasting predict weight gain over time (i.e., the thrifty and spendthrift phenotypes). During patient care, Dr. Vinales also developed a passion for transgender care. Dr. Vinales works for the Endocrinology service of the VA Phoenix Medical Center, and is an associate program director for the Endocrinology fellowship at the University of Arizona College of Medicine-Phoenix, where she also is a clinical assistant Professor. Lastly, Dr. Vinales is a Volunteer Faculty at Mayo Clinic School of Medicine since 2018.