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In 1989, Professor Gralnek received his medical degree from the University of Minnesota. He served his internship and residency in internal medicine at Hennepin County Medical Center in Minneapolis where he also served as Chief Resident. Professor Gralnek completed his fellowship in gastroenterolgy at UCLA Center for the Health Sciences in 1996, and remained on the gastroenterology faculty at UCLA until 2005. After receiving his Masters degree in Health Services from the UCLA School of Public Health also in 1996, he completed a fellowship in health services research through UCLA, RAND & the West Los Angeles VA Medical Center.

Professor Gralnek's clinical and research interests have focused on endoscopic diagnosis and therapies in GI bleeding, quality of care in capsule endoscopy, technology assessment of endoscopic devices, health economic analyses, and measuring health-related quality of life in individuals with chronic gastroenterologic and hepatic diseases. He has published more than 250 original papers, reviews, case reports, editorials, book chapters, and scientific abstracts. Professor Gralnek is a past councilor on the governing board of the American Society for Gastrointestinal Endoscopy (ASGE), and has previously served as the Chairman of both the International Committee and the Research Committee of the ASGE. He is a current elected councilor on the governing board of the European Society of Gastrointestinal Endoscopy (ESGE) and a member of both the ESGE Research and Education Committees. He has also previously served on the governing council of the Israel Gastroenterology and Hepatology Association. Last, Professor Gralnek is the immediate past Senior Associate Editor for Gastrointestinal Endoscopy and serves on multiple editorial boards including Endoscopy, Gastrointestinal Endoscopy, the American Journal of Gastroenterology, Gastroenterology and Hepatology Research, Archives of Gastroenterohepatology, and Current Treatment Options in Gastroenterology. He is an elected Fellow of the American Society for Gastrointestinal Endoscopy.