



Rachel Ruskin, M.D.

Philosophy of Care

Dr. Ruskin believes that cancer happens not only to an individual, but also to her family and friends. As a result, she and her colleagues strive to support patients and their loved ones physically, emotionally, and spiritually as they face the stress of a gynecologic cancer diagnosis.

Clinical Interests

As a gynecologic oncologist, Dr. Rachel Ruskin provides specialized care for women with ovarian, uterine, cervical, vaginal, and vulvar cancer. She personalizes each patient's treatment plan through a variety of surgical approaches, chemotherapy regimens, and targeted agents. Utilizing her training in palliative medicine, she seeks to optimize quality of life for her patients during and after their cancer treatment and to ensure that the plan of care is in line with each woman's values and goals.

Research/Academic Interests

Dr. Ruskin's research interests lie at the intersection of gynecologic oncology and palliative care. Specifically, her interests include improving symptom assessment and management as well as increasing shared decision-making between women with gynecologic malignancies and their physicians.

Title Assistant Clinical Professor

Specialty Gynecologic Cancer, Gynecology Oncology, Palliative Medicine, Robotic Surgery, Surgery - Robotic

Department [Obstetrics and Gynecology](#)

Division Gynecologic Oncology

Center/Program Affiliation [UC Davis Comprehensive Cancer Center](#)

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Sacramento, CA 95817

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Languages Spanish

Education M.D., UC San Francisco School of Medicine, San Francisco CA 2009
A.B., Harvard University, Cambridge MA 2000

Residency Obstetrics/Gynecology, UC San Francisco Medical Center, San Francisco CA 2009-2013

Fellowships Hospice and Palliative Care, UC San Francisco Medical Center, San Francisco CA 2013-2014



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Gynecologic Oncology, University of Oklahoma Health Sciences Center, Oklahoma City OK 2014-2017

Professional Memberships

American Academy of Hospice and Palliative Medicine
American Society of Clinical Oncology
International Gynecologic Cancer Society
Society of Gynecologic Oncology

Honors and Awards

Faculty Teaching Award for Excellence in Teaching Medical Students, Department of Obstetrics and Gynecology, University of Oklahoma College of Medicine 2015-2017
Outstanding Resident Award in Medical Student Teaching, UCSF Department of Obstetrics, Gynecology, and Reproductive Sciences 2009-2011, 2012-2013

Select Recent Publications

Crim A, Rowland M, Ruskin R, Dvorak J, Greenwade M, Walter A, Gillen J, Ding K, Moore K, Gunderson C. Evaluation of the efficacy and toxicity profile associated with intraperitoneal chemotherapy use in older women. *Gynecol Oncol.* 2017 Aug;146(2):268-272.

Gillen J, Gunderson C, Greenwade M, Rowland M, Ruskin R, Ding K, Crim A, Walter A, White E, Moore K. Contribution of age to clinical trial enrollment and tolerance with ovarian cancer. *Gynecol Oncol.* 2017 Apr;145(1):32-36.

Gunderson CC, Walter AC, Ruskin R, Ding K, Moore KN. Post-intensive care unit syndrome in gynecologic oncology patients. *Support Care Cancer.* 2016 Nov;24(11):4627-32.

Srivastava A, Babu A, Filant J, Moxley KM, Ruskin R, Dhanasekaran D, Sood AK, McMeekin S, Ramesh R. Exploitation of Exosomes as Nanocarriers for Gene-, Chemo-, and Immune-Therapy of Cancer. *J Biomed Nanotechnol.* 2016 Jun;12(6):1159-73.

Lefkowits C, Teuteberg W, Courtney-Brooks M, Sukumvanich P, Ruskin R, Kelley JL. Improvement in symptom burden within one day after palliative care consultation in a cohort of gynecologic oncology inpatients. *Gynecol Oncol.* 2015 Mar;136(3):424-8.



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Lefkowitz C, Rabow MW, Sherman AE, Kiet TK, Ruskin R, Chan JK, Chen LM. Predictors of high symptom burden in gynecologic oncology outpatients: who should be referred to outpatient palliative care? *Gynecol Oncol.* 2014 Mar;132(3):698-702.

Ruskin R, Urban RR, Sherman AE, Chen LL, Powell CB, Burkhardt DH 3rd, Chen L. Predictors of intensive care unit utilization in gynecologic oncology surgery. *Int J Gynecol Cancer.* 2011 Nov;21(8):1336-42.

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