



Baback Roshanravan, M.D., M.S., M.S.P.H.

Philosophy of Care Dr. Roshanravan's care focuses on a patient-centered, collaborative, and interdisciplinary approach to patient care. Critical to this is listening to patient priorities and helping them maintain or improve physical functioning in their environment by working in an interdisciplinary setting with a personalized approach to patient care.

Clinical Interests Dr. Roshanravan is a general nephrologist offering care for adults with chronic kidney disease with a special clinical interest in hypertension and geriatric nephrology. He has particular expertise on the impact of chronic kidney disease on muscle metabolism and whole-person physical functioning and believes in a collaborative and interdisciplinary approach to patient care.

Research/Academic Interests Dr. Roshanravan is a nephrologist with an interest in translational research investigating the links between altered metabolism in chronic kidney disease with muscle function and physical functioning. His research is focused on how reduced kidney function is related to physical function decline and frailty in middle-aged patients with chronic kidney disease and community-dwelling older adults with chronic kidney disease. He has written several invited reviews regarding the importance of physical activity and exercise on muscle health and physical function in patients living with kidney disease. His current research employs metabolic imaging and lives tissue analysis of mitochondrial biochemistry to assess the impact of lifestyle and pharmacologic therapies on improving muscle performance, metabolism and physical function in vulnerable patients with chronic kidney disease.

Title Associate Professor

Specialty Nephrology

Department [Internal Medicine](#)

Division Nephrology

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Languages Farsi, Spanish



Baback Roshanravan, M.D., M.S., M.S.P.H.

- Education** M.D., Northwestern University - The Feinberg School of Medicine, Chicago IL 2005
M.S.P.H., Tulane University School of Public Health & Tropical Medicine, New Orleans LA 2001
M.S., University of Washington School of Public Health, Seattle WA 2012
B.S. ,University of California, Irvine CA 1997
- Residency** Internal Medicine, University of Washington, Seattle WA 2008
- Fellowships** Nephrology, University of Washington, Seattle WA 2013
- Board Certifications** American Board of Internal Medicine
American Board of Internal Medicine, Nephrology
- Professional Memberships** American Society of Nephrology
Metabolomic Society
National Kidney Foundation
- Honors and Awards** Gulyassy endowed professorship in nephrology, 2018
Fellow American Society of Nephrology, 2017
Fellow National Kidney Foundation, 2017
Chair of Medicine Scholars Award, 2015
NIH K23 Career Development Award – Title: “Skeletal muscle dysfunction in CKD”, 2013
Ruth Kirschstein National Research Service Award (NIH F32), 2012
Outstanding Research Poster Award – National Kidney Foundation Spring Clinical Meeting, 2012
Annual Dialysis Conference Fellow’s Scholarship Award, 2010
Northwestern University Feinberg School of Medicine Summer Research Scholarship, 2004
University of California, Irvine Undergraduate Excellency in Research Award, 1997
- Select Recent Publications** 2018 Liu SZ, Ali AS, Campbell MD, Kilroy K, Shankland EG, Roshanravan B, Marcinek DJ, Conley KE. Building Strength, Endurance and Mobility Using an Astaxanthin Formulation with Functional Training in the Elderly. Journal of Cachexia Sarcopenia and Muscle. Journal of Cachexia Sarcopenia and Muscle. (in press)
- 2018 Roshanravan B, Zelnick LR, Djucovic D, Gu H, Alvarez JA, Ziegler TR, Gamboa JL, Utzschneider K, Kestenbaum B, Himmelfarb J, Kahn SE, Raftery D, de Boer IH. Chronic kidney disease attenuates the plasma metabolome response to insulin. JCI Insight;3(16):1-13.



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2018 Matsuzawa R, Roshanravan B, Shimoda T, Mamorita N, Yoneki K, Harada M, Matanabe T, Yoshida A, Takeuchi Y, Matsunaga A. Physical activity dose for hemodialysis patients: Where to begin? Results from a 7-year prospective cohort study. *Journal of Renal Nutrition*. 28(1):45-53.

2017 Roshanravan B, Gamboa J, Wilund K. Exercise and CKD: Skeletal Muscle Dysfunction and Practical Application of Exercise to Prevent and Treat Physical Impairments in CKD. *American Journal of Kidney Diseases*. 69(6):837-852.

2017 Roshanravan B, Kushang V. Patel, Linda F. Fried, Cassianne Robinson-Cohen, Ian H. de Boer, Tamara Harris, Rachel A. Murphy, Suzanne Satterfield, Bret H. Goodpaster, Michael Shlipak, Anne B. Newman, Bryan Kestenbaum. Association of Muscle Endurance, Fatigability, and Strength With Functional Limitation and Mortality in the Health Aging and Body Composition Study. *The Journals of Gerontology Series A Biological Sciences and Medical Sciences*. 72(2):284-291.

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