William Ridgway, M.D.

Philosophy of Care	Many patients with autoimmune and rheumatological diseases suffer for years before a proper diagnosis is made. The history of the illness is critical to establishing a proper diagnosis in rheumatology. I emphasize a detailed history and physical examination, with confirmatory laboratory and radiological studies. Once the diagnosis is established, I believe in an evidence-based approach to treatment, emphasizing the scientific literature whenever possible (some rheumtological conditions are so rare that controlled studies are lacking). The treatment options available in rheumatology have expanded greatly in recent years, and patients resistant to conventional therapy can now be treated with a wide variety of novel biological therapies, often specifically targeted to the immunological basis of their disease. This gives us many tools to achieve our goal of suppressing inflammation as much as possible, thereby reducing disease activity so that the patient can resume their usual activities and lifestyle.
Clinical Interests	Dr. Ridgway is a rheumatologist, specializing in diagnosis and treatment of autoimmune and inflammatory rheumatological diseases.
Research/Academic Interests	Dr. Ridgway's laboratory research focuses on the immunogenetic basis of autoimmune disease, with the goal of developing novel, disease specific immunotherapies.
Title	Chief, Division of Rheumatology, Allergy & Clinical Immunology
Specialty	Rheumatology, Allergy and Clinical Immunology
Department	Internal Medicine
Division	Rheumatology, Allergy and Clinical Immunology
Center/Program Affiliation	UC Davis Medical Group
Address/Phone	Lawrence J. Ellison Ambulatory Care Center, 4860 Y St. Suite 100 Sacramento, CA 95817
Additional Phone	Clinic Phone: 916-734-2737 Physician Referrals: 800-4-UCDAVIS (800-482-3284)
Education	M.D., University of Rochester School of Medicine, Rochester NY 1989 Post-Bac, Bryn Mawr College, Bryn Mawr PA 1985 B.A., Haverford College, Haverford PA 1982
Internships	Internal Medicine, Stanford University Hospital, Stanford CA 1989-1990
Residency	Internal Medicine, Stanford University Hospital, Stanford CA 199o-1992

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Fellowships

Physician Postdoctoral Fellow, Howard Hughes Medical Institute, Stanford CA 1993-1996
Rheumatology/Immunology, Stanford University Hospital, Stanford CA 1992-1994
Postdoctoral Research Fellow, Stanford University School of Medicine, Stanford CA 1993-1997

Board Certifications

American Board of Internal Medicine
American Board of Internal Medicine, Rheumatology
Medical Board of California

Professional Memberships

American Association of Immunologists (AAI)
American College of Physicians (ACP)
American College of Rheumatology
Central Society for Clinical Research

Honors and Awards

Department of IM Distinguished Research Achievement Award, 2013
Alice W. and Mark A. Brown Endowed Chair of IM, 2010
Co-award: H.M. Margolis Research Grant, 1999
Pfizer Faculty Scholar, Immunology/Rheumatology, Juvenile Diabetes Foundation International Career Development Award, 1999
Howard Hughes Medical Institute, Post doctoral Fellow, Stanford University, 1993
Alpha Omega Alpha, 1989
Magna cum Laude, Departmental High Honors, Departmental First Prize, 1982
Phi Beta Kappa, 1982

Select Recent Publications

Itoh A, Ortiz L, Kachapati K, Yuehong Wu, Adams D, Bednar K, Mukherjee S, Chougnet C, Chen YG, Mittler R, Dolan L, Ridgway WM. Soluble CD137 ameliorates acute type 1 diabetes by inducing T cell anergy. Frontiers in Immunology. 2019 Nov 7;10:2566.

Zhang W, Zhang R, Zhang J, Sun Y, Leung P, Yang GX, Shuai Z, Ridgway W, Gershwin ME. Dynamic Proteomic Analysis Reveals Distinctive Protein Profiles Involved in CD8 T Cell-Mediated Murine Autoimmune Cholangitis. Cell Mol Immunol. 2018;15:756-767.

Huang W, Rainbow DB, Wu Y, Adams D, Shivakumar P, Kottyan L, Aronow B, Karns R, Bezerra J, Gershwin ME, Wicker LS, Ridgway WM. A Novel Pkhd1 mutation interacts with the Nonobese diabetic (NOD) genetic background to cause autoimmune cholangitis. Journal of Immunology. 2017;200:147-162.

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Itoh A, Irie J, Tagawa H, Kusumoto Y, Kato M, Kobayashi N, Tanaka K,Kikuchi R, Fujita M, Nakajima Y, Wu Y, Yamada S, Kawai T, Ridgway WM, Itoh H. GLP-1 receptor agonist, liraglutide, ameliorates hepatosteatosis induced by anti-CD3 antibody in female mice. J Diabetes Complications. 2017;31:1370-1375.

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Ma HD, Ma WT, Liu QZ, Zhao ZB, Liu MZY, Tsuneyama K, Gao JM, Ridgway WM, Ansari AA, Gershwin ME, Fei YY, Lian ZX. Chemokine Receptor CXCR3 Deficiency Exacerbates Murine Autoimmune Cholangitis by Promoting Pathogenic CD8+ T Cell Activation. Journal of Autoimmunity. 2017;78:19-28.

Yang GX, Sun Y, Tsuneyama K, Zhang W, Leung PS, He XS, Ansari AA, Bowlus C, Ridgway WM, Gershwin ME. Endogenous interleukin-22 protects against inflammatory bowel disease but not autoimmune cholangitis in dominant negative form of transforming growth factor beta receptor type II mice. Clin Exp Immunol. 2016;185:154-164.

Yang JB, Wang YH, Yang W, Lu FT, Ma HD, Zhao ZB, Jia YJ, Tang W, Tsuneyama K, Ridgway WM, Gershwin ME, Lian ZX. Successful treatment of murine autoimmune cholangitis by parabiosis: Implications for hematopoietic therapy. Journal of Autoimmunity. 2015;66:108-117.

Bednar K, Tsukamoto H, Kachapati K, Ohta S, Wu Y, Katz J. Ascherman D; Ridgway, WM. Reversal of New Onset Type 1 Diabetes with an agonistic TLR4/MD-2 Monoclonal Antibody.

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