



Rachel Ruskin, M.D.

Philosophy of Care

I believe that cancer happens not only to an individual, but also to their family and friends. As a result, our care team strives to support patients and their loved ones physically, emotionally, spiritually, and logistically as they face the stress of a gynecologic cancer diagnosis.

Clinical Interests

Dr. Ruskin provides specialized care for people with ovarian, uterine, cervical, vaginal, and vulvar cancer. She personalizes each patient's treatment plan through a variety of surgical approaches, chemotherapy regimens, targeted drugs, and immunotherapy as needed. 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 person's values and goals.

Research/Academic Interests

Dr. Ruskin's educational interests lie at the intersection of gynecologic oncology and palliative care. She mentors trainees in developing their communication skills and in using shared decision-making with patients.

Title

Associate Clinical Professor, Division of Gynecologic Oncology, Department of Obstetrics and Gynecology

Specialty

Gynecology Oncology, Hospice and Palliative Medicine

Department

[Obstetrics and Gynecology](#)

Division

Gynecologic Oncology

Center/Program Affiliation

[UC Davis Comprehensive Cancer Center](#)

Address/Phone

UC Davis Comprehensive Cancer Center, 2279 45th Street Sacramento, CA 95817
Phone: 916-734-5959

Additional Phone

Physician Referrals: 800-4-UCDAVIS (800-482-3284)

Languages

Spanish

Education

M.D., UC San Francisco School of Medicine, San Francisco CA 2009
A.B., Romance Languages and Literature, Harvard University, Cambridge MA 2000

Residency

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



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Board Certifications

American Board of Hospice and Palliative Care
American Board of Obstetrics and Gynecology

Professional Memberships

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

Honors and Awards

Sacramento Magazine Top Doctors Recognition, 2019, 2020
Faculty Teaching Award for Excellence in Teaching Medical Students, Department of Obstetrics and Gynecology, University of Oklahoma College of Medicine (2015-2016, 2016-2017), 2017
Outstanding Resident Award in Medical Student Teaching, UCSF Department of Obstetrics, Gynecology, and Reproductive Sciences (2009-2010, 2010-2011, 2012-2013), 2013

Select Recent Publications

Klapheke AK, Keegan THM, Ruskin R, Cress RD. Pre-diagnosis health-related quality of life and survival in older women with endometrial cancer. *Support Care Cancer*. 2020 Oct;28(10):4901-4909. doi:10.1007/s00520-020-05324-0. Epub 2020 Feb 1. PMID:32008090.

Klapheke AK, Keegan THM, Ruskin R, Cress RD. Depressive symptoms and health-related quality of life in older women with gynecologic Cancers. *J Geriatr Oncol*. 2020 Jun;11(5):820-827. doi: 10.1016/j.jgo.2019.10.001. Epub 2019 Oct 25. PMID:31668948.

Klapheke AK, Keegan THM, Ruskin R, Cress RD. Changes in health-related quality of life in older women after diagnosis with gynecologic cancer. *Gynecol Oncol*. 2020 Feb;156(2):475-481. doi: 10.1016/j.ygyno.2019.11.033. Epub 2019 Dec 2. PMID:31806400.

Srivastava A, Moxley K, Ruskin R, Dhanasekaran DN, Zhao YD, Ramesh R. A Non-invasive Liquid Biopsy Screening of Urine-Derived Exosomes for miRNAs as Biomarkers in Endometrial Cancer Patients. *AAPS J*. 2018 Jul 9;20(5):82. doi:10.1208/s12248-018-0220-y. PMID:29987691.

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. doi:10.1016/j.ygyno.2017.05.032. Epub 2017 Jun 2. PMID:28583323.



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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. doi:10.1016/j.ygyno.2016.12.023. Epub 2017 Jan 10. PMID:28087143.

Cass I, Duska LR, Blank SV, Cheng G, duPont NC, Frederick PJ, Hill EK, Matthews CM, Pua TL, Rath KS, Ruskin R, Thaker PH, Berchuck A, Gostout BS, Kushner DM, Fowler JM. Stress and burnout among gynecologic oncologists: A Society of Gynecologic Oncology Evidence-based Review and Recommendations. *Gynecol Oncol*. 2016 Nov;143(2):421-427. doi:10.1016/j.ygyno.2016.08.319. Epub 2016 Aug 27. PMID:27575910.

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. doi:10.1007/s00520-016-3305-0. Epub 2016 Jun 15. PMID:27306212.

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. doi:10.1166/jbn.2016.2205. PMID:27319211.

Lefkowitz 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. doi:10.1016/j.ygyno.2014.12.030. Epub 2014 Dec 26. PMID:25546112.

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