Stanford



Ruben J Colman, MD, PhD

Assistant Professor of Pediatrics (Gastroenterology)

Pediatrics - Gastroenterology

CLINICAL OFFICE (PRIMARY)

- **Pediatric Gastroenterology**

  730 Welch Rd

  2nd Fl

  Palo Alto, CA 94304

  Tel (650) 491-6686 **Fax** (650) 721-3822

Bio

BIO

Dr. Colman is a pediatric gastroenterologist and physician-scientist with an overarching goal to improve and optimize the quality of care and outcomes for children with inflammatory bowel diseases (IBD) through precision medicine approaches. His interdisciplinary team science research program focuses on making precision medicine clinically actionable through innovative solutions merging clinical pharmacology knowledge with '-omics' discoveries using microbiome and metabolomics signatures. Part of this work includes translating these findings into improved clinical treat-to-target endpoints with immediate noninvasive point-of-care measures such as intestinal ultrasound.

The foundation of his current work originates from his PhD titled 'Precision Dosing and Personalized Medicine in pediatric IBD'. During his training, Dr. Colman was also an American Gastroenterological Association (AGA) editorial fellow for Gastroenterology and he is actively involved in the committees of several professional societies including the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN), the Crohn's and Colitis Foundation and the International Bowel UltraSound (IBUS) Group. Dr. Colman is supported by a Career Development K23 Award from the NIH, which focuses on evaluating personalized treatment strategies for children with Crohn's disease, specifically examining microbial and transmural intestinal ultrasound findings. He is also funded by awards of the NASPGHAN Foundation and the Stanford Pediatrics Physician-Scientist Bridge to K Program.

CLINICAL FOCUS

- Pediatric Gastroenterology
- Inflammatory Bowel Diseases
- Crohn's Disease
- Ulcerative Colitis

ACADEMIC APPOINTMENTS

- Assistant Professor-Univ Med Line, Pediatrics - Gastroenterology
- Member, Maternal & Child Health Research Institute (MCHRI)

ADMINISTRATIVE APPOINTMENTS

- Director of Intestinal Ultrasound, Center for IBD and Celiac Disease, Division of Pediatric Gastroenterology, (2023- present)

HONORS AND AWARDS

- Early Career Clinical Excellence Award, Department of Pediatrics, Stanford School of Medicine (2026)
- Endowed Faculty Scholar for Pediatric Inflammatory Bowel Disease and Celiac Disease, Stanford School of Medicine (2026)
- Career Development Award (K23), National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) (2025-2030)
- Team Science and Translational Medicine Faculty Development Program Grant, Stanford, MCHRI (2024-2025)
- Career Development Award, NASPGHAN Foundation/QOL (2023-2025)
- Thrasher Research Fund - Early Career Award, Thrasher Research Fund (2023-2025)
- Stanford Pediatric IBD and Celiac Disease Research Program Early Career Award, Stanford, MCHRI (2023-2025)
- Young Investigators Award, Crohn's Colitis Congress, AGA/Crohn's Colitis Foundation (2022)
- AGA Editorial Fellow for Gastroenterology, AGA (2020-2021)
- Young Investigators Award, Crohn's Colitis Congress, AGA/Crohn's Colitis Foundation (2020)
- Physician Scientist Research Award, SBH Health System (2018)
- Research Award (2nd place, oral presentation), Pediatric Trainee Night, New York Academy of Medicine (NYAM) (2018)
- Best Research Poster, Pediatrics, SBH Health System (2018)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Research Co-chair, NASPGHAN, Intestinal Ultrasound Special Interest Group (2025 - present)
- Editorial Board, Therapeutic Advances in Gastroenterology (2025 - present)
- Committee Member, PedCom, International Bowel Ultrasound (IBUS) Group (2025 - present)
- Committee Member, Pediatric Affairs Committee, Crohn's Colitis Foundation (2022 - present)
- Committee Member, NASPGHAN IBD Committee (2022 - present)
- SIG Member, NASPGHAN, Data Science Special Interest Group (2021 - present)
- Reviewer, NASPGHAN Study Section (2020 - 2022)
- Committee Member, NASPGHAN Research Committee (2019 - 2022)

PROFESSIONAL EDUCATION

- Certification, International Bowel Ultrasound (IBUS) Group , Point-of-care Intestinal Ultrasound (2024)
- PhD, Universiteit van Amsterdam , Netherlands (2023)
- Fellowship, Cincinnati Children's Hospital Advanced Pediatric Inflammatory Bowel Disease Fellowship , OH (2022)
- Board Certification: Pediatric Gastroenterology, American Board of Pediatrics (2021)
- Fellowship: Cincinnati Children's Hospital Pediatric Gastroenterology Fellowship (2021) OH
- Board Certification: Pediatrics, American Board of Pediatrics (2018)
- Residency: St. Barnabas Health Pediatrics Residency Program (2018) NY
- Medical Education: Universiteit van Amsterdam Education Administration (2012) Netherlands

LINKS

- Colman Lab Website: https://colmanlab.stanford.edu

Teaching

GRADUATE AND FELLOWSHIP PROGRAM AFFILIATIONS

- Pediatric Gastroenterology (Fellowship Program)

Publications

PUBLICATIONS

- **Novel Agents on the Therapeutic Horizon For Paediatric Inflammatory Bowel Diseases: An Analysis of Clinical Trials Registries.** *Paediatric drugs*
  Gupte, D., Suthar, N. R., MacDonald, J. K., Le, J., Colman, R. J., Feagan, B. G., Cheng, C., Hanzel, J., Ma, C., Jairath, V., Crowley, E.
  2026
- **Integrating intestinal ultrasound into routine clinical care improves prediction of biochemical disease activity in pediatric inflammatory bowel disease.** *Inflammatory bowel diseases*
  Patel, P. V., Zuniga, D. J., Goyal, A., Bensen, R., Bass, D., Moses, J., Rosen, M. J., Colman, R. J.
  2026
- **Incidence and prevalence of immune-mediated extraintestinal manifestations in pediatric inflammatory bowel disease: a systematic review and meta-analysis.** *Crohn's & colitis 360*
  Colman, R. J., Vuyyuru, S. K., Solitano, V., MacDonald, J. K., Le, J., Ricciuto, A., Berard, R., Mohammed, J. A., Ma, C., Jairath, V., Crowley, E.
  2026; 8 (2): otag024
- **Therapeutic Drug Monitoring in Pediatric Inflammatory Bowel Disease: A Nationwide Survey of Anti-TNF Therapy Practices, Attitudes, and Barriers.** *Crohn's & colitis 360*
  Colman, R. J., Dotson, J. L., Mock, M., Sandberg, K., Saeed, S., Margolis, P., Dhaliwal, J.
  2025; 7 (3): otaf050
- **Intensified Upadacitinib Dosing for Adolescent Patients with Acute Severe Ulcerative Colitis.** *Children (Basel, Switzerland)*
  Patel, P. V., Rigmaiden, M., Goyal, A., Bensen, R., Bass, D., Moses, J., Rosen, M. J., Colman, R. J.
  2025; 12 (4)
- **Operating Properties of Disease Activity Indices in Pediatric Inflammatory Bowel Disease: A Systematic Review.** *Inflammatory bowel diseases*
  Colman, R. J., Solitano, V., MacDonald, J. K., Ma, C., Griffiths, A. M., Jairath, V., Crowley, E.
  2024
- **Precise infliximab exposure and pharmacodynamic control to achieve deep remission in paediatric Crohn's disease (REMODEL-CD): study protocol for a multicentre, open-label, pragmatic clinical trial in the USA.** *BMJ open*
  Minar, P. P., Colman, R. J., Zhang, N., Mizuno, T., Vinks, A. A.
  2024; 14 (3): e077193
- **Infliximab Monotherapy vs Combination Therapy for Pediatric Crohn's Disease Exhibit Similar Pharmacokinetics.** *Inflammatory bowel diseases*
  Colman, R. J., Vuijk, S. A., Mathôt, R. A., Van Limbergen, J., Jongsma, M. M., Schreurs, M. W., Minar, P., de Ridder, L., D'Haens, G. R.
  2024
- **HLA-DQA1*05 Genotype and Immunogenicity to Tumor Necrosis Factor-alpha Antagonists: A Systematic Review and Meta-analysis.** *Clinical gastroenterology and hepatology : the official clinical practice journal of the American Gastroenterological Association*
  Solitano, V., Facciorusso, A., McGovern, D. P., Nguyen, T., Colman, R. J., Zou, L., Boland, B. S., Syversen, S. W., Jorgensen, K. K., Ma, C., Armuzzi, A., Wilson, A., Jairath, et al
  2023
- **Editorial: achievements and unresolved questions in improving the pharmacokinetics of vedolizumab in adolescents with inflammatory bowel disease-authors' reply.** *Alimentary pharmacology & therapeutics*
  Colman, R. J., Minar, P.
  2023; 57 (5): 567-568

- **Model-informed Precision Dosing for Biologics Is Now Available at the Bedside for Patients With Inflammatory Bowel Disease** *INFLAMMATORY BOWEL DISEASES*
  Colman, R. J., Samuels, A., Mizuno, T., Punt, N., Vinks, A. A., Minar, P.
  2022

- **Real world population pharmacokinetic study in children and young adults with inflammatory bowel disease discovers novel blood and stool microbial predictors of vedolizumab clearance** *ALIMENTARY PHARMACOLOGY & THERAPEUTICS*
  Colman, R. J., Mizuno, T., Fukushima, K., Haslam, D. B., Hyams, J. S., Boyle, B., Noe, J. D., D'Haens, G. R., Van Limbergen, J., Chun, K., Yang, J., Denson, L. A., Ollberding, et al
  2022

- **BIOMARKERS OF DRUG CLEARANCE IN PEDIATRIC IBD - A REALWORLD VEDOLIZUMAB PHARMACOKINETIC STUDY**
  Colman, R. J., Mizuno, T., Hyams, J. S., Noe, J. D., Boyle, B. M., Denson, L. A., Vinks, A. A., Minar, P. P.
  W B SAUNDERS CO-ELSEVIER INC.2022: S642

- **Antibodies-to-infliximab accelerate clearance while dose intensification reverses immunogenicity and recaptures clinical response in paediatric Crohn's disease** *ALIMENTARY PHARMACOLOGY & THERAPEUTICS*
  Colman, R. J., Xiong, Y., Mizuno, T., Hyams, J. S., Noe, J. D., Boyle, B., D'Haens, G. R., van Limbergen, J., Chun, K., Yang, J., Rosen, M. J., Denson, L. A., Vinks, et al
  2021

- **Achieving Target Infliximab Drug Concentrations Improves Blood and Fecal Neutrophil Biomarkers in Crohn's Disease** *INFLAMMATORY BOWEL DISEASES*
  Colman, R. J., Tsai, Y., Jackson, K., Boyle, B. M., Noe, J. D., Hyams, J. S., D'Haens, G. M., van Limbergen, J., Rosen, M. J., Denson, L. A., Minar, P.
  2021; 27 (7): 1045-1051

- **SHOTGUN METAGENOMICS IDENTIFIES MICROBIAL SIGNATURE CHANGES ASSOCIATED WITH INDUCTION INFLIXIMAB CLEARANCE IN CROHN'S DISEASE**
  Colman, R. J., Tadesse, D., Xiong, Y., Haslam, D., Hyams, J. S., Noe, J. D., Boyle, B. M., van Limbergen, J., D'Haens, G. R., Rosen, M. J., Denson, L. A., Vinks, A. A., Ollberding, et al
  W B SAUNDERS CO-ELSEVIER INC.2021: S723-S724

- **Favorable Outcomes and Anti-TNF Durability After Addition of an Immunomodulator for Anti-Drug Antibodies in Pediatric IBD Patients** *INFLAMMATORY BOWEL DISEASES*
  Colman, R. J., Portocarrero-Castillo, A., Chona, D., Hellmann, J., Minar, P., Rosen, M. J.
  2021; 27 (4): 507-515

- **Predicting Therapeutic Response in Pediatric Ulcerative Colitis-A Journey Towards Precision Medicine** *FRONTIERS IN PEDIATRICS*
  Colman, R. J., Dhaliwal, J., Rosen, M. J.
  2021; 9: 634739

- **Real-World Infliximab Pharmacokinetic Study Informs an Electronic Health Record-Embedded Dashboard to Guide Precision Dosing in Children with Crohn's Disease** *CLINICAL PHARMACOLOGY & THERAPEUTICS*
  Xiong, Y., Mizuno, T., Colman, R., Hyams, J., Noe, J. D., Boyle, B., Tsai, Y., Dong, M., Jackson, K., Punt, N., Rosen, M. J., Denson, L. A., Vinks, et al
  2021; 109 (6): 1639-1647

- **An 11-Month-Old With Vomiting, Altered Mental Status, and Hypoventilation** *CLINICAL PEDIATRIC EMERGENCY MEDICINE*
  Rudloff, J., Lipshaw, M. J., McKee, C., Colman, R. J., Vukovic, A. A.
  2020; 21 (1)

- **CHANGE IN FECAL CALPROTECTIN AND LACTOFERRIN PREDICT CLINICAL REMISSION FOLLOWING INDUCTION THERAPY WITH INFLIXIMAB IN PEDIATRIC CROHN'S DISEASE (CD)**
  Colman, R., Boyle, B., Noe, J., Hyams, J., Minar, P.
  OXFORD UNIV PRESS INC.2020: S68-S69

- **Upper Gastrointestinal Endoscopy in Adolescents With Severe Obesity Before Vertical Sleeve Gastrectomy** *JOURNAL OF PEDIATRIC GASTROENTEROLOGY AND NUTRITION*
  Colman, R. J., Baidal, J., Zitsman, J. L., Mencin, A. A.
  2019; 69 (3): 287-291

- **Safety and Efficacy of Combination Treatment With Calcineurin Inhibitors and Vedolizumab in Patients With Refractory Inflammatory Bowel Disease** *CLINICAL GASTROENTEROLOGY AND HEPATOLOGY*

Christensen, B., Gibson, P. R., Micic, D., Colman, R. J., Goeppinger, S. R., Kassim, O., Yarur, A., Weber, C. R., Cohen, R. D., Rubin, D. T.
2019; 17 (3): 486-493

- **Efficacy and Follow-up of Segmental or Subtotal Colectomy in Patients With Colitis-Associated Neoplasia** *CLINICAL GASTROENTEROLOGY AND HEPATOLOGY*
  Cleveland, N., Ollech, J. E., Colman, R. J., Rodriquez, D., Hirsch, A., Cohen, R. D., Hanauer, S. B., Hart, J., Hurst, R., Rubin, D. T.
  2019; 17 (1): 205-206

- **Methotrexate for the Treatment of Pediatric Crohn's Disease: A Systematic Review and Meta-analysis** *INFLAMMATORY BOWEL DISEASES*
  Colman, R. J., Lawton, R. C., Dubinsky, M. C., Rubin, D. T.
  2018; 24 (10): 2135-2141

- **Prevalence of functional GI disorders among pediatric patients with persistent asthma** *JOURNAL OF DIGESTIVE DISEASES*
  Colman, R. J., Rosario, N. S., Gutierrez Bonilla, A., Benavidez Alvarez, G., Benavidez Alvarez, J., Uy, V. P., Pina, P. R., Rubin, D. H.
  2018; 19 (9): 522-528

- **Vedolizumab as Induction and Maintenance for Inflammatory Bowel Disease: 12-month Effectiveness and Safety** *INFLAMMATORY BOWEL DISEASES*
  Christensen, B., Colman, R. J., Micic, D., Gibson, P. R., Goeppinger, S. R., Yarur, A., Weber, C. R., Cohen, R. D., Rubin, D. T.
  2018; 24 (4): 849-860

- **Histological inflammation increases the risk of colorectal neoplasia in ulcerative colitis: a systematic review** *INTESTINAL RESEARCH*
  Colman, R. J., Rubin, D. T.
  2016; 14 (3): 202-210

- **Antibodies to Infliximab are Frequently Present when Infliximab Levels are Detectable in an ECLIA-based Assay**
  Colman, R. J., Rubin, D.
  W B SAUNDERS CO-ELSEVIER INC.2016: S420

- **Segmental and Total Abdominal Colectomies are Safe Management Strategies for Colitis-Associated Neoplasia**
  Cleveland, N., Colman, R., Rodriquez, D., Hirsch, A., Cohen, R., Hanauer, S., Hurst, R., Hartk, J., Rubin, D.
  LIPPINCOTT WILLIAMS & WILKINS.2016: S19

- **Surveillance of IBD Using High Definition Colonoscopes Does Not Miss Adenocarcinoma in Patients with Low-grade Dysplasia** *INFLAMMATORY BOWEL DISEASES*
  Cleveland, N., Colman, R. J., Rodriquez, D., Hirsch, A., Cohen, R. D., Hanauer, S. B., Hart, J., Rubin, D. T.
  2016; 22 (3): 631-637

- **Can Baseline Histological Score Predict Subsequent Clinical Outcomes in Patients With Ulcerative Colitis?**
  Colman, R. J., Ackerman, M. T., Rodriquez, D., Sadiq, F., Cleveland, N., Goeppinger, S., Hart, J., Turner, J. R., Raffals, L., Cohen, R., Hanauer, S. B., Rubin, D. T.
  NATURE PUBLISHING GROUP.2015: S799

- **Endoscopic and Histologic Response and Remission in Inflammatory Bowel Disease Patients Initiating Vedolizumab**
  Christensen, B., Rubin, D. T., Goeppinger, S., Colman, R. J., Yarur, A., Hirsch, A., Bocheneck, A., Wichmann, A., Sakuraba, A., Cohen, R., Siddiqui, D.
  NATURE PUBLISHING GROUP.2015: S783-S784

- **Successful Treatment of Ulcerative Colitis With Vedolizumab in a Patient With an Infliximab-Associated Psoriasiform Rash** *ACG CASE REPORTS JOURNAL*
  Hirsch, A., Colman, R. J., Lang, G. D., Rubin, D. T.
  2015; 2 (4): 236-238

- **Vedolizumab in the Treatment of IBD: The University of Chicago Experience**
  Christensen, B., Goeppinger, S. R., Colman, R. J., Siddiqui, D., Yarur, A., Bochenek, A. A., Wichmann, A., Hirsch, A., Kinnucan, J. A., Sakuraba, A., Cohen, R. D., Rubin, D. T.
  W B SAUNDERS CO-ELSEVIER INC.2015: S866

- **Crohn's Disease Patients Currently or Previously on Natalizumab Can Be Safely and Effectively Switched to Vedolizumab**
  Christensen, B., Goeppinger, S. R., Colman, R. J., Siddiqui, D., Yarur, A., Hirsch, A., Wichmann, A., Bochenek, A. A., Sakuraba, A., Cohen, R. D., Rubin, D. T.

W B SAUNDERS CO-ELSEVIER INC.2015: S866-S867

- **The Efficacy and Safety of Calcineurin Inhibitors in Inducing and Maintaining Clinical Remission in IBD Patients Commencing Vedolizumab**
  Christensen, B., Goeppinger, S. R., Colman, R. J., Siddiqui, D., Yarur, A., Hirsch, A., Bochenek, A. A., Wichmann, A., Sakuraba, A., Cohen, R. D., Rubin, D. T.
  W B SAUNDERS CO-ELSEVIER INC.2015: S866
- **Revised Predictive Values for IBD Colitis-Associated Neoplasia in the Modern Era**
  Cleveland, N., Colman, R. J., Rodriquez, D. M., Hart, A., Rubin, D. T.
  W B SAUNDERS CO-ELSEVIER INC.2015: S575
- **Assessment of Injection Site Reactions Related to Anti-TNF Therapies in Inflammatory Bowel Disease**
  Colman, R. J., Goeppinger, S. R., Micic, D., Rodriquez, D. M., Ackerman, M. T., Sakuraba, A., Rubin, D. T.
  W B SAUNDERS CO-ELSEVIER INC.2015: S238
- **Optimal Doses of Methotrexate Combined with Anti-TNF Therapy to Maintain Clinical Remission in Inflammatory Bowel Disease** *JOURNAL OF CROHNS & COLITIS*
  Colman, R. J., Rubin, D. T.
  2015; 9 (4): 312-317
- **De ziekte van Crohn: een controverse.** *Nederlands tijdschrift voor geneeskunde*
  Colman, R. J.
  2015; 159: A8220
- **Fecal microbiota transplantation as therapy for inflammatory bowel disease: A systematic review and meta-analysis** *JOURNAL OF CROHNS & COLITIS*
  Colman, R. J., Rubin, D. T.
  2014; 8 (12): 1569-1581
- **Efficacy of High-Dose Versus Low-Dose Methotrexate in Combination Therapy for Inflammatory Bowel Disease**
  Colman, R., Rubin, D.
  NATURE PUBLISHING GROUP.2014: S489-S490
- **Fecal Alpha 1-Antitrypsin as a Biomarker for Disease Activity in Ulcerative Colitis**
  Colman, R., Rubin, D.
  NATURE PUBLISHING GROUP.2014: S434
- **Agreement Between Patient- and Physician-completed Pediatric Ulcerative Colitis Activity Index Scores** *JOURNAL OF PEDIATRIC GASTROENTEROLOGY AND NUTRITION*
  Lee, J. J., Colman, R. J., Mitchell, P. D., Atmadja, M. L., Bousvaros, A., Lightdale, J. R.
  2011; 52 (6): 708-713