

Stanford



Susan Ziolkowski, MD

Clinical Assistant Professor, Medicine - Nephrology

CLINICAL OFFICE (PRIMARY)

- **Nephrology Clinic**

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Bio

BIO

Dr. Ziolkowski is a board-certified nephrologist with a passion for caring for persons with chronic kidney disease. She is a clinical assistant professor in the Stanford Department of Medicine's Division of Nephrology and has a special focus on treating patients with cancer and kidney disease. She is active both in research and teaching endeavors to further advance this field.

She provides patient care at the Stanford Health Care kidney clinics in Palo Alto and Emeryville. For each patient, she prepares a care plan that is comprehensive, compassionate, and personalized to individual needs. Her goal is to help every patient achieve the best possible health and quality of life.

Dr. Ziolkowski has co-authored articles on her research findings in the American Journal of Kidney Disease, Journal of Renal Nutrition, Peritoneal Dialysis International, and other journals. She has made presentations to her peers at meetings of the American Society of Nephrology, National Association for Research in Science Teaching, and other professional organizations.

She enjoys running, yoga, skiing and getting outdoors.

CLINICAL FOCUS

- Nephrology
- Chronic Kidney Disease
- Nephrology Oncology
- Multiple Myeloma
- Monoclonal gammopathy of renal significance
- End Stage Renal Disease
- Bone health and body composition

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Medicine - Nephrology

PROFESSIONAL EDUCATION

- Board Certification: Internal Medicine, American Board of Internal Medicine (2015)
- Board Certification, American Board of Internal Medicine , Nephrology
- Board Certification, American Board of Internal Medicine , Internal Medicine
- Fellowship, Stanford Medical Center , Nephrology
- Residency, University of Rochester Medical Center, Rochester, New York , Internal Medicine
- Medical Degree, State University of New York – Upstate Medical University, Syracuse

Publications

PUBLICATIONS

- **Cystatin C and Creatinine Concentrations are Uninformative Biomarkers of Sarcopenia: A Cross-Sectional NHANES Study.** *Journal of renal nutrition : the official journal of the Council on Renal Nutrition of the National Kidney Foundation*
Shah, L. N., Leonard, M. B., Ziolkowski, S. L., Grimm, P., Long, J.
2023
- **Association between cause of kidney failure and fracture incidence in a national US dialysis population cohort study.** *Clinical kidney journal*
Ziolkowski, S., Liu, S., Montez-Rath, M. E., Denburg, M., Winkelmayer, W. C., Chertow, G. M., O'Shaughnessy, M. M.
2022; 15 (12): 2245-2257
- **Association between cause of kidney failure and fracture incidence in a national US dialysis population cohort study** *CLINICAL KIDNEY JOURNAL*
Ziolkowski, S., Liu, S., Montez-Rath, M. E., Denburg, M., Winkelmayer, W. C., Chertow, G. M., O'Shaughnessy, M. M.
2022
- **Perceptions of physical activity and technology enabled exercise interventions among people with advanced chronic kidney disease: a qualitative study.** *BMC nephrology*
Weber, M. B., Ziolkowski, S., Bootwala, A., Bienvenida, A., Anand, S., Lobelo, F.
2021; 22 (1): 373
- **Changes in Body Composition, Muscle Strength, and Fat Distribution Following Kidney Transplantation.** *American journal of kidney diseases : the official journal of the National Kidney Foundation*
Dienemann, T., Ziolkowski, S. L., Bender, S., Goral, S., Long, J., Baker, J. F., Shults, J., Zemel, B. S., Reese, P. P., Wilson, F. P., Leonard, M. B.
2021
- **Group-Based Exercise in CKD Stage 3b to 4: A Randomized Clinical Trial.** *Kidney medicine*
Anand, S., Ziolkowski, S. L., Bootwala, A., Li, J., Pham, N., Cobb, J., Lobelo, F.
2021; 3 (6): 951-961.e1
- **Validation of a description of sarcopenic obesity defined as excess adiposity and low lean mass relative to adiposity.** *Journal of cachexia, sarcopenia and muscle*
Baker, J. F., Harris, T. n., Rapoport, A. n., Ziolkowski, S. L., Leonard, M. B., Long, J. n., Zemel, B. n., Weber, D. R.
2020
- **Chronic Kidney Disease and the Adiposity Paradox: Valid or Confounded?** *JOURNAL OF RENAL NUTRITION*
Ziolkowski, S. L., Long, J., Baker, J. F., Chertow, G. M., Leonard, M. B.
2019; 29 (6): 521–28
- **Relative sarcopenia and mortality and the modifying effects of chronic kidney disease and adiposity** *JOURNAL OF CACHEXIA SARCOPENIA AND MUSCLE*
Ziolkowski, S. L., Long, J., Baker, J. F., Chertow, G. M., Leonard, M. B.
2019; 10 (2): 338–46

- **Relative sarcopenia and mortality and the modifying effects of chronic kidney disease and adiposity.** *Journal of cachexia, sarcopenia and muscle*
Ziolkowski, S. L., Long, J., Baker, J. F., Chertow, G. M., Leonard, M. B.
2019
- **Chronic Kidney Disease and the Adiposity Paradox: Valid or Confounded?** *Journal of renal nutrition : the official journal of the Council on Renal Nutrition of the National Kidney Foundation*
Ziolkowski, S. L., Long, J., Baker, J. F., Chertow, G. M., Leonard, M. B.
2019
- **Effects of Weight History on the Association Between Directly-Measured Adiposity and Mortality in Older Adults.** *The journals of gerontology. Series A, Biological sciences and medical sciences*
Baker, J. F., Ziolkowski, S. L., Long, J. n., Leonard, M. B., Stokes, A. n.
2019
- **A multi-imaging modality study of bone density, bone structure and the muscle - bone unit in end-stage renal disease.** *Bone*
Leonard, M. B., Wehrli, F. W., Ziolkowski, S. L., Billig, E. n., Long, J. n., Nickolas, T. L., Magland, J. F., Nihtianova, S. n., Zemel, B. S., Herskovitz, R. n., Rajapakse, C. S.
2019
- **Physical activity promotion for patients transitioning to dialysis using the "Exercise is Medicine" framework: a multi-center randomized pragmatic trial (EIM-CKD trial) protocol** *BMC NEPHROLOGY*
Jagannathan, R., Ziolkowski, S., Weber, M., Cobb, J., Pham, N., Long, J., Anand, S., Lobelo, F.
2018; 19: 230
- **Sarcopenia, Relative Sarcopenia and Excess Adiposity in Chronic Kidney Disease** *Journal of Sarcopenia, Cachexia and Muscle- Clinical Reports*
Ziolkowski, S., Long, J., Baker, J., Leonard, M.
2018
- **A Qualitative Assessment of Mismatch Between Dialysis Modality Selection and Initiation.** *Peritoneal dialysis international*
Ziolkowski, S., Liebman, S.
2016; 36 (4): 463-466
- **Proton Pump Inhibitor-Associated C. difficile Infection in a Peritoneal Dialysis Patient** *PERITONEAL DIALYSIS INTERNATIONAL*
Ziolkowski, S. L., Malabanan, M. H., Liebman, S. E.
2015; 35 (5): 586-?
- **Association of Acute Interstitial Nephritis with Carnivora, a Venus Flytrap Extract, in a 30-Year-Old Man with Hodgkin's Lymphoma.** *Case reports in nephrology*
Ziolkowski, S., Moore, C.
2014; 2014: 486173-?