

youUROLOGY  
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youUROLOGY

## UCI Medical Center Department of Urology

101 THE CITY DRIVE SOUTH  
ORANGE, CA 92868



### N E W S L E T T E R



Ralph V. Clayman, MD, Professor and Chair of the Department of Urology and Julie Limfueco, RN, Administrative Nurse Manager

**T**he Department of Urology at UCI Medical Center seeks to provide the highest quality of care to all members of the Orange County community. Our world-renown physicians and the skilled and knowledgeable nursing staff of the Urology Department provide our patients with premier, up-to-date urologic health care. Indeed, many of our nurses are members of the Society for Urological Nurses Associates (SUNA) and, thus, are uniquely equipped to deal with all aspects of urological care. It is with this in mind that we are proud to announce the opening of the newly completed, state-of-the-art **Center for Urological Care**. This brand new, fully-equipped, 6,500 square-foot facility includes physicians' offices, procedure rooms with the latest in technology, and computer-equipped patient examination and consultation rooms in which our integrated team of urologic specialists will practice. The new center will provide facilities for diagnostic procedures such as urodynamics to assess bladder function, x-ray imaging

# Grand Opening New Urology Patient Care Center

of the entire urinary tract, and ultrasonographic evaluation of the prostate. In addition, many recently developed minimally invasive urologic procedures will be performed in the two new procedure rooms for outpatient care. Such procedures will include treatment of small ureteral stones, therapy for prostatic enlargement, and placement of ureteral stents to overcome blockage of the ureter. In addition, a **Prostate Health Center**, directed by Dr. Leland Ronningen, is part of the new offices.

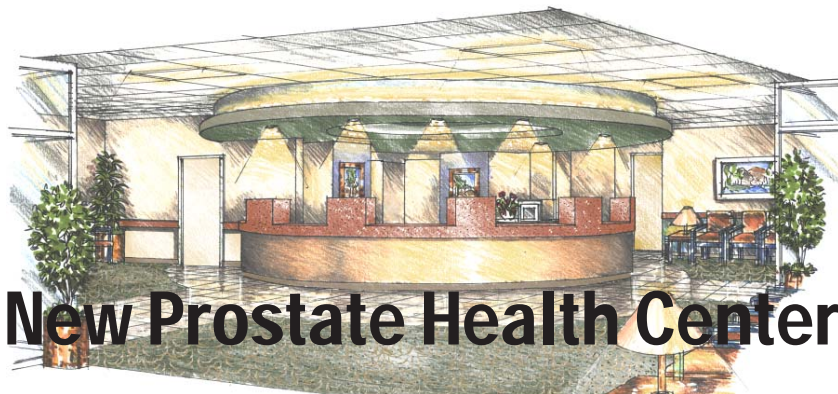
In this facility, the latest in therapy for prostatic enlargement will be available to our patients as an office procedure.

We look forward to working with our physician colleagues in the community in order to provide a comprehensive approach to all aspects of urologic care. With excellent staff and superior new facilities, we believe all patients will benefit when in need of urologic expertise at UCI, the only source for quality university care in Orange County.



*We're here to make a difference!*

Waiting room for Center for Urological Care



***A Prostate Health Center  
is part of the new Center for  
Urological Care.  
This new facility has the  
latest in therapy for  
prostatic enlargement.***

## **New Prostate Health Center**

### **Department of Urology Specialists in Prostate Health Care**



**Leland Ronningen, MD**  
Assistant Clinical  
Professor of Urology

Dr. Ronningen was appointed to the faculty at UCI in June 1999. After completing undergraduate studies at the United States Military Academy, West Point, New York, he received his medical degree from the Uniformed Services University of the Health Sciences School of Medicine in Bethesda, Maryland. Dr. Ronningen received his urologic training at Letterman Army Medical Center, Presidio of San Francisco and the Portsmouth Naval Hospital in Portsmouth, Virginia. He served as a urologist in the United States Army for seven years prior to coming to UCI. Dr. Ronningen is board certified by the American Board of Urology. His areas of expertise are benign diseases of the prostate and urologic care of spinal-cord-injured patients. He also has significant expertise in the treatment of urinary stone disease with extracorporeal shock wave lithotripsy, and he directs the use of the recently acquired UCI Econolith lithotripter. In 2004, Dr. Ronningen developed an expertise in prostate cryotherapy for treating prostate cancer and in using the GreenLight PV™ Laser System for treating (BPH) benign prostatic hyperplasia.

**Dr. Ronningen may be contacted at  
714-456-6717 or 714-456-7005.**



**Thomas E. Ahlering, MD**  
Associate Professor of  
Urology; Chief, Division of  
Urological Oncology

Dr. Ahlering is a highly regarded, fellowship-trained surgeon in urologic oncology. His years of experience in treatment of prostate, bladder, kidney and testicular cancers has placed him as one of the original America's Best Doctors since his membership in 1994. He trained under Dr. Donald G. Skinner at USC in urinary diversion and reconstruction and has continued to pioneer innovation to the Indiana pouch and ileal neobladder reconstructions. Dr. Ahlering became a member of the Society of Urologic Oncology in 1988; his clinical practice is devoted to urologic cancer. He has received local, national and international recognition for his expertise in urologic oncology and robotic-assisted prostatectomy. His research focuses on the invasion and metastasis of prostate cancer and development of minimally invasive radical prostatectomy assisted by the da Vinci Surgical System™. He has performed more than 250 such robotic surgeries, including the first robotic radical prostatectomies in Denmark and Australia. Dr. Ahlering has produced over 85 publications of journal articles and book chapters, and he has written five articles featuring new techniques in robotic surgery. He is a reviewer for the journals *Urology*, *Journal of Endourology*, and the *Journal of Urology*. Dr. Ahlering is board certified by the American Board of Urology. He serves the American Urological Association as its Western Section Treasurer.

**Dr. Ahlering may be contacted at  
714-456-6068.**



**David K. Ornstein, MD**  
Assistant Professor of  
Urology

Dr. David Ornstein joined the Department of Urology at UCI in July 2003 after serving on the faculty at the University of North Carolina. He is fellowship-trained in urologic cancer, having studied at the National Cancer Institute. Dr. Ornstein has experience in all areas of urologic oncology with particular expertise in potency and continence-sparing surgical procedures for prostate and bladder cancer, laparoscopic surgery for kidney cancer, newer methods for early prostate cancer detection, and advanced medical/surgical therapies for the management of metastatic kidney cancer. Dr. Ornstein utilizes new surgical technologies, in particular, laparoscopy and robotics to improve the care of patients with urologic cancers. In the laboratory, Dr. Ornstein is very involved with translational research to develop new molecular and proteomic technologies for the early detection of prostate cancer and for targeted therapy for patients with kidney, bladder and prostate cancer. Dr. Ornstein has authored more than 50 scientific manuscripts, reviews, and book chapters. He is board certified by the American Board of Urology and is an active member of the American Urological Association, American Association of Cancer Research, Society of Basic Urologic Research, and The Society of Urologic Oncology. In addition, Dr. Ornstein serves on a review panel for the Department of Defense Prostate Cancer Research Program.

**Dr. Ornstein may be contacted at  
714-456-5378.**

# Department of Urology Nursing Staff



**Julie Limfueco, RN**  
**Administrative Nurse Manager**

After graduating from nursing school, Julie's career has continually progressed with promotions in various specialties, including Intensive Care, ICU, CCU, and Cardiac Nursing. At Lakewood Regional Medical Center, she was charge nurse of the Cardiac Catheterization Lab. In 2002, Julie came to UCI Medical Center as the Nursing Supervisor in the Diagnostic GI Lab and, subsequently, became Administrative Nurse Manager of the Department of Diagnostic and Interventional GI. She has served on two project teams, developing the new Comprehensive Digestive Disease Center and the new Center for Urological Care at UCIMC. Since March 2004, Julie has been Administrative Nurse Manager for the Department of Urology and oversees all clinical staff and operational organization for the urology physicians' practices.



**Cathy Stonage, RN**  
**Clinical Nurse Coordinator**

Cathy worked for 20 years with Kaiser Permanente in Pediatrics, OB, and Newborn Nursery. While at the Long Beach VA in Medical Surgical Nursing, she pursued a career with the Urology Department. After moving to UCI, Cathy worked in many different specialties such as Trauma, Renal, and GI. She has been with UCI for four years. In 2003, Cathy received the prestigious UCI Nurse Exemplar Award.



**Karen Antonio, RN**  
**Clinical Nurse Coordinator**

Karen graduated with her BSN and started her nursing career in medical surgical inpatient care at Placentia Linda Hospital. She has been a traveling nurse and also has taught LVN students at Pacific College. She recently settled down at UCI in the Department of Urology and is an excellent addition to our fine staff.



**Barbara Jacobson, RN, BSN**  
**Clinical Nurse Supervisor**  
**Antoci Center for Pediatric Urology/Nephrology**

After receiving her BS degree in nursing, Barbara has dedicated her entire 31-year nursing career to serving the pediatric patients at UCI Medical Center. Barbara has received two Nurse Exemplar Awards in the area of clinical care. As Clinical Nurse Supervisor, Barbara's job consists of managing multiple adult and pediatric surgical specialties with the goal of providing the best possible patient care.



**Sarah Webb, RN**  
**Clinical Nurse Coordinator**

After receiving her AN/AA degree in nursing, Sarah worked two years in medical surgical inpatient nursing at St. Joseph Medical Center. Since coming to UCI, she has worked in Surgical ICU and Interventional Radiology, and then transferred from inpatient nursing to ambulatory nursing in the Cancer Center in the GYN/Oncology Department. Sarah has worked in the Department of Urology for over a year and specializes in care of patients with urologic cancer.



**Heather Cody, NP, RN, MSN, Urology Nurse Practitioner**

Since graduating from UCLA with a Master of Science degree in Nursing and a Family Nurse Practitioner degree, Heather has dedicated her practice exclusively to urology with an emphasis on the diagnosis and treatment of voiding disorders. Her ongoing research explores the benefits of contemporary treatment of these disorders with the goal of developing better care for pediatric patients.



## Research in urinary incontinence in children began with observation in the office.



**Barry P. Duel, MD, FAAP, FACS**  
Associate Clinical Professor of  
Urology and Pediatrics

**D**r. Barry Duel, Associate Clinical Professor of Urology and Pediatrics at UCI, is Orange County's only fellowship-trained, full-time pediatric urologist. In addition to a busy surgical practice, Dr. Duel has several ongoing research projects in the area of urinary incontinence in children. This problem can affect millions of children, creating devastating emotional and physical consequences.

One current study began with an observation made in the office. Dr. Duel noted that many children being treated for incontinence also carried the diagnosis of Attention Deficit/Hyperactivity Disorder (ADHD). This prompted a medical literature search; however, Dr. Duel found very little rigorous clinical research on the intersection of ADHD and voiding dysfunction. So, he set out to answer his own question: "Do children with ADHD actually have more voiding problems than their peers?" A preliminary study, using a scientifically validated survey, confirmed the suspicion that in fact children with ADHD do have more urologic problems. These results were subsequently presented at the American Academy of Pedia-

trics, published in the *Journal of Urology*, and also reported by the Reuters News Service.

However, every conclusion serves to suggest new questions, and this initial study suggested several. For instance, we know that ADHD is not a monolithic disorder, but comes in a spectrum between attention deficit and hyperactivity. Does the level of voiding dysfunction correlate with the child's ADHD subtype ("day dreamers" vs. "hyperactive") or with the severity of the ADHD? Are there any physiologic associations with the level of symptoms such as abnormal urine flow rates or incomplete bladder emptying? Perhaps more important, although medical therapy for ADHD is quite effective, nobody really knows whether improvement in ADHD symptoms results in a corresponding improvement in the urologic symptoms. Finally, does the finding of increased voiding dysfunction in children with ADHD have any implication for incontinent children without ADHD?

These are the questions Dr. Duel hopes to answer with a future study, for which he is currently applying for grant funding. And, he is in a unique position to answer these questions at UC Irvine. Dr. Duel's collaborators in the Department of Pediatrics, who are noted experts in the evaluation and management of ADHD, treat a large population of these children at UCI's Child Development Center. Their experience and interest, coupled with the Pediatric Urology Center's expertise in the diagnosis and treatment of incontinence in children, should allow rapid accrual of sufficient patients to answer these important questions.

In addition to his work with ADHD children, Dr. Duel also has other research projects in the early stages. Among these include an investigation of whether cranberry juice extract is able to prevent urinary tract infections in children, which are very common and can be very severe.

While antibiotics are effective, there may be other compounds from the realm of alternative medicine that may be effective as well. If these compounds are shown to be effective in the laboratory, they then can be studied in clinical trials.

Another project concerns children with spina bifida, a disorder in which the lower spinal cord fails to form properly. Dr. Duel takes care of hundreds of these challenging children at UCI Medical Center, Children's Hospital of Orange County, and Miller Children's Hospital in Long Beach. These patients usually have severe bladder problems.

***"It's possible that by injecting Botox into the bladder of children with spina bifida, bladder pressures can be reduced, and major surgery can be avoided or at least delayed."***

The bladder is predominantly a muscle that can become overactive in these children, producing very high pressures and resultant incontinence. This, in turn, can lead to kidney failure if not treated. The current treatment is major surgery to enlarge the bladder using intestine. Dr. Duel has done many of these procedures, which work well but can also have major complications. Botulinum toxin (Botox), which is commonly used to paralyze the facial muscles to ease wrinkles, is actually a powerful muscle relaxant that works for several months per injection. It's possible that by injecting Botox into the bladder of children with spina bifida, bladder pressures can be reduced and major surgery can be avoided or at least delayed. Dr. Duel is currently in the early stages of preparing a study to treat these children by injecting Botox into the bladder muscle.

Direct patient care guides Dr. Duel's research, the hope of which is to find answers to the difficult questions posed by children with urologic disorders.

**Dr. Duel may be contacted at  
714-456-2944 or 714-456-7005.**

# With your support, we're finding new solutions to heal patients through ongoing research in minimally invasive surgery.

Dear Friends:

I am writing to ask whether you would consider helping to make a real difference to the research and educational activities in the Department of Urology at UCI. One of our passions, and a responsibility that each faculty takes seriously, is to pass on our expertise to the next generation of young surgeons and to actively support them as they learn to master the techniques and procedures that will save more lives. It is the charge of our university residency program to encourage our residents to explore, to question, to push beyond the known boundaries, and in that process to hopefully develop better, safer therapies for humankind's maladies. This is the realm of research.

We are now being asked to train urologists from all over the country at our new Yamanouchi Center for Urological Education, where we are teaching robotic surgery at the first Mini-Residency Center in the country. In fact, there is a waiting list of surgeons who would like to come here and learn. Our residents are among the first in the country to obtain robotic training, which will empower them to use less invasive therapies to treat their patients when they, in turn, go into practice.

Since my arrival at UCI in 2002, I have been impressed by the outstanding character and quality of the young people who have elected a career in urologic surgery. They have a tremendous commitment to learning in order to improve their skills and knowledge. However, these activities need to occur both in the laboratory as well as at the bedside. In order to support these young people fully with a first-class educational and research experience, a UCI Urology Resident Research and Education Fund has been created.

To this end, I am seeking to raise a \$2,000,000 endowment to support our resident research and education programs in perpetuity. I realize this is a lofty goal, but I firmly believe it is an essential goal if we are to go beyond what we already know and what we are already doing in order to further improve the quality of health care we provide. We would be honored if you would consider a gift to this fund, which is fully tax-deductible to the extent of the law. Your help would make a great difference to the quality of education that we can offer to our young residents both now and in the future. In turn, we hope to repay your thoughtfulness and generosity with new levels of skill and research advances that will benefit all who have need of us.

Yours sincerely,



Ralph V. Clayman, MD  
Professor and Chair  
Department of Urology

*Addendum: Naming opportunities for an endowed Urology Resident Research position or for the Urology Resident Education Center are available. Please contact me directly should you be interested in one of these major forms of life-long recognition. Telephone: 714-456-6782 or e-mail: rclayman@uci.edu*

# To friends of the Department of Urology - Many thanks for your support!

*“It is our desire to train the very best urologists in the country. To be sure, the support of the Orange County community in this endeavor is essential.”*

*Ralph V. Clayman, MD  
Professor and Chair*

*As a result of your generous support, the Department of Urology provides educational programs to benefit our residents, fellows, and our urological colleagues in the community. Your support also provides for ongoing research projects.*

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**Marshall L. Stoller, MD**  
**Professor and Medical Director**  
**of the Urinary Stone Center,**  
**Department of Urology**  
**University of California,**  
**San Francisco**

All contributions to the Department of Urology are greatly appreciated. Contributions by check should be made payable to:  
**The UCI Foundation**

For further information, please contact -  
Ralph V. Clayman, MD  
Professor and Chair  
Department of Urology at  
714-456-6782.

**Your donation may be mailed to -**

**Ralph V. Clayman, MD**  
**UCI Medical Center**  
**Department of Urology**  
**Bldg 55, Room 304**  
**101 The City Drive**  
**Orange, CA 92868**

This past December 2-4, 2004, your contributions allowed us to host **Dr. Marshall L. Stoller**, Professor and Medical Director of the Urinary Stone Center, Department of Urology, University of California, San Francisco. This two-day, visiting professorship training program included lectures and a hands-on laboratory experience. Dr. Stoller has helped spearhead a comprehensive program in the management of urinary stone disease, and has made significant contributions to the development of laparoscopic "key-hole" surgery. Dr. Stoller is certified by the American Board of Urology. He has received many awards, including the grand prize in the annual Lapidus Essay Contest in Urodynamic and Neurourology Research.



**PVP, or Photo-Selective Vaporization of the Prostate**, is a revolutionary new minimally invasive surgical technique for treating benign prostatic hyperplasia (BPH), or enlargement of the prostate. The PVP surgical system, called the GreenLight PV™ System, utilizes a specially designed high power KTP, or "green" laser light source and fiber optic delivery system developed by Laserscope in concert with researchers from the Mayo Clinic and other institutions around the world. The PVP procedure combines the immediate symptom relief and dramatic flow rate improvements of the current "gold standard" procedure (called TURP or transurethral resection of the prostate) with minimal side effects, extremely fast operative times, and low to no catheterization times.



## Questions & Answers

by Leland Ronningen, MD, Assistant Clinical Professor of Urology

**What is BPH?**

**It stands for "benign prostatic hyperplasia." It is a non-cancerous enlargement of the prostate.**

**Does every man develop BPH?**

**No, but it is very common. Roughly 50% of men have BPH by the 6th decade of life.**

**Does every man with BPH have problems urinating?**

**No, but again a large percentage do. It is estimated approximately 50% of men with enlargement of the prostate develop symptoms that should be evaluated.**

**Does every man who develops symptoms need surgery?**

**No. Depending on the severity of the symptoms and how much it bothers the patient, it can be treated with certain medications or minimally invasive procedures, such as microwave therapy or surgery.**

# UCI Medical Center - Department of Urology Clinical Faculty



**Ralph V. Clayman, MD**  
Professor and Chairman  
Department of Urology

Dr. Clayman is world renowned for his clinical and laboratory work in minimally invasive surgery. He specializes in the treatment of kidney stones, kidney cancer, strictures of the ureter and all other aspects of renal and ureteral diseases.

**For Appointments and Referrals, please call:  
714-456-3418**



**Elsbeth M. McDougall, MD, FRCSC**  
Professor and Director of the Yamanouchi Center for  
Urological Education

Dr. McDougall specializes in minimally invasive surgery for the treatment of kidney stones, kidney cancer and strictures of the ureter. She is internationally recognized for her laboratory and clinical research in urologic laparoscopic surgery. She is the editor of the Your Urology Newsletter. She did her postgraduate fellowship training in Endourology and Extracorporeal Shock Wave Lithotripsy at Washington University Medical School, Barnes Hospital, St. Louis, Missouri.

**For Appointments and Referrals, please call:  
714-456-3418**



**Thomas E. Ahlering, MD**  
Associate Professor; Director, Urological Oncology

Dr. Ahlering has pioneered innovations to the Indiana pouch and ileal neobladder reconstruction following removal of the bladder for cancer. He is well known for laparoscopic radical prostatectomy using the da Vinci robotic surgical system. He specializes in treatments for cancer of the prostate, bladder, kidney, and testis. He did his postgraduate fellowship training in Urological Oncology at University of Southern California, Los Angeles, California.

**For Appointments and Referrals, please call:  
714-456-6068**



**Jerry B. Miller, MD**  
Clinical Professor

Dr. Miller specializes in general practice urology and supervises residents-in-training in the general urology clinic.

**For Appointments and Referrals, please call:  
714-456-7005**



**Barry P. Duel, MD, FAAP, FACS**  
Associate Clinical Professor, Pediatric Urology

Dr. Duel specializes exclusively in the urologic care of children. His clinical interests include reconstruction of complex anomalies and pediatric minimally invasive surgery. His research in areas such as pediatric urinary incontinence has been published in numerous journals and presented internationally. He did his postgraduate fellowship training in Pediatric Urology at Children's Hospital of Michigan in Detroit.

**For Appointments and Referrals, please call:  
714-456-2944 or 714-456-7005**



**David K. Ornstein, MD**  
Assistant Professor

Dr. Ornstein completed a fellowship in urologic oncology at the National Cancer Institute. He now treats patients with all types of urologic cancers. He has extensive experience with open, laparoscopic, and robotic surgery, and is particularly interested in potency and continence-sparing radical prostatectomy using the da Vinci Surgical Robot.

**For Appointments and Referrals, please call:  
714-456-5378**



**Joel Gelman, MD**  
Assistant Clinical Professor  
Director, Center for Reconstructive Urology

Dr. Gelman has expertise in male urethral and genital reconstruction and sexual dysfunction. He has a particular interest in the treatment of urethral stricture disease, Peyronie's disease, and hypospadias. He did his postgraduate fellowship training in Adult and Pediatric GU Reconstruction at Eastern Virginia Medical Center, Norfolk, Virginia.

**For Appointments and Referrals, please call:  
562-421-2111**



**Leland Ronningen, MD**  
Assistant Clinical Professor

Dr. Ronningen is particularly interested in benign diseases of the prostate and practices general urology.

**For Appointments and Referrals, please call:  
714-456-6717 or 714-456-7005**



**Regina M. Hovey, MD**  
Associate Clinical Professor  
Director, Urology Residency Program

Dr. Hovey specializes in female urology, urinary incontinence, neurourology, and lower urinary tract reconstruction. She did her postgraduate fellowship training in Female Urology, Neurourology and Reconstructive Urology at University of California, Davis, Sacramento, California.

**For Appointments and Referrals, please call:  
714-456-6717 or 714-456-7005**



**Allan M. Shanberg, MD, FACS, FAAP**  
Clinical Professor

Director of the Antoci Center for Pediatric Urology  
Co-Director of the Yamanouchi Center for Urological Education

Dr. Shanberg directs UCI Medical Center's Antoci Family Center for the treatment of pediatric kidney disorders and diseases of the genitourinary system. He pioneered the use of lasers in Urology. He is also well known for his work with adult laparoscopic renal and bladder surgery.

**For Appointments and Referrals, please call:  
714-456-8900**



**Anne R. Simoneau, MD**  
Associate Clinical Professor  
Assistant Director, Urological Oncology

Dr. Simoneau is working in cancer prevention. She has clinical trials in prostate cancer prevention and is working in the laboratory on bladder cancer prevention. She did her postgraduate fellowship training in Clinical Urological Oncology at University of Southern California, Los Angeles, California.

**For Prostate Cancer Prevention, please call:  
888-456-7067 or 714-456-6485**



# University of California, Irvine Medical Center

101 The City Drive South -- Orange, CA 92868



## Driving Directions to UCI Medical Center --

From I-5 take the Chapman Avenue exit. Drive westbound on Chapman. Turn left (south) onto The City Drive. Proceed to Dawn Way. Turn left. The UCI Medical Center visitor parking structure is on the left side.



UCI Medical Center

### Department of Urology Newsletter

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