### UC Irvine Department of Urology **Clinical, Volunteer and Staff Faculty**



# Ralph V. Clayman, M.D.

Professor of Urology Interim Dean, School of Medicine 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 reter and all other aspects of renal and ureteral disea For appointments and referrals, please call: 714.456.7005

### Tony E. Khoury, M.D.

Professor and Chief of Pediatric Urology Interim Chairman, Department of Urology Dr. Khoury is world renowned for his expertise in the medical and surgical management of complex pediatric urology anomalies. His services include reconstructive surgery for incontinence, genital anomalies, renal transplantation and oncology. He did his postgraduate fellowship training in pediatric urology at the Hospital for Sick Children, in Toronto, Ontario, Canada. For appointments and referrals please call

CHOC Children's Urology: 714.639.3134 For Academic Issues: CHOC: 714.456.6225 or 714.639.3134 ext 109

### Thomas E. Ahlering, M.D.

Professor and Vice Chairman Professor and Vice Chairman Dr. Ahlering is well known for laparoscopic radical prostatec-tomy using the da Vinci® Robotic Surgical System. He spe-cializes in treatments for cancer of the prostate, bladder, kid-ney, and testis. He did his postgraduate fellowship training in urological oncology at University of Southern California, I os Anneles. Los Angolos

For appointments and referrals, please call: 714.456.6068 9:00 am - 3:45 pm



# Atreya Dash. M.D.

Assistant Professor of Urology Chief, Urology Service VA Long Beach Healthcare System Director of Robotic Surgery and Urologic Oncology, Long Beach Memorial Medical Center Urologic Oncology, Long Beach Memorial Medical Center Dr. Dash completed a fellowship in urologic oncology at Memorial Sloan-Kettering Cancer Center in New York. He has experience in all areas of urologic oncology including the advanced surgical treatment of prostate, renal, testis and bladder cancers. His patient treatment modalities include minimally invasive surgical technologies such as laparoscopy

to improve the care and convalescence of patients with uro-logic cancers. For appointments and referrals, please call: 714.456.7005

# Joel Gelman, M.D.



Joel Gelman, M.D. Volunteer Clinical Faculty Associate Clinical Professor of Urology Dr. Gelman has expertise in male urefhral and genital recon-struction and sexual dysfunction. He has a particular interest in the treatment of urefhral stricture disease, Peyronie's dis-ease, 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: 714.456.2951

## Regina M. Hovey, M.D.

B/Associate Clinical Professor Director, Urology Residency Program Dr. Hovy 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.

nts and referrals, please call: 714.456.7128

### Michael Louie, M.D. HS/Assistant Clinical Professor

Dr. Louie specializes in the treatment of kidney stones, kidney cancer. strictures of the ureter and robotic-assisted prostated tomy. He completed his fellowship training in robotic and laparoscopic minimally invasive surgery at University of California, Irvine.

For appointments and referrals, please call: 714.456.7005

## Elspeth M. McDougall, M.D.

Professor of Urology and Director, Surgical Education Center Dr. McDougail specializes in minimally invasive surgery for the treatment of kidney stones, kidney cancer and strictures of the ureter. 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: 714.456.7005

### Leland Ronningen, M.D.



BS/Associate Clinical Professor Dr. Ronningen is particularly interested in benign diseases of the prostate and practices general urology. He received his urology training at Letterman Army Medical Center, Presidio of San Francisco and at the Portsmouth Naval Hospital in Portsmouth, Virginia. For appointments and referrals, please call: 714.456.7127

### Anne R. Simoneau, M.D.

His/Associate Clinical Professor Dr. Simoneau has clinical trials in prostate cancer prevention and is collaborating with Dr. Zi on research in bladder cancer prevention. She did her postgraduate fellowship training in urological oncology at the University of Southern California. For prostate cancer prevention, please call: 714.456.3330

### Aaron Spitz, M.D.





### Upcoming events



John W. Posev. M.D. Visiting Professorship October 15-17, 2009 Tom F. Lue, M.D. Professor and Vice Chair Emil Tanagho Endowed Chair in Clinical Urology, Department of Urology UCSF Medical Center, San Francisco, CA

Dr. Lue will be presenting lectures on male sexual dysfunction and Peyronie's disease. He is an internationally recognized expert in penile physiology research and an authority in the diagnosis and treat-ment of male sexual dysfunction. Please contact Cynthia Shell at 714.456.5371 or cshell@uci.edu



Department of Urology Visiting Professo February 4-6, 2010 Craig A. Peters, M.D. Professor of Urology Department of Urology University of Virginia School of Medici Charlottesville, VA

Dr. Peters, a pediatric urologist, will be presenting lectures on pediatric laparoscopic surgery and prena-tal diagnosis. His research interests include urinary obstruction, vesicoureteral reflux, and bladder dys-function. Please contact Cynthia Shell at 714.456.5371 or cshell@uci.edu

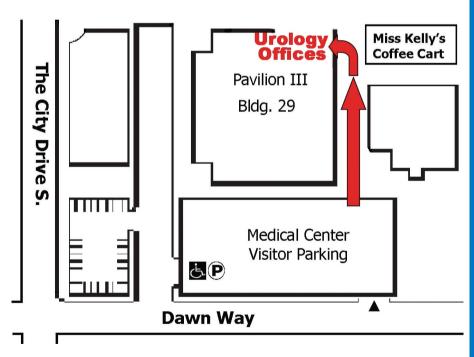


Postgraduate Training Program for Urologic Surgeons Advanced Laparoscopic and Robotic Urologic Oncology: Curing Cancer Through Technology and Skill January 21-23, 2010 Hosted by the American Urological Association Location: University of California, Irvine School of Medicine Department of Urology

This course is designed for urologists who have experience with laparoscopic techniques and are seeking to enhance their abilities to perform advanced standard laparoscopic oncological procedures. Oncologic sur-geons who are seeking to expand their abilities into robotic laparoscopic surgery may also benefit from this course

Course Director - Elspeth M. McDougall, MD, FRCSC Course Co-Director - Thomas E. Ahlering, MD For more information, please contact - 1.800.908.9414 or e-mail: registration@AUAnet.org

# University of California, Irvine Medical Center 101 The City Drive South -- Orange, CA 92868



### **Driving Directions to UC Irvine Medical Center --**

From I-5 take the Chapman Avenue exit. Drive westbound on Chapman. Turn left (south) onto The City Drive South. Proceed to Dawn Way. Turn left. The UC Irvine Medical Center visitor parking structure is on the left side. After parking, exit the structure on foot and continue down the broad walkway until you see Miss Kelly's Coffee Cart on your right side. On your left side is the entry to the Pavilion III urology offices. If you are lost, please call 714.456.7005.

**UNIVERSITY of CALIFORNIA • IRVINE** SCHOOL OF MEDICINE Department of Urology 3 City Blvd. West, Suite 2100 Orange, CA 92868-5395 333



# UNIVERSITY of CALIFORNIA, IRVINE · SCHOOL OF MEDICINE

Department, of Urology



### A word from Dr. Ralph Clayman

Since my arrival as chair of the Department of Urology, I have focused my efforts on enhancing the quality of care for patients through innovation. I am pleased to report that the Department of Urology has been ranked among the nation's top 20 by *U.S. News & World Report* for the last three years. Many of the department's doctors are rated nationally as being among the best in their field, placing UC Irvine at the forefront of advances in the treatment of urological diseases and in minimally invasive robotic and laparoscopic surgery. The Urology Department is home to the nation's first urology mini-fellowship program to teach postgraduate surgeons the latest minimally invasive surgery techniques.

The university now has asked me to accept a new challenge within the School of Medicine. I have been appointed interim dean of the School of Medicine at the University of California, Irvine. This appointment brings many new responsibilities, and it will require me to curtail my clinical practice. I will be referring my patients to my colleagues and fellow urologists, **Dr. Elspeth McDougall** and **Dr. Michael Louie** - both are eminently qualified to take over my practice. I am confident that you will continue to receive excellent care. You may make an appointment with either physician by calling 714.456.7005.

I thank each of my patients for the opportunity to care for you. It has been a privilege to have been your physician. My office will be located at the University of California, Irvine on the Irvine campus, and you are always welcome and encouraged to contact me with any questions or concerns you may have, or to say "hello" and let me know how you are doing.

I can be reached by e-mail, rclayman@uci.edu or by contacting our Patient Services Unit at 714.456.7005, where a message will be sent to my office.

**Dr. Tony Khoury** will be taking over the reins of the Department of Urology as interim chairman. Dr. Khoury is world-renowned for his work in pediatric urology, and he is Chief of the Division of Pediatric Urology at Children's Hospital of Orange County, now affiliated with UC Irvine.

Finally, I would also like to encourage you to donate to the urology lectureship fund. By supporting this endeavor, we will be able to invite worldrenowned surgeons to lecture and provide teaching to our urology staff, fellows, and residents about new and timely updates in urology. For more information or to make a donation, please contact Rosanne Santos at 714.456.8176 or email rtsantos@uci.edu. Your support enables us to continue our progress.

As always, I wish you happiness and good health.

With warmest regards, Ralph V. Clayman, M.D.

# Your urology patient care team



Left to right -Rosselle Cao, R.N.; Sarah Webb, R.N.; Karen Ann San Diego, R.N.; Angelica Ahonen, R.N., Supervisor



Patient Services Unit Left to right -

Paula Fagundes; Elissa Wahlenmaier, PSU Supervisor; Anna Gomez; Sarah Gutierrez; Valerie Mata



**Clinical and Business Staff** 

Top row, left to right -Sonia Arestegui, Front Office; Norma Valencia, Surgical Tech; Ruth Aguilar, M.A.; Zenaida Martin, Sr. Medical Records Assistant Bottom row, left to right -

Roshelli Gementera, M.A.; Lisa Guzman, M.A.; Reina Juarez, M.A.; Jovelyn Cabungcal, M.A.; Ly Dao, Surgery Coordinator; Elvira Mendoza, Front Office; Bernice Martinez, Surgery Coordinator; (not pictured: Isela Mendoza, Surgery Coordinator; Larry Venus, Medical Records Assistant; Susie Miranda, AW Supervisor; Linda Pagan, Office Supervisor)

I expect to pass through this world but once. Any good, therefore, that I can do or any kindness I can show to any fellow human being, let me do it now. Let me not defer nor neglect it, for I shall not pass this way again.

Stephen Grellet 1773-1855, France



CENTER FOR UROLOGICAL CARE UC IRVINE • HEALTHCARE

Fall 2009



Julie Limfueco, R.N. Administrative Practice Manager Center for Urological Care

### Welcome to UC Irvine Department of Urology Center for Urological Care

Our team is here to provide you with the best possible service. Our medical specialists include registered nurses, medical assistants, surgical technicians, appointment agents, surgery schedulers and business staff.

Our mission is to support you in all of your urological needs. We care about our patients and do our best to meet your medical care needs in a timely and efficient manner. Our Patient Services Unit is our first line of contact where we not only provide our patients with appointments but also utilize our state-of-the-art messaging system so that your needs are met through our clinical staff. We are dedicated to our patients and our physicians.

We look forward to meeting you and caring for your urologic needs.

To contact us please call 714.456.7005 and speak with our agents in our Patient Services Unit.

> Sincerely, Julie Limfueco, R.N.

### Urology Nursing Education Fund

This nursing education fund was created to enable our nurses and medical assistants to take continuing medical education courses. It is solely supported through philanthropic donations.

If you would like to support education endeavors for our staff, please contact Veronica Razo at 714.456.6726.

### Urological conditions treated at the **Center for Urological Care**

- ٠ Bladder control problems, especially those due to neurological conditions
- Cancer of the bladder, kidney, prostate, testicle and urethra
- Enlarged prostate gland
- Male and female incontinence
- Kidney problems, including stones and obstructions
- Varicocele
- ÷ Vasectomies and vasectomy reversals
- ÷ Urinary tract infections
- Male infertility
- ÷ Male sexual problems
- $\dot{\mathbf{v}}$ Interstitial cystitis
- Voiding problems
- ÷ Urethral stricture

### Valet parking and Patient Shuttle Services

Valet parking service fees are \$5, or \$2 with patient validation, 5:00 am to 6:00 pm, Monday through Friday. There are two locations -

- in front of the Cancer Center
- west entrance of the new hospital

The new hours of operation for the Medical Center Patient Shuttle will be 7:00 am to 4:30 pm, Monday through Friday. To request a shuttle pick-up, please ask the front desk attendant to alphapage 506-4116 with your location for the pick up.

### Important H1N1 update

Within the last few weeks, UC Irvine Healthcare has seen a dramatic increase in H1N1 flu cases According to the Orange County Health Care Agency, as of Monday, August 3, there were 13 fatalities associated with pandemic H1N1 Influenza in Orange County alone. Experts are predicting a surge of H1N1 flu cases this upcoming flu season, along with seasonal influenza. UC Irvine Healthcare will take every step necessary to protect your health and its patients. All faculty members and employees are advised to receive flu shots this upcoming flu season. The U.S. Centers for Disease Control & Prevention recommend taking the following precautions to prevent spreading the flu

- ÷ Cover your nose and mouth with a tissue when you cough or sneeze; throw the tissue in the trash after vou use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcoholbased hand cleaners are also effective
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Avoid close contact with sick people. Influenza ٠ is thought to spread mainly person-to-person through coughing or sneezing by infected people



### **Department of Urology Top 20 National Ranking!** July 21, 2009 - U.S. News & World Report

U.S. News & World Report analyzed data from 4,861 medical centers and ranked the Department of Urology at UC Irvine in the top 20 for the third year in a row this year coming in at #18. To be sure, this is a reflection of all of the superb work everyone has done to provide the very best in patient care as well as teaching and research throughout the year. I am so very proud of what the members of the Department of Urology have created here at UC Irvine.

> Ralph V. Clavman, M.D. Interim Dean, School of Medicine



### Are you hydrated? Avoid health problems by consuming adequate water

Water is essential for all general good health, and this is particularly true for urologic health. It is a key element in the prevention of stones of the kidney and ureter. If not enough water is consumed, tiny crystals in the urine may stick together similar to snowflakes sticking together to form a snowball. By diluting the urine through the increased water intake, these crystals dissolve and do not combine to become a stone Patients who form kidney stones should drink at least 8-10 glasses of fluid a day or the equivalent of 2 liters of water. Patients can usually determine whether they are drinking enough water by the color of their urine, which should be clear to very pale yellow. You may refer to the color chart to ensure you are drinking enough liquid to dilute the urine.

An adequate fluid intake is also important for reducing the chances of getting a bladder infection. Adequate intake of fluids and regular emptying of the bladder every 2-3 hours helps to flush away any bacteria that are normally present in the rectum and vagina region from getting into the urethra and then up into the blad-der where they may cause infection. The bacteria that are normally in the vagina and rectum are usually not harmful unless the balance between the body's defense system and these potentially harmful bacteria is upset, or the bacteria get up into the bladder.

Women may be particularly prone to urinary tract infections because the passageway from the bladder to the outside is relatively short (approximately 1 inch in length). Therefore, simple techniques to prevent uri-nary tract infections include drinking 8-10 glasses of water a day, emptying the bladder every 2-3 hours, wiping from front to back after voiding and particularly following a bowel movement. Another reason for drinking water is to maintain good bladder function

### **Creation of a Fresh Tissue** Laboratory at UC Irvine **Medical Center**

Transforming the surgery center into the finest, most complete surgical training facility on the West Coast

In 2008, Dr. Ranjan Gupta, professor and chair. Department of Orthopaedic Surgery, secured \$1.5 million funding for the fresh tissue laboratory from

Arthrex Inc., Naples, FL. Arthrex Inc. is an arthroscopy company interested in building a facility of this nature at UC Irvine for orthopaedic resident and postgraduate surgeon training. This facility will also be used routinely by all of the surgical, endoscopic, and image-guided services at UC Irvine. Presently, there are 16 medical and surgical disciplines in the Center for Creative Clinical Care, Research, and Education in Surgical Technology (C<sup>3</sup>REST® Center). All will benefit from the expansion of the UC Irvine Surgical Education Center, which was initiated by **Dr. Ralph Clayman** and **Dr. Elspeth McDougall** in 2003. The education center hosts national and international annual symposia and conferences held by various UC Irvine departments. The addition of the fresh tissue laboratory to the surgical education center will transform the center into the finest, most complete surgical training facility on the West Coast



If not enough water is consumed, the urine becomes concentrated, and this can cause irritation of the bladder, resulting in a condition known as overactive bladder (OAB) syndrome. This results in the feeling of an urgent need to void very frequently. This condition can often be resolved or improved by drinking 6-8 glasses of water a day and training the bladder to empty every 2-3 hours by the clock while awake. Retraining the bladder with the timed voiding schedule, in addition to pelvic floor muscle exercises, can often significantly improve overactive bladder syndrome. The pelvic floor muscle exercises are performed by repetitive tightening and relaxing of the pelvic floor muscles. This technique can be learned by stopping or slowing your urinary stream during voiding. However, once the technique of squeezing these muscles has been learned, this practice should not be done routinely during voiding, but rather at times when you are sitting or lying at rest. If these measures do not resolve the OAB syndrome, then you should seek treatment from a urologist.

You may be interested in viewing the American Urological Association's Web site regarding patient information on urologic health at www.urologyhealth.org.

# Am I Hvdrated? Urine Color Chart 6 8

### Give the Gift of Knowledge

The UC Irvine anatomical donation program supports the education of health professionals and scientific research at the university. The medical students learn anatomy from the best of all teachers...the body itself.

For additional information, please contact --Willed Body Program UC Irvine School of Medicine 252 Irvine Hall Irvine, CA 92697-3950 TEL: 949.824.6061 FAX: 949.824.2114 E-mail: willedbody@uci.edu www.som.uci.edu/willedbody





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### Faculty Updates



The St. Paul's Medal award of distinction for international urologists is awarded by The British Association of Urological Surgeons A A British Association of Urological Surgeons. At its annual meeting in Glasgow, Scotland, June 22-25, 2009, the BAUS Council present ed this prestigious award to **Dr. Ralph V. Clayman**. In 1989, Mr. Richard Turner-Warwick kindly presented the BAUS Association with the template or mold of a medal to be known as the St. Paul's Medal. The medal is awarded to distinguished international urologists whose contributions to urology the BAUS Council particularly wishes to appreciate and honor.



# Dr. McDougall takes the cake

American Urological Association Chair



of Education

**Dr. Elspeth McDougall** has assumed the position of chair of the Office of Education for the American Urological Association, commencing May 1, 2009. The chair of education is responsible for the quality and medical accuracy of the content of all educational course offerings of the American Urological Association. Dr. McDougall will work with the AUA/ABU Examination Dr. McDougall will work with the AUA/ABU Examination Committee to produce the ABU Qualifying Exam, the AUA In-service Exam and the Self-Assessment Exam and educational materials related to Maintenance of Certification (MOC). Along with the director of the Office of Education, Dr. McDougall will identify and implement any evolving educational technologies in order for the Office of Education to maintain its acknowledged excel-lence in providing education to the urologic community. She will serve several committees which include the AUA Annual Meeting Program Planning and International



mitto

Uroradiology diagnostic imaging education sessions

Dr. Anne Simoneau, associate clinical professor of urology, reports a "take home message" from the AUA annu-al meeting highlighting uroradiology. It is important to be knowledgeable about the safety issues with ionizing radi-ation. PET-AC shows promise for evaluating renal lesions larger than 1.5 cm, and contrast enhanced ultra-sound may be useful in patients with complex renal cysts and impaired renal function. Work with PET scans to evaluate occult prostate cancer metastasis is ongoing, as is local imaging to improve cancer detection with



First retroperitoneal roboticassisted laparoscopic partial nephrectomy and first robotic-assisted colovesi cal fistula repair performed at UC Irvine Medical Center

Dr. Michael Louie recently performed UC Irvine's first retroperitoneal robotic-assisted laparoscopic partial nephrectomy for a small kidney tumor. The retroperi-toneal, or flank approach, is not often preferred for laparoscopic surgery because of the decreased operative space and lack of surgical anatomic landmarks. However, with robotic-assistance these problems are less intrusive as the surgeon controls the camera angles and the robotic instruments are more easily maneuverable in the tight space. The retroperitoneal approach allows the surgeon to avoid entering the abdomen and decreases the risk of bowe and organ injury and prolonged ileus (when the bowel stays "asleep" after surgery).

In another first at UC Irvine, Dr. Louie and his colleague Dr. Steven Mills from the Division of Colorectal Surgery, performed a robotic-assisted colovesical fistula repair due to diverticulitis. There has been only one other case reported in the urological literature, while the colorectal literature has only a handful of cases reported. Robotic assisted, minimally invasive surgery allows the surgeon to perform complex procedures, giving the surgeon a magni-fied view of the operative field, decreased tremor from his hands, and articulated full range motion of his instruments These advantages provide faster patient recovery and decreased blood loss. UC Irvine and the Department of Urology are committed to providing the best available technology toward the advancement of patient care.



Visiting Professor Patrick C. Walsh, M.D. University Distinguished Service Professor of Urology The Johns Hopkins University School of Medicine, Baltimore, MD

The Department of Urology was pleased to host visiting professor, Dr. Patrick Walsh, April 2-4, 2009. Dr. Walsh provided lectures over the three days on topics related to his area of expertise for our department and surrounding community urologists.

- \* History of Nerve-Sparing Radical Prostatectomy
- Perfecting the Technique Controversies in Prostate
- Cancer Reminiscences of a Life of
- Discovery, Patient Care, and Education

In addition, Dr. Walsh taught a dedicated, hands-on sur-gery laboratory session for our eight residents to instruct them in the techniques of open nerve-sparing radical prostatectomy in a cadaveric model.



Robots Are Cool II, June 20, 2009 The future of medicine -- an educational and interactive event

Robots Are Cool II was a free event held at UC Irvine Surgical Education Center and hosted by the Department of Urology Leadership Council as an opportunity to introduce young people to the world of robotics and the latest cutting-edge technologies used for medical examinations and surgical procedures. The participants had a hands-on experience with the da Vinci® robot and surgical simulators, which are used for train-ing medical students and surgeons. You may view a video of the event at www.vimeo.com/5293857.

Donations received from this event will go toward the endowed Chair of Urologic Oncology fund. We wish to thank the following for their support of this event --Annie Banannie Balloon Artist

- Rocky Mountain Chocolate Station
- In-N-Out Burger Catering
- Discovery Science Center





Millennium Man Gala -**Prostate Cancer** Awareness, May 30, 2009

Now over 1,000 robotic radical prostatectomies performed at UC Irvine Medical Center

Many thanks to the Department of Urology Leadership Council for coordinating and hosting the Millennium Man Gala, held at the Beckman Center on the UC Irvine campus. This event focused on heightening community awareness of prostate cancer and its effective treatment and to inform the public about the latest developments in robotic and minimally invasive sur-

We also celebrated the success of our robotics proaram under the direction of Dr. Thomas Ahlering. Robotic surgery in Orange County was initiated by Dr. Ahlering in 2002.

The highlight of the evening was a keynote presentation by Dr. Richard Satava, professor of surgery at the University of Washington and former chief of the Defense Advanced Research Projects Agency (DARPA)



All proceeds from this event were used to develop an endowed Chair in Urologic Oncology in support of research and teaching. We welcome your support of this endowed Chair in Urologic Oncology.

> For more information, please contact Rosanne Santos at 714.456.8176 or rtsantos@uci.edu.



### High School Student Outreach Program

We would like to thank the following restaurants for their generosity in providing lunches for our high school outreach program -- Rubio's, Olive Garden, Pat & Oscar's, Jody Maroni's and Pomodoro. We would also like to thank Vital Link for their partnership in our high school outreach.



### Your Urology Fall 2009, Issue 12

The urology newsletter is published biannually. We welcome your comments and ideas for stories. Please send them to Dr. Elspeth McDougall, editor, at cshell@uci.edu. Make sure to let us know if we have permission to reproduce your com-ment in full or in part in *Your Urology*. Copyright © 2009 The Regents of the University of California. All rights reserved. Department Interim Chairman Tony E. Khoury, M.D.

Newsletter Editor Elspeth M. McDougall, M.D., FRCSC

Newsletter Coordinator - Cynthia Shell

If you do not want to receive further communications from the Department of Urology, please contact Cynthia Shell. UC Irvine Medical Center

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