

# Department of Urology

[www.urology.uci.edu](http://www.urology.uci.edu) | [www.uciurology.com](http://www.uciurology.com) | [www.ucimenshealth.com](http://www.ucimenshealth.com)

A portrait of a middle-aged man with short, graying hair, smiling. He is wearing a white lab coat over a light blue shirt and a blue patterned tie. The lab coat has a name tag that reads "Joel Gelman, M.D.". The background is a dark blue gradient.

## A Study 17 Years in the Making

In this Issue:

**Special Edition: AUA 2019 Chicago**

UC's Partnering for Urology Resident Education

Another Heal Initiative: First in the U.S.

DISCOVER. TEACH. HEAL.



# MESSAGE FROM THE CHAIR

Dear friends and colleagues,

2019 has already ramped up here at UCI Urology, and our amazing team continues with extraordinary productivity and novel innovation. We were honored to have a robust presence at the American Urologic Association annual meeting in Chicago. Read about all our activities in this issue's Special Edition (page 3).

Providing easy and timely access for our patients is one of our top priorities. We are pleased to announce the February 4th opening of our newest 6th outpatient facility in Yorba Linda, CA, as we bring world-class UCI health services closer to families in the area.

In addition, we are pleased to welcome our newest residents, Alex Jang, MD from Johns Hopkins and Felix Chen, MD from the University of Miami School of Medicine.

UC3: UC Irvine, UC San Diego and UC Los Angeles all partnered again to host a urology resident education course relating to men's health and prosthesis training at UCI Medical Center on March 15-16, 2019. In addition, our Department offered its 2nd year of the International Advanced Male Prosthetic Urology CME Course. This course was held immediately prior to the American Urological Association annual meeting on April 30-May 1, 2019.

We are also proud of UCI faculty member Dr. Joel Gelman for his outstanding clinical outcomes as seen in his recent publication "Urinary and Sexual Outcomes following Bulbar Urethroplasty - An Analysis of Two Approaches". Learn more about this study 17-years in the making, in our research spotlight (page 6).

On February 4, 2019, Dr. Edward Uchio, our Director of Urologic Oncology, was responsible for yet another UCI Urology first, becoming the first in the U.S. to treat patients using Focal One® HIFU Technology. This breakthrough technology is another example of how our department strives to be on the cutting edge and provide patients with the latest in minimally invasive medical technologies. Read more on page 4.

As always, thank you for your continued interest and support.

A handwritten signature in black ink that reads "Jaime Landman". The signature is fluid and cursive, with a long horizontal stroke at the end.

Jaime Landman, M.D.

# UCI UROLOGY PRESENCE AT AMERICAN UROLOGIC ASSOCIATION ANNUAL MEETING 2019



## AUA-2019

MAY 3-6 **chicago**



The University of California Irvine's Department of Urology has been a consistent presenter at the American Urologic Association annual meeting for over 20 years. Annually, the American Urological Association's national meeting is the testing grounds for new ideas and unique research of both a basic and clinical nature. This is the major meeting of the year for Urology and attracts over 15,000 urologists from the U.S. and around the world.

Not surprisingly the American Urologic Association annual meeting is a highly competitive meeting in which only 25% of submitted abstracts are accepted for presentation. Due to the generosity of our supportive patients and community, and due to the hard work of our investigators, 2018-2019 has been a banner year for research within the department. Accordingly, it is with much excitement that our department had an amazing 63% rate of abstract acceptance (national average is 25% of submitted abstracts) and will present over 25 abstracts at this year's meeting. Without you, this would never have been possible!

### ACCEPTED ABSTRACTS PER UROLOGIC SPECIALTY

<b>12</b> abstracts; 1 podium presentation in prostate oncology/men's health	<b>10</b> abstracts in endourology/stone disease	<b>3</b> abstracts in reconstruction
<b>1</b> podium presentation in urologic oncology	<b>1</b> podium presentation in female urology	<b>2</b> abstracts; 1 podium presentation in pediatric urology

### AUA 2019 SCHEDULE

To view the comprehensive schedule, visit

<http://www.urology.uci.edu/pdf/AUA-2019-Presentation-Schedule.pdf>

### MEN'S HEALTH RESEARCH FUND

The UCI Urology Program has consistently reported on the expansion of its Men's Health Program over the last few years. This year has seen another important advancement in the positive trajectory of the research and education programming under the leadership of Dr. Faysal Yafi. We are pleased to announce the establishment of an endowed fund dedicated to the highest priority research and education initiatives of the Men's Health Program.

The endowed fund will be known as the UCI Men's Health Research Fund in Honor of Wadie Najm — a reflection of our continuing commitment to honor the life and legacy of Dr. Najm whose passion for integrative and preventative health research and education has been a driving force in our programmatic efforts.

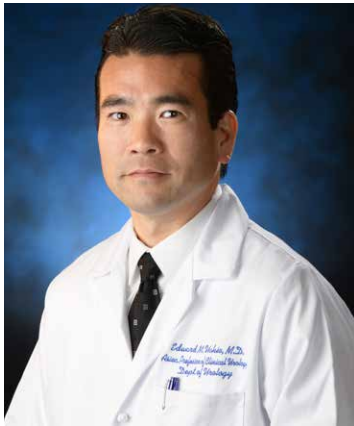
We thank the many donors whose gifts have come together to create this important fund, including the Stanley Behrens Family Foundation for its foresight to create a permanent avenue of support by investing in the UCI endowment in this way.

Growing the resources for the UCI Men's Health Research Fund will be one of three primary objectives of the new Men's Health Advisory Committee. Together, with building awareness among men in the community about all important Men's Health topics and encouraging men to take a more active role in their health care, the Advisory Committee will be the hands behind our targeted efforts to create interesting engagement and learning opportunities for the men in our lives and for the many individuals who love them and want to keep them healthy.

To learn more about how you can participate or contribute to the UCI Men's Health Research Fund, please contact Erika Bernal, Sr. Director of Development, at (714) 509-2112 or [erbernal@uci.edu](mailto:erbernal@uci.edu).

Or join us at our next lecture on the evening of Monday, May 20th from 7-8:30 PM to explore what's "New in Newport Beach: UCI Men's Health and Sleep Medicine Services" at the Newport Beach Library (1000 Avocado Ave, Newport Beach, CA 92660).

## CLINICAL HIGHLIGHT



### FIRST IN THE U.S. TO TREAT PATIENTS USING BREAKTHROUGH FOCAL ONE® HIFU TECHNOLOGY

On February 4, 2019, Dr. Edward Uchio, our Director of Urologic Oncology, became the first in the U.S. to treat a prostate cancer patient using Focal One® HIFU technology. What is HIFU technology? High intensity focused ultrasound, is a non-invasive, outpatient treatment for select prostate cancer patients that preserves quality of life.

What is great about this technology? A high quality ultrasound image is displayed in real time while treating incorporating data from MRI-guided biopsies. This type of treatment is offered to patients with lower risk prostate cancer who want some type of treatment, but not the side effects.

It is important to our department to have this latest in technology as we strive to provide the most comprehensive treatment options for our patients, this additional option is now available for our prostate cancer patients.

"This recent advancement in prostate cancer treatment, Focal One HIFU, allows for incredibly accurate targeting in the removal of unhealthy prostate cancer tissue while sparing the healthy tissue and surrounding structure of the prostate. This procedure preserves the patient's quality of life and is an option for select prostate cancer patients," commented Edward M. Uchio, MD, Director of Urologic Oncology at UC Irvine.

#### Press Releases:

<http://www.ucihealth.org/news/2019/02/treating-prostate-cancer-with-focused-ultrasound>

<https://globenewswire.com/news-release/2019/02/05/1710566/0/en/EDAP-TMS-SA-UCI-Health-Medical-Center-Becomes-First-in-the-U-S-to-Treat-Patients-Using-EDAP-s-Breakthrough-Focal-One-HIFU-Technology.html>



*Congratulations to our UCI residents who scored 8 points above the national average on in-service examination, and thus making the examination a piece of cake.*



*Dr. Melvin Seard, II presenting on urology and kidney stones to 8th graders at Oak Middle School during their Career Café*

## PROSTATE CANCER DISPARITY RESEARCH PROJECT RECOMMENDED FOR A \$1.4 MILLION AWARD BY CONGRESSIONALLY-DIRECTED MEDICAL RESEARCH PROGRAMS

The research led by Dr. Xiaolin Zi, Professor and Director of Urological Research in the Department of Urology at UCI will develop novel patient-derived tumor-associated stroma fibroblasts (CAFs) of African American and European American to test the hypothesis that deficient factors of the African American tumor micro-environment (stroma) play an important role in the aggressive nature of African American prostate cancer.

This test is expected to reveal fundamental new information about the origin of the aggressive nature of prostate cancer of African Americans which is directly applicable to devising new treatment for this underserved population. This information is also predicted to provide a new basis for the origin of prostate cancer in general.

## WELCOME 2019 UROLOGY RESIDENTS



**Felix Chen, M.D.**  
from University of Miami  
School of Medicine

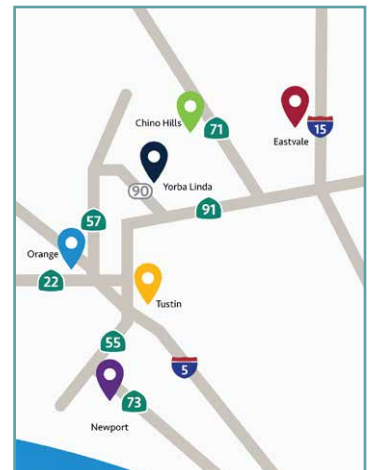


**Alex Jang, M.D.**  
from John Hopkins

## YORBA LINDA OUTPATIENT OFFICE

On February 4, 2019 we opened our doors in Yorba Linda, CA bringing us to 6 outpatient facilities across Orange County and the Inland Empire.

**Yorba Linda**  
18637 Yorba Linda Blvd.  
Yorba Linda, CA 92886  
Phone: 714-790-8600  
Fax: 714-779-8003



## DR. GELMAN "URINARY AND SEXUAL OUTCOMES FOLLOWING BULBAR URETHROPLASTY – AN ANALYSIS OF TWO APPROACHES" – A STUDY 17 YEARS IN THE MAKING

**Table 1:** Technical and long-term success rates of all patients

	DBG	EPA	P-Value
<b>N:</b>	40	139	
<b>Age (years):</b>	42.8	40.5	0.58
<b>Stricture Length (cm):</b>	3.98cm	1.7cm	<0.001
<b>Early Success:</b>	39/40 (97.5%)	139/139 (100%)	0.06
<b>Long-Term Success:</b>	38/40 (95%)	138/139 (99.3%)	0.06
<b>Follow-up (months):</b>	51.4	63.3	0.16

What is the urethra? The urethra essentially is a hose or tube that take urine from tip of bladder to the tip of the penis. Straddle injuries can crush the male urethra into the bone causing a narrowing or stricture, thus causing difficulty urinating. This is most commonly treated by urologists by periodic urethral dilations or internal incisions. However, in 1998, UC Irvine became the first referral center in Southern California with expertise in male urethral reconstructive surgery, allowing patients to be offered definitive curative surgical repair, called urethroplasty, as an alternative to repeated dilation or incisions for management that was not curative. To date, patients have travelled from 45 different states and 26 different countries to pursue curative urethral stricture treatment.

An excision and primary anastomitic (EPA) is essentially cutting out the bad segment and re-connecting the two healthy ends. This is recommended for patients with a stricture short in length. When the stricture is too long for excision, the narrow portion of the urethra is then widened with a patch graft of tissue taken from inside the cheek. The word "dorsal" refers to graft placement location, and the technique is called dorsal buccal graft (DBG).

This study, is the first of its kind to report both short and long-term follow up for anastomotic and dorsal buccal onlay urethroplasty over a 17-year span from 1998–2015. Early outcomes were evaluated by direct visualization of the inside of the urethra at 4 months after surgery, and long-term success was evaluated with validated questionnaires.

Out of 139 (EPA) patients at 4 months achieved wide patency at 100% and the long-term success was 99.3%. Out of 40 (DBG) patients at 4 months achieved wide patency at 97.5% and the long-term success was 95%. This represents the highest success rate in the published literature.

This article is a true testament to Dr. Joel Gelman, who can get this high of a success rate with a single operation to cure people for a disease that's mostly managed by urethral dilations or internal incisions.

To read this paper, please visit [https://www.goldjournal.net/article/S0090-4295\(19\)30363-2/fulltext](https://www.goldjournal.net/article/S0090-4295(19)30363-2/fulltext)



## UC3 (Irvine, Los Angeles, San Diego) Partnering for Urology Resident Education

UC Irvine, UC San Diego and UC Los Angeles all partnered again to host a men's health training program for Southern California urology residents on March 15-16, 2019 at UCI Medical Center. Internationally renowned men's health and prosthetic surgery course directors and faculty include T. Mike Hsieh, M.D. UCSD and Faysal A. Yafi, M.D. UCI, Gamal Ghoniem, M.D. UCI, Michael Albo, M.D. UCSD, Jill Buckley, M.D. UCSD, Jesse Mills, M.D. UCLA, Judy Choi, M.D. UCI, Hossein Mirheydar, M.D. Kaiser Permanente. Residents were instructed through in-depth didactic and hands-on sessions, learning the latest in prosthetic urologic surgery options and management of complications associated with advance sling and artificial urinary sphincter. Twenty-four urology residents and fellows throughout Southern California participated in the one day course.

## International Male Prosthetic Course before AUA Chicago 2019

An International Advanced Male Prosthetic Urology CME Course was held at UCI Medical Center immediately prior to the American Urological Association annual meeting on April 30-May 1, 2019. Course co-directors and faculty include Faysal A. Yafi, M.D., Gamal Ghoniem, M.D., Run Wang, M.D., Mohit Khera, M.D., and Tung Chin (Mike) Hsieh, M.D. The course included in-depth didactic sessions, on the latest in erectile dysfunction, Peyronie's disease and urinary incontinence prosthetic urologic surgery options, and hands-on laboratory training in penile prosthesis placement, male sling and male sling placement using cadavers.

16 physicians from China, Indonesia, Lebanon, Qatar and Brazil participated in this two day course.

# UCI Health

Department of Urology  
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Orange, CA 92868

## Our Locations

### Orange

101 The City Drive South, Pavilion 3,  
Building 29  
Orange, CA 92868

### Newport Beach

20350 SW Birch St.  
Newport Beach, CA 92660

### Tustin

1451 Irvine Blvd.  
Tustin, CA 92780

### Chino Hills

15944 Los Serranos Country Club  
Dr., Ste. 200  
Chino Hills, CA 91709

### Eastvale

12523 Limonite Ave., Ste. 400  
Eastvale, CA 91752

### Yorba Linda

18637 Yorba Linda Blvd.  
Yorba Linda, CA 92886

### Pediatric Locations

#### Orange

505 S. Main St., Ste. 100  
Orange, CA 92868

#### Huntington Beach

19582 Beach Blvd., Ste. 380  
Huntington Beach, CA 92648

#### Newport Beach

20350 SW Birch St.  
Newport Beach, CA 92660

#### Long Beach

2888 Long Beach Blvd., Ste. 340  
Long Beach, CA 90806

For appointments or referrals,  
please contact Christina Hwang  
714-292-9716

## Find us Online

For a complete list of services  
and patient care information, visit  
[www.uciurology.com](http://www.uciurology.com)  
[www.ucimenshealth.com](http://www.ucimenshealth.com)

Additional information can be  
found on our academic website at  
[www.urology.uci.edu](http://www.urology.uci.edu)



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## Make a Gift that Changes Lives

At UCI Health, we are powered by discovery and innovation to provide leading-edge healthcare and innovative medical education. You can join us in our mission by making a gift today – from cash and securities to real estate and other appreciated assets.

Please contact Erika Bernal at [erbernal@uci.edu](mailto:erbernal@uci.edu) or 714-509-2112 for a personal conversation about how you can be the spark that changes a life for the better.



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