

# Your Urology

Fall 2007

## Minimally Invasive Surgical Treatments for Urinary Incontinence and Pelvic Organ Prolapse



**Regina M. Hovey, MD**

Health Science Associate Clinical Professor  
UC Irvine Department of Urology

Chief of Urology  
Ernest Bors Spinal Cord Injury Center  
VA Long Beach Healthcare System

### Urinary Incontinence

**Dr. Regina Hovey** specializes in the treatment of urinary incontinence and female pelvic organ prolapse. She is a UC Irvine urologist, fellowship-trained in the area of bladder dysfunction. Urinary incontinence (i.e., involuntary loss of urine) is a common condition, affecting more than 13 million people in the United States. Dr. Hovey uses both surgical and nonsurgical techniques to treat urinary incontinence. She uses modern fluorourodynamic testing to determine the precise cause of leakage prior to initiating a specific treatment. With fluorourodynamic testing, she is able to diagnose and successfully treat complex cases of incontinence and bladder dysfunction, even cases where previous surgery and treatments have failed. She uses minimally invasive surgical techniques to treat urinary incontinence, including urethral slings in both women and men.

**Dr. Hovey is able to diagnose and successfully treat complex cases of incontinence and bladder dysfunction, even cases where previous surgery and treatments have failed.**

By using minimally invasive surgery techniques, most patients who undergo surgery for urinary incontinence are hospitalized for less than one day. Her success in treating incontinence of all types is greater than 90 percent.

### Female Pelvic Organ Prolapse

In addition to treating urinary incontinence, Dr. Hovey also specializes in the treatment of female pelvic organ prolapse (i.e., “dropping” of the bladder or uterus) in women. This includes treatment for cystocele (prolapse of bladder) and vaginal vault prolapse commonly found in women who have had a previous hysterectomy. Dr. Hovey has been using robotic surgery for the treatment of pelvic organ prolapse since 2003. She was one of the first urologists in Orange County to perform robotic surgery for pelvic organ prolapse, which has led to faster recovery times and shorter hospitalizations. Most cases of female prolapse can be treated using this minimally invasive and effective technique.

A significant portion of Dr. Hovey's practice is dedicated to the treatment of patients with neurogenic bladder dysfunction, including patients with spinal cord injury, multiple sclerosis,

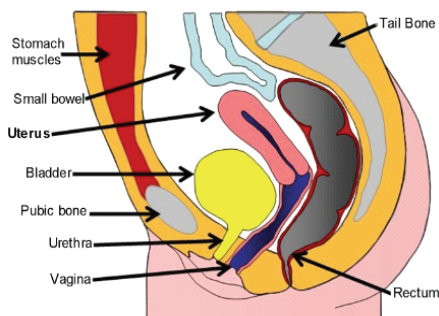
Parkinsonism, stroke, and other neurologic diseases.

In addition to her practice at UC Irvine, she is chief of urology at the Ernest Bors Spinal Cord Injury Center, where she oversees the urologic care for more than 1,000 patients with spinal cord injury and neurogenic bladder dysfunction. At the Center for Urologic Care at UC Irvine Medical Center, Dr. Hovey has state-of-the-art equipment necessary to care for all individuals with spinal cord injury.

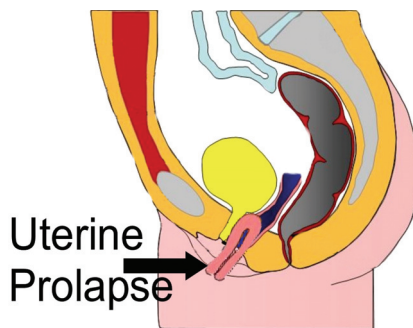
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### Symptoms that may occur with all types of prolapse

- Chronic discomfort
- Dragging or heaviness in the pelvic area
- Feeling ‘like my insides are falling out’
- Bulging
- Feeling a lump or heavy sensation in the vagina
- Lower back pain that eases when lying down
- Pelvic pain or pressure
- Pain or lack of sensation during sex
- Any unusual bleeding or discharge from the vagina



Normal position of anatomy



continued from page 1

Patients with neurologic disease can suffer bladder dysfunction, leading to urinary incontinence or retention of urine. If left untreated, these patients may develop other urologic problems, including recurrent urinary infections, kidney stones, and impaired kidney function. Using fluorourodynamic studies and other diagnostic testing, Dr. Hovey is able to properly diagnose and treat patients with neurogenic bladder, preventing other urologic complications commonly seen in these patients.

**Dr. Hovey has been using robotic surgery for the treatment of pelvic organ prolapse since 2003. She was one of the first urologists in Orange County to perform robotic surgery for pelvic organ prolapse, which has led to faster recovery times and shorter hospitalizations.**

**For appointments and referrals, please call:**

**Regina M. Hovey, MD  
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## Your Urology

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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](mailto:cshell@uci.edu); make sure to let us know if we have permission to reproduce your comment in full or in part in *Your Urology*. Copyright © 2007 The Regents of the University of California. All rights reserved.

### Department Chairman

Ralph V. Clayman, MD

### Newsletter Editor

Elspeth M. McDougall, MD, FRCSC

### Newsletter Coordinator

Cynthia Shell

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

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### Mission Statement

The Department of Urology at University of California, Irvine is focused on the four major aspects of **CARE**: **C**linical, **A**dministrative, **R**esearch, and **E**ducation. Clinically, it is the goal of the department to provide optimal urological care for all patients, with a specific interest in tertiary care and less invasive surgery. Administratively, the department seeks to create a unique structure within a surgical discipline to foster research and educational activities while providing a nexus between these two disciplines and patient care. Research on both a clinical and basic level is sought in order to provide new knowledge on the developmental aspects and therapies for urological diseases. Educational aims encompass patients, medical students, residents, and postgraduate urologists. To this end, a special emphasis has been placed on designing educational brochures, topic-oriented specialty conferences, annual postgraduate courses, and new paradigms for teaching. Methods for assessing surgical skills are also a major focus of the department. In summary, the Department of Urology seeks to provide its patients with the absolute best in modern urological care, its residents with a superb educational and training experience, and its faculty with every opportunity to excel clinically while teaching and pursuing research of both a basic and clinical nature.

# A Message from the Chair

## A Challenge in Education — “You Can Make A Difference”



Ralph V. Clayman, MD

In the realm of surgical training, nothing is more undervalued, yet more valuable, than education. For surgeons, time spent teaching is neither reimbursable nor looked upon as "billable hours." Indeed, the effort expended has a negative economic impact on the teacher as his or her time could be better spent in providing patient care or pursuing research. Yet, each member of the Department of Urology is firmly committed to the teaching mission, for we all realize that the future is not us but rather our students, and on their shoulders will rest the excellence of tomorrow's health care.

To this end, I would like to enlist your help. At the University of California, Irvine, the Department of Urology has established one of the finest surgical training centers on the West Coast. However, to date, a key component of a training center has been missing - the presence of a fresh tissue and simulator facility. The fresh tissue laboratory makes cadaveric material available for resident training; these materials provide the resident with the precise and comprehensive understanding of human anatomy essential to performing the safest and most effective surgery. While present at a few sites on the East Coast and in the South, this unique resource does not exist, to the best of my knowledge, on any of the medical campuses on the West Coast; and yet, it is a powerful tool for the creation of surgeons with the highest level of anatomical knowledge and surgical know-how.

The second missing component is the establishment of a surgical simulator

facility. Surgical simulation, I believe, is going to become ever more established on medical school campuses throughout the country. Presently, it costs upwards of \$50,000 a year to educate each resident in the operating room; similarly, there are justifiable concerns about the safety and effectiveness of this educational experience. Both problems can be resolved with a robust surgical simulator teaching facility. The high-fidelity, computer-based surgical simulator has the ability to help a resident develop each of the necessary skills and tasks to perform a given procedure. In addition, the simulator, with its built-in curriculum and instructor, can correct and redirect an errant effort thereby breaking "bad" habits before they form. Furthermore, the simulator can provide the resident with complicated scenarios and "disaster" training, enabling the learner to become prepared to effectively handle any of the complications that can occur during a given operation. Lastly, and of greatest importance, these simulators can record performances and assess the resident's progress, thereby determining when the timing is optimal for this individual to participate in procedures within the operating room. Eventually, I believe the simulator will take on the role of actually testing, certifying, and recertifying the manipulative skills of all urological surgeons. However, these simulators are still in the earliest stages of development. At UC Irvine, we have been able to obtain two of the earliest devices; however, we now need additional space and funds to develop a true surgical simulator facility.

Having realized the importance of these items for surgical training, Vice Chancellor David Bailey has designated approximately 1200 square feet of space in an area adjacent to our current surgical training center for the establishment of a fresh tissue and simulator facility. I have been provided a two-year window in time to raise the \$2 million necessary to equip this facility and initiate its activity. Once established, the facility should become self-sustaining through compensation received for its use as a training facility, not only for our residents but also for postgraduate surgeons and other health care workers in 13 disciplines across the UC Irvine medical campus (urology, OB-GYN, general surgery, ENT, orthopaedics, neurosurgery, gastrointestinal endoscopy, etc.).

Again, any and all support that you can provide to help me with this very important educational endeavor would be deeply appreciated. I believe that your investment in the training of our surgeons is one that will bear dividends of major importance for the Orange County community.

Many thanks.

Sincerely,

A handwritten signature in black ink that reads "Ralph V. Clayman". The signature is written in a cursive, flowing style.

Addendum: I would be more than happy to show you our current center and introduce you to our surgical simulators. Cynthia Shell is available to arrange a tour of this nature at your convenience (Tel: 714.456.5371).



# Department of Urology — Top 20 National Ranking!

It has been a banner year for the Department of Urology in 2007! After being named to the top 50 urology programs in the United States by *U.S. News and World Report* in 2006, we set our sights on becoming one of the top 20 programs over the next five years. To our surprise and absolute delight, the 2007 ratings have placed the Department of Urology at the University of California, Irvine at #19. Out of 5,462 hospitals, only 173 made it into the rankings in at least one of the 16 specialties. The credit for this accomplishment goes to our faculty, nurses, administrative assistants, and residents who throughout the year provide superior service for all who come to us for urological care. This is truly the result of a wonderful "can-do" team effort!



Department of Urology Faculty and Staff



The City Tower Building

## Urology Administrative Offices Have Relocated

The City Tower  
333 City Boulevard West, Suite 2100  
Orange, CA 92868  
Telephone: 714.456.7005

The Department of Urology administrative and academic offices have relocated to The City Tower building on the 21st floor (8,000 square foot facility). This relocation will allow a unification of the departmental academic, administrative and billing offices.



Paul Wetter, MD, and Elspeth McDougall, MD

## EXCEL Award Presented to Dr. Elspeth McDougall from The Society of Laparoendoscopic Surgeons (SLS)

Dr. Paul Wetter, chairman of The Society of Laparoendoscopic Surgeons, presented Dr. Elspeth McDougall with the 2007 Excel Award. She was selected by the SLS Advisory Board in recognition of her outstanding contributions to the field of operative laparoscopy, endoscopy and minimally invasive surgery, during the 16th SLS Annual Meeting, September 5-8, 2007, in San Francisco, CA.

## UC Irvine Health Affairs Web Sites Have Been Updated

You will see a new front page for the health sciences and patient care services web sites --

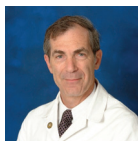
<http://www.healthaffairs.uci.edu> and  
<http://www.ucihealth.com>

The changes will better streamline those pages of interest to the public.

## Department of Urology Faculty Highlights



**Dr. Elspeth McDougall** has accepted two new positions at UC Irvine. In January 2008 she will assume appointments as Associate Dean of Clinical Science Education and also Director of Research in Medical Education.



**Dr. Ralph V. Clayman** was an invited faculty member to the 2007 Pacific Rim Robotics Symposium in China.



**Dr. Leland Ronningen** was interviewed by the *OC Register*, August 28, 2007. Read the article: [http://www.ocregister.com/ocregister/healthfitness/article\\_1834126.php](http://www.ocregister.com/ocregister/healthfitness/article_1834126.php)



**Dr. David Ornstein** became the 6th recipient of the prestigious Investigator Award from the Society of Urologic Oncology at the 2007 annual meeting of the American Urological Association. This award recognizes excellence in both research and clinical practice in the area of urologic oncology.



**Dr. Thomas Ahlering** was interviewed by the *OC Register*, sharing his expertise on the robot-assisted laparoscopic radical prostatectomy procedure. This article will be featured in early October.

## Department of Urology Welcomes —



**Atreya Dash, MD**



**Esequiel Rodriguez, MD**

The Department of Urology is pleased to announce that **Dr. Esequiel Rodriguez**, a urologic surgeon with specific interests in pediatric and robotic surgery, has joined our faculty as an assistant clinical professor. He will serve an important role in our program in educating our residents while providing outstanding urologic care to the adult and pediatric population of Orange County. In addition, Dr. Rodriguez has an appointment in the PRIME LC program at UC Irvine and will provide much needed educational opportunities in health care to the Hispanic community.

Dr. Rodriguez completed his undergraduate studies at the University of California, Berkeley and received his medical degree from Stanford University School of Medicine. He completed his urology residency at UC Irvine School of Medicine and completed a fellowship in robotic surgery under the tutelage of Dr. Thomas Ahlering.

**For appointments and referrals, please call:**

**Esequiel Rodriguez, MD**  
**Office: 714.456.7005**

**Dr. Atreya Dash** has joined our faculty as an assistant professor, specializing in urologic oncology. He completed his urology training at the University of Michigan and then proceeded to complete a three-year fellowship in urologic oncology at Memorial Sloan-Kettering Cancer Center in New York. Dr. Dash 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 urologic cancers.

Dr. Dash's clinical research focuses on prostate, bladder, kidney and testis cancers. He has authored publications in these areas, some of which are currently in press. His laboratory research focuses on molecular aspects of prostate and bladder cancer, including application of microarray technology. In 2002, Dr. Dash was awarded second prize for best article by a trainee in the journal, *Urology*. More recently, he received a 2007 ASCO Foundation Merit Award for work during his fellowship, presented at the American Society of Clinical Oncology annual meeting. He is an active member of the American Urological Association, The Society of Urologic Oncology, and the American Society of Clinical Oncology.

**For appointments and referrals, please call:**

**Atreya Dash, MD**  
**Office: 714.456.7005**

# Unique Minimally Invasive Kidney Surgery Technique



Geoffrey N. Box, MD

UC Irvine urologists have successfully performed in the laboratory the first minimally invasive kidney surgery technique using a specially designed device that allows for the use of multiple instruments without leaving a visible scar. **Dr. Geoffrey Box**, clinical fellow in endourology, led the effort in

## NOTES – Natural Orifice Transluminal Endoscopic Surgery

developing this unique method of going through two natural orifices to perform a nephrectomy, a procedure in which the kidney is removed. They presented their results in a paper which was awarded first prize among over 100 submissions at the annual Engineering and Urology Society section of the American Urological Association annual meeting in Anaheim in May 2007.



## New UC Irvine Medical Center Hospital Update

### **A New World-Class Academic Medical Center for our Community**

The new university hospital will blend pioneering medical care and patient comfort. UC Irvine Healthcare has embarked in the next chapter of its mission to provide high quality patient care. In February 2005, construction began on the \$371 million state-of-the-art hospital. When completed in early 2009, the new hospital will house the latest medical technologies and strengthen UC Irvine Healthcare's ability to provide patients with the latest therapies and treatments. The hospital will replace the main hospital building, which was built in 1960. The new 480,000-square-foot hospital promises to position UC Irvine Healthcare as one of the world's leading academic medical centers. Designed to create a patient-focused healing environment, it will also serve as a center for excellence in health care for Orange County.

### **Patient-Focused Healing Rooms**

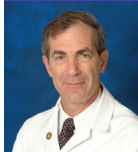
In the new hospital, patients will be cared for in 191 spacious, mostly private rooms that offer ample space for families to be part of the care team. The rooms are in addition to the existing 102 beds in the medical center's tower and the 84-bed Neuropsychiatric Center. Designed with the patient in mind, rooms are being built to capture natural light and increase privacy. Instead of transporting patients to different treatment areas, larger private patient rooms will allow multidisciplinary teams to care for patients on the spot.

### **An Environment for Teaching and Translational Research**

In addition to emphasizing patient care, the new hospital will facilitate the teaching and research missions of the UC Irvine School of Medicine. The new hospital will include modern facilities for conducting the latest medical research and training future and practicing physicians. In addition, the new hospital will allow researchers and clinicians to work closely together to bring the latest therapies and treatment to patients.

### **State-of-the-Art Facility**

Carefully planned intensive care units, treatment rooms, laboratories and surgical suites will further facilitate leading-edge care. The 15 new state-of-the-art surgical suites will include the latest equipment, including robotic surgical systems.



**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**



**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**



**Thomas E. Ahlering, MD**

**Professor and Director, Urological Oncology**

Dr. Ahlering 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.

**For appointments and referrals, please call:**

**714.456.6068**



**Esequiel Rodriguez, MD**

**Assistant Clinical Professor**

Dr. Rodriguez has specific interests in pediatric and robotic surgery. He has an appointment in the PRIME LC program at UC Irvine and will provide much needed educational opportunities in health care to the Hispanic community. He completed a fellowship in robotic surgery at UC Irvine under the tutelage of Dr. Thomas Ahlering.

**For appointments and referrals, please call:**

**714.456.7005**



**Atreya Dash, MD**

**Assistant Clinical Professor**

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 urologic cancers.

**For appointments and referrals, please call:**

**714.456.7005**



**Leland Ronningen, MD**

**Associate Clinical Professor**

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

**For appointments and referrals, please call:**

**714.456.7005**



**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 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**



**Nader Sadoughi, MD, FACS**

**Clinical Professor**

Dr. Sadoughi's interest and expertise are in urologic oncologic surgery and neuromuscular dysfunction of the lower urinary tract for urinary incontinence. He is actively involved in teaching urology residents at the VA Long Beach Healthcare System, where he sees patients. He did his postgraduate fellowship training at Sloan Kettering Cancer Center in New York.

**For appointments and referrals, please call:**

**562.826.8000 x5562**



**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.

**For appointments and referrals, please call:**

**714.456.7128**



**Anne R. Simoneau, MD**

**Associate Clinical Professor  
Assistant Director, Urological Oncology**

Dr. Simoneau 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.

**For prostate cancer prevention, please call:**

**714.456.3330**



**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**



**Aaron Spitz, MD**

**Assistant Clinical Professor  
Male Reproductive Medicine and Surgery**

Dr. Spitz has expertise in the treatment of male infertility and sexual dysfunction. He did his fellowship training at Baylor College of Medicine, Houston, Texas.

**For appointments and referrals, please call:**

**714.456.7005**



**Elsbeth M. McDougall, MD, FRCSC**

**Professor and Director of the Surgical Education Center**

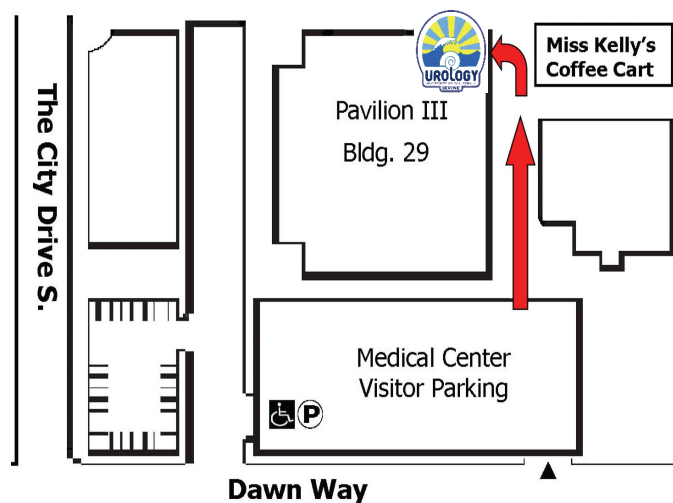
Dr. McDougall specializes in minimally invasive surgery for the treatment of kidney stones, kidney cancer and strictures of the ureter. She did her postgraduate fellowship training in

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**

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. Upon exiting the parking structure after parking, 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.

Visit the Department of Urology on the Web at -- [www.ucihs.uci.edu/urology](http://www.ucihs.uci.edu/urology)