Ralph V. Clayman, M.D.
Professor of Urology
Vice Chair, 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 ureter and all other aspects of renal and urological diseases.

For appointments and referrals, please call: 714.456.7005

Tony E. Khoury, M.D.
Professor and Chair 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 urological 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: 714.456.6225 or CHOC: 714.639.3134 ext 109

Thomas E. Ahlering, M.D.
Professor and Vice Chairman
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 testes. He did his postgraduate fellowship training in urologic oncology at University of Southern California.

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 Surgical Oncology and 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 expertise in areas of urologic oncology including the advanced surgical treatment of prostate, renal, testis and bladder cancers. His patient treatment modalities include minimal invasive surgical techniques such as laparoscopy to improve the care and convalescence of patients with urologic cancers.

For appointments and referrals, please call: 714.456.7005

Joel Gelman, M.D.
Volunteer Faculty
Associate Chief for Administration of Urology
Dr. Gelman has expertise in male urethral and genital reconstructive surgery. 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 School, Norfolk, Virginia.

For appointments and referrals, please call: 714.456.2951

Regina M. Hovey, M.D.
HS/Associate Clinical Professor
Director, Urology Residency Program
Dr. Hovey specializes in female urology, urinary incontinence, neuro-urology, and lower urinary tract reconstruction. She did her postgraduate fellowship training in female urology, neuro-urology and pelvic reconstructive urology at University of California, Davis.

For appointments 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 redo-sewned prostatectomy. He completed his fellowship training in robotic and laparoscopic minimally invasive surgery at University of Southern California.

For appointments and referrals, please call: 714.456.7005

Michael McDougall, M.D.
Professor of Urology and Director, 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

Leland Ronningen, M.D.
HS/Associate Clinical Professor
Dr. Ronningen is particularly interested in benign diseases of the prostate and pelvic gynecologic urology. He received his urology training at Letterman Army Medical Center, Presidio, 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.
HS/Associate Clinical Professor
Dr. Simoneau has clinical skills in prostate cancer prevention and is collaborating with Dr. Zh in research on 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.
Staff Physician
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

Joao Lue, M.D.
Visiting Professorship
October 15-17, 2009
Tom F. Lee, M.D.
Professor and Vice Chair
Mount Sinai 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 treatment of male sexual dysfunction. Please contact Cynthia Shell at 714.456.5371 or cshell@uci.edu.

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

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 surgeons who are seeking to expand their abilities into robotic laparoscopic surgery may also benefit from this course.

Course Director - Elspeth M. McDougall, MD, FRCS(C) Course Co-Director - Thomas E. Ahlering, MD
For more information, please contact - 1.800.908.9414 or e-mail: registration@AUAnet.org
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 lecturership fund. By supporting this endeavor, we will be able to invite world-renowned 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.

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

www.urology.uc Irvine.edu
Urological conditions treated at the Center for Urological Care

- Bladder control problems, especially those due to neurological conditions
- Cancer of the bladder, kidney, prostate, testis and urethra
- Enlarged prostate gland
- Male and female incontinence
- Kidney problems, including stones and obstructions
- Varicocele
- Vasectomy and vasectomy reversals
- Urinary tract infections
- Male infertility
- Male sexual problems
- 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 alpha-page 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 you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Avoid being around people with sick people. Influenza is thought to spread mainly from person-to-person through coughing or sneezing by infected people.

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 bladder 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 urinary 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.

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.
Faculty Updates

Dr. Clayman awarded St. Paul's Medal

The St. Paul's Medal award of distinction for international urologists is awarded by The British Association of Urological Surgeons. At its annual meeting in Glasgow, Scotland, June 22-25, 2009, the BAUS Council presented 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 metal 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 ABU/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 excellence in providing education to the urologic community. She will serve several committees which include the AUA Annual Meeting Program Planning and International Relations committees.

Uro radiology diagnostic imaging education sessions

Dr. Anne Simoneau, associate clinical professor of urology, reports a “take home message” from the AUA annual meeting highlighting uro radiology. It is important to be knowledgeable about the safety issues with ionizing radiation. PET-AC shows promise for evaluating renal lesions larger than 1.5 cm, and contrast enhanced ultrasound 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 prostate biopsy.

First robotic-assisted laparoscopic partial nephrectomy and first robotic-assisted colovesical fistula repair performed at UC Irvine Medical Center

Dr. Michael Louie recently performed UC Irvine’s first robotic-assisted laparoscopic partial nephrectomy for a small kidney tumor. The retroperitoneal, 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 bowel and organ injury and prolonged ileus (when the bowel “stays” asleep after surgery).

In another first at UC Irvine, Dr. Louie and his colleagues, 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 magnified 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.

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 Maron’s and Pomodoros. 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 content 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 H. 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
Department of Urology

333 City Blvd. West, Suite 2100
Orange, CA 92868
Tel: 714.456.5371