

Department of Urology

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Now in Newport Beach:
UCI Health announces the
opening of Newport Beach
Urology office on Birch Street

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MESSAGE FROM THE CHAIR

Dear friends and colleagues,

I am thrilled to announce that U.S. News & World Report has listed UCI Health Urology among one of the top urology programs in the country. We rank higher than any other urology program in Orange County—a testament to the expertise of our team and our commitment to our mission: Discover. Teach. Heal.

This has been a special year for UCI Health Urology. We recently opened doors at our new state-of-the-art facility in Newport Beach, directed by Dr. Faysal A. Yafi, assistant professor and Director of Men's Health at UCI Health. At this location, we offer urological care for male and female patients, including children. This kind of concentration of doctors—fellowship-trained, world-renowned experts providing comprehensive services—is rarely found outside a tertiary care hospital; making this new office opening especially significant, for Newport Beach area residents.

Our robust team of urologists will address men's health and sexual medicine, pelvic floor medicine, female urology, pediatric urology, urologic oncology, endourology and kidney stone disease, and reconstructive and prosthetic urology. In this facility, our surgeons will perform robotic and minimally invasive surgeries and procedures such as vasectomies, sperm retrievals, kidney biopsies, cystoscopy, ureteroscopy, prostate biopsies and ultrasound imaging of the kidneys and prostate.

It has always been our goal to offer the best urological care to the patients of Orange County, and this new clinic is an exciting achievement. Dr. Yafi, like all of our faculty, is dedicated to sharing his knowledge. On page 6, read how he and others presented the International Male Prosthetic Urology Course at UCI in May—the first of its kind. Members of the international audience were able to perform procedures related to penile prosthesis, artificial urinary sphincter and male sling surgery.

In another international effort, Dr. Zhamshid Okhunov and I recently traveled with UCI Health urologists to four cities in Uzbekistan, performing minimally invasive surgery and making presentations at each location (read about it on page 5). The trip, part of the World Endo Initiative, was instructive for everyone involved.

I hope you are as inspired as I am by the innovative activities taking place in the Department of Urology, the top Urology program in Orange County! I invite you to stop by our new location in Newport Beach.

Thank you for your continued interest and support.

Jaime Landman, MD
Chair, Department of Urology
UCI Health

DEPARTMENT OF UROLOGY NOW IN NEWPORT BEACH

The UCI Health Department of Urology is excited to announce the opening of its Newport Beach Urology office on Birch Street this month. This outpatient medical facility offers all urological services and state-of-the-art urological procedures for male and female patients, including children.

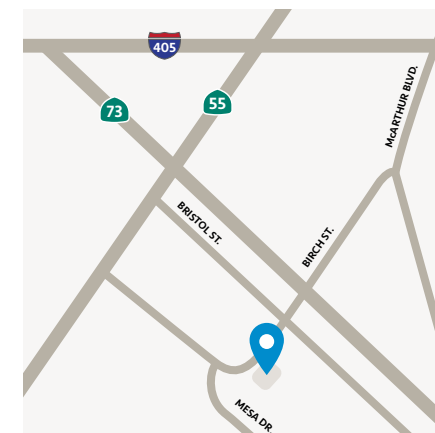
“This will be the most advanced and comprehensive urology medical facility in Orange County with fellowship-trained experts,” says Dr. Faysal A. Yafi, director of UCI Health Newport Beach Urology. Yafi will continue to be director of Men's Health at UCI, and will continue to see patients at UCI Medical Center in Orange.

Services offered at the UCI Health Newport Beach Urology office include men's health and sexual medicine, pelvic floor medicine, female urology, pediatric urology, urologic oncology, endourology and treatment for kidney stone disease, as well as reconstructive and prosthetic urology.

The Urology team provides a concentration of subspecialty medical expertise and array of procedures usually only available at large hospitals—a plus for many patients, particularly Newport Beach area residents. Procedures such as vasectomies, sperm retrievals, kidney biopsies, cystoscopy, ureteroscopy, prostate biopsies, ultrasound imaging of the kidneys and prostate will be offered onsite, under one roof.

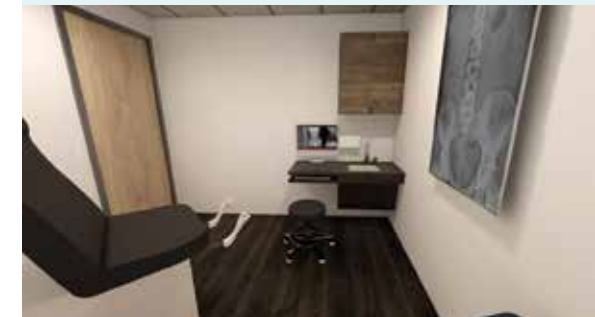
The opening of UCI Health Newport Beach Urology is another example of the Department of Urology's mission to provide patients with the absolute best in innovative, less invasive urological care.

For more information, visit ucihealth.org/newportbirchstreet



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Newport Beach, CA 92660

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Referrals: Please fax to 877-829-7891



BRUSH WITH KIDNEY CANCER GIVES FLAVORS INDUSTRY INNOVATOR A TASTE OF GRATITUDE

As president of S&S Flavors, a leader in the custom flavor industry, Mark Tuerffs has built a track record of success developing unique flavor profiles for products ranging from juicy pear jelly beans, to French vanilla coffee, to wild cherry lip gloss. But it was a run-in with kidney cancer in 2014 that had him tasting his most powerful flavor yet: gratitude.

Tuerffs was on a business trip when he began feeling ill. Once he returned home, the nausea and chest heaviness continued, and he sought emergency medical attention. Emergency Department physicians were able to allay the 58-year-old Tuerffs' fears that he was having a cardiac episode – but an ultrasound of his abdomen revealed a mass on his right kidney.

Tuerffs reached out to a urologist friend for advice, and the answer that came back was definitive. “He said, ‘I’m going to send you to the best guy there is in all of Southern California, maybe in all of the country,’” Tuerffs says. “And that’s how I found my way to UCI Health and Dr. Jaime Landman.”

Dr. Jaime Landman, chair of the UCI Health Department of Urology, confirmed the malignancy and scheduled a surgery. “The tumor was encapsulated and had not spread, so the plan was to go in, remove the mass and be done,” Tuerffs says. But about three quarters of the way in, the plan suddenly changed. “The only way I can explain it is that Dr. Landman had a premonition,” Tuerffs says.

“Something about the tumor just didn’t feel right.”

Landman paused the surgery and went in search of Tuerffs’ wife, Monica, for permission to remove the kidney. As she recalls, “I looked at Dr. Landman and said, ‘If this was your wife, what would you do?’”

On Landman’s advice, she authorized the procedure – a decision that ultimately saved her husband’s life.

When the pathology came back, Landman called Tuerffs to go over the report. “He said, ‘Someone upstairs really loves you,’” Tuerffs remembers. “Because what they found in the lab were cells that hadn’t yet fully formed, and that couldn’t be seen

with normal instrumentation.” Those cells were an aggressive form of renal cell carcinoma. “Dr. Landman said that, if we had left them in there, I probably would have been gone in three to four months.” Tuerffs shivers at the prospect.

Four-and-a-half years later, Tuerffs is still here to tell the tale. In that time, he has become a dedicated evangelist for UCI Health and Landman. “His instincts and ability are just incredible,” Tuerffs enthuses. “But, even more than that, he has an amazing passion for helping people and making the world a healthier place.” For Tuerffs, it all adds up to a simple mantra. “Whatever Dr. Landman is doing in terms of advancing research and clinical care, Mark Tuerffs’ family is behind it.”



ENDOUROLOGY SOCIETY – WORLD ENDO INITIATIVE IN UZBEKISTAN

The World Endo Initiative was first put forth by Dr. Ralph V. Clayman with the spirit of advancing endourology in the developing world by means of education and providing opportunities that might not always be available for urologists from such countries. This initiative is organized triannually at different locations around the globe.

As part of the World Endo Initiative, UCI Health urologists travelled to Uzbekistan from April 28 to May 9, 2018. A group of urologists, including UCI faculty Dr. Zhamshid Okhunov and Dr. Jaime Landman, traveled to perform humanitarian surgery and teach in four of the largest cities in Uzbekistan including Khiva, Bukhara, Samarkand and Tashkent. The host of the initiative was the director of the National Urology Institute in Tashkent, and lead urologist of Ministry of Healthcare, professor Shukhrat Mukhtarov. The other urologists on the

initiative included Dr. Brian Duty from Oregon Health Sciences University and Dr. Daniel Moreira from University of Illinois.

The urologists worked for two days at each location. The first day of the course included didactic lectures and case discussions, and the second day consisted of live surgery demonstrations. The didactic program was completed approximately four weeks before the start of the initiative. During the trip, the group performed two laparoscopic procedures (laparoscopic nephrectomy and laparoscopic pyeloplasty) and four endourology procedures (PCNL, flexible ureteroscopy, ureteral stone removal and bladder stone removal). Richard Wolf USA donated a brand new, fiberoptic flexible ureteroscope. This allowed the physicians to perform the first dual lumen flexible ureteroscopy in Uzbekistan.

Overall, infrastructure of all hospitals

was good, having been built over two decades ago. There were significant limitations in surgical equipment, which made the cases more challenging and engendered much innovation. However, it is remarkable how local urologists are able to complete most laparoscopic procedures with a significantly limited amount of surgical advanced resources.



Dr. Jaime Landman is performing a laparoscopic nephrectomy on a patient with nonfunctional kidney. Dr. Muhamedzarit Bahadirhanov (left), a local urologist from Uzbekistan is assisting during the case.

“TEACH ONE, REACH MANY”

Dr. Heidi Stephany is taking her biannual trip to Africa this fall. She is actively involved with International Volunteers in Urology Med (IVUMed), which is a nonprofit organization with the simple mission of “Teach One, Reach Many.” She will be the team leader for the third time on her upcoming trip to Maputo, Mozambique. IVUMed embraces the concept of not only helping patients with complex urologic issues, but sharing and teaching local surgeons various

techniques to help continue the specialized care and healing. Dr. Stephany will be joined by residents and other team members who contribute their knowledge and expertise while gaining exposure to both challenging cases and advanced, hands-on education. An endowed travel fund is being established to make this opportunity and others available to our talented residents and fellows. If you are interested in participating or supporting this effort, please contact us at

(714) 509-2112 to learn how you can help provide such an enriching experience in service of those in need.





MIRACLE BABIES

On Thursday, May 17, 2018, Dr. Tony Khoury, chief of pediatric urology at CHOC Children's and UCI Health, presented a keynote address to a crowd of over 150 interested guests at the Miracle Babies annual fundraiser.

Miracle Babies is a local nonprofit dedicated to raising funds to support families with critically ill newborns in Neonatal Intensive Care Units at CHOC and UCI Medical Center. Khoury spoke on a neonatal condition known as bladder exstrophy—a medical complication at birth in which the baby is born with the bladder outside of his or her body. Just a handful of pediatric urologists nationally have the capability to help these children. Khoury is among them.

Through his talk, he provided a fascinating look into the exceptional outcomes that are now possible to create a very near-normal childhood for these tiny, deserving patients. Dedicated to clinical excellence, Khoury closed by sharing technical details about the research that he and his team of pediatric urologists are currently undertaking in the area of artificial bladders. To learn how you can support these tremendous advances, please contact Erika Berna at 714-509-2112.

CELEBRATING A NEW MILESTONE

In recognition of a spectacular team achievement, senior leadership and high-level donors of the Department of Urology were invited to attend a celebratory fete at the Pelican Hill Resort on April 5, 2018, to recognize our distinguished Dr. Ralph V. Clayman Endowed Chair in Endourology, a prestigious acknowledgment of both experience and talent. Dr. Clayman is the first of five chairholders in the department to reach \$3M in endowed gift support. A formal nod was given to all of our senior faculty members and endowed chairholders for their excellence in research and educational efforts.

UCI HEALTH AMONG TOP UROLOGICAL SURGERY PROGRAMS IN THE NATION

The American College of Surgeons National Surgical Quality Improvement Program (ACS NSQIP®) has classified UCI Health as one of the top ten percent urological surgery hospitals in the country. The NSQIP's interim semiannual report reviewed more than 60,800 cases from 581 hospitals. Only 58 of the cases were ranked as "exemplary". The ACS NSQIP is a nationally validated, risk-adjusted, outcome-based program that seeks to measure and improve the quality of surgical care nationwide.

2018 NURSING EXCELLENCE AWARD

Congratulations to six of our urology nurses who were nominated for the 2018 UCI Health Nursing Excellence Awards in five of the 12 categories. We are able

to provide the best care because of these dedicated nurses.

Ambulatory Nurse of the Year:

Annie Vu & Elizabeth Mai.

Nurse Leader of the Year:

Kathleen Arreola.

Nurse Leader of the Year:

Jamie Billingsley.

Advanced Practice Registered Nurse of the Year: Steven Bereta.

Nurse Leader of the Year:

Julie Limfueco.

Winners were honored on June 14, 2018.

MALE PROSTHETIC UROLOGY COURSE

UCI Urology faculty Dr. Faysal Yafi, Dr. Gamal Ghoniem and guest faculty Dr. Wayne J.G. Hellstrom, Dr. Allen Morey, and Dr. Mike Hsieh put on the first ever Male Prosthetic Urology Course at the UCI Health on May 15-16, 2018. This course was filled with didactic and cadaveric hands-on instruction where the international audience was able to perform standard and complex procedures related to penile prosthesis, artificial urinary sphincter, and male sling surgery. Participants from seven countries were in attendance including China, Egypt, El Salvador, Korea, Mexico, Saudi Arabia, and Qatar. Attendees walked away with excellent remarks including 87 percent overall evaluation and quality of the activity and 100 percent increase to their knowledge and skills in delivering patient care. Due to this huge success, we will be hosting this course annually. For more information, please contact our education and philanthropy manager, Jenny Tom at 714-456-8124.

NEW INTERACTIVE TECHNOLOGY AIDS SURGERY PLANNING

Virtual reality imaging helps surgeons prepare for kidney surgeries.

Surgery involving the kidneys—for removal of kidney stones, a renal tumor or a kidney transplant—can be tricky. These bean-shaped organs that filter the blood are located against the back muscles in the upper region of the abdomen, close to the spine and other organs. They also get proportionally much more blood than any organ (with the exception of the heart) as the kidneys are a filter.

To prepare for it, surgeons commonly study two-dimensional images from CT scans and MRIs to identify abnormalities and make a mental map of their patient's internal anatomy before performing an operation.

Now medical students enrolled in the LIFT program (Leadership and Innovation Fellowship Training) have taken imaging to a whole new level. Using those CT and MRI images, they can create a realistic-looking, three-dimensional interactive model of patients' kidneys and surrounding areas.

How it works

When surgeons wear a VR (virtual reality) ocular headset, they can see and maneuver through and manipulate each individual component of the anatomy with a computer-generated landscape of their patient's internal organs. Using their hands as controls, surgeons can interact with a patient's anatomy, "move" around the spine, blood vessels and organs, and figure out the best way for the upcoming surgery to proceed.

"Our research has shown that surgeons have a better understanding of the patient's anatomy using VR technology," says Dr. Egor Parkhomenko, a current LIFT fellow. "With this better understanding, we postulate that surgeries may be shorter, with less bleeding and with better outcomes."

Dr. Jaime Landman, chair of the Department of Urology and other department surgeons, are enthusiastic about the advantages that VR technology provides. Here are a few:

Kidney stone surgery

"With the VR program, the surgeon can virtually step inside the kidney, see exactly where kidney stones are located and then immediately navigate to those areas during surgery," says Parkhomenko, who presented the technology at the American Urological Association conference in San Francisco in May.

Kidney tumors

For years, patients with a kidney tumor had their entire kidney removed. Now every effort is made to remove only the tumor and leave behind the healthy kidney. This procedure requires an intricate understanding of the patient's anatomy. With VR technology, surgeons can see the tumor's shape, where it's located and how deep it extends into the kidney—which can help them cut out less of the normal kidney, and that potentially means better cancer control, fewer complications and less bleeding.

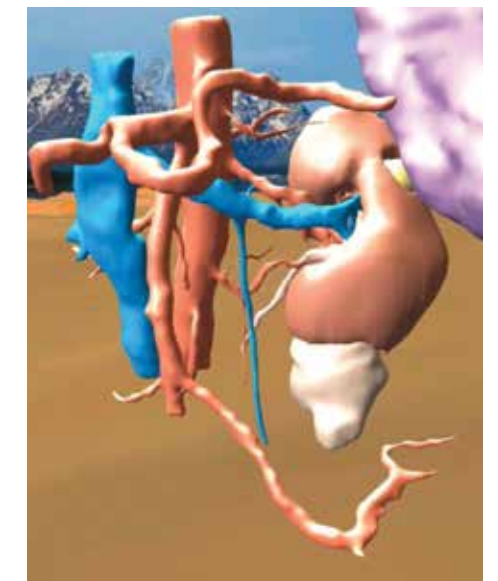
Kidney transplants

Transplants often involve a donor and recipient undergoing surgery simultaneously. Surgeons carefully identify the blood vessels in the donor kidney, and preserve them as best as possible—a sometimes complicated procedure. Surgeons who have used the VR ocular program have been better able to locate each artery.

Reassurance for patients

Doctors aren't the only ones who can benefit from the VR technology. Patients at UCI Health facing kidney surgery—and their families—who have been able to use VR technology to visualize the procedure report fewer worries about the surgery than patients who haven't had that opportunity.

Want to learn more? Please contact our Clinical Research Coordinator, Renai Yoon at yoornrh@uci.edu.



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Newport Beach, CA 92660

Tustin

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Tustin, CA 92780

Chino Hills

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

Eastvale

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

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Orange, CA 92868

Huntington Beach

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Huntington Beach CA 92648

Newport Beach

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Newport Beach CA 92660

Long Beach

2888 Long Beach Blvd.
Suite 340
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Please contact Erika Bernal at erbenal@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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