

UrologyToday

OrangeCountyUrology.com (949) 855-1101

VOLUME 9 SUMMER/FALL 2020

The Urology Leaders of Orange County



Back row (LtoR): Aaron Spitz, M.D., Daniel Su, M.D., Moses Kim, M.D., Ph.D., James P. Meaglia, M.D., Josh Randall, M.D., Neyssan Tebyani, M.D.
Front row (LtoR): Tammy S. Ho, M.D., Jennifer Gruenenfelder, M.D., Karan J. Singh, M.D., Don T. Bui, M.D., Leah Nakamura, M.D.

**Super
Doctors** P. 3

**A Legacy of
Innovation** P. 4

**News
& Notes** P. 12



Paul A. Brower, M.D.

OCUA Fire Update

It has been a year since a fire destroyed our primary office on La Paz in Laguna Hills. Putting back together all of the pieces that were lost has been a Herculean effort by the entire OCUA team.

We are grateful for all of our partners who stepped up and allowed us to move into their facilities and begin seeing our patients starting the day after the fire. We are also grateful to our patients for their patience. Almost all of our equipment has been replaced as have our electronics.

We have opened our new main office at 23961 Calle De La Magdalena in Laguna Hills. We have leased 8,000 square feet on the 5th floor of this building. It will house all of our administration, leads, non-clinical support staff, pathology laboratory and have clinical space for three physicians, a physician assistant, and a nurse.

We have opened our office in Newport Beach on Superior and welcomed Dr. Tammy Ho (see page 14), who along with Dr. Leah Nakamura, are working primarily out of that office.

We continue to look for additional space in Mission Viejo to expand our capacity there. Now that we are in 2020, all of the pieces have come together and we are stronger for the experience.

Stay healthy,

Paul A. Brower, M.D.

Chairman of the Board

Orange County Urology Associates, Inc.

ORANGE COUNTY UROLOGY ASSOCIATES, INC.
A Medical Group

Main Office

Orange County Urology Associates, Inc.

23961 Calle De La Magdalena, Suite 500
Laguna Hills, CA 92653

Phone: (949) 855-1101

Chief Operating Officer: Larry Silvia

Editorial: Scott D. Olson

Design: Studio322.net

All Locations

Fountain Valley

18785 Brookhurst St., Suite 105
Fountain Valley, CA 92708

Irvine

16305 Sand Canyon Ave., Suite 200
Irvine, CA 92618

Laguna Hills

23961 Calle De La Magdalena, Suite 500
Laguna Hills, CA 92653

Mission Viejo

26800 Crown Valley Pkwy., Suite 340
Mission Viejo, CA 92691

Mission Viejo 2

26991 Crown Valley Pkwy., Suite 200,
Mission Viejo, CA 92691

Newport Beach

500 Superior Ave., Suite 305
Newport Beach, CA 92663

San Clemente

3553 Camino Mira Costa, Suite A
San Clemente, CA 92672

On the Web

OrangeCountyUrology.com

UrologyToday

NEWSLETTER OF ORANGE COUNTY UROLOGY ASSOCIATES, INC.

Medical Advisory Board

Paul A. Brower, M.D.

Don T. Bui, M.D.

Jennifer Gruenenfelder, M.D.

Tammy S. Ho, M.D.

Moses Kim, M.D., Ph.D.

James P. Meaglia, M.D.

Leah Nakamura, M.D.

Josh Randall, M.D.

Karan J. Singh, M.D.

Aaron Spitz, M.D.

Daniel Su, M.D.

Neyssan Tebyani, M.D.

Six OCUA Physicians Named *Super Doctors* for 2019; Dr. Moses Kim Earns Rising Star Distinction



SUPERDOCTORS®

Six Orange County Urology Associates (OCUA) physicians have been named as 2019 California *Super Doctors*®. The selection process for *Super Doctors* is a rigorous multi-step process designed to identify healthcare providers who have attained a high degree of peer recognition and professional achievement.

Named as *Super Doctors* are: **Dr. Paul Brower**, Laguna Hills; **Dr. Moses Kim, Ph.D.**, Laguna Hills; **Dr. Josh Randall**, Mission Viejo; **Dr. Karan Singh**, Laguna Hills; **Dr. Aaron Spitz**, Laguna Hills; and **Dr. Neyssan Tebyani**, Laguna Hills. **Dr. Brower** is now an emeritus physician and no longer sees patients, but he remains as OCUA's Chairman of the Board.

For the 2019 Digital SoCal *Super Doctors* publication, **Dr. Spitz** was the lone OCUA physician selected for the urology section.

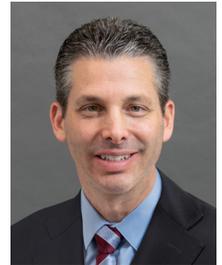
Only 5% of doctors in California are selected for the *Super Doctors* honor. **Dr. Kim's** rating as a Rising Star by *Super Doctors* means that he ranks in the elite top 2.5% of all



Paul A. Brower, M.D.



Moses Kim, M.D., Ph.D.



Josh Randall, M.D.



Karan J. Singh, M.D.



Aaron Spitz, M.D.



Neyssan Tebyani, M.D.

physicians selected. The list of selected physicians can be found by specialty and city at SuperDoctors.com. As part of this evaluation, physician judges are asked to consider the following question: "If you needed medical care in one of the following practice areas, which doctor would you choose?"

Doctors Earn 2019 'Physician of Excellence' Awards



Neyssan Tebyani, M.D.

For the 9th consecutive year, **Dr. Neyssan Tebyani** of Orange County Urology Associates has been selected as a 2019 "Physician of Excellence" by the Orange County Medical Association.

Dr. Tebyani practices in comprehensive adult urology with an emphasis in robotic surgery. In 2008, Dr. Tebyani performed the first robotic surgery at Mission Hospital. He is certified

in robotic surgery and has undergone advanced robotic surgery training in Germany.

Medical School: UCLA School of Medicine, Los Angeles, CA

Board-Certified: American Board of Urology

Certified: da Vinci® Robotic Surgeon

Internship: UCLA Hospital and Clinics, Los Angeles, CA

Residency: Kaiser Permanente Medical Center, Los Angeles, CA



Karan J. Singh, M.D.

For the 7th consecutive year, **Dr. Karan J. Singh** of Orange County Urology Associates has been selected as a 2019 "Physician of Excellence" by the Orange County Medical Association.

Dr. Singh attends several meetings and conferences every year to keep abreast of the latest urological techniques and treatments.

Medical School: UCLA School of Medicine, Los Angeles, CA

Board-Certified: Adult & Pediatric Urology, American Board of Urology

Internship: University of California San Diego Medical Center, San Diego, CA

Residency: University of California San Diego Medical Center, San Diego, CA

A Legacy of Innovation

Orange County Urology Associates Has a Long History of Bringing Patients the Latest Technological Advancements to Provide World-Class Care

Medicine is in a perpetual state of progress. Every day there are new surgical techniques, research studies, clinical trials, medicines, and new medical devices that make restoring human life better. But these new therapies also need to be clinically proven, cost-effective, and covered by insurance plans. Urology is no different. Urologists and urologic surgeons at Orange County Urology Associates (OCUA) have a long history of bringing patients from around the world the latest in medical technologies and advancements since we were founded in the 1960s.

Here are some of the more recent scientific advancements that we have brought to our patients.

Botox®

Botox® is the most popular non-surgical cosmetic treatment, with more than 7 million Botox® treatments administered each year. Botulinum toxin is used to reduce fine lines and wrinkles by paralyzing the underlying muscles. But doctors also use Botox to treat excessive sweating, migraines, muscular disorders, and some bladder and bowel disorders.

OCUA Breakthrough: People who struggle with overactive bladder (OAB) or urge incontinence can find relief with Botox® injections into the wall of the bladder. Orange County Urology Associates was one of the original clinical trial sites for Botox® in 2005. **Dr. Jennifer Gruenfelder** pioneered the use of Botox® in the bladder for OAB and urinary urge incontinence and has trained many physicians from throughout the U.S. on how to perform the procedure. Botox® injections can help treat OAB by paralyzing muscles in the bladder to prevent accidental urination. She targets a specific location in the bladder wall for injections in a procedure that takes 5 to 10 minutes. While this treatment is often successful, a potential problem is incomplete emptying of the bladder and retention of urine. These require temporary use of a catheter, and this happens in about 6% of patients. Patients generally need to be treated twice a year.

For more information: www.botoxforoab.com

GreenLight™ Laser

This is an outpatient surgical procedure for the treatment of benign prostatic hyperplasia (BPH), an enlargement of the prostate gland resulting in a narrowing of the urinary channel. More than 14 million men in the United States are diagnosed

with BPH. The prostate is a small gland about the size of a walnut that circles the urethra immediately below the neck of the bladder. It has a vital function in the male reproductive system by secreting a fluid into the urethra during ejaculation. In many cases, GreenLight™ Laser Therapy offers a shorter hospital stay, less temporary catheterization time, less bleeding, and a faster recovery than traditional surgical options.

OCUA Breakthrough: Dr. Karan Singh and Dr. Moses Kim, Ph.D. pioneered the GreenLight™ laser in Orange County. The GreenLight™ laser technique uses high-powered energy beams delivered through a thin laser fiber, which safely and precisely vaporizes surface tissue at the enlarged prostate to re-open urine flow. GreenLight laser is being used as an alternative to transurethral resection of the prostate (TURP). GreenLight™ stands alone in its ability to give patients quick symptom relief, ease and comfort of urinary flow, and minimal short-term side effects. GreenLight™ laser has minimal bleeding, post-operative impotence is not associated with this surgical approach, and long-term success in improved urine flow is common.

For more information: <https://www.treatmybph.com/bph-patient-us/treatment-options/laser-therapy-with-greenlight.html>

Lithotripsy

Kidney stones have plagued people for millennia. Lithotripsy is a medical procedure used to treat certain types of kidney and ureteral stones using shock waves. Kidney stones occur when minerals and other substances in your urine crystallize in your kidneys, forming solid masses, or stones. These may

Cover Story

consist of small, sharp-edged crystals or smoother, heavier formations that resemble polished river rocks. They usually exit your body naturally during urination. However, sometimes your body can't pass larger formations through urination. This can lead to kidney or urinary channel damage. People with kidney stones may experience bleeding, severe pain, or urinary tract infections (UTIs). When stones begin to cause these types of problems, your doctor may suggest lithotripsy. Surgery formerly was used to treat kidney stones, but today urologists can treat larger kidney stones using a specialized piece of surgical equipment called a lithotripter. For certain kidney stones—depending on size and location—your doctor may recommend a procedure called extracorporeal shock wave lithotripsy (ESWL). Extracorporeal means “outside the body.” ESWL uses sound waves to create strong vibrations (shock waves) that break the stones into pieces as small as grains of sand so they can pass in your urine.

OCUA Breakthrough: Dr. Paul Brower pioneered ESWL in Orange County in 1986, helping bring the second lithotripsy machine in California to Long Beach Memorial Hospital, where he was co-director of the urology unit. Dr. Brower performed the first ESWL procedure there in 1986. Today the procedure lasts about 45–60 minutes and can cause moderate pain, so you may be under sedation or light anesthesia to make you comfortable. Lithotripsy alleviates many hours of pain as stones are pulverized to pass through the kidney and urinary channel.

For more information: www.kidney.org/atoz/content/kidneystones_shockwave

No-Needle, No-Scalpel Vasectomy

Vasectomy is the top elective surgery among men. More than 500,000 men have vasectomies each year in the United States. Vasectomy is nearly 100% effective in preventing pregnancy. A vasectomy is a safe procedure that has no effect on a man's sexual performance or pleasure. The procedure does not lower a man's testosterone, nor does it change his erections, stamina or drive. Vasectomy is used as the method of birth control by 7% of all married couples. A vasectomy is a 15- to 20-minute surgical procedure in which the two vas deferens (tubes that carry sperm from the testicles en route to the penis) are cut, cauterized (burned or seared) and/or clipped. After a waiting period directed by the doctor, semen will no longer contain sperm and conception cannot occur. Men who previously underwent vasectomy needed to endure a few needle injections down there to numb the two vas deferens before surgery. It was often a deal breaker for many men.

OCUA Breakthrough: Dr. Aaron Spitz and Dr. Karan Singh, OCUA urologists who specialize in minimally invasive vasectomy, introduced the “No-Needle, No-Scalpel” approach in 2003 in Orange County to eliminate needle sticks during a vasectomy, greatly reducing the pain and anxiety associated with the procedure. These anesthetic techniques are now used by all OCUA surgeons performing vasectomies.

For more information: <https://auau.auanet.org/content/v3-07-no-needle-no-scalpel-vasectomy-single-surgeon-experience>

Rezūm™ System

More than 14 million U.S. men suffer from benign prostatic hyperplasia (BPH), or enlarged prostate. Surgical treatment is available.

OCUA Breakthrough: Dr. James Meaglia pioneered the Rezūm™ water vapor therapy in Orange County in 2018. The major benefit of this treatment is that it restores urine flow while preserving sexual and urinary function. The Rezūm™ therapy is completed in a single office visit using nitrous oxide (laughing gas) instead of general anesthesia. It works by delivering small amounts of thermal energy stored in water (steam) to the enlarged prostate. This process damages the cells causing the obstruction, thus reducing the overall size of the prostate and the classic symptoms of BPH: a weak stream, trouble starting and stopping urine flow, not emptying your bladder completely, urinating more often—especially at night, sudden urges to urinate, leaking or dribbling after you urinate, and straining to urinate. Dr. Meaglia has now done more than 150 Rezūm™ procedures.

For more information: www.rezum.com

UroLift®

UroLift® is another breakthrough treatment for BPH, an enlarged prostate. Unlike other treatments for BPH, the UroLift surgical system directly opens the urethra without cutting, heating or removing prostate tissue. The key benefit to patients is the UroLift® procedure can restore urine flow while preserving sexual function and urinary control. UroLift also has an advantage over previous BPH surgical treatments as it can be performed in-office with nitrous oxide (laughing gas) instead of general anesthesia. Patients experience a significant improvement in quality of life. The most common adverse effects reported include blood in the urine, burning during urination, urinary urgency, or pelvic pain. Most symptoms were mild and resolved within two weeks.

Cover Story

OCUA Breakthrough: In 2015, **Dr. Jim Meaglia**, OCUA urologist/urologic surgeon, pioneered UroLift® in Orange County and has done more than 150 UroLift procedures.

Dr. Karan Singh also performs UroLift® cases. UroLift® uses tiny metal anchors (like staples) to compress the prostate gland, which reopens the urinary channel that runs through the middle of the prostate. Patients experience very rapid and durable relief.

For more information: www.urolift.com

Robotic Surgery

Robotic surgery is minimally invasive, precise surgery that offers patients faster recovery times and better outcomes. Robotic surgery provides surgeons with significantly better tools to perform their work. In the operating room, the surgeon sits at the da Vinci® system control console where he or she controls the instruments. Each movement of the robot instrument is modeled after the movement of the surgeon's hands. The da Vinci EndoWrist® feature allows for movements like a human wrist, giving the surgeon incredible freedom of motion. The superior visualization, dexterity, and precision that characterize robotic surgery have opened the door to increasingly complex procedures. Traditional open surgical procedures are performed through significant incisions, from 4 inches for prostatectomy, to more than 12 inches for kidney and bladder cancer surgeries. In contrast, laparoscopy is performed through several half-inch incisions. With robotic surgery, post-operative pain is decreased, and hospital stay and recovery are shortened. Traditional laparoscopy is generally limited to straightforward procedures. Using the robotic surgery platform, more complex surgeries can be performed laparoscopically.

OCUA Breakthrough: Robotic surgery was pioneered in Orange County by **Dr. Neyssan Tebyani**, who performed the first robotic surgery (a prostatectomy) in May 2008 at Mission Hospital, Mission Viejo. Since that time, OCUA's robotic surgeons—**Dr. Moses Kim, Ph.D., Dr. Jennifer Gruenenfelder, Dr. Tebyani, Dr. Don Bui, Dr. Daniel Su, and Dr. Josh Randall**—have performed more than 500 robotic surgeries. Their extensive training and experience in robotic surgery have made them leaders in their field. There are more than 3.1 million men in the U.S. who have been diagnosed with prostate cancer. It is the most common cancer among American men, affecting about one in nine. About half of these men undergo prostatectomy, and more than 80% of these cases are performed robotically. Patients choose robotic surgery over open prostatectomy because

of lower transfusion rates, shorter convalescence, quicker recovery of urine control, and better preservation of sexual function. In addition to cancer surgeries, Orange County Urology physicians have performed many other da Vinci robotic surgeries such as: partial and total nephrectomy (kidney removal), complete cystectomy (complete removal of the bladder for bladder cancer), pyeloplasty (surgical reconstruction of the renal pelvis, a part of the kidney), ureteral reimplant, and sacrocolpopexy (a surgical technique for repairing pelvic organ prolapse).

For more information: <https://www.ocreger.com/2008/05/02/surgeon-performs-first-robotic-operation-at-mission-hospital/>

www.davincisurgery.com/procedures/urology-surgery/prostatectomy

www.davincisurgery.com/procedures/urology-surgery/kidney-surgery

Sacral Neuromodulation

Overactive bladder (OAB) affects about 33 million Americans. It's a health problem that can last for a long time if it's not treated. Many older men (30%) and women (40%) struggle with OAB symptoms. Overactive bladder is the name for a group of bladder symptoms. There are three main symptoms, according to the Urology Care Foundation:

- A feeling that you have to go to the bathroom, urgently.
- Occasional incontinence, which means that you leak urine with the "gotta go" feeling.
- Usually the need to go to the bathroom often (frequently), day and night.

With overactive bladder, you feel that you need to empty your bladder—even when it's not full. This leads to the feeling that you need a bathroom quickly, right now. You can't control or ignore this feeling. Treatment often begins with conservative measures such as management of fluid and diet as well as timed voiding. Weight loss and pelvic floor exercises have also been shown to improve the symptoms of OAB. Once conservative measures fail, medications are offered as a second line of therapy. If medications fail, patients should seek medical attention from a specialist to see if they may be a candidate for a third line, or advanced therapy, for overactive bladder.

OCUA Breakthrough: **Dr. Jennifer Gruenenfelder** and **Dr. Leah Nakamura** have pioneered sacral neurostimulation at OCUA. The procedure was approved by the FDA for urge incontinence

Cover Story

in 1997, and for urinary frequency and retention in 1999. The sacral nerves control the bladder's ability to store and empty urine. The neurostimulator acts like a "bladder pacemaker" to send continual pulses of electricity to the sacral nerve, prompting the bladder to work properly. Although the exact mechanisms are not clear, neuromodulation is postulated to work by affecting the complex neural pathways and reflexes between the bladder and brain that control storage and emptying. This is an ideal therapy for patients with severe OAB who have failed medications or are unable to take them. Like all therapies for overactive bladder, this is not an absolute cure. The good news is that most medical studies on neuromodulation have shown a 60%–80% improvement in symptoms.

For more information: [https://www.urologyhealth.org/urologic-conditions/overactive-bladder-\(oab\)#Treatment](https://www.urologyhealth.org/urologic-conditions/overactive-bladder-(oab)#Treatment)

Telemedicine

Telemedicine is defined as the transfer of medical information from one site to another via electronic communications to improve a patient's health condition. Telemedicine began 40 years ago when doctors connected, by telephone, with patients in remote areas who needed medical knowledge. Today the use of telemedicine is spreading rapidly using two-way video, hi-resolution video, email, smart phones, wireless tools and other forms of telecommunication technology. Our practice believes that telemedicine will expand quickly to increase speed in seeing and treating patients.

OCUA Breakthrough: Dr. Aaron Spitz is pioneering telemedicine consults for Orange County Urology Associates. Dr. Spitz is a recognized national authority on telemedicine, serving as co-chairman of the Telemedicine Work Group for the American Urological Association (AUA). He is now doing 8–10 telemedicine consults a week with patients. Telemedicine now includes the transmission of still images, patient-physician consults using video conferencing, technology-enabled sharing of diagnostic test results, automated prescription refills, patient education, patient portals, and many other applications. Not all consults are appropriate for telemedicine, and all telemedicine activities must meet privacy and security rules of the Health Insurance Portability and Accountability Act of 1996 (HIPAA), which are a national set of encryption standards for protecting information. Telemedicine activities at OCUA include new patient visits, follow-up visits with patients, and emergency room consults with Hoag Hospital, which has a Telehealth telemedicine program. Benefits of telemedicine: reduced

travel time for patients, less stress for patients, speed and quality of information shared; and high patient satisfaction.

For more information: www.auanet.org/guidelines/telemedicine-in-urology

Testicular Sperm Extraction (TESE)

In approximately 50% of couple infertility cases, the male partner is the cause in part or in whole. In the most severe cases the man may have no viable sperm in their semen to create a pregnancy. In the past, men with no sperm in their ejaculate (a condition called azoospermia) had no chance of becoming a father. But now, male fertility experts find that many so-called "infertile" men are still producing small amounts of sperm within the testes.

OCUA Breakthrough: In 2000 **Dr. Aaron Spitz** introduced a new sperm extraction procedure in Orange County called testicular microdissection. In up to 50% of these patients—many of whom became infertile due to an illness such as mumps or after testicular cancer—Dr. Spitz can find and retrieve sperm in the testes. There are no imaging or other tests to help predict where the little pockets of sperm may be hiding in the testes. In the operating room under a high-power microscope, Dr. Spitz looks for areas that are producing sperm among the thin, seminiferous tubules. In most men, every tubule is making large amounts of sperm, but these men are making very small amounts. Yet in just one or a few healthy tubules, Dr. Spitz usually locates sperm. After the sperm is extracted, it is joined with an egg to produce an embryo, which is implanted in the female partner's womb through in vitro fertilization (IVF). Successful pregnancy is never a given, so the process may need to be repeated. In some cases, extra sperm can be frozen in liquid nitrogen for future use. Dr. Spitz also performs vasectomy reversal and other procedures to correct a host of issues that can cause a very low to non-existent sperm count, such as hormonal or environmental factors, varicocele, or blocked ejaculatory ducts.

For more information: www.urologyhealth.org/urologic-conditions/sperm-retrieval

Provenge®

Prostate cancer is the most common cancer among men in America. More than 3 million men in the United States are diagnosed with prostate cancer. Provenge® is the first and only FDA-approved, personalized (made from your own immune cells) immunotherapy for advanced prostate cancer (metastatic castrate-resistant prostate cancer [mCRPC])

in men who do not take prescription medicine for cancer-related pain. The National Comprehensive Cancer Network® (NCCN®) recommends sipuleucel-T (Provenge®) as a first-line treatment option for certain men with advanced prostate cancer (mCRPC). Provenge® is clinically proven to help extend life in certain men with advanced prostate cancer. Your immune system is your body's natural defense. Provenge® is designed to work with your immune system to seek out and attack your prostate cancer cells. By activating immune cells already in your body, Provenge® personalizes the fight against your prostate cancer.

OCUA Breakthrough: Dr. Daniel Su, OCUA urologist/urologic surgeon, pioneered Provenge® in Orange County. In fact, Orange County Urology Associates was one of the first sites in the world to offer Provenge® to patients with advanced prostate cancer.

For more information: www.provenge.com

UroNav®

The current methods of prostate cancer screening—prostate-specific antigen (PSA) tests and digital rectal exams (DRE)—are somewhat unreliable and can lead to many uncertainties for both patient and urologist. Prostate biopsy, the most reliable method of detection, is a challenge because of the difficulties in visualizing not only the entirety of the prostate, but also the location of the biopsy needle. Transrectal ultrasound-guided prostate biopsy (TRUS), the current biopsy standard, commonly suffers from poor image resolution, and the biopsy needle often passes through tumor-free areas of the prostate—potentially missing the tumor entirely.

OCUA Breakthrough: To overcome the limitations of current screening methods for prostate cancer, Philips developed UroNav®, an image-guided stereotactic biopsy system that improves the sensitivity and specificity of prostate biopsies. It reduces false negatives and speeds up diagnosis, which can make a life-saving difference to patients. **Dr. Daniel Su** has pioneered the in-office UroNav fusion biopsy system, which simultaneously displays registered MRI and ultrasound images and the projected needle path relative to the suspicious target lesion during the biopsy procedure and guides the urologist in real time. UroNav brings the power of MRI to the urology suite as prostate and lesion segmentation data from radiology are quickly and easily transferred to UroNav for review and target identification. This critical exchange of diagnostic information fosters enhanced collaboration between radiology and urology in the assessment and biopsy of suspicious prostate lesions.

For more information: www.invivocorp.com/solutions/prostate-solutions/uronav/

Viagra®

No other pill has generated more fanfare by men (and their partners) than the ED-conquering prescription drug Viagra® (sildenafil citrate tablets). Please note: We sell sildenafil (the active ingredient of Viagra®) in our offices. Pfizer's blue, diamond-shaped pill was the first oral medication approved to treat erectile dysfunction in the U.S. For tens of millions of men who suffer from impotence because of a myriad of medical conditions such as diabetes, Viagra® has given them a second chance of having a sex life. Viagra® works for men with erectile dysfunction (ED) by increasing blood flow to the penis so you can get and keep an erection hard enough for sex. Individual results may vary. It's been proven to help men with all degrees of ED. And you only take it when you need it. In clinical studies, Viagra® prescribed at 50 milligrams or 100 milligrams helped approximately 4 out of 5 men get and keep erections firm enough for sex. Viagra® usually starts to work within 30–60 minutes. The average time it takes to work is 27 minutes.

OCUA Breakthrough: Orange County Urology Associates physicians conducted exhaustive clinical trials of Viagra® that helped it gain FDA market approval in March 1998. The OCUA doctors who participated in the clinical trials were **Dr. Paul Brower**, **Dr. Jennifer Gruenenfelder**, and **Dr. Aaron Spitz**. Viagra® works by increasing the nitric oxide (NO) level in the corpus cavernosum of the penis. This leads to smooth muscle relaxation (vasodilation) and increased inflow of blood into the spongy tissue of the penis, causing an erection when you are sexually stimulated. You will not get an erection by just taking Viagra®. It works only when you are sexually stimulated. You may take it up to 4 hours before sexual activity. Other drugs that work by the same mechanism include Cialis® (tadalafil) and Levitra® (vardenafil). After using Viagra®, your erection should go away. Viagra® can cause serious side effects. The most serious is an erection that will not go down. In the rare event of an erection lasting more than 4 hours, go to an ER immediately to avoid permanent injury to your penis. When blood is trapped in the penis for 4 hours, this is an emergent condition called priapism. Emergency room physicians will take steps to drain the pooling blood out of the penis before the damage becomes permanent. Other serious side effects can include sudden vision loss in one or both eyes, or sudden hearing decrease or hearing loss. Some people may get ringing in their ears. Report all these side effects to your doctor. Because this drug is so popular, many scammers

Cover Story

sell counterfeit Viagra® on the net. Make sure that when you buy Viagra® online, you get real Viagra®. Many sites that claim to sell Viagra® are actually selling potentially dangerous counterfeits that may damage your penis. One way to safely buy online is to look for Verified Internet Pharmacy Practice Sites® (VIPPS®). A VIPPS® accreditation ensures the website you are purchasing from is secure and reliable.

For more information: www.viagra.com

XIAFLEX®

One of the most distressing conditions that can afflict a man is Peyronie's disease, a condition characterized by a curved penis that bends significantly to one side or the other, or is indented and shortened. This condition can result from a past injury during sex when the man injures one of the blood-filled chambers of his penis—typically from thrusting vigorously and missing the intended target. For most men there is not any obvious injury. Men with this condition suffer in silence and have a less than optimal sex life. But today many patients can achieve excellent results with a breakthrough treatment called XIAFLEX®.

OCUA Breakthrough: Dr. Aaron Spitz pioneered the use of XIAFLEX® in Orange County in 2012. XIAFLEX® is approved for the treatment of adult men with Peyronie's disease with a palpable plaque and curvature deformity of at least 30 degrees at the start of therapy. XIAFLEX® is administered in a series of treatments. XIAFLEX® is administered into the plaque that is causing the penis to curve. After treatments are complete, you will be asked to return to the office for a procedure that will stretch and help straighten your penis. Then for the following six weeks, you will be asked to do some gentle penis stretching and straightening exercises (some in the flaccid stage, others in the erect state) to aid in your recovery. These self-help physical therapy exercises reinforce your penis-straightening treatment.

For more information: www.AskAboutTheCurve.com

Male Reconstruction

Male genitourinary reconstruction is a small, but burgeoning field within urology. Reconstructive surgeons spend an additional year training through a fellowship accredited by the Society of Genitourinary Reconstructive Surgeons (GURS) to handle complex cases involving urethral strictures, Peyronie's disease, erectile dysfunction, urinary incontinence, and buried penis, among many other things.

One of the most unique surgeries that reconstructive

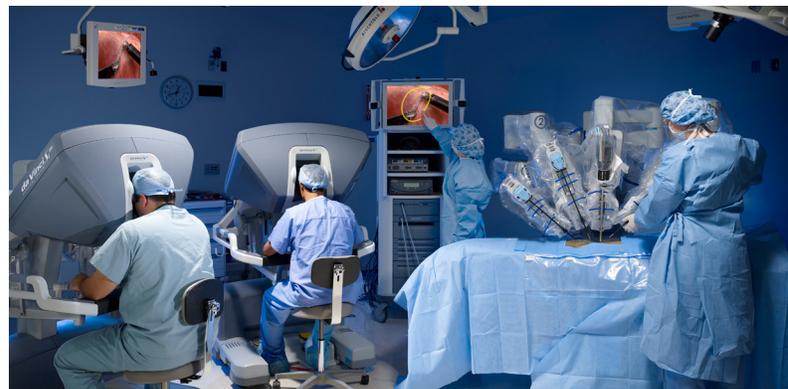
urologists perform is called a urethroplasty. It has a higher long-term success rate for repair of urethral strictures compared to endoscopic methods such as urethral dilation.

OCUA Breakthrough: In 2019, **Dr. Tammy Ho** was the first fellowship-trained male reconstructive urologist to perform urethroplasties at several Orange County hospitals including Orange Coast Memorial, Hoag Irvine, and Hoag Newport. There are two main ways to repair a urethral stricture: either meticulously cutting out the scar tissue and sewing together the healthy urethra, or harvesting a graft from inside the cheek to augment the narrowed urethra. Dr. Ho performs a full evaluation to tailor her approach to every patient's stricture depending on its length, location, and other qualities.

Robotic Prostatectomy

OCUA Breakthrough: On Feb. 27, 2020, **Dr. Moses Kim, M.D., Ph.D.**, became the first urologist in Southern California to perform a robotic prostatectomy for the treatment of prostate cancer, using the new da Vinci® single port (SP) system, a cutting-edge robotic-assisted technology that few hospitals in the world have yet acquired. The procedure was performed at Hoag Hospital Irvine. "Single port" means that only one small incision is needed to insert all the tiny tools necessary to remove part or all of a person's prostate. Previously, five incisions were needed for laparoscopic prostatectomies. "We have the privilege of being one of the first hospitals in the nation to obtain this fourth-generation robotic tool that allows us to perform ever more precise surgeries with less stress on the patient's body," said Dr. Kim, President of Orange County Urology Associates and Chair of Urology at Hoag. "This is another example of how Hoag is a leader in the field of robotic surgery."

The doctors at Orange County Urology Associates are committed to providing you with the latest, least invasive, and most effective therapies to treat urological conditions. To schedule an appointment, call us at **(949) 855-1101** or visit our website at www.OrangeCountyUrology.com



Urinalysis



BY KARAN J. SINGH, M.D.
Urologist / Urologic Surgeon
Orange County Urology Associates

We all know the drill: Take the clean specimen container into the bathroom and fill it with pee, being careful not to get anything else in there. But then what happens? Most of us don't know.

Doctors can use a urinalysis to discover signs of common diseases, medical conditions and other metabolic problems, such as urinary tract infections (UTIs), liver problems, kidney disease, and diabetes.

Urinalysis detects cells, cell fragments, or certain substances, like crystals, protein, or glucose (sugar), in your urine. These substances point to a possible problem, like a urinary tract infection (UTI) or diabetes. Your doctor may perform additional testing if your urine contains cell fragments or other elements not typically found there.

Some of these substances, like glucose, may appear in your urine before you know there is a problem.

Most urine specimens are collected using the “clean-catch” method. Sometimes specimens are collected from catheters. For many people, urinary results are available during the same appointment with their doctor.

A urinalysis is especially helpful if you think you have a urinary tract infection. But your doctor may order this test if you have any of these symptoms:

- Blood in your urine
- Painful urination
- Frequent urination
- Abdominal pain
- Back pain

There are two main tests used to complete a urinalysis:

Dipstick Test

A dipstick—a thin, plastic strip with chemicals on it—is placed in the urine to detect abnormalities. The chemical strips change color if certain substances are present or if their levels are above normal. A dipstick test checks for:

Patient Education

- **Acidity (pH).** The pH level indicates the amount of acid in urine. Abnormal pH levels may indicate a kidney or urinary tract disorder.
- **Concentration.** A measure of concentration, or specific gravity, shows how concentrated particles are in your urine. A higher than normal concentration often is a result of not drinking enough fluids.
- **Protein.** Low levels of protein in urine are normal. Small increases in protein in urine usually aren't a cause for concern, but larger amounts may indicate a kidney problem.
- **Sugar.** Normally the amount of sugar (glucose) in urine is too low to be detected. Any detection of sugar on this test usually calls for follow-up testing for diabetes.
- **Ketones.** As with sugar, any amount of ketones detected in your urine could be a sign of diabetes and warrants follow-up testing.
- **Bilirubin.** Bilirubin is a product of red blood cell breakdown. Normally, bilirubin is carried in the blood and passes into your liver, where it is removed and becomes part of bile. Bilirubin in your urine may indicate liver damage or disease.
- **Evidence of infection.** If either nitrites or leukocyte esterase—a product of white blood cells—is detected in your urine, it may be a sign of a UTI.
- **Blood.** Blood in your urine requires additional testing. It may be a sign of kidney damage, infection, kidney or bladder stones, kidney or bladder cancer, or a blood disorder.

Microscopic Exam

During this exam, several drops of your urine are examined under a microscope. If any of the following are observed in above-average levels, additional testing may be necessary.

- **White blood cells** (leukocytes) may be a sign of an infection.
- **Red blood cells** (erythrocytes) may be a sign of kidney disease, a blood disorder or another

underlying medical condition, such as bladder cancer.

- **Bacteria or yeasts** may indicate an infection.
- **Casts.** These are tube-shaped proteins that form as a result of kidney disorders.
- **Crystals** that form from chemicals in urine may be a sign of kidney stones.

A urinalysis alone doesn't provide a definitive diagnosis. Depending on the reason your doctor ordered this test, abnormal results may or may not require follow-up. Your doctor may evaluate the urinalysis results with those of other tests—or order additional tests—to determine next steps.



How to Obtain a Clean-Catch Urine Specimen

The goal of this method is to collect your urine while preventing contamination of your urine specimen with cells from your genitals. Try to collect a sample of urine that has been in your bladder for 2–3 hours.

1. Cleanse the head of a man's penis or opening of a woman's urethra, usually with a small pad that contains an antiseptic substance like benzalkonium chloride.
2. Allow the first few seconds of urine to flow into the toilet, washing out the urethra. Then stop the urine flow.
3. Now fill the clean specimen container with the mid-stream urine, then finish voiding in the toilet. Finish the procedure by drying the area and by cleansing it with an antiseptic pad.

News&Notes

- The American Urological Association (AUA), the premier professional urology association with more than 23,000 members worldwide, has presented **Dr. Aaron Spitz** with a 2020 Distinguished Service Award. Dr. Spitz, a graduate of the Cornell University Medical College, was honored for more than 12 years of outstanding service to the American Medical Association (AMA) and organized medicine on behalf of urology.
- **Dr. Neyssan Tebyani** was named one of Orange County's "Top Doctors" in the January 2019 edition of *Orange Coast* magazine.
- **Dr. Karan Singh** was named one of Orange County's "Top Doctors" in the January 2019 edition of *Orange Coast* magazine. He also recently completed training for the UroLift® procedure.
- **Dr. Moses Kim, Ph.D.** is the Chair of Urology at Hoag Memorial Hospital Presbyterian in Newport Beach and Irvine. Coincidentally, Hoag in August was the highest-ranked hospital in Orange County by *U.S. News & World Report*. Hoag's urology physicians received a coveted national ranking (No. 41). MemorialCare Saddleback Medical Center also received a coveted high performing distinction for its urology program. Orange County Urology Associates has teams of physicians working at both hospitals.
- **Dr. Paul Brower** is now an emeritus physician with Orange County Urology Associates (OCUA). Dr. Brower no longer sees patients, but he continues to serve as Chairman of the Board of Orange County Urology Associates. He continues to provide advice and consulting on strategic planning and practice management.
- **Dr. Jennifer Gruenenfelder** has co-authored a medical journal article that has been accepted by the *Journal of Urology*, the official journal of the American Urological Association (AUA). The article is a clinical study progress report on the Axonics® Artisan implantable Sacral Neuromodulation ("SNM") device for the treatment of urinary dysfunction. The pivotal clinical study results at 1-year demonstrate that patients implanted with the Axonics® SNM system continue to receive clinically meaningful and statistically significant improvements in urinary urgency incontinence symptoms and quality of life. Sacral neuromodulation is a safe and effective treatment for people suffering from overactive bladder (OAB). It is supported by many peer-reviewed clinical studies and is recommended by the American Urological Association (AUA) and the European Association of Urology (EAU). Sacral neuromodulation has been reported to provide over 50% reduction in voids or leaks per day in two-thirds of patients suffering from overactive bladder, and a complete cure of leaks in one-third of patients suffering from urinary incontinence. It is the only treatment for overactive bladder that has objectively demonstrated superior efficacy to drugs. Dr. Gruenenfelder's journal article comes after conducting extensive clinical trials on the device. During this time, she was the largest implanter on the West Coast. She also has started a clinical trial for a new device that will be an alternative to percutaneous tibial nerve stimulation. Both of these are treatments for overactive bladder if medications do not work.
- **Dr. Aaron Spitz** recently made his 75th appearance on *The Doctors* daytime TV show, serving as a urology, men's health and fertility expert and co-host. Dr. Spitz views these TV appearances as an excellent opportunity to reach millions of people with accurate, trustworthy health information. The show is filmed at Paramount Studios.
- **Dr. Josh Randall** is Chief of Surgery at Mission Hospital, providing oversight for all surgical procedures. He has served in this role for four years. He also serves on the Medical Executive Committee (7 years), the Quality Review Committee, and the Robotic Surgery Committee.
- **Dr. Leah Nakamura** has been named Physician Advisor for the Hoag Pelvic Health Program. In her role, Dr. Nakamura oversees the physical therapists and collaborates with various members of the treatment team to create a comprehensive and optimal treatment plan for patients. She also speaks at numerous educational events and meetings with the Hoag pelvic health program.
- **Dr. Aaron Spitz's** new book, *The Penis Book: A Doctor's Complete Guide to the Penis—From Size to Function and Everything in Between*, will be printed in Chinese later this year. His book is ranked No. 1 on Amazon in Male Impotence. Dr. Spitz has done interviews recently for *Men's Health*, *Huffington Post*, *The Doctors* TV show, Sirius XM Satellite Radio, and several blogs and podcasts. His book is widely available at major book sellers such amazon.com, barnesandnoble.com, audible.com and itunes.com.

News&Notes

- **Dr. Moses Kim, Ph.D.** is beginning his third year as the urologist for the Los Angeles Chargers.
- **Dr. Aaron Spitz** gave a presentation June 10 at the American Medical Association House of Delegates meeting, where AMA policies are reviewed and established. Twice a year, more than 500 delegates and a corresponding number of alternate delegates convene to establish broad policy on health, medical, professional and governance issues. Dr. Spitz has served for the last several years as the lead AUA delegate to the AMA House of Delegates.
- **Dr. Leah Nakamura** recently did two interviews on Saigon TV: one on incontinence in March, and another on hematuria (blood in the urine) in August.
- Allergan continues to use **Dr. Jennifer Gruenfelder** as a proctor to teach other doctors how to inject Botox® in the bladder to treat overactive bladder. She recently gave a presentation to physicians in Spokane, Washington, and proctored another physician in Kalispell, Montana.
- **Dr. Aaron Spitz** testified in May at the California State Assembly in Sacramento to preserve access to pediatric urology surgery.
- **Dr. Aaron Spitz** has partnered with Endo Pharmaceuticals on a public awareness campaign for Peyronie's disease, which is characterized by a curved penis. About 1 in 10 men have Peyronie's disease and it leads to a pronounced curvature in the penis and potential pain during arousal. The campaign (www.AskAboutTheCurve.com) informs men and their partners how a curved penis forms and how it is treated. Dr. Spitz is featured on the website for his expertise in treating Peyronie's disease.
- **Drs. Moses Kim** and **Karan Singh** attended the Large Urology Group Practice Association (LUGPA) meeting Nov. 7–9, 2018, in Chicago. Dr. Singh also attended the Western Section AUA Meeting in Maui in October 2018.
- **Dr. James Meaglia** attended the AUA Annual Meeting in Chicago in May. He also attended a three-day UCLA Urology Update in Marina del Rey in March.



CHICAGO – **Dr. Aaron Spitz** made several presentations at the 2019 AUA Annual Meeting May 3–6 in Chicago. His presentation on May 4 (above) was titled *The New Wild West: Men's Health and the Internet*. Also that day he served on a roundtable discussing the traditional practice. On May 5 he served on a panel discussion: *Male Infertility Practice Types and Various Metrics of Success*. The AUA Annual Meeting is the largest international gathering of urologists. More than 12,000 urologists attended this year's event. Dr. Spitz also attended the AUA Advocacy meeting in Washington, D.C.



WESTMINSTER, Calif. – **Dr. Don T. Bui** is interviewed in-studio by the hosts of Saigon TV on the topics of erectile dysfunction (ED) and low testosterone.

Dr. Tammy S. Ho

Joins Orange County Urology Associates



Tammy S. Ho, M.D.
Urologist / Urologic Surgeon
Orange County Urology Associates

Orange County Urology Associates (OCUA) is pleased to announce that **Tammy S. Ho, M.D.**, has joined its physician staff. She has begun seeing patients at Orange County Urology Associates offices in Irvine and Newport Beach.

Dr. Ho joins one of the most well-established and respected large urology group practices in the United States, now with 11 urologists/urologic surgeons on staff. Dr. Ho also has advanced training in male reconstructive surgery.

"We are very pleased to have Dr. Ho join our medical practice," said **Moses M. Kim, M.D., Ph.D.**, President & CEO, Orange County Urology Associates. "She is a talented urologist, urologic surgeon, and male reconstructive surgeon. We are very fortunate to have her on our team to provide less invasive procedures to our patients so they can recover more quickly and have the best possible outcomes."

Dr. Ho was born in Houston, Texas. She earned dual degrees in biology and chemistry from Duke University, where she graduated with distinction. She was awarded a full tuition merit scholarship to Duke University where she studied medicine. Dr. Ho completed her urology residency at Washington University in St. Louis and then completed an additional fellowship in Male Reconstructive Urology from University of California Irvine. She is currently one of two fellowship trained Male Reconstructive Urologists practicing in Orange County.

Dr. Ho has authored chapters in reconstructive urology textbooks and has published articles in the *Journal of Urology* and *European Urology*. She has been a speaker on various urologic topics at several hospital symposiums. In addition to practicing general urology and seeing all types of urological problems, Dr. Ho specializes in the treatment of urethral stricture disease, erectile dysfunction, male urinary incontinence, Peyronie's disease, and other disorders of the urethra, penis, and external genitalia.

"One of the most rewarding aspects of my job is that I often focus on quality-of-life surgeries," Dr. Ho said. "For instance, I specialize in surgery to treat male urinary incontinence after prostate cancer treatment. Imagine going from leaking constantly, having to wear diapers, quitting your hobbies, and avoiding friends and family to having your previous life restored. It's such an incredible privilege to be able to drastically improve someone's quality of life."

She added: "My ability to listen allows me to empathize with patients, put people at ease, and be able to discuss topics that some people consider 'embarrassing.' It helps foster an honest patient-doctor relationship which allows me to tailor treatment for each individual."

Dr. Ho is a member of these professional societies: American Urological Association (AUA), American Urological Association Western Section, Society of Urologic Prosthetic Surgeons (SUPS), Society of Genitourinary Reconstructive Surgeons (GURS); Society of Women in Urology (SWIU); and the Sexual Medicine Society of North America (SMSNA). Dr. Ho is board eligible with the American Board of Urology.

In her free time, Dr. Ho enjoys visiting farmers' markets, cooking and traveling. She is an avid Duke basketball fan, and loves taking naps on weekends when she's not working.

Dr. Ho is now accepting new patients and referrals.

Appointments with Dr. Ho can be made by calling Orange County Urology Associates at (949) 855-1101.

Orange County Urology accepting referrals for specialized treatments

As one of California's largest and most skilled urology group practices, Orange County Urology Associates frequently accepts referrals from other physicians and group practices for specialized urologic treatments.

Here are some of the many types of conditions for which you can refer a patient to Orange County Urology:

- Incontinence
- Urinary frequency / urgency
- Recurrent urinary tract infections
- Urinary tract stones (kidney, bladder)
- Hematuria
- Bladder cancer
- Female and male pelvic reconstruction
- Kidney cancer / mass
- Prostate cancer
- Enlarged prostate
- Abnormal PSA
- Testicular cancer / mass / cyst
- Male infertility
- Sperm mapping
- Vasectomy
- Vasectomy reversal
- Male sexual dysfunction
- Peyronie's disease
- Low testosterone
- Clinical trials
- Male reconstruction
- Robotic urologic surgery

If you have a patient who needs the care of a specialist, please call **(949) 855-1101**.

Thank you.



Dr. Spitz Appears In New James Cameron Film, *The Game Changers*

The much-anticipated vegan documentary *The Game Changers* premiered in more than 1,500 theaters worldwide during a one-day global event on September 16.

The film—executively produced by legends such as Arnold Schwarzenegger, director James Cameron (*Terminator*, *Titanic*, *Avatar*), Jackie Chan and Lewis Hamilton—sheds light on the game-changing effects of a plant-based diet in elite sports.

With the aim of dispelling the myth that consumption of animal products is key for athletic performance, the film follows elite athletes that have thrived on a plant-based diet.

The documentary, which first debuted last year at the Sundance Film Festival, includes testimonials and highlights of game-changing athletes such as champion bodybuilder Arnold Schwarzenegger, Olympic cyclist Dotsie Bausch, German strongman Patrik Baboumian, and a slew of NFL players,

among others, alongside doctors who demonstrate the performance advantages of consuming a plant-based diet. For its second cut, the film added martial arts legend Jackie Chan, NBA player Chris Paul, tennis star Novak Djokovic, and world race car champion Lewis Hamilton.

OCUA's **Dr. Aaron Spitz** is featured in the film conducting an experiment to see if just one meal can affect sexual function. "We fed elite college athletes meat burritos for dinner one night and vegan burritos for dinner another night and measured their erections while they slept: how many, how long and how hard. The results were amazing!"

"At the world premiere at the Sundance Film Festival, many commented that this scene may prove to be the most important endorsement of a vegan diet since it really hits home for so many guys," Dr. Spitz said.

Orange County Urology Associates, Inc.
23961 Calle De La Magdalena, Suite 500
Laguna Hills, CA 92653

PRSR STD
US POSTAGE
PAID
FPM INC.

Introducing the OCUA Physician Group



Paul A. Brower, M.D.



Don T. Bui, M.D.



Jennifer Gruenenfelder, M.D.



Tammy S. Ho, M.D.



Moses Kim, M.D., Ph.D.



James P. Meaglia, M.D.



Leah Nakamura, M.D.



Josh Randall, M.D.



Karan J. Singh, M.D.



Aaron Spitz, M.D.



Daniel Su, M.D.



Neyssan Tebyani, M.D.

As one of California's largest and most skilled urology group practices, Orange County Urology Associates (OCUA) frequently accepts referrals from other physicians and group practices for specialized urologic treatments.

If you have a patient who requires the care of a specialist, please contact our dedicated staff at: **(949) 855-1101**.

To learn the latest about OCUA, visit our website at:

[OrangeCountyUrology.com](https://www.OrangeCountyUrology.com)



With this newsletter, we want to update you on how Orange County Urology Associates has responded to the Covid-19 health crisis. First, we continue to operate under CDC guidelines. We are open for both telemedicine and in-office visits. If you have been instructed to come to the clinic, please wear a mask when you enter the building. Everyone entering our offices are screened before they enter. The screening includes some questions about exposures and travel as well as a temperature check. We arrange a telemedicine visit for any patients who may have been exposed to CV-19.

We secured N95 masks in mid-March and our physicians and staff wear them as well as face shields. We also have an ample supply of gowns, gloves, and booties.

We have also resumed surgeries at both hospitals and ambulatory surgery centers. All of the facilities we use also screen and test patients prior to their procedures. They have also instituted more rigorous cleaning and disinfection protocols between cases.

Most of our administrative staff are working from home and our plans are for that arrangement to continue indefinitely in hopes of further reducing the possibility of transmission.

We would like our physician colleagues to know that if we can assist you in any way, please let us know. We have been lucky in securing personal protective equipment and have used a few telemedicine options that we will be happy to compare to yours. Our Physician Line is up and running with staff answering those calls as a priority. If you need that number, please call the office at (949) 855-1101.

Please stay safe and let us know if we can be of any help.

– Orange County Urology Associates