

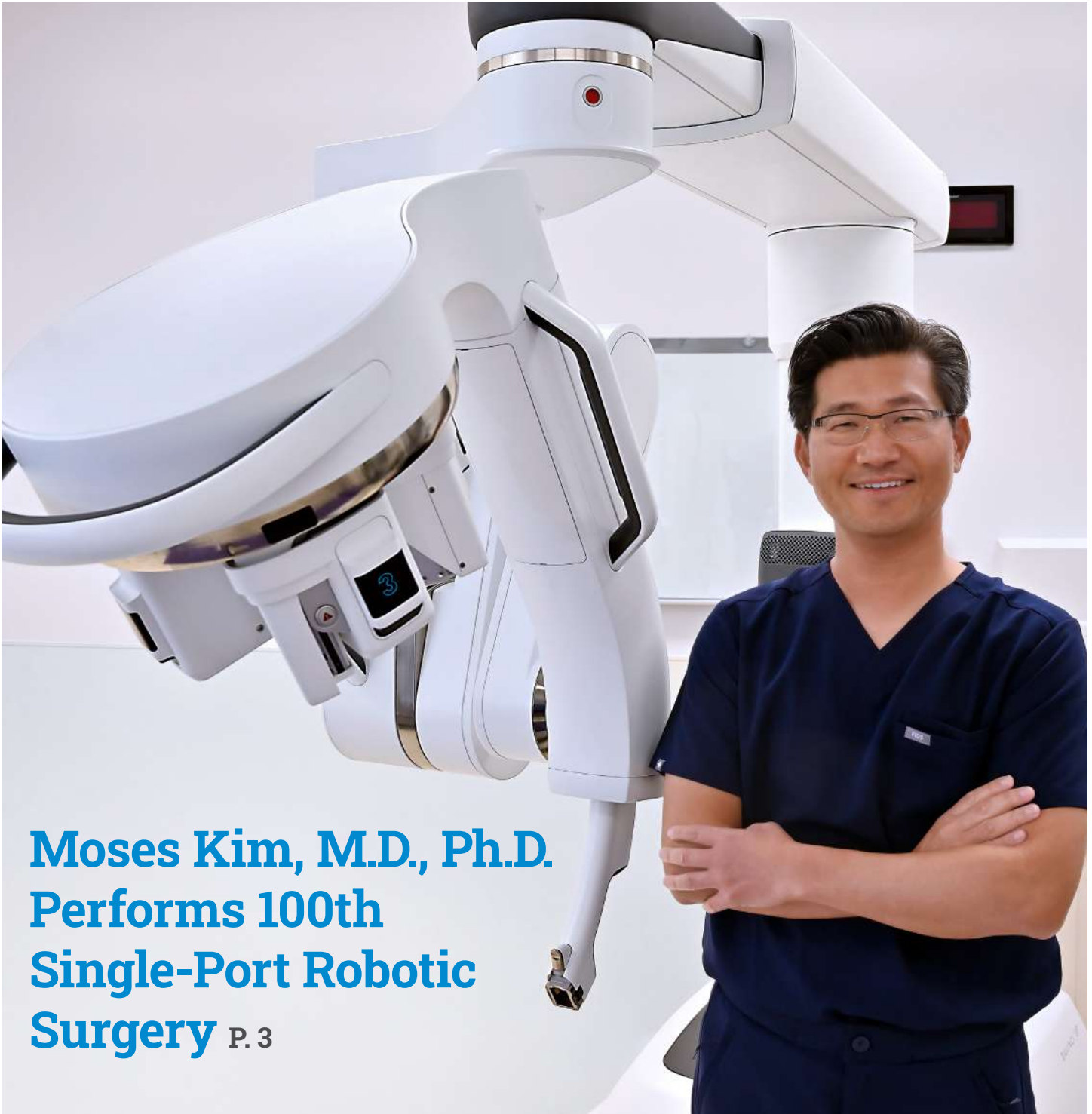
# UrologyToday

OrangeCountyUrology.com

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VOLUME 10

SPRING 2022



**Moses Kim, M.D., Ph.D.**  
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# Welcome to Orange County Urology Associates



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

Thank you for entrusting your care to us. We aim to care for you as we would for our own families. For this issue, I would like to devote my column to pointing out some practice highlights:

I would like to introduce you to our two new physicians: **Dr. Fuad Elkhoury** ('el-koo-ree) and **Dr. Patricia Mwesigwa** (muh'-sig-wah). Both bring outstanding clinical credentials to our practice. Read more on pages 8 and 9.

If you suffer from urinary incontinence, **Dr. Karan Singh** has written an informative article on the types of urinary incontinence, symptoms for each, and treatment options. Check it out on page 15.

Our entire team also wants to send our congratulations to **Dr. James Meaglia** as he has been board certified for the 30th consecutive year.

Sincerely,

**Moses Kim, M.D., Ph.D.**  
Chief Executive Officer  
Orange County Urology Associates

ORANGE COUNTY UROLOGY ASSOCIATES, INC.  
A Medical Group

## UrologyToday

Newsletter of Orange County Urology Associates, Inc.

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Cover Story

# OCUA Surgeons Bring New Technologies to Life

## 5 New Surgical Technologies We Are Using



Moses Kim, M.D., Ph.D. poses with the da Vinci® SP robot

**M**edicine is in a perpetual state of progress. Each week there are new research studies, medicines, vaccines, surgical techniques, and new surgical devices that make restoring human life better.

Urologists and urologic surgeons at Orange County Urology Associates (OCUA) have a long history of being early adopters of new urological and cancer technologies. The reason is simple: New technologies help our doctors provide patients with therapies and surgical procedures that feature less post-operative pain, faster healing times, and excellent surgical outcomes.

Our clinical leader and CEO **Moses Kim, M.D., Ph.D.** says, "Our physicians are always looking for new technologies that will benefit our patients. Today's new technologies are tomorrow's patient benefits."

Here are five new technologies we are using at OCUA to provide state-of-the-art care for you, our patients.

### **CONDITION: Prostate Removal / Prostatectomy**

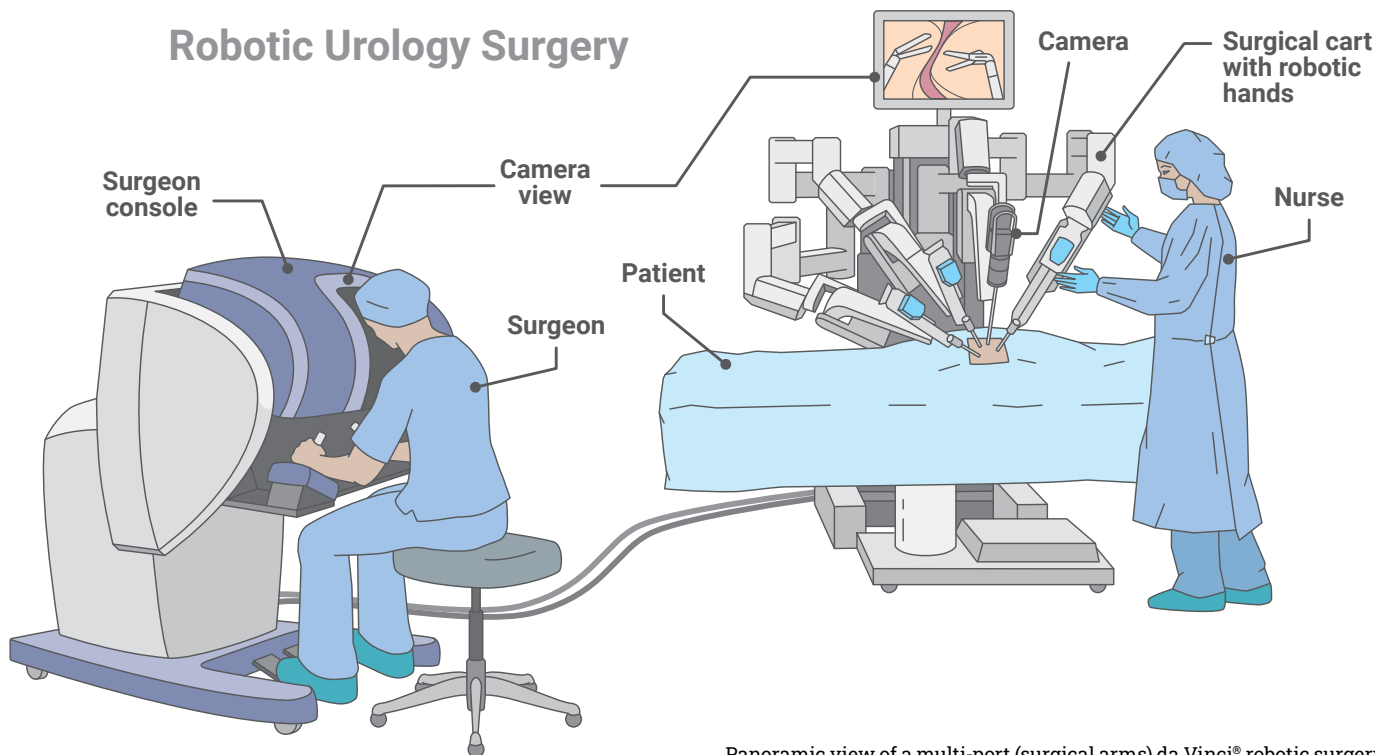
#### **1. Recent Advancement: da Vinci® SP (Single-Port) Robotic Surgery**

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 ultra-sensitive instruments.

OCUA Breakthrough: On Feb. 27, 2020, Dr. Kim became the first oncologist-urologic surgeon in Southern California

Cover Story

Robotic Urology Surgery



Panoramic view of a multi-port (surgical arms) da Vinci® robotic surgery O.R.

to use the da Vinci® SP (single port) for removing a cancerous prostate (prostatectomy). The tremendous benefit to patients is that he now performs the procedure laparoscopically with a *single* incision when before it took 4 or 5 incisions, which then carried more risk for infection and a host of other potential post-surgical problems.

On Sept. 8, 2021, Dr. Kim performed his 100<sup>th</sup> da Vinci® SP case at **Hoag Hospital Irvine**. He has special interest and training in minimally invasive treatments of urological cancer, primarily prostate, kidney, and bladder cancers. He uses robotic, laparoscopic, and endoscopic approaches.

For his leadership in single-port (SP) robotic surgery in Southern California, Dr. Kim has received several distinctions:

- Dr. Kim was awarded a ‘Physician of Excellence’ distinction from Surgical Review Corporation, a patient safety organization, for his body of work advancing single-port robotic surgery. He has now performed more than 100 single-port da Vinci® robot procedures and has trained dozens of surgeons.
- Dr. Kim secured a ‘Center of Excellence in Robotic Surgery (COERS)’ / ‘Master Surgeon’ accreditation for his clinical programs at **Hoag Hospital** in Newport Beach and Irvine, and at Orange County Urology Associates (OCUA).

- Dr. Kim was awarded a ‘Single-Port Robotic Surgery Training Epicenter’ distinction from Intuitive Surgical for training many surgeons on the value of the technology and surgical instruction.
- Dr. Kim was one of four robotic surgeons featured nationally in a summer-long series of SP Roundtable presentations with other top SP surgeons. The series explained the value of single-port robotic surgery to other surgeons nationwide, why Dr. Kim and others became SP surgeons, and best practices. The series was featured on **The Urology Channel**.
- Surgeons from **USC** and **Scripps** visited Dr. Kim to learn about SP robotics.
- Dr. Kim gave a presentation on single-port da Vinci® robotics to surgeons at **Cedars-Sinai** in Los Angeles in June on his clinical best practices, success rates and surgical experiences.
- Dr. Kim has been invited to speak at the **World Congress of Endourology** in Germany.

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. Now when doing robotic surgery laparoscopically, 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.

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. Kim, Dr. Tebyani, Dr. Don Bui, Dr. Daniel Su, Dr. Josh Randall, Dr. Fuad Elkhoury**, and **Dr. Patricia Mwesigwa**—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.ocregister.com/2008/05/02/surgeon-performs-first-robotic-operation-at-mission-hospital/>

<https://www.davincisurgery.com/procedures/urology-surgery/prostatectomy>

### CONDITION: Enlarged Prostate / BPH – Benign Prostatic Hypertrophy

#### 2. Recent medical advancement: Rezūm™

More than 14 million U.S. men suffer from an enlarged prostate, also called benign prostatic hyperplasia (BPH). Surgical treatment is available. OCUA Breakthrough: **Dr. James Meaglia** pioneered the Rezūm™ water vapor therapy in Orange County in 2018. He now has done more

than 350 cases of Rezūm™. **Dr. Aaron Spitz** also performs Rezūm™ procedures.

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.

For more information: [www.rezum.com](http://www.rezum.com)

### CONDITION: Enlarged Prostate / BPH – Benign Prostatic Hypertrophy

#### 3. Recent medical advancement: UroLift®

UroLift® is another breakthrough treatment for BPH – Benign Prostatic Hypertrophy, or 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.

OCUA Breakthrough: In 2015, **Dr. James Meaglia**, OCUA urologist/urologic surgeon, pioneered UroLift® in Orange County and has done more than 350 UroLift® cases.

**Dr. Karan Singh** and **Dr. Aaron Spitz** also perform UroLift® procedures. 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.

Dr. Meaglia, Dr. Singh, and Dr. Spitz have achieved **Center of Excellence** status for UroLift®.

For more information: [www.urolift.com](http://www.urolift.com)

## CONDITION: Enlarged Prostate / BPH – Benign Prostatic Hypertrophy

### 4. Recent medical advancement: Aquablation®

Aquablation® therapy is a unique, next-generation BPH treatment that is changing the tradeoff between symptom relief and side effects. Patients can get significant symptom relief with less risk of side effects that impact their quality of life.

This minimally invasive approach combines real-time imaging, robotics, and heat-free waterjet ablation to precisely and efficiently remove the prostate tissue enlargement without the risk of side effects or complications caused by heat-based treatments.

OCUA Breakthrough: **Dr. James Meaglia**, OCUA urologist/urologic surgeon, pioneered Aquablation® in Orange County this year and has done more than 60 cases. **Dr. Josh Randall, Dr. Karan Singh, and Dr. Aaron Spitz** also perform Aquablation® procedures.

How does Aquablation® therapy work?

Aquablation® therapy is performed in the operating room, either under spinal or general anesthesia. During the procedure, your surgeon will use multi-dimensional imaging to identify the exact treatment plan based on your specific anatomy.

Next, the AquaBeam surgical system robot autonomously executes that treatment plan, removing the excess prostate tissue with a heat-free waterjet. The procedure takes less than an hour and usually leads to an overnight stay in the hospital.

You may go home with a urinary catheter, and for a few days, you may experience a slight burning during urination as well as rectal soreness. This can be managed with mild pain medication. You can resume your normal activities at the discretion of your urologist.

For more information: [www.aquablation.com](http://www.aquablation.com)

## CONDITION: Overactive Bladder

### 5. Recent medical advancement: 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 "I 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. Leah Nakamura** has pioneered sacral neurostimulation at OCUA. The procedure was approved by the FDA for urge incontinence 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: [www.urologyhealth.org/urologic-conditions/overactive-bladder-\(oab\)#Treatment](http://www.urologyhealth.org/urologic-conditions/overactive-bladder-(oab)#Treatment)

# Six OCUA Physicians Named *Super Doctors* for 2021

## Two OCUA Physicians Earn a Rising Star Distinction




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



Leah Nakamura, M.D.



Josh Randall, M.D.



Karan J. Singh, M.D.



Aaron Spitz, M.D.



Neyssan Tebyani, M.D.

Six Orange County Urology Associates (OCUA) physicians have been named 2021 California *Super Doctors*® as voted by their peers. 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. Moses Kim, Ph.D.**, Laguna Hills; **Dr. Leah Nakamura**, Laguna Hills; **Dr. Karan Singh**, Laguna Hills; **Dr. Neyssan Tebyani**, Laguna Hills; **Dr. Josh Randall**, Mission Viejo; and **Dr. Aaron Spitz**, Irvine.

Only 5% of doctors in California are selected for the *Super Doctors* honor.

Dr. Kim and Dr. Nakamura were also named Rising Stars by *Super Doctors*, which means that they rank in the elite top 2.5% of all physicians selected.

The list of selected physicians can be found by specialty and city at [SuperDoctors.com](https://www.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?"

## Why Choose OCUA?

At Orange County Urology Associates, our team of experienced urologists and clinical support professionals are dedicated to improving the health of our patients. As one of the country's most prominent urology groups, we specialize in all areas of urological health and offer comprehensive treatment options.

Discover the OCUA difference today. Contact us and our administrative team will respond back to you as soon as possible!

# Dr. Fuad Elkhoury

## Joins Orange County Urology Associates



<b>Physician Profile</b> . . . . .	Fuad Elkhoury, M.D. (el-koo-ree)
<b>Bachelor of Science</b> . . .	Molecular, Cell, and Developmental Biology, UCLA (summa cum laude)
<b>Medical School</b> . . . . .	UC San Diego School of Medicine
<b>Residency</b> . . . . .	Department of Urology, UCLA Medical Center
<b>Fellowship</b> . . . . .	Endourology and Robotic Surgery, UCLA
<b>Member</b> . . . . .	American Urological Association, American Medical Association, American College of Surgeons

### FUAD ELKHOURY, M.D.

Urologist / Urologic and Robotic Surgeon  
Orange County Urology Associates

Orange County Urology Associates (OCUA) is pleased to announce that **Dr. Fuad F. Elkhoury** has joined our practice. He is seeing patients at our offices in Fountain Valley and Newport Beach.

Dr. Elkhoury joins one of the most established and respected large urology group practices in the U.S., now with 12 urologists/urologic surgeons.

"We are very excited to have Dr. Elkhoury join our group practice," said **Moses Kim, M.D., Ph.D.**, President & CEO, Orange County Urology Associates. "He is a talented urologist, endourologist, urologic surgeon, and robotic surgeon. We are very fortunate to have him on our team to provide less invasive procedures to our patients so they can recover more quickly and have the best possible outcomes."

"I'm thrilled to be joining Orange County Urology Associates (OCUA). The physicians and staff here have created a culture of top-notch patient care and uncompromising clinical and surgical acumen. I look forward to continuing OCUA's tradition of exceptional service for our community," Dr. Elkhoury said.

Dr. Elkhoury is a Los Angeles native who completed his urologic surgery residency at the UCLA Department of Urology. After residency, he completed a clinical fellowship in endourology and robotic surgery at UCLA.

He specializes in **Mini Percutaneous Nephrolithotomy** (Mini-PCNL), an advanced endoscopic surgery for complex kidney stone disease, and in robotic surgery

to treat patients with both malignant and benign conditions of the kidneys and prostate. Dr. Elkhoury is skilled in the treatment of benign prostatic hyperplasia (BPH), both in the clinic and the operating room. He is fellowship-trained in **Holmium Laser Enucleation of the Prostate** (also known as HoLEP), a cutting-edge surgery for men with enlarged prostates causing urinary symptoms. Dr. Elkhoury is one of the only urologists in California who performs HoLEP, and he is excited to bring his unique skillset to OCUA.

Dr. Elkhoury says he always strives to treat his patients like family. "I aim to take as much time as necessary to discuss the patient's concerns and educate the patient and his or her family on the treatment options so we can together come up with the best plan of care possible."

"Patients experience so much anxiety when faced with a medical issue, and seeing a physician can be a very stressful experience. My goal is to put my patients and their families at ease, reassuring them that my team and I will do everything we can to get the patient to better health and quality of life," Dr. Elkhoury said.

Dr. Elkhoury is widely published in the medical literature and serves as a reviewer for the peer-reviewed journals *Journal of Urology* and *Urology*. At UCLA, he was a Chief Resident in Urology and was a Wasserman Scholar.

**Dr. Elkhoury is now accepting new patients and referrals. Appointments with Dr. Elkhoury can be made by calling Orange County Urology Associates at (949) 855-1101.**



# Dr. Patricia Mwesigwa Joins Orange County Urology Associates



<b>Physician Profile</b> . . . . .	Patricia Mwesigwa, M.D. (muh'-sig-wah)
<b>Bachelor of Science</b> . . . . .	Health Science Studies, Baylor University
<b>Medical School</b> . . . . .	Texas A&M Health Science Center College of Medicine (with honors)
<b>Residency</b> . . . . .	Department of OBGYN, Georgetown University Hospital
<b>Fellowship</b> . . . . .	Female Pelvic Medicine & Reconstructive Surgery, UCLA
<b>Member</b> . . . . .	American Urogynecologic Society, American College of Obstetricians and Gynecologists, American Medical Association

**PATRICIA MWESIGWA, M.D.**  
Female Pelvic Reconstructive Surgeon  
Orange County Urology Associates

Orange County Urology Associates (OCUA) is pleased to announce that **Dr. Patricia Mwesigwa** has joined our practice. She is seeing patients at our offices in Irvine and Laguna Hills.

Dr. Mwesigwa joins one of the most established and respected large urology group practices in the U.S., now with 12 urologists/urologic surgeons.

"We are delighted that Dr. Mwesigwa has decided to join OCUA," **Moses Kim, M.D., Ph.D.**, President & Chief Executive Officer, said. "She is a talented urologist, endourologist, urologic surgeon, and robotic 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."

"I'm deeply excited to join Orange County Urology Associates (OCUA). The opportunity to start my career serving patients in such a well-run practice is a gift. The breadth and depth of expertise among the physicians and advanced practice providers, partnered with an efficient and talented staff, creates a culture of true excellence. I am grateful to be a part of OCUA and be of service to our patients," Dr. Mwesigwa said.

Dr. Mwesigwa is a transplanted Texan who completed her OBGYN residency in D.C. at Medstar Georgetown University Hospital and Washington Hospital Center. She won eleven teaching awards during her four years on the east coast. After residency, she completed

a three-year fellowship in Female Pelvic Medicine & Reconstructive Surgery within the Department of Urology at UCLA.

She specializes in incontinence, pelvic organ prolapse, and pelvic floor dysfunction. Dr. Mwesigwa is skilled in fistula repairs, managing complex voiding dysfunction, and performing both native-tissue and graft-augmented pelvic reconstruction. She is fellowship-trained in reconstructive pelvic surgical techniques and robotic surgery, and is proud to offer uterine-sparing prolapse repairs. Dr. Mwesigwa is one of the few gynecologists nation-wide to have completed a truly integrated, cross-specialty fellowship within the Department of Urology, and she is thrilled to bring her training to OCUA.

Dr. Mwesigwa tailors treatments to the individual goals of her patients. "I focus on delivering evidence-based care with a personal touch. I invest time to ensure my patients are fully informed before we decide, together, on the appropriate course of action."

"The beauty of my field is that it is a quality-of-life subspecialty. I take joy in educating my patients, empowering them to choose the right treatment to meet their goals," Dr. Mwesigwa said.

Dr. Mwesigwa's research has been presented at multiple national meetings. At Georgetown, she was Academic Chief Resident and twice-honored with the String of Pearls annual teaching award.

**Dr. Mwesigwa is now accepting new patients and referrals. Appointments with Dr. Mwesigwa can be made by calling Orange County Urology Associates at (949) 855-1101.**

# Dr. James Meaglia Pioneers Aquablation® Therapy

**James Meaglia, M.D.**, OCUA urologist/urologic surgeon, pioneered Aquablation® in Orange County in 2021.

Aquablation® therapy is a unique, next-generation BPH treatment that is changing the tradeoff between symptom relief and side effects. Patients can get significant symptom relief with less risk of side effects that impact their quality of life.

This minimally invasive approach combines real-time imaging, robotics, and heat-free waterjet ablation to precisely and efficiently remove the prostate tissue enlargement without the risk of side effects or complications caused by heat-based treatments.



Dr. James Meaglia, O.R. nurse, and technicians seen here with an Aquablation® machine.

## Dr. Tebyani, Dr. Singh, and Dr. Nakamura Win 2021 'Physician of Excellence' Awards



Neyssan Tebyani, M.D.

For the 11th consecutive year, **Dr. Neyssan Tebyani** of Orange County Urology Associates has been selected as a 2021 '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 9th consecutive year, **Dr. Karan J. Singh** of Orange County Urology Associates has been selected as a 2021 'Physician of Excellence' by the Orange County Medical Association.

Dr. Singh enjoys helping patients of all ages, from children to geriatric patients. He is committed to excellence in the care of his patients through persistent attention to detail. 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



Leah Nakamura, M.D.

**Dr. Leah Nakamura** of Orange County Urology Associates has been selected as a 2021 'Physician of Excellence' by the Orange County Medical Association.

Dr. Nakamura comes to Orange

County Urology Associates from the UCLA Department of Urology, where she completed a two-year clinical fellowship in female pelvic medicine and reconstructive surgery. Special interests of Dr. Nakamura include patients with urinary incontinence, pelvic organ prolapse, and surgical mesh complications.

**Medical School:** University of Hawaii, John Burns School of Medicine

**Board-Certified:** American Board of Urology

**Internship:** Female Pelvic Medicine and Reconstructive Surgery, UCLA

**Residency:** Surgery, Mayo Clinic; Urology, Mayo Clinic

# Dr. Moses Kim, Ph.D. Receives ‘Physician of Excellence’ Award in SP Robotic Surgery



**Moses Kim, M.D., Ph.D.**, urologic and robotic surgeon-oncologist and Chief Executive Officer of Orange County Urology Associates (OCUA), has received a trio of distinctions for his leadership in single-port (SP) robotic surgery in Southern California.

First, Dr. Kim was awarded a ‘Physician of Excellence’ distinction from Surgical Review Corporation for his body of work advancing single-port robotic surgery. He has now performed more than 100 single-port da Vinci® robot procedures and has trained dozens of surgeons.

Dr. Kim also secured a ‘Center of Excellence in Robotic Surgery’ (COERS) / ‘Master Surgeon’ accreditation for his clinical programs at Hoag Hospital in Newport Beach and Irvine, and at Orange County Urology Associates (OCUA).

Third, Dr. Kim was awarded a ‘Single-Port Robotic Surgery Training Epicenter’ distinction from Intuitive Surgical for training many surgeons on the value of the technology and surgical instruction.

“We are an epicenter for single-port training, helping other surgeons from world-class organizations learn about SP robotics,” Dr. Kim said. Here are some examples:

- Dr. Kim was one of four robotic surgeons nationally featured in a summer-long series of SP Roundtable presentations with other national leading SP surgeons. The series was featured on **The Urology Channel**.
- Surgeons from **USC** and **Scripps** visited Dr. Kim to learn about SP robotics.
- Dr. Kim gave a presentation on single-port da Vinci® robotics to surgeons at **Cedars-Sinai** Medical Center in Los Angeles in June, 2021.
- Dr. Kim has been invited to speak at the **World Congress of Endourology** in Germany.

“The Master Surgeon/COERS accreditation means that I belong to a group of vetted surgeons who have all undergone a standardized review system that ensure we are all up-to-date and offering only the safest robotic procedures,” Dr. Kim said.

On Feb. 27, 2020, Dr. Kim became the first oncologist-urologic-robotic surgeon in Southern California to use the da Vinci® SP technique for removing a cancerous prostate (prostatectomy) at Hoag Hospital Irvine. This is a technology that few hospitals have yet acquired.

# News&Notes

- **Dr. Moses Kim**, serves as the President and Chief Executive Officer of Orange County Urology Associates (OCUA), one of the largest urology practices in the world. It turns out that he is not the only successful physician-surgeon in his family. In May, his brother, **Dr. Isaac Kim**, was named Chair of Urology at Yale School of Medicine.
- Former Orange County Urology Associates CEO **Dr. Paul Brower** is now an emeritus physician with our practice. Dr. Brower no longer sees patients, but he continues to serve as Chair of OCUA. He also does extensive lecturing and mentoring on business topics to new physicians around the world.
- **Dr. James Meaglia** recently was board certified for a 30<sup>th</sup> consecutive year by The American Board of Urology. Most recently, he has done more than 750 minimally invasive prostate treatment procedures for BPH (benign prostatic hyperplasia, or enlarged prostate) using three new breakthrough therapies: Aquablation<sup>®</sup>, Rezūm<sup>™</sup>, and UroLift<sup>®</sup>.
- **Dr. Moses Kim**, was one of four urologic surgeons in the nation to be a featured panelist on **The Urology Channel** webcasts titled *SP (Single Port) Roundtable Series*. The three-part series, in June, July, and August, was created for other surgeons to learn directly from SP surgeon leaders on the value of single-port robotic surgery technology.
- **Dr. Moses Kim**, was a guest lecturer to surgeons at **Cedars-Sinai Medical Center**, Los Angeles, in June 2021 on his clinical best practices and success rates using the da Vinci<sup>®</sup> SP (single-port) robotic operating arm. He reported on his surgical experiences: "The single-port technique is better for patients. We do the procedure using one incision instead of 4 or 5. The patient benefits: Single, small incision, less pain, and faster healing times."
- **Dr. Neyssan Tebyani** was named to the Top Doctors list in the January 2021 edition of *Orange Coast* magazine. Dr. Tebyani also recently completed training for the UroLift<sup>®</sup> procedure.
- **Dr. Karan Singh** was named to the Top Doctors list in the January 2021 edition of *Orange Coast* magazine. Dr. Singh attended the Large Urology Group Practice Association (LUGPA) meeting in 2021, attended the UCLA *State of the Art Urology Conference* in March 2020, and the Western Section AUA Conference in October 2020. Dr. Singh also regularly attends the UCI Grand Rounds virtually.
- **Dr. Daniel Su** has been using the new UroNav diagnostic intraoperative technology since July when performing prostate biopsies.
- **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 (8 years), the Quality Review Committee, and the Robotic Surgery Committee.
- **Dr. Leah Nakamura** serves as 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 the patients. She also speaks at numerous educational events and meetings with the Hoag pelvic health program.
- **Hoag Hospital** is accredited by Surgical Review (SRC) as a **Center of Excellence in Robotic Surgery (COERS)**. The announcement came in January 2020. "The Master Surgeon/COERS accreditation means that I belong to a group of vetted surgeons who have all undergone a standardized review system that ensure we are all up to date and offering only the safest robotic procedures," Dr. Kim said.





**Neyssan Tebyani, M.D.**  
Urologist, Urologic Surgeon,  
Robotic Surgeon

- 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. Tebyani, Dr. Moses Kim, Ph.D., Dr. Don Bui, Dr. Daniel Su, Dr. Josh Randall, Dr. Fuad Elkhoury,** and **Dr. Patricia Mwesigwa** — have performed more than 750 robotic surgeries.
- **Robotic surgeons** around the world have completed more than 8.5 million surgical procedures using Intuitive Surgical's da Vinci® robotic systems. We understand the value of information for patients determining surgical options with their physicians. If robot-assisted surgery is a treatment option for you, visit the **Intuitive for Patients** website: <https://go.intuitive.com/3wGPdPa>
- **Dr. Aaron Spitz** and **Dr. Josh Randall** have partnered with XIAFLEX® on public awareness campaigns for Peyronie's disease, which is characterized by a curved penis. About 1 in 10 men have PD. The condition leads to a pronounced curvature in the penis and potential pain during arousal. The campaigns ([TakeOnPD.com](http://TakeOnPD.com) and [BentCarrot.com](http://BentCarrot.com)) inform men and their partners how a curved penis forms and how it's treated. Dr. Spitz participated in the clinical trials that led to the FDA approval of XIAFLEX®, and presently serves as the national spokesperson for XIAFLEX® Ask About the Curve public health education campaign.
- **Dr. Moses Kim, Ph.D.** is beginning his fifth year as the urologist for the Los Angeles Chargers.
- **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.

## News&Notes

- **Dr. Karan Singh's** article on Urine Analysis was published in the Spanish periodical called *El Panamericano*.
- **Dr. Fuad Elkhoury** is fellowship-trained in **Holmium Laser Enucleation of the Prostate** (also known as HoLEP), a cutting-edge surgery for men with enlarged prostates causing urinary symptoms. He specializes in **Mini Percutaneous Nephrolithotomy** (Mini-PCNL), an advanced endoscopic surgery for complex kidney stone disease.
- **Dr. Moses Kim, Ph.D.** is the Chair of Urology at Hoag Memorial Hospital Presbyterian in Newport Beach. Coincidentally, Hoag in August 2020 was the highest-ranked hospital in Orange County by *U.S. News & World Report*. Hoag's urology physicians received a national coveted national ranking (#41). MemorialCare Saddleback Memorial 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. Aaron Spitz's** book, *The Penis Book: A Doctor's Complete Guide to the Penis—From Size to Function and Everything in Between*, was ranked as a best seller in men's sexual health on Amazon. His book has been published around the world in five languages including Italian, Dutch, and Turkish, and is slated for publication in China soon. Dr. Spitz has done interviews recently for *Men's Health*, *Huffington Post*, Sirius XM Radio, *Spy Magazine* and several national podcasts and blogs. He educates on men's health topics as well as nutrition. His book is widely available at major book sellers such [amazon.com](http://amazon.com), [barnesandnoble.com](http://barnesandnoble.com), [audible.com](http://audible.com), and [iTunes.com](http://iTunes.com).





## Dr. Aaron Spitz receives AUA 2020 Distinguished Service Award

**Dr. Aaron Spitz** was awarded the Distinguished Service Award at the 2020 National Meeting of the American Urological Association (AUA). The Distinguished Service Award is given to individuals for outstanding service in advancing the goals of the American Urological Association. The AUA is the largest professional organization of urologists with 23,000 members worldwide.

Dr. Spitz was selected to receive this award “for more than 12 years of outstanding service to the AMA and organized medicine on behalf of urology”. Dr. Spitz had served as the lead delegate

for the American Urological Association to the American Medical Association (AMA) House of Delegates, which makes AMA policy. Dr. Spitz currently serves as the Chair of the American Urological Association Telemedicine Task Force. Under Dr. Spitz's leadership, the task force prepared the nation's urologists to implement telemedicine and continue to allow Americans access to the urological care they needed. As a result, urologists are well ahead of most specialties in the amount of care they provide patients through telemedicine.

Dr. Spitz is continuously engaged in efforts to preserve the continuation of telemedicine after the Public Health Emergency period ends. He regularly meets with leadership of Government agencies such as the Centers for Medicare & Medicaid Services (CMS), the Government Accountability Office, and the Agency for Research Healthcare and Quality in Washington, DC. Most recently Dr. Spitz led hundreds of urologists in Capitol Hill virtual visits to petition our nation's legislators to make Medicare coverage for telemedicine permanent. Dr. Spitz is a featured lecturer on telemedicine at national medical conferences around the nation.



## Dr. Spitz has now made 85 appearances on *The Doctors* national TV show

**PARAMOUNT STUDIOS** – **Dr. Aaron Spitz** recently made his 85th appearance on the nationally syndicated TV show *The Doctors* 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.

# Take Control of Urinary Incontinence



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

Urinary incontinence is leaking of urine that you can't control. According to the American Urological Association (AUA), tens of millions of patients in the U.S. suffer from the condition. But it isn't something you simply have to accept, as it can often be cured or controlled.

Urinary incontinence is not just a medical problem. It can affect emotional, psychological and social life. Those who have it are afraid to do normal daily activities. If you have urine leakage or bladder retention (when your bladder doesn't empty all the way), our doctors can get you on the road to recovery.

In conjunction with treatment options, your doctor may recommend lifestyle changes, including limiting caffeine and alcohol, quitting tobacco use and losing excess weight.

Think you may have incontinence? Read the types of incontinence below and check any boxes that you have experienced. Then show it to your doctor.

Types	Symptoms (Check all that apply)	Treatment Options
<b>Urge Incontinence</b>	<input type="checkbox"/> You regularly have an urgent need to go to the bathroom <input type="checkbox"/> Urine often leaks before arriving at the toilet	<ul style="list-style-type: none"> <li>• Pelvic muscle exercises</li> <li>• Medication</li> <li>• Urinating on a schedule</li> <li>• Surgery</li> <li>• Dietary / lifestyle modifications</li> </ul>
<b>Stress Incontinence</b>	<input type="checkbox"/> Urine leaks when you cough, sneeze, laugh, jump or even walk	<ul style="list-style-type: none"> <li>• Treating a chronic cough</li> <li>• Pelvic muscle exercises</li> <li>• Medication</li> <li>• Urinating on a schedule</li> <li>• For women: urethral inserts</li> <li>• Surgery</li> </ul>
<b>Overflow Incontinence</b>	<input type="checkbox"/> Your bladder never completely empties <input type="checkbox"/> You frequently need to go to the bathroom <input type="checkbox"/> You often leak small amounts of urine	<ul style="list-style-type: none"> <li>• Double voiding (waiting a few minutes after going to try again, emptying the bladder)</li> <li>• Pelvic muscle exercises</li> <li>• Medication</li> <li>• Urinating on a schedule</li> <li>• Using a catheter</li> <li>• Surgery</li> </ul>
<b>Functional Incontinence</b>	<input type="checkbox"/> You feel the need to use the bathroom but aren't physically able to get there in time (i.e., someone with arthritis may have a hard time unbuttoning their pants, resulting in an accident)	<ul style="list-style-type: none"> <li>• Treating the underlying condition or disease</li> <li>• Scheduled bathroom trips</li> <li>• Pelvic muscle exercises</li> </ul>
<b>Mixed Incontinence</b>	<input type="checkbox"/> You experience a combination of one or more types of incontinence	<ul style="list-style-type: none"> <li>• Calming an overactive bladder</li> <li>• Relaxing the bladder muscles</li> <li>• Increasing the amount of urine the bladder can hold</li> <li>• Reducing irritation in the pelvic floor muscles</li> <li>• Helping the bladder empty more completely</li> </ul>

After showing your checked story to your doctor, you can explore options together.

Learn more at: <https://www.urologyhealth.org/urology-a-z/u/urinary-incontinence>

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## Introducing the OCUA Physician Group



Paul A. Brower, M.D.



Don T. Bui, M.D.



Fuad F. Elkhoury, M.D.



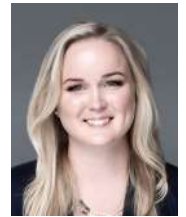
Tammy S. Ho, M.D.



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



James P. Meaglia, M.D.



Patricia Mwesigwa, 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)

