

Department of Urology



Gift of Scholarship Was
Sparked by Friendship
and Whole Person Care



LOMA LINDA
UNIVERSITY
HEALTH

MANY STRENGTHS. ONE MISSION.

A Seventh-day Adventist Organization

Dear Alumni and Friends,

This is the time of year that we look at the successes and contributions of our residents and attending faculty. The 2018-2019 academic year was productive and we are proud of our support of the Loma Linda University Health motto "To make man whole", through excellent patient care, cutting edge research and cultivating the future of urology through the education of our students, residents and fellows.

Our research program has been quite active and we have increased the number of faculty conducting research. In addition to Dr. Baldwin, Drs. Hu, Staack, Yune and Ko are all working on projects with our residents. Some of the fruits of their labor include resident presentations at the Western Section AUA meeting, the 19th Annual SUO, 2018 World Congress of Endourology, 87th Annual LLU Postgraduate Convention and AUA 2019. They also have publications in Urology and BJU International to their credit.

The ACGME made changes to the common and program-specific requirements, bringing a change to our rotation schedule. Effective July 1, we will transition the PGY-2 year to URO-1 instead of general surgery, putting us into a 1+5 configuration. We look forward to the additional educational benefits this will bring our residents.

As the academic year closes, we bid farewell to the departing members of urology. We are grateful to Dr. Noel Hui's contributions



over the last 13 years and wish him a happy retirement. Congratulations go to new dad, Dr. Sam Abourbih as he relocates to New York. Congratulations also to Dr. Milan Shah, our departing endourology and minimally-invasive surgery fellow, who has joined a practice in Los Angeles. Finally, we thank Drs. Matt Pierce and Isaac Kelly for their hard work over their residency and look forward to watching their success in private practice. Dr. Pierce will be joining the CarolinaEast Health System in North Carolina and Dr. Kelly will be working with the San Antonio Urology Medical Group in Upland. Congratulations and best wishes to you both!

A handwritten signature in black ink that reads "Herbert C. Ruckle".

Herbert Ruckle, MD, FACS
Roger Barnes Chair and Professor of Urology
Loma Linda University Health

Physicians at Loma Linda University Health Use New Hydrogel to Protect Patients During Radiation

By Heather Jackson

The Loma Linda University Urology Department has added the use of Space OAR hydrogel on localized prostate cancer patients undergoing radiation therapy, in an effort to protect quality of life and minimize side effects.

For the one in nine men who will be diagnosed with cancer in their lifetime, 91% of those are most likely to be localized — meaning it has not spread to other organs. The most common treatment for this type of prostate cancer is some form of radiation therapy. Unfortunately, that type of treatment can have side effects that effect the rectum and bowel function because of their close proximity to the prostate.

Urologists inject this gel between the prostate and the rectum to create a space between the two. This allows the patient to receive whatever dose of radiation treatment needed to their prostate, without harm to neighboring organs and body parts.



Herbert C. Ruckle, MD, chair of Loma Linda University Health's Urology Department, says he is grateful that this new preventative treatment is now in place to enhance his patients' quality of life.

"This hydrogel fills an important niche," Ruckle says. "It separates the rectal wall from the prostate and helps patients get the full dose of radiation they need to treat the prostate cancer, all while protecting the rectum wall, and hence minimizing side effects and preserving quality of life."

Patients in Stages 1 to 3 are eligible for the treatment. Ruckle says the procedure takes approximately 10 minutes. A local numbing medication is administered, and then a needle is placed between the rectum and the prostate where the gel is injected. The gel hardens within seconds. It will dissolve over a three-month period.

Ruckle says the procedure adds peace of mind for physicians. "The patient can receive the optimal dose of radiation to treat the prostate cancer and not be limited by concern of radiation toxicity to the rectal wall."



The 29th Annual Contemporary Issues in Urology 2019 Meeting Highlights!

Presented by Loma Linda University and University of Southern California

Between February 23rd and 26th, 2019, 40 urologists and advanced practice providers ascended to Mammoth Village in Mammoth, CA, to attend the 29th Annual Contemporary Issues in Urology meeting held in conjunction with University of Southern California Department of Urology. This annual four-day meeting chaired by Drs. Edmund Ko and Brian Hu from LLU and Dr. Anne Schuckman from USC featured guest lecturer Dr. Craig Comiter, a pelvic reconstructive urology specialist from Stanford University. He provided two excellent lectures on the management of male and female slings for urinary incontinence. Dr. Mohammad Hajiha from LLU and Dr. Matthew Dunn from UCLA each lectured on radiation safety and imaging wisely, championing techniques for decreasing radiation exposure to providers and patients. The Oncology and FPMRS panels discussed the guidelines to manage complex cases. Dr. Polina Reyblat's (Kaiser Los Angeles) lecture on the post-operative management of gender reassignment surgery was very informative and generated significant discussion among the attendees. Once again Dr. Mark Beaghler (Uro '96) won the Tips and Tricks of the Trade, but had to split the award with our robotic and endourology fellows.

Although there were many excellent lectures there was also time for exploration and recreation. This year's record breaking snowfall provided fantastic skiing and snowboarding for our attendees.

This meeting would not have been possible without the hard work of our program coordinator Maggie Fasbender in coordinating and managing the speakers, registrants and meeting site. We also thank the exhibitors/vendors who helped make this meeting a success.

Next year, we celebrate 30 years of producing this informative and intimate scientific seminar. Join us February 22 - 25, 2020, for the 30th Annual Contemporary Issues in Urology!



Photo: Dr. J. Joshua Yune Participating on the FPMRS Panel.



Photo: Dr. Mohammad Hajiha presenting on Radiation Safety.

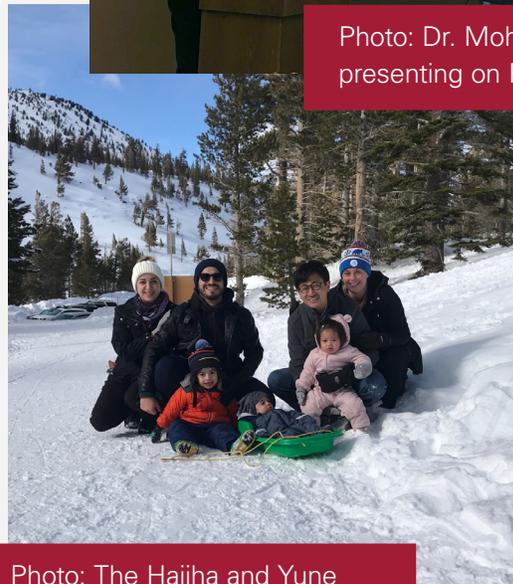


Photo: The Hajiha and Yune families having fun in the snow!

Gift of Scholarship Was Sparked by Friendship and Whole Person Care

Jack Liebau was facing a crisis. The San Marino, California, resident's prostate cancer test had come back with a concerning score. While he had lived a good life, the 79-year-old attorney was scared. Follow up would have to happen soon. But Liebau had lots of questions.

Fortunately, he had a long-time friend who could help him find those answers. Ed Allred, MD, a 1964 graduate from the Loma Linda University School of Medicine, became his healthcare advocate.

"Ed got me out to Loma Linda," Liebau recalled. "My biopsy showed the cancer was very aggressive." Allred connected Liebau with urologist Herbert Ruckle, MD, who performed robotic surgery on Liebau's prostate, an approach that allows for treatments more customized to a patient's specific situation.

"Dr. Ruckle did his usual good job, and, based on my current PSAs, I'm cancer free," Liebau said. "I can't speak more highly about Dr. Ruckle, the nurses and the staff."

Liebau and Allred had become friends through a mutual interest in horse racing and have worked together for over 25 years operating racetracks. "You could always trust Ed," Liebau said. When he faced his health crisis, his trust and friendship with Allred were reassuring factors throughout his treatment and recovery.

Liebau also observed how the approach to the care he received while he was in the hospital seemed to permeate from the physicians throughout the entire team of care providers.

"An organization's culture is something I'm sensitive to because of its similarity with the business world," Liebau said. "It's not easy to develop or maintain a culture. But Loma Linda University Health's culture of caring carries through from the medical to the entire support staff. It's reflective of a more altruistic pursuit."

Liebau and his wife, Charlene, long-time members of the Episcopalian Church, have a history of supporting higher education. Together, they decided to establish an endowed scholarship fund at the Loma Linda University School of Medicine, named in Allred's honor as a way of thanking him for his long-time caring friendship and for the significant role he played in helping Liebau receive treatment at the medical center.

When notified of the scholarship's establishment, Allred said the Liebaus are dear friends. But Allred also pointed to the primary reason the couple was motivated to launch the scholarship.

"Jack and Charlene were incredibly impressed with the professional and kind care they received from everyone they came in contact with at Loma Linda University Health – housekeepers, nurses, physical therapists, physicians," said Allred who has personally been a strong supporter of Seventh-day Adventist education. "I am beyond grateful they were moved to invest in my alma mater. Their gift will help train future generations of physicians to provide the same Christ-centered compassionate care they received. I can't think of a more noble cause to support."

"We were struck by Loma Linda University Health's philosophy of treating the whole person, and the importance of integrating care," Charlene said. "We certainly felt that throughout our experience. Our goal in establishing this endowed scholarship is to enable future medical students to attend Loma Linda University and understand this concern for the whole person. We hope to perpetuate the commitment to quality of care."

"We want to help someone who will be a contributor to medicine and society," Jack Liebau said. "We also hope this gift might encourage others to consider financially supporting medical students."

Rubi Perez, a senior in the School of Medicine, is the first recipient of this new scholarship. A Washington native, Perez's parents believed their children should receive the best possible education. Her parents hard work eventually led to Perez graduating from Walla Walla University and acceptance into the School of Medicine. She is planning to practice family medicine and has a passion for working in underserved communities.

Perez recently sent a letter to the Liebaus and Allred, sharing her family's story and her goals for the future.

"Your scholarship is overwhelmingly generous and a great assistance financially. But that act of generosity also brings me so much encouragement!" Perez wrote. "We run this race together and I am motivated to keep going when I see others, like yourself, contributing and investing so selflessly. I am beyond grateful, and hope to someday help someone else in their own journey!"

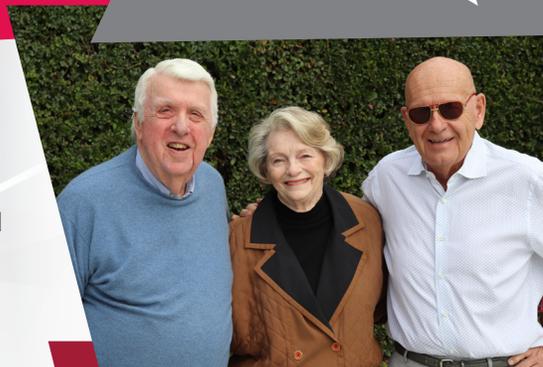


Photo left to right: Jack Liebau, Charlene Liebau and Ed Allred.

Please Welcome Our New Residents



Kanha Shete, MD, comes to us from Kansas City University of Medicine and Biosciences College of Osteopathic Medicine. Prior to medical school, Dr. Shete received his BS in biochemistry and master's of management with a specialization in finance at the University of British Columbia in Vancouver. He enjoys traveling and sports, particularly skiing, soccer and mountain biking.



Rose Leu, MD, will join us from the Robert Larner, MD College of Medicine at the University of Vermont. She is originally from California and grew up in Northern California. She completed her undergraduate work at UC Berkeley, earning a BS in bioengineering with a concentration in cell and tissue engineering. Prior to beginning medical school, Dr. Leu was a research assistant and lab manager for the department of otolaryngology at Stanford University. She is a pianist and also enjoys hiking, backpacking and knitting.

Dr. Muhannad Alsyounf receives First Place Best Poster for Resident Clinical Research Category at the 87th Annual Postgraduate Convention Awards

The study examined the correlation between pre-operative voided urine cultures, intraoperative renal cultures and ultimate blood cultures in patients presenting with infected obstructing ureteral stones. The study demonstrated significant discordance between cultures, and hospital stays were significantly longer when cultures did not correlate or when intrarenal cultures were positive.



Photo left to right: Hyelin You, Dr. Muhannad Alsyounf and Ashley Li

Summer Medical Student Researchers Ashley Li and Hyelin You also received awards for their posters:

Comparison of Different Foot Pedal Illumination Strategies and Their Effect Upon Speed and Accuracy of Activation and Dark Adaptation – Presented by Hyelin You

Structural and Mechanical Changes of Soft and Firm Polyurethane Stents: A Benchtop Study – Presented by Ashley Li