

Department of Urology



Female Pelvic Medicine
and Reconstructive Surgery
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LOMA LINDA
UNIVERSITY
HEALTH

Dear Alumni and Friends,

I hope this finds you well! We continue to strive to provide high-value care in a healthy environment with an emphasis on discovery and learning.

This edition of our newsletter highlights an important part of our department: female pelvic medicine and reconstructive surgery, or FPMRS. This subspecialty uses both surgical and medical treatments to restore urine control and pelvic-floor function to women who have had injuries or changes over time. Since FPMRS is a big part of a typical urologist's practice, we provide a significant education in this discipline for our residents. Our FPMRS faculty, led by Drs. Staack and Yune, is very active in research and on the leading edge of clinical care.

Our continuing medical education meeting at Mammoth Lakes, which was led by Drs. Ko and Hu, was a big success. In addition, Dr. Baldwin helped organize the LLU Annual Postgraduate Convention (APC) and mentored several medical students who presented their summer research projects at the event. Dr. Baldwin is President-elect of the Walter E. Macpherson Society, which exists to promote research among LLU medical students, and was also recently named an Assistant Editor of The Journal of Urology.

This year, we will graduate our chief residents, Drs. Salim Cheriyan and Jim Shen, and send them off to fellowships in urologic oncology. In July, we will welcome our new first-year residents, Drs. Stephanie Jensen and Cayde Ritchie.

We recently finished a remodeling project of the Hadley Urology Practice Suite at our Faculty Medical Offices, thanks to a generous donor and grateful patient who have requested anonymity. The changes, which made the space brighter and more upbeat, are appreciated by patients and staff alike. Our longer-term goal is to have a modern, patient-centered outpatient office space near Loma Linda University Surgical Hospital.



"The changes, which made the space brighter and more upbeat, are appreciated by patients and staff alike."

We enjoyed a successful Mt. Whitney climb in September and did a weekend hike at Grand Canyon National Park in May. Even though we spend a lot of time with each other at work, we enjoy experiencing these beautiful and iconic places together in the great outdoors.

Thanks for reading our newsletter. Please follow our regular updates on Facebook. We were glad for those who were able to make it to our alumni reunion at the AUA meeting in San Francisco in May.

Best wishes,

A handwritten signature in cursive script that reads "Herbert C. Ruckle".

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

Department Happenings

The Loma Linda University Health Urology Department will welcome two new residents in 2018 and bid farewell to two graduating residents.

CURRENT RESIDENTS

FOURTH YEAR

Isaac Kelly, MD

Medical School

Loma Linda University School of Medicine

Matt Pierce, MD

Medical School

University of Maryland School of Medicine

THIRD YEAR

Julie Cheng, MD

Medical School

Case Western Reserve University School of Medicine

Hillary Wagner, MD

Medical School

Loma Linda University School of Medicine

SECOND YEAR

Muhannad Alsyouf, MD

Medical School

University of Jordan, Faculty of Medicine, Amman

Phillip Stokes, MD

Medical School

Loma Linda University School of Medicine

INCOMING FIRST YEAR

Stephanie Jensen, MD

Medical School

University of Texas Health Science Center at San Antonio

Cayde Ritchie, MD

Medical School

Loma Linda University School of Medicine

GRADUATING RESIDENTS

Salim Cheriyan, MD

Medical School

University of Texas Southwestern Medical School

Next Move

Moffitt Cancer Center, Tampa, Florida, for a urologic oncology fellowship.

Jim Shen, MD

Medical School

New York Medical College

Next Move

City of Hope National Medical Center, Duarte, California, for a urologic oncology fellowship.



Watch for the department happenings on our LLU residency Facebook page: facebook.com/LomaLindaUro/

Please Welcome Our New Residents

Cayde Ritchie, MD, and Stephanie Jensen, MD, will both join the Urology Residency at Loma Linda University in July 2018.

Ritchie, who graduated from Loma Linda University School of Medicine, says urology represents a symmetry of practice that joins surgery and medicine to a compelling history, cutting-edge dexterity and big-picture thinking.

“Without exception, every member of the department models a remarkable balance of excellence, passion and modesty,” Ritchie says. “They are a tight-knit family I am grateful to join.”

Originally from Vancouver, British Columbia, Canada, Ritchie says his hobbies include soccer, running, cycling, traveling, eating, cooking and studying different languages.

“They are complementary to our diverse and talented group of residents.”

Jensen, who graduated from the University of Texas Health Science Center at San Antonio, says the reason she chose urology is because it is a diverse surgical subspecialty that allows for long-term patient relationships.

“Loma Linda stood out when I was applying because of the variety of training sites and patient populations residents get exposure to, as well as its emphasis on resident wellness,” Jensen says.

Originally from the Los Angeles area, Jensen says she also enjoys hiking, trail running, reading and traveling.

The way the program is structured at Loma Linda University, Ritchie and Jensen will both intern in General Surgery here for a year, followed by a one-year General Surgery Residency and a four-year Urology Residency.

“We are delighted to have Cayde and Stephanie join us,” said Herbert Ruckle, MD, Chair of Urology. “They are complementary to our diverse and talented group of residents.”



Cayde Ritchie, MD



Stephanie Jensen, MD



Meet Janelle Warren, DNP

‘Unofficial Den Mother’ of the Urology Department



Ask Janelle Warren, DNP, what she likes most about her job as a urologic nurse practitioner at Loma Linda University Surgical Hospital and Loma Linda University Medical Center and she will waste no time in telling you it's working with people.

For one thing, Warren loves to ensure that her patients have a safe and gratifying hospital experience. For another, she loves working with urology residents and attending physicians as well as the urology department staff, calling herself the unofficial den mother of the department.

"We're like a family," she says. "That is what has motivated me to stay in this present position for 10 years."

"She has a very deep understanding of Urology patient care," says Herbert Ruckle, MD.

Warren began her career as a bedside nurse at Loma Linda University Medical Center 34 years ago, working alongside several urologists, including the late Henry Hadley, MD, chief of urology from 1966 to 1988. Four years later, she transitioned to working as a family nurse practitioner, switching to urology a decade ago.

Warren, who finished her DNP degree at the Loma Linda University School of Nursing last year, calls the Loma Linda University Health urologists "the nicest bunch of doctors I have ever worked with."

"They are real pros," she says. "Very supportive of growth among their staff. It makes all the difference. I'm very grateful."

Her peers think Warren is something of a "real pro" herself. In 2016, she won the Daisy Award, a nationally recognized honor for nurses who consistently provide extraordinary and compassionate care. In 2017, she received the prestigious President's Award at the LLU School of Nursing commencement service.

"She is really remarkable," said Herbert Ruckle, MD, chief of urology. "Dr. Warren is currently

working on several projects to improve the safety of Foley catheter usage at Loma Linda University Medical Center. It's gratifying to see her getting the recognition she deserves."

When not at work, Warren enjoys hanging out with her husband, Phillip, and their two Jack Russell Terriers, Margo and Magee. "They are just a handful," she says. "So much fun to come home to."

She and Phillip enjoy gardening and travel. They've traveled to New York and are planning a trip to Paris for their 25th anniversary later this year. "We plan to do more European travel while we can still walk!" she jokes.



When she isn't working, Janelle enjoys hiking with her husband, Phillip. Here the couple relaxes in Muir Woods north of San Francisco.

Female Pelvic Medicine and Reconstructive Surgery Keeps Staack and Yune on Their Toes

**Subspecialty addresses
age-related issues
through research and
cross-disciplinary treatment.**

Although Female Pelvic Medicine and Reconstructive Surgery (FPMRS) has been a board-certifiable subspecialty since 2012, the Loma Linda University Health Department of Urology has been treating incontinence, vaginal prolapse and related conditions for decades.

Herbert Ruckle, MD, Chair, says the department focuses on high-value clinical care, research and collaboration with other disciplines and insists education is critical to Loma Linda University Health's emerging reputation as one of the premier FPMRS centers on the West Coast.

Although Roger Hadley, MD, has been practicing FPMRS since 1983, his responsibilities as Dean of the LLU School of Medicine restrict his clinical time. Other urologists practice the subspecialty, however, two of them — Andrea Staack, MD, and J. Joshua Yune, MD — are living proof that rigorous educational preparation is essential.



Andrea Staack, MD

Staack, an associate professor of urology, was born in East Germany. She knew she wanted to become a physician at the age of four, but the lack of self-determination under Communist rule led her parents to insist she study classical piano instead.

Staack complied, but after the fall of the Berlin Wall, she enrolled in the premedical course at Humboldt University's Charité Hospital in Berlin. After graduating in 1995, she accepted a two-year urology research fellowship at Stanford University. Afterward, she returned home, earning her MD degree from Humboldt in 1999.

After graduation, Staack completed a urology residency and PhD in urology at Humboldt Charité, a uro-oncology research fellowship at UC San Francisco, and an internship in general surgery at Humboldt Charité. She also passed the U.S. Medical License Exam and took a three-year FPMRS fellowship at UCLA.

In April 2011, Staack was appointed Assistant Professor at Loma Linda University, matriculating to Associate Professor in 2013. She lives to make life better for patients through outstanding care





J. Joshua Yune, MD

and research. She has published 31 articles in peer-reviewed journals and another 60 abstracts.

Two recent studies presented at the 2018 Winter SUFU meeting showcase the range of her interests. The first, “Dextrose instillation as an alternative agent to observe ureteral efflux during pelvic reconstructive surgery,” found that dextrose is a cost-effective, readily available agent that provides instantaneous visualization of ureteral efflux without increased risk of postoperative UTIs.

The second — “Do social interactions and mental well-being affect overactive bladder symptoms?” — found that underlying non-urologic factors need to be considered when managing OAB. “When patients feel socially integrated, they feel better about their condition,” she says.

Recently, Staack also studied the use of biological grafts to replace pelvic mesh screen, and the effects of caffeine and carbonated beverages on bladder function.

J. Joshua Yune, MD, Assistant Professor of Urology, brings an OB/GYN perspective to FPMRS. After graduating from Seoul National University with an MD degree in 2000, Yune practiced primary care in South Korea for three years, then moved to UC San Diego for a postdoctoral research fellowship. In 2004, he took an OB/GYN residency at the University of Illinois at Chicago.

Yune then practiced OB/GYN for four years in Centralia, Washington, before transferring to Loma Linda University for a three-year FPMRS fellowship in 2012. He was recruited to join the urology faculty in July 2015.

Yune specializes in vaginal prolapse and says prolapse and incontinence are quality-of-life issues. “We help the patient improve, but there is never perfection,” he says.

Yune is also a prolific researcher who studies advanced treatments for overactive bladder and clinical applications of multi-channel urodynamic testing. Current projects include a comparison of two different percutaneous tibial nerve stimulation treatment systems (Urgent PC vs. NURO), an epidemiological review of sacral neuromodulation outcomes, a comparison of initial vs repeat injections of botulinum toxin A, and the consistency of simple and complex urodynamics test results.

Staack and Yune also have active lives outside of work. Staack enjoys spending time with her husband, Christian, and their eight-year-old daughter, Anna. “I came to California because of the sunshine,” she says. “I love to mountain bike and swim. I love it here!”

Yune runs marathons and half-marathons and enjoys traveling. “My favorite places are Hawaii and Japan,” he says. “I go over to Okinawa Adventist Hospital every couple of years and do surgery with a buddy who practices there.” His wife, Staci, is a registered nurse at Redlands Community Hospital.

Despite the fact that FPMRS has only been a board-certifiable subspecialty since 2012, Loma Linda University Health urology has been treating a variety of conditions related to it for decades.

LLU, USC Hold 28th Annual Contemporary Issues in Urology Meeting at Mammoth Lakes

By Edmund Ko, MD, Associate Professor of Urology, Loma Linda University



Marc Dall'Era, MD (UC Davis), Brian Hu, MD (LLU), Nick Warner, MD (City of Hope), Edmund Ko, MD (LLU), and David Hadley, MD (St. Luke's Health System - Twin Falls, Idaho), concentrated on urology most — but not all — of the time during the LLU/USC 28th annual Contemporary Issues in Urology conference.

This February, the Loma Linda University Health department of urology hosted the LLU/USC 28th annual Contemporary Issues in Urology conference at Mammoth Lakes, California.

Program chairs Edmund Ko, MD (LLU), Brian Hu, MD (LLU), and Anne Schuckman, MD (USC), wanted to hold the meeting at a new venue and add new academic sessions. Attendees included 34 urologists and several mid-level providers from LLU, USC, Kaiser Los Angeles, City of Hope, UCLA, UC Davis, and other hospitals.

The meeting started with a resident and fellow poster session moderated by Mohammad Hajiha, MD, our endourology fellow. LLU residents Julie Cheng, MD, and Hilary Wagner, MD, presented current research projects.

Honored Guest Faculty Marc Dall'Era, MD, a urologic oncologist from UC Davis, lectured on "Contemporary management of prostate cancer with active surveillance" and "High-risk prostate cancer." Gene Huang, MD, an LLU urology graduate now at Kaiser Los Angeles, lectured on pediatric urology. The uro-oncology and female

urology panels provided expert opinions on complex cases.

Cal Glisson, MPH, Director of radiation safety at LLU, and Duane Baldwin, MD, Professor of Urology at LLU, presented two excellent lectures, encouraging us to remember the concept of ALARA — as low as reasonably achievable — when performing endoscopy or ordering diagnostic imaging.

The re-formatted Uro Jeopardy tested attendees' knowledge of current urologic guidelines. The fierce-but-friendly contest was waged between three ad-hoc teams.

Although the meetings were packed, there was still time to enjoy fresh snow on the ski slopes.

I would like to thank:

- LLU Residency Program Coordinator Maggie Fasbender for handling all the details, securing the new meeting site and lodging, and working countless hours to ensure a successful meeting.
- Past Program Chairs Roger Hadley, MD (LLU), and Stuart Boyd, MD (USC), for co-founding the annual meeting, and current Program Chairs Herb Ruckle, MD (LLU), and David Ginsberg, MD (USC), for working hard throughout the past 15 years.
- My Co-Chairs Brian Hu, MD (LLU), and Anne Schuckman, MD (USC), for helping me put the program together.
- All of the participants for ensuring that we had a scientifically and clinically sound meeting.
- Marc Dall'Era, MD (UC Davis), for sharing his expertise on prostate cancer.
- All the attendees. Without you, there would be no reason to hold this meeting.

We look forward to hosting the LLU/USC 29th annual Contemporary Issues in Urology in February 2019.

High-level Meetings and Fasbender Election Highlight 2018 Society of Academic Urologists Program

Four LLU Urology representatives among more than 200 who attended Miami conference

By Edmund Ko, MD, Associate Professor of Urology, Loma Linda University

Over 200 academic urologists, including department chairs, program directors and program coordinators, recently met in Miami for a three-day conference to discuss the current and future state of urology-residency training programs. Maggie Fasbender, Herbert Ruckle, MD, Brian Hu, MD, and Edmund Ko, MD, represented the Loma Linda University Department of Urology at the conference.

“One highlight of the conference was Fasbender’s election to the board of directors of the Association for Coordinators in Urologic Residency Education.”

The meetings allowed interaction between the American Urologic Association, the American Board of Urology, the Accreditation Council of Graduate Medical Education and attendees.

Topics of interest included upcoming changes to the structure of residency training programs, wellness and physician burnout, and optimizing residency education and surgical training. New connections were made with other program coordinators, directors and chairs as old relationships were strengthened.

One highlight of the conference was Fasbender’s election to the board of directors of the Association for Coordinators in Urologic Residency Education (ACURE). In speaking about Fasbender’s appointment, Herbert C. Ruckle, MD, Chief of Urology, said he is proud of her involvement and leadership with the ACURE organization. “She is a very skilled and devoted program coordinator who watches out for and helps residents navigate

their residency and strive for excellence. We are fortunate to have her in our program.”

During her two-year term, Fasbender will be responsible for membership services, managing recruitment into the organization, creating and managing the mentorship program, and helping new coordinators get connected to seasoned professionals so they don’t feel overwhelmed at the start.

Urology care continues to be in high demand as the American population ages. Loma Linda University Department of Urology is committed to meeting this high demand by training tomorrow’s urologists to become effective leaders providing compassionate care.



Four members of the Loma Linda University department of urology kept so busy at the Society of Academic Urologists meetings in Miami this February that they had no time for the city’s legendary recreational pursuits. Or so they claim ...

Urology Residents Cheng and Wagner Present at SUFU Meeting

Urology residents Julie Cheng, MD, and Hillary Wagner, MD, each presented two papers at the 2018 Winter Meeting of the Society of Urodynamics, Female Pelvic Medicine and Urogenital Reconstruction, which was held Feb. 27 to March 3 in Austin, Texas. Two faculty mentors — Andrea Staack, MD, PhD, and J. Joshua Yune, MD — accompanied them to the meeting.

Cheng spoke on “Dextrose instillation as an alternative agent to observe ureteral efflux during pelvic reconstructive surgery,” and “Risk factors for postoperative urinary retention after pelvic organ prolapse repair: vaginal versus robotic approach.”

Wagner discussed “Do social interactions and mental well-being affect overactive bladder symptoms?” and “Comparison of simple cystometry versus multichannel urodynamic evaluation.” Yune served as principle investigator for the Cheng and Wagner studies.



Julie Cheng, MD (left), and Hillary Wagner, MD, each presented two papers at the SUFU meeting this year.

Cheng, who has always enjoyed teaching, hopes to become a member of the Loma Linda University School of Medicine when she completes her residency. Wagner, who decided to become a physician when she was 5, is currently weighing multiple career options.



Hillary Wagner, MD, (left) and Julie Cheng, MD, proudly displayed their poster on “Dextrose instillation as an alternative agent to observe ureteral efflux during pelvic reconstructive surgery” during the Society of Urodynamics, Female Pelvic Medicine and Urogenital Reconstruction meeting in Austin, Texas, earlier this year.

Brian Hu, MD, Receives BEST Doctor Award from Grateful Patient

Brian Hu, MD, Assistant Professor of Urology at Loma Linda University School of Medicine, was recently given a unique award by Wen C. Zheng, a grateful patient. Zheng, who speaks to Hu in Mandarin, got help from his son in scripting the award. Hu says Zheng had a particularly challenging surgical case and did very well after a minimally invasive robotic surgery.

“Mr. Zheng is one of my favorite patients and I’m very happy that he had a great outcome,” Hu said.

The award, which was presented to Hu on October 26, 2017, reads, “Our Deepest Appreciation Brian Robin Hu The BEST Doctor Thank you From Wen C. Zheng.”



Brian Hu, MD, assistant professor of urology at Loma Linda University School of Medicine, proudly displays his one-of-a-kind “The BEST Doctor” award, presented by grateful patient Wen C. Zheng on October 26, 2017.



Hu, who received his MD degree from UC Davis in 2007, is a urologic oncologist. He completed a urology residency at that school in 2013 and a fellowship in urologic oncology from USC in 2015. He started at Loma Linda University in August 2015 and currently serves as associate program director for the urology residency at LLUSM.

“Mr. Zheng is one of my favorite patients and I’m very happy that he had a great outcome,” Hu said.

Outside of work, Hu enjoys spending time with his family, playing with his 6-year-old son and 18-month-old daughter, and riding his bicycle around town. His wife, Sharon Wang, DO, is an infectious disease specialist at Arrowhead Regional Medical Center.



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