**Letter from the Chairman**

Dear Colleagues,

Welcome to the first edition of our newly redesigned Jefferson Urology News, now in our fifth year of publication. We thought we should give this popular Urology project a “makeover”. I would like to thank our volunteer publishing consultant, Judith Zausner for her tremendous effort in creating the new design. Please remember, as a friend, former trainee or member of the Department of Urology, we look forward to sharing any important news you may have with our readership.

Lenny Gomella, MD

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**64th Mid-Atlantic AUA**

**Capital Hilton, Washington DC**

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**Dr. Gomella Presides at 2006 Mid-Atlantic AUA Meeting**

The 64th Annual Meeting held in Washington DC breaks attendance records

The 64th annual meeting of the Mid-Atlantic Section of the AUA was held October 12-15, 2006 at the Capital Hilton in Washington, DC. Dr. Leonard Gomella, who served as president of the organization from 2005 to 2006, was responsible for the meeting. The program offered an outstanding selection of scientific presentations that highlighted the tremendous urology talent in our section as well as our Department. The meeting broke all previous attendance records with 394 attendees. The previous record was the 44th Annual meeting in Bermuda in 1986 with 385 attendees.

The scientific program featured a series of topical lectures, state of the art reviews, and interactive panel discussions. Critical health policy and practice updates were also presented by leaders in our field. Dr. Gomella introduced The Hugh Hampton Young lecturer, Dr. Tony Atala, Chairman of...

Drs. Gomella, Atala (Center) and McKinney after the Hugh Hampton Young Lecture.
Urology at Wake Forest University and Director of The Institute for Regenerative Medicine, who presented “Tissue Engineering, Stem Cells and Cloning: Applications In Regenerative Medicine,” to a packed and interested audience. Dr. Atala has pioneered strategies to replace the human bladder with a patient’s own tissues. We are all pleased that Jefferson, with Dr. Pat Shenot as the PI, will be one of a handful of centers in the US who will be participating in this breakthrough research study.

In addition to the outstanding scientific program put together by Dr. Tom Jarrett, Chairman of Urology at George Washington University, the unique social program created a lot of interest among attendees. Drs. Leonard and Tricia Gomella, working with Dr. Mike Manyak created a family friendly meeting in Washington. A fun filled private opening and reception at the “Spy Museum” was well attended by meeting participants and their families. For the Past Presidents’ and Board of Directors Dinner reception, a special program was arranged at the Smithsonian Institution Postal Museum.

Dr. Erwin Rugendorff of the NY Section of the AUA gave a special presentation on “Urologic Philately”. Yes, there are dozens of postage stamps issued in the US and worldwide with a urology theme. We hope to invite Dr. Rugendorff to visit our Department in the coming year. Dr. Mark Moyad of the University of Michigan presented a special spouses program on “Alternative and Complimentary Medicine” that was well attended by various dignitaries, including Dr. and Mrs. Paul Schellhammer. Dr. Schellhammer, from our section, will assume the Presidency of the national AUA this spring in Anaheim.

Internationally acclaimed TV star, street magician and illusionist David Blaine was the entertainment for the Saturday evening President’s Banquet. He is known for many stunts and TV appearances such as the “Above the Below” where he was suspended for a 44-day endurance stunt sealed inside a transparent Plexiglas case suspended over the Thames River in London. In “Drowned Alive”, Blaine was submerged in a water-filled sphere in front of the Lincoln Center in New York. While he did not attempt any of these death defying feats in our nation’s capital, David, along with his personal magic assistant and the Gomella family’s friend, Dan White, performed some amazing up close card and slight of hand tricks for three hours for the banquet attendees. Dr. Eric Nelson, our own resident amateur Magician was particularly pleased to interact with David and Dan. Check out our photo gallery in this issue of Jefferson Urology News.
Many members of our Department, along with their spouses and family members as well as senior medical students from the Jefferson Urology Society attended the meeting. Scientific presentations included the following:

- Nelson, E, Tomas, J, Merriam, W, Bibbo, M, Bagley, D. Correlation Between Known Upper Tract Tumor And Bladder Cytology.
- Gomella LG and Frohlich, M. Improved Survival In Sipuleucel-T (APC8015) Clinical Trials.

Dr. Julia Barthold completed her term as a member of MA AUA board of Directors this year. We all thank her for service to the organization.

Dr. Shenot has been appointed to serve on the membership committee. This year Dr. Gomella continues to be actively involved with the Mid-Atlantic AUA serving as Immediate Past President, and member of the Nominating Committee.

Having served in various capacities in the Mid Atlantic AUA over the last 8 years Dr. Gomella notes that we have “tremendous talent and a long track record in our section and its members contributing to the field of Urology. I wish Dr. Doug McKinney well in his tenure as our next president and thank the leadership of the Mid-Atlantic AUA for their support over the last year.” We are all looking forward to the upcoming Mid Atlantic AUA to be held October 18-21, 2007 in Bermuda.

Dr. Eric Nelson at poster session.

Resident and student participants enjoy the view of the White House from the Hilton’s Presidential suite.

Additional meeting participation by members of the Department included:

- Special Topic Lecture: Botox Therapy For Bladder and Prostate Dysfunction, Patrick J. Shenot, M.D.
- Panel Discussion: Kidney Cancer Moderator: Deborah T. Glassman, M.D.
- Panel Discussion: Bladder Cancer Moderator: Edouard J. Trabulsi, M.D.

Incoming MA-AUA President from West Virginia Dr. McKinney receives the official gavel from outgoing President Dr. Gomella.
64th Mid-Atlantic AUA
Photo Gallery

MA-AUA Presidents pose with Benjamin Franklin, America’s first Postmaster General at the Smithsonian Institutions Postal Museum.

Drs. Pe, Linden and Nelson enjoying the opportunity to meet David Blaine.

Jefferson’s urology team at the Presidential Banquet

Site of the 2006 MA AUA in Washington, DC.

The Gomella family with David Blaine.

Dr. and Mrs. Paul Schellhammer(left) with Dr. Mark Moyad and Dr. Tricia Gomella at the spouses lecture

Dan White entertaining Dr. and Mrs. Scott Hubosky as Dr. Pe looks on.

Mid-Atlantic AUA Secretary Treasurer Dr. Margurite Lippert, University of Virginia
The 7th SUO/NCI Winter Meeting was held on December 1-2, 2006 at the Natcher Conference Center, National Institutes of Health in Bethesda, Maryland. Those attending from our department included: Drs. Glassman, Gomella, Lallas, Linden, and Trabulsi. Two posters were presented by our resident, Robert A. Linden, MD, and Jefferson Medical College student, Joshua Sleeper, presented during a podium session.

Dr. Robert Linden presented “Addition of Robotic Surgery to an Established Laparoscopic Radical Prostatectomy Program: Initial Impact on Positive Surgical Margins” authored by RA Linden, A Thumar, D Haddad, SN Dong, LG Gomella, CD Lallas and EJ Trabulsi. This work evaluated the incidence of positive surgical margins in both transperitoneal laparoscopic (LRP) and robotically assisted laparoscopic radical prostatectomy (RALP). Pathology reports of 247 men with clinically localized prostate cancer treated with either LRP or RALP were reviewed. Their findings demonstrated a significant improvement in the positive surgical margin rate with the addition of robotics to an established LRP center.

The 2nd poster presentation entitled “Directed Prostate Biopsies Utilizing MicroFlow Imaging During Microbubble Contrast-Enhanced Ultrasound” was a result of the efforts of RA Linden, PR Gittens, FF Forsberg, EJ Trabulsi, LG Gomella and EJ Halpern. The objective of this study was to evaluate directed detection of prostate cancer during contrast-enhanced ultrasound (US) of the prostate with MicroFlow Imaging (MFI) as compared to systemic biopsy. Sixty patients referred for prostate biopsy were evaluated by transrectal US. This study defined the following conclusions: 1) Contrast-enhanced MFI provides a clear depiction of vascular patterns within the prostate. 2) Directed biopsy cores with MFI images are twice as likely to be positive compared with systematic cores. 3) Half of the number of cores are required to detect cancer in one patient with directed biopsies.

The 3rd study, “The Malignant Potential of Small Renal Masses” was undertaken by the following collaborators: DT Glassman, JP Sleeper, D Byrne, EJ Trabulsi and LG Gomella. This study was a retrospective review of all renal extirpative surgery performed at our institution from 1998-2006. Lesions were categorized by size and noted as benign or malignant as defined by pathology. Recent evidence suggested tumors less than 4 cm may be safely monitored with careful observation. Our data corroborates this finding, particularly for masses less than 2 cm in size.

Robert A. Linden, MD

ROBERT A. LINDEN, MD AWARDED 2nd PLACE AT RESIDENTS’ NIGHT COMPETITION

Robert A. Linden, MD, presented “Directed Prostate Biopsies Utilizing Microflow Imaging During Microbubble Contrast-Enhanced Ultrasound” and was awarded 2nd Place at the Resident’s Night Competition on March 26, 2007. This competition was sponsored by the Philadelphia Urologic Society. Over 35 urology residents and fellows from seven medical schools submitted manuscripts, gave podium presentations, and responded to a brief oral discussion.

The awards were judged and presented by Thomas W. Jarrett, MD, Chairman of the Urology Department at The George Washington University Hospital.

Our department was proudly represented by the following residents: William Merriam, MD – “Rhabdomyolysis Following Laparoscopic Nephrectomy. Case Reports and Review of Literature” and Mark Pe, MD – “Transperitoneal Robotic Assisted Laparoscopic Prostatectomy after Prosthetic Mesh Herniorrhaphy.”
The Jefferson Urology Society serves to educate students about the field of Urology, fosters interest through mentorship and research, and helps to guide students through the “match process.”

On February 7th, the Urology Society was fortunate to have Dr. Costas Lallas lead an informal discussion and demonstration on the da Vinci Robotic Surgical System to over 30 Jefferson students interested in Urology. After discussing the history of robotics in medicine, the role of robotic surgery in the field of Urology, and the future of this technology, Dr. Lallas gave a demonstration on basic surgical techniques with the robot. Students were then given the opportunity to individually demo this machine, as Dr. Lallas guided them through basic surgical maneuvers.

The evening continued with an informal dinner/discussion with Dr. Gomella, the chair of the Department of Urology, regarding choosing Urology as a career. Several attendings and residents, including Drs. Lallas, Trabulsi, Johannes, Pe, and Merriam joined in the discussion.

The Jefferson Urology Society would like to thank Drs. Gomella and Lallas, and Ms. Joanna Bates, and all attendings and residents who helped to make this a successful event. Stay tuned for our next event: a panel-discussion on the “match” process for interested applicants, as well as officer elections, to be held this spring.
Dr. Patrick Shenot directed a comprehensive training program at Thomas Jefferson University Hospital entitled “Sacral Nerve Stimulation (SNS) Theory and Technique”. Physicians and selected staff members from 10 urology practices from Florida, Illinois, New York, and Pennsylvania participated in a day long series of lectures, hands-on training and observations of two live surgical procedures.

Interstim® (SNS) therapy is indicated for patients with urinary urgency, urge incontinence, frequency and retention. The therapy uses a small, implanted pacemaker-like device to send electrical impulses to the sacral nerve, which stimulate the bladder and its surrounding muscles that control urinary function. The stimulation to the nerve may reduce or eliminate the problematic bladder conditions in some patients. The internal stimulator has the freedom of many settings for the patient. By reprogramming the generator at the patient office, a physician or staff member can tailor the settings to optimize results for each patient. Patients tolerate the outpatient procedure well and are generally ecstatic about regaining some normalcy to their lives.

Thomas Jefferson University was one of the first centers in the world to utilize the technique and participated in the initial multicenter clinical trial for the InterStim® device.

This program was designed to provide the physician and practice staff with a continuum of learning opportunities from selecting patients for SNS Electrode Implant, to managing their electrode stimulator within the practice. The goal of the course was to provide physicians with the skills and knowledge necessary for using InterStim® Therapy safely and effectively. The course presented the following topics:

- Anatomy & Physiology Related to Interstim Therapy-Theory of Mechanism of Action
- Overview of Test Stimulation and Implantation
- Introduction to Procedures & View Procedural Video
- Live Surgical Case 1: Implant SNS Electrode
- Live Surgical Case 2: Implant SNS Electrode
- Clinical Results; Setting patient expectations; Managing and Programming the Sacral Nerve Stimulation Patient; Practice on Stimulator

Dr. Patrick J. Shenot has trained dozens of physicians nationwide in the technique.

This course marked the first use of our new Stryker Remote OR Teaching Podium. It allowed multiple remote camera views of the procedure to be transmitted to our 11th floor Conference Room.
EDOUARD J. TRABULSI, MD RECEIVES JEFFERSON INTRAMURAL PILOT RESEARCH AWARD

Edouard J. Trabulsi, MD, Assistant Professor of Urology was awarded a “2006-2007 Pilot Research Award” for his proposal titled “Contrast Enhanced Transrectal Ultrasound (TRUS) to Assess Prostatic Vascularity as a Measure of Treatment Response and Early Prediction of Treatment Failure after XRT” for support, with the approved budget of $20,000. This award was based upon competitive review and recommendation by Jefferson Medical College’s Committee on Research, which administers these programs.

Each year the Board of Trustees of Thomas Jefferson University has authorized the Office of the President, through the Office of the Vice President for Research, to release up to $100,000 annually to provide support for the Pilot Research Award. The purpose of the Pilot Research Award Program is to fund innovative research for both established basic science and clinical researchers and those investigators that are developing research programs. The goal of this research support is to advance our understanding of biological systems, improve the control of disease, enhance health, and to provide a stepping-stone to grant support by a national agency.

Dr. Trabulsi’s mentors are Drs. Ethan Halpern, Richard Valicenti and Leonard Gomella. The following is a summary of this proposal:

Solid tumors, including prostate cancer, commonly exhibit tumor-associated neovascularity with increased microvessel density. Systemic, hormonal, and radiotherapy treatments typically decrease or suppress tumor associated vascularity through several mechanisms, including apoptosis and anti-angiogenic pathways. Previously at our center, we have demonstrated that increased prostatic vascularity detected ultrasonographically correlated with disease free survival after radical prostatectomy, and may be indicative of higher grade, higher stage disease. The significance of prostate neovascularity in response to treatment with external beam radiotherapy (XRT) has not been well studied. They hypothesize that prostate cancer that recurs after radiotherapy may exhibit measurable patterns of tumor-associated vascularity, which may represent a minimally invasive marker of cancer stage, grade and response to treatment.

- Prostatic vascular changes predict response to prostate cancer treatment and treatment failure.
- Prostatic vascular changes occur early and can predict prostate cancer recurrence prior to PSA recurrence.
- Prostatic vascular parameters vary with prostate cancer stage and grade prior to treatment with external beam intensity modulated radiotherapy (IMRT).

They propose a pilot study with the following specific aims: to assess the sonographic appearance of prostate and prostate vascularity before, during and after external beam radiotherapy for intermediate/high risk prostate cancer; to assess the kinetics of prostatic vascular changes during and after radiation treatment; and to assess patient tolerability to undergo TRUS evaluation during radiation treatment.

The diagnosis of microscopic local invasion or micrometastatic disease in prostate cancer remains a diagnostic dilemma. For radical prostatectomy, the whole mount prostatectomy specimen gives the most accurate pathologic stage and Gleason grade to stratify an individual patient’s risk of disease recurrence. Prognostication for patients treated with radiotherapy, however, must rely on pretreatment tumor characteristics, needle biopsy information, and post therapy PSA kinetics. The proposed study is based on the hypothesis that contrast enhanced TRUS Doppler prior to, during and after radiotherapy may more accurately stratify a patient’s risk of local and distant recurrence, and may provide additional prognostic information on the response to treatment. The development of a minimally invasive TRUS method using enhanced TRUS imaging to more accurately stage patients before radiotherapy, and to more quickly recognize treatment failures, would represent a major advance in prostate cancer treatment.
**DR. ALLYSON C. BERENT - SPECIAL JEFFERSON UROLOGY FELLOW**

Allyson C. Berent, DVM, DACVIM, University of Pennsylvania Veterinary Teaching Hospital has joined the Department of Urology at Thomas Jefferson University as a Special Research Fellow after completing her doctorate in veterinary medicine and a residency in internal medicine. She has a special interest in veterinary endourology and sought the advice of Dr. Demetrius Bagley. Over the last year, she has observed many procedures in our Endoscopy Suite. Dr. Bagley has visited and participated in combined procedures at the Matthew J. Ryan Veterinary Hospital at the University of Pennsylvania. In the first combined day of procedures in late 2005, Drs. Berent and Bagley along with Ilan Waldman, M.D., a PGY5 resident, treated bladder calculi in a rabbit and in two dogs. It was the first endoscopic treatment of a bladder calculus in a rabbit. Other members of our department collaborating with Dr. Berent for clinical veterinary applications include William Merriam, M.D. and Sam Chawla, M.D.

The anatomy of veterinary patients presents unique problems that have been approached with standard urologic instruments. The size of the animals treated necessitates the use of smaller endoscopic devices. For example, pediatric endoscopes are used for cystoscopy in most of the small female animals. Flexible ureteroscopes can fit into the male canine urethra and are the only endoscope which is long enough to reach the bladder passing through the U-shaped urethra. Percutaneous nephrostolithotomy is limited by the size of the endoscopes and lithotrites. The holmium laser is most commonly and successfully used because of its size and efficiency.

Dr. Berent has performed over 50 cystolithotripsy and, with the collaboration of her colleague Dr. Chick Weisse, VMD, DACVS, treated more than 5 renal calculi percutaneously (PCNL). She has successfully placed stents into cat ureters. Dr. Berent has successfully treated intramural ectopic ureters in male and female dogs endoscopically, with diode laser assistance, and has placed prostatic urethral stents for occlusive tumors of the prostate. As this collaboration continues between the two departments, urologic problems in different species and different sized animals will be approached with the widest variety of endoscopes and working instruments available. The fact that the size concerns in these small animals is actively being overcome, is a nice model for some of the smaller pediatric patients.

**Dr. Jonathan P. Jarow – Guest Speaker at Grand Rounds**

Dr. Jonathan P. Jarow, Professor of Urology from Johns Hopkins Brady Urological Institute, spent time with the faculty and residents March 28-29 as moderator of Journal Club and as Grand Rounds guest speaker. Journal club was held at Bookbinders on March 28th. Topics covered included post-prostatectomy potency, Peyronie’s Disease, and erectile dysfunction. Dr. Jarow led an insightful meeting that was extremely educational and sparked lively conversation on pertinent urological issues. The following day, Dr. Jarow discussed the cardiovascular effects of PDE-5 inhibitors. He also reviewed the topic of azospermia. He talked about the most recent advances in research for PDE-5 inhibitors and discussed the promising future for the drug class. In addition, he simplified the often complicated topic of azospermia, providing relevant cases and encouraging active participation from the residents to elicit his teaching points.
2007 RESIDENCY SELECTION

This year the residency selection process at TJUH encompassed the following: One hundred and ninety-seven electronic applications for our program were received. Thirty-five individuals were granted interviews. Of those 35 individuals, the department ranked 20.

Nationally, in 2007, 476 applicants registered, 348 applicants submitted their ranking list and 331 applicants were ranked by programs. Two-hundred and thirty-nine positions were offered and filled. Seventy-nine percent of US senior medical students matched. US graduate medical students were matched by 41% and international graduates with 14% matched.

Five JMC students applied and all matched to the following Residency Programs: Adrienne Heckler - Oregon Health Sciences University; Joshua Sleeper - University of Texas Southwestern Medical School; Adam Tyson - University of Connecticut Health Center; and Jin Soon Yeoh – State University of New York.

The Department of Urology is proud to announce the Urology Residents for 2007 at Thomas Jefferson University Hospital are Adeep Bhagvanji Thumar and Daniel Dean Sackett.

Adeep Bhagvanji Thumar attended Northwestern University as an undergraduate student with Chemical Engineering as a major. Thumar will receive his MD from Drexel University College of Medicine.

Daniel Dean Sackett received a BA in Philosophy from The University of Colorado. He completed his MD at Jefferson Medical College of Thomas Jefferson University.

We are grateful to Dr. Patrick Shenot and Joanna Bates, Education Coordinator, who have efficiently organized the Department of Urology Residency Selection Committee.

The Interviews for the “2008 TJUH Urology Match” will be early in November 2007. The applicant match date is January 21, 2008.

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**Dates to Remember**

- **AUA Annual Meeting**, Anaheim, CA, May 19-24
- **David M. Davis Visiting Professor**, June 1
- **Dr. Peggy Pearle**, Professor of Urology and Internal Medicine, University of Texas Southwestern Medical Center
- **Chief Residents/Fellow Farewell Party for Staff**, June 8
- **Teddy Pendergrass 25 Gala**, June 10
- **Olivia Newton-John KCC GALA**, November 11

**CONGRATULATIONS**

William and Joanna Merriam are proud parents of Isabelle Adeline Merriam who was born on December 23, 2006. Isabelle weighed 5 lb 15 oz.

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**WELCOME**

- **Geraldine Dentley**, Medical Assistant
- **Haneefah Holly**, Medical Records-File Clerk
- **Kristina Killian**, Receptionist
- **Marilyn McRae-Alston**, Nursing Administration