



UCLA UROLOGY

UPDATE



UCLA Urology's 12 current endowed chair holders include Dr. Carol Bennett (in the photo above left, with Dr. Mark S. Litwin, UCLA Urology chair), the Henry E. Singleton Chair in Urology; and Dr. H. Albin Gritsch (above right), the Jergens Administrative Chair in Kidney Transplantation.

Endowed Chairs Bring Flexibility, Funding and Prestige to Top Faculty

They represent the highest honor a university accords to scholarship, reserved for those who have reached the pinnacle of academic achievement. And thanks to the generosity of visionary donors, a dozen UCLA Urology faculty members are currently holding endowed chairs, a distinction that carries not only prestige, but also substantial benefits in terms of funding and flexibility.

Endowed chairs ensure permanent funding, based on annual interest accrued, to support a preeminent faculty member's work in an area specified by the donor. By effectively buying a portion of the faculty member's time, the chair affords the luxury of being able to pursue innovative research, clinical programs, or education and mentorship in a nimble manner, without the obligations typically associated with securing grant funding.

At UCLA Urology, the number of faculty benefiting in this way continues to grow. Two new endowed

chairs are being established this year: The **UCLA Endowed Chair in Complex Pelvic Medicine and Reconstruction**, and a urological oncology chair with a focus on kidney and bladder cancers. More information on how endowed chairs provide invaluable support to the department can be found in the Donor Spotlight column on page 4. Beginning on the next page, the faculty members who currently hold endowed chairs discuss what their appointment has meant to them.

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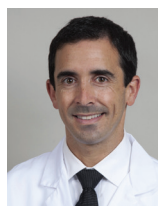
Top: Dr. Robert Reiter (center), holder of the Bing Professorship of Urologic Research, with Cam and Peter Starrett. Middle: Dr. Victor Nitti (right), the Shlomo Raz, M.D., Chair in Urology, with Dr. Raz. Bottom: Dr. Jonathan Bergman, the Mark S. Litwin, M.D., Endowed Chair in Mentorship.



Arie Beldegrun, MD, UCLA Urology research professor, says holding the **Roy and Carol Doumani Chair in Urological Oncology** has been both a professional privilege and a personal inspiration. “I am grateful for the deep friendship it forged,” says Dr. Beldegrun, founding director of the UCLA Institute of Urologic Oncology. “Roy was a champion of medical innovation and human betterment. He invested deeply in biotech and science, and his goal through this endowed chair was to advance patient care and scientific entrepreneurship, and support groundbreaking therapies to provide hope to suffering patients — which, together, we have done. Holding this chair serves as a constant reminder of his generosity of spirit, compassion, and care for others. I am proud to carry forward his legacy.”



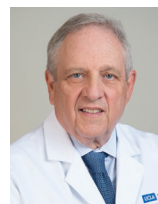
Carol Bennett, MD, holder of the **Henry E. Singleton Chair in Urology**, notes that the endowed chair has provided the flexibility to document her groundbreaking contributions to the field. “The Henry E. Singleton Chair has enabled me to have the time to begin to chronicle my experience as a female urologist of color and the first female African American in the field,” says Dr. Bennett, who is former chief of urology at West Los Angeles VA Healthcare Center. “The verbal account, ‘History Makers,’ is chronicled in the Library of Congress and is to remain there in perpetuity. The written version is currently in progress.”



Jonathan Bergman, MD, MPH, explains that the **Mark S. Litwin, M.D., Endowed Chair in Mentorship** has supported multiple teaching, mentorship, scholarship, clinical, research, and community partnership activities. “This includes support mentoring students on academic projects related to how we can improve care for our most vulnerable patients and how we do (and don’t) teach effectively in the operating room,” Dr. Bergman says. “It has also allowed us to grow our community partnership and mentorship efforts in creative and novel ways, including establishing a cancer navigation program and outpatient circumcision clinic in the safety net — undertakings that have built the skills of urologists, primary care providers, pediatricians, gynecologists, social workers, health system leaders, and others.”



H. Albin Gritsch, MD, the **Jergens Administrative Chair in Kidney Transplantation**, says the chair has enabled him to bolster the UCLA Kidney Transplant Program while also allowing him to assist with other countries’ capacity to provide the life-saving surgery. “Having an endowed chair has given me the opportunity to focus on the administrative needs of the kidney transplant program and add a new transplant surgeon to our team,” Dr. Gritsch says. “It has also given me the time to participate in global health projects to facilitate kidney transplant growth in developing countries.”



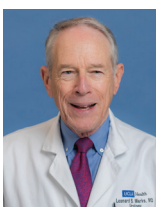
Stuart Holden, MD, says the **Spielberg Family Chair in Urologic Oncology** affords him the ability to pursue ambitious research initiatives in his role as a UCLA Urology clinical professor and co-director of the UCLA Institute of Urologic Oncology. “It is a privilege and an honor to be the holder of the Spielberg Family Chair in Urologic Oncology,” Dr. Holden says. “I know firsthand of Mr. Spielberg’s keen interest in medical science in general and urologic oncology specifically. I also know of the joy he gets from seeing his philanthropy advance the missions of the Institute of Urologic Oncology at UCLA.”



Steven Lerman, MD, the **Judith and Robert Winston Chair in Pediatric Urology**, director of the Clark-Morrison Children’s Urological Center at UCLA and chief of the Division of Pediatric Urology, notes that the Winston Chair has fueled an expansion of his division, both clinically and in research. “The generous support from the Winston family continues to allow our division to provide state-of-the-art clinical care to even the most marginalized children,” Dr. Lerman says. “Our influence throughout the Southern California region continues to grow, as we can now staff outreach clinics in Ventura, Calabasas, Sylmar, and Torrance thanks to funding from the Winston Chair. Moreover, our research efforts have never been more robust, with support directed toward the work of our newly hired junior faculty.”



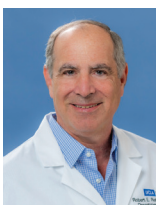
For **Mark S. Litwin, MD, MPH**, UCLA Urology professor and chair, holding the **Fran and Ray Stark Foundation Chair in Urology** has provided a level of flexibility that has made a substantial difference in his role leading the department. “The Fran and Ray Stark Chair has freed me to spend more of my time doing things that I love in academics that aren’t otherwise paid,” Dr. Litwin says. “In particular, it allows me to devote significant energy to mentoring and teaching by covering that time so that I don’t need to seek out funding through grants.”



Leonard S. Marks, MD, the **Jean B. deKernion, M.D. Endowed Chair**, says the chair has carried multiple benefits. “First, the legacy of Dr. deKernion’s great name, now linked to me via the chair, has provided a lasting impact on the credibility of my work,” Dr. Marks says. “Second, the funding provides a continuous backbone of research support, allowing me to bring on board assistants and collaborators, which otherwise would not have been possible. Third, the funding support allows me some freedom to provide mentorship to smart young people in our department. My success at UCLA would not have been possible without the support of the deKernion Chair.”



Victor Nitti, MD, chief of the Division of Urogynecology and Pelvic Reconstructive Surgery (URPS) and holder of the **Shlomo Raz, M.D., Chair in Urology**, says the URPS division has benefited immensely from the endowed chair named after Dr. Raz, UCLA Urology distinguished professor emeritus. “The Shlomo Raz, M.D., Chair in Urology has allowed me to focus on building the largest truly combined Urology and Obstetrics & Gynecology multidisciplinary URPS division in the country, which we believe serves as a model for optimal patient care, training and education, and research in the field,” Dr. Nitti says. “I am grateful and honored to hold this chair named for my mentor, a true pioneer in the field.”



The important prostate cancer research led by **Robert Reiter, MD, MBA**, has been enhanced by the **Bing Professorship of Urologic Research**. Explains Dr. Reiter, who is professor of urology and molecular biology, chief of UCLA Urology’s Division of Urologic Oncology, director of the UCLA Prostate Cancer Program, and principal investigator for the UCLA Specialized Program of Research Excellence (SPOR) team: “The Bing Professorship of Urologic Research has provided me with resources both to support my laboratory research and to protect my time from added clinical responsibilities so that I can dedicate my time to research.”



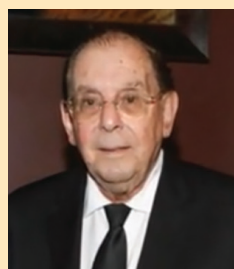
Brian Shuch, MD, UCLA Urology associate professor and director of the UCLA Kidney Cancer Program, has benefited from the support he receives as the **Henry Alvin and Carrie L. Meinhardt Chair for Kidney Cancer Research**, which was established by a donor who lived more than 20 years after

receiving a then-experimental immunotherapy treatment offered through a UCLA Urology clinical trial headed by Dr. Arie Beldegrun. “The story behind Mr. Meinhardt and the care he received from Dr. Beldegrun at UCLA is remarkable, and I am very proud to hold this chair,” Dr. Shuch says. “The financial support it provides has allowed me to gather preliminary data that I have leveraged for several funded research initiatives that we are hopeful will make a significant impact for future kidney cancer treatment.”

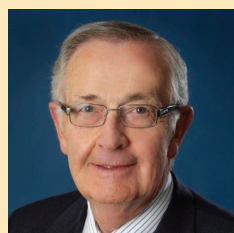


For **Jennifer Singer, MD**, the **Peter Starrett Chair in Medical Education** has both honored and enhanced the important work she does in medical education within UCLA Urology. “This has meant a great deal in supporting and promoting my career trajectory in academic medical education,” says Dr. Singer, a UCLA Urology clinical professor. “Among many things, this chair has provided funding support for many of the educational initiatives we have undertaken in our department, as well as supporting educators who visit to teach our trainees, students visiting for their urology clerkships, and trainees attending educational meetings. I am thankful for the generosity of Peter and Cam Starrett, without which our educational programs would not be what they are today.”

IN MEMORIAM



Dr. Richard C. Onofrio, who left an enduring legacy through the establishments of endowments to support urology trainees at UCLA as well as at Cedars-Sinai, Good Samaritan Hospital, Hollywood Presbyterian Hospital, UC San Francisco, and USC, died earlier this year, just shy of his 100th birthday. In 2019, Dr. Onofrio gave \$1 million to establish a first-of-its kind educational endowment in resident education within UCLA Urology. After a stint as a flight surgeon in the U.S. Air Force, Dr. Onofrio practiced urology in Los Angeles for nearly 40 years. Along the way, he served in leadership roles for the specialty at the city, state, and national levels.



Douglas Kranwinkle, who with his wife Susan gave a major donation to the Mark S. Litwin, M.D., Endowed Chair in Mentorship within UCLA Urology, passed away earlier this year. An attorney and former executive vice president for the Spanish-language television network Univision, Kranwinkle remained active in civic affairs during his retirement, lending his skills and expertise to a variety of initiatives to support the city council in Pasadena, where he and his wife resided.

ALUMNI PROFILE

David Penson, MD, MPH



As a UCLA Urology resident in the 1990s, Dr. David Penson determined that he wanted to devote his career to research that would both help patients and inform policy. “My interest has always been in trying to improve the survivorship experience for men treated for localized prostate cancer,” says Dr. Penson, professor and chair of urology at Vanderbilt University and

holder of the Hamilton and Howd Chair in Urologic Oncology. “I want to know what happens to these men not just immediately after therapy, but 5, 10, and 15 years later. And my hope is that the data we generate can then be fed back to patients to help them make the best possible decisions.”

During his time at Vanderbilt, Dr. Penson has led high-profile studies that have produced the longest follow-up of patient-reported outcomes for localized prostate cancer treatment. He is principal investigator (PI) of the Prostate Cancer Outcomes Study (PCOS), a large, population-based National Cancer Institute-funded study that follows prostate cancer survivors over 15 years; and was the original PI of the federally funded CEASAR study, comparing the efficacy of surgery vs. radiation in more than 3,600 men.

Among the key takeaways of CEASAR: While there are short-term differences in quality-of-life measurements between surgery- and radiation-treated patients, after 5-10 years patient profiles look similar. Moreover, Dr. Penson notes, “We’re starting to show that for low-grade disease, choosing active surveillance can be a smart and viable decision. These men are living a long time, and their quality of life looks superior to the other groups in many regards.”

Dr. Penson also concluded early in his career that even small policy changes involving matters such as Medicare regulations could immediately impact millions of people. That led him to become active in health policy, both at the institutions where he worked and with the American Urological Association (AUA), where he has been on the cutting edge of quality improvement and patient-safety issues. He chaired AUA’s Public Policy Council, and currently serves as secretary of the AUA, overseeing the association’s international programs as well as putting together its annual meeting — a vital role that helps to steer the national agenda on major urological issues.

More than the preparation as a clinical urologist, Dr. Penson says his UCLA Urology residency imbued in him a mindset that he continues to draw on in his leadership role at Vanderbilt. “I learned how to navigate an academic medical center as a resident, and that’s helped me a great deal,” he says.

For all of his success in research and clinical practice, Dr. Penson says his favorite aspect of his Vanderbilt position is the ability to mentor trainees and faculty. “I learned that directly from Dr. [Mark] Litwin,” he says of the UCLA Urology chair. “I watched him mentor a generation of urologists and health services researchers, and that’s what I’m proudest of in my own career. In the end, our legacy is the people we develop.”

DONOR SPOTLIGHT

Establishing an Endowed Chair

For philanthropists looking to make an impact on the future of medicine through their support of UCLA Urology, there is no better investment than to establish an endowed chair.

These endowments, in which income derived each year supports the work of a top faculty member as defined by the donor, serve as a permanent way to ensure funding for everything from innovative research to the training and education of future generations of world-class physicians and scientists. Endowments improve the department’s ability to recruit and retain stellar faculty, as well as strengthen the department’s competitive position when it comes to obtaining federal and other funding support.

“An endowed chair is a philanthropic investment that allows our faculty to go above and beyond the work that is dictated by their grants, clinical practice, and daily institutional responsibilities,” explains Molly Moursi, UCLA Urology’s executive director of development. “It gives chairholders the nimbleness and expanded bandwidth to pursue their passions, bringing together a program that would not be possible otherwise.”

An endowed chair pays tribute not only to the faculty member who has earned the distinction, but also to the donor who has embraced the vision, Moursi notes — associating them with the highest levels of scholarly and scientific achievement. The chair can either be named after the donor or be given another name of the donor’s choosing — in some cases, donors establish an endowment in honor or in memory of a family member or someone else who has made a difference in their lives.

“For the donor, the endowment establishes a legacy that goes beyond any individual faculty member, giving them a named professorship at UCLA in perpetuity,” Moursi says.

For more information on establishing an endowed chair, please call (310) 968-1560 or email EMoursi@support.ucla.edu.

The Men’s Clinic Moves to Expanded Space



The Men’s Clinic (TMC) at UCLA Health has a new home featuring 11,000 square feet of space, 20 exam rooms, four procedure rooms and six healthcare providers dedicated to optimizing men’s reproductive and sexual health. In May, TMC opened its doors at 2901 Wilshire Boulevard, Level 400. The new space includes a welcoming lobby featuring museum-quality photographs of the diverse nature scape and topography of California by renowned photographer and UCLA Urology professor emeritus Dr. Richard Ehrlich.

TMC offers comprehensive urological assessment and treatment, as well as medical and surgical management of male reproductive and sexual health matters. TMC also works closely with UCLA Health partners to provide referrals to men for mental, cardiovascular and metabolic disorders.

Letter from the Chair



As my 14-year tenure as UCLA Urology chair draws to a close, I have found myself contemplative, a bit melancholy, and filled with gratitude. This is the only leadership role I aspired to — one that has given me the privilege of overseeing an incredibly talented and dedicated group of physicians and scientists. Being in a position to help fulfill our faculty's vision for UCLA Urology has been immensely gratifying. As a department, we have grown substantially — more than doubling in faculty size while expanding the number of residents we train by a third. But when I consider the work I'm proudest of in my role as chair, it's been offering the mentorship, guidance, and support that helps individuals successfully pursue their own visions.

*I am excited to see
the many successes to
come for the people
I have had the
fortune to lead.*

Our faculty and trainees hold wide-ranging ambitions — some want to focus more on becoming top surgeons and clinicians, while others prefer to spend more of their time advancing the field through research. Regardless of their passion, I invariably tell those who come to me for advice that at UCLA, you can have it all. To be sure, we all must make choices about how we want to allocate our time. But the uniqueness of this institution — with its renowned medical center and remarkable array of expertise both within and outside the field of urology, all in close proximity — ensures a place for everyone in finding fruitful collaborations and following whatever path they choose.

Whether our focus is on clinical work or scientific discovery, one interest that all of us in academia share is in teaching and mentoring the next generation of physicians and scientists. We all got to where we are because of special individuals who took an interest in our career and, through pedagogy and modeling, showed us the way forward. Mentorship is one of the most impactful roles we have, and it goes not only for medical students, residents, and fellows, but also for junior faculty and even peers. The inspiration I derived from being in a position to interact on a regular basis with our outstanding faculty, trainees, and staff — offering mentorship while benefiting from their wisdom — is what I'll miss the most.

Although I'm stepping out of the leadership role, I am not retiring. I look forward to devoting more time to my own clinical, scientific, and teaching pursuits as a UCLA Urology faculty member. And I am excited to see the many successes to come for the people I have had the fortune to lead, as well as the continued excellence of our department as a whole.

❖ **Mark S. Litwin, MD, MPH**
Distinguished Professor and Chair, UCLA Urology

Juan José Andino, MD, MBA, UCLA

Urology assistant clinical professor, and coauthors had two manuscripts published focusing on priapism, access to care, and treatment patterns at UCLA, one in *Urology* and one in the *International Journal of Impotence Research*. Dr. Andino and coauthors also had a manuscript, “Association between surgeon procedure volume and reoperation rates for penile prosthesis implantation,” published in the *Journal of Sexual Medicine*, and an abstract, “Trends in Surgical Management of Erectile Dysfunction: Data from the AUA Quality (AQUA) Registry,” accepted for presentation at the American Urological Association (AUA) annual conference in Las Vegas.

William Aronson, MD, UCLA Urology professor, and coauthors had their manuscript, “High omega-3, low omega-6 diet with fish oil for men with prostate cancer on active surveillance: The CAPFISH-3 randomized clinical trial,” accepted for publication in the *Journal of Clinical Oncology*.

Carol Bennett, MD, UCLA Urology clinical professor and former chief of urology at West Los Angeles VA Healthcare Center, was honored as the nation's first African American woman urologist and threw out the ceremonial first pitch at the Dodgers Jackie Robinson Day April 15.

Anthony Bettencourt, UCLA David Geffen School of Medicine (DGSOM) student, and his mentor, **Dr. Kathy Huen, UCLA** Urology assistant clinical professor, had their abstract, “Implementation of Science-Driven Approach to Successfully Establish a Program to Reduce Preventable Emergency Department Visits in Urology Patients with Catheters,” accepted for presentation at the prestigious Longmire Annual Scientific Day 2025 at UCLA.

Wayne G. Brisbane, MD, UCLA Urology assistant professor, and **Leonard S. Marks, MD, UCLA** Urology professor, along with coauthors, had their manuscript, “Focal therapy of prostate cancer: Use of artificial intelligence to define tumour volume and predict treatment outcomes,”

published in *BJUI Compass*.

Alexandra Goodwin, MD, UCLA Urology fellow, and coauthors **Michele Torosis, Lynn Stothers, and A. Lenore Ackerman**, presented an abstract, “Optical Assessment of Pelvic Floor Muscle Fitness Using Near Infrared Spectroscopy in Patients with Myofascial Pelvic Pain: A Protocol,” at The Society of Urodynamics, Female Pelvic Medicine and Urogenital Reconstruction Winter Meeting in Rancho Mirage, California.

Kathy Huen, MD, MPH, UCLA Urology assistant clinical professor, and coauthors had their manuscript “Smooth sailing or rocky road in navigating the ureteral orifice: Does preoperative Tamsulosin improve successful primary ureteroscopy in children?” published in the *Journal of Pediatric Urology*. Dr. Huen is also serving on the Spina Bifida Association Professional Advisory Council on Transition and Adult Care.

Aboubacar Kaba, MD, UCLA Urology resident, and **Brian Shuch, MD, UCLA** Urology associate professor and director of the UCLA Kidney Cancer Program, had an article, “Advances in Molecular Imaging of Renal Cell Carcinoma,” published in *AUANews*. The article discusses the use of molecular imaging with novel tracers in the diagnosis and treatment of renal cell carcinoma.

Rashed Kosber, MD, Jolie Shen, MD, and Benjamin Tooke, MD, UCLA Urology residents, each received \$25,000 H.H. Lee Foundation Research Grants for 2025-26 to support their fourth-year resident research.

Austin Lee, MD, UCLA Urology resident, was a finalist in the Lee B. Lusted Student Prize Competition at the 47th Annual Meeting of the Society for Medical Decision Making in Ann Arbor, Michigan. He and his coauthors also had two abstracts accepted for presentation at the meeting.

Amana Liddle, a second-year medical student at Keck School of Medicine of USC being mentored by UCLA Urology's **Dr. William Aronson**, presented an abstract, “PSMA PET Detected De Novo Metastatic Prostate Cancer in an Equal Access

Health System — Defining Opportunities for Earlier Detection,” at the Society of Government Service Urologists at the AUA annual conference in Las Vegas.

Allan J. Pantuck, MD, UCLA Urology professor and vice chair of academic affairs, was invited by the Pakistani Urology Society to give a lecture on clinical trial design.

Victoria Rodriguez, PhD, MSW, MPH, a fellow in the UCLA Patient-Centered Outcomes Research Training in Urologic & Gynecologic Cancers (PCORT) T32 mentored training program, and her coauthors had their abstract, “Disparities in Health-Related Quality of Life Between Low-Income Latino and White Men with Prostate Cancer,” accepted for presentation at the American Society of Clinical Oncology annual meeting in Chicago.

Lauren Schafrank and Addee Lerner, DGSOM medical students, received Viola G. Hyde Scholarship Fund Travel Awards of \$1,000 and \$3,000, respectively. Schafrank is being mentored by **Dr. Nima Nassiri, UCLA** Urology assistant clinical professor, and Lerner is being mentored by **Dr. Jonathan Bergman, UCLA** Urology associate professor. Schafrank also won best poster for her work with voucher-based kidney donation, and the Andy Novick Award at the transplant sub-meeting for her work on qualitative outcomes after tolerance induction for both donors and recipients, at the 2025 AUA annual conference in Las Vegas.

Jordyn Silverstein, MD, a PCORT T32 mentored training program fellow, had her abstract, “Optimizing Hematology/Oncology (H/O) Curricula for Internal Medicine (IM) Residents: A Two-Institution Delphi Survey,” accepted for presentation at the AMEE Conference in Barcelona, Spain. She also had her abstract, “Mirvetuximab Soravtansine Exposure Is Associated with an Increased Incidence of Cataract Surgery in Patients with Ovarian Cancer,” accepted for presentation at the ESMO Gynaecological Cancers Congress in Vienna, Austria, and her abstract, “An Open Label Phase II Study of the Efficacy and Safety of Abemaciclib, a CDK4/6 Inhibitor, Combined with Hormonal

Student's Experience in UCLA Urology Lab Illustrates the Vital Role of Mentorship



A little more than a year ago, as he neared completion of his first year as a UCLA undergraduate, Eric Yang (left) began looking for a biomedical laboratory where he could receive his first hands-on research experience. Yang received that opportunity from Karim Chamie, MD, UCLA Urology professor. Since starting in Dr. Chamie's lab in May 2024, Yang has gone in every

day as a student research volunteer to participate in Dr. Chamie's bladder-cancer drug studies — working with a mouse model and performing bladder catheterization injections, tissue cultures, flow cytometry, and other state-of-the-art tasks to monitor the impact of the drugs in the preclinical setting.

Yang's efforts were recently recognized when he received a prestigious award from the Barry Goldwater Scholarship and Excellence in Education Foundation. The Goldwater Scholarship, considered the preeminent undergraduate award of its kind, provides financial support to outstanding undergraduates interested in pursuing research careers in the sciences, engineering, and mathematics. By contributing to Yang's academic expenses, the scholarship will free him to focus his extracurricular time in the Chamie Lab for his final two years as a UCLA undergraduate.

The experience has been everything Yang had hoped for. Most of all, he is appreciative of the camaraderie of the lab team and the mentorship he has received. It was Pratik Kanabur, MD, a UCLA urologic oncology fellow in Dr. Chamie's lab, who told Yang about the Goldwater Scholarship and urged him to apply. And Dr. Chamie, in addition to affording Yang the chance to participate in his studies, has counseled him on his academic future. "The team here is like a family," Yang says. "Everyone supports one another. I'm so grateful that Dr. Chamie took a chance on me and has not only introduced me to research, but has shown me the value of strong mentorship."

Therapy in Selected Patients with Recurrent Ovarian or Endometrial Cancer," accepted for presentation at the Society for Gynecologic Oncology (SGO) annual meeting in Seattle. Dr. Silverstein received a 2025 Merit Travel Grant from the ESMO Gynaecological Cancers Congress.

David Yao, MD, UCLA Urology assistant clinical professor, and coauthors had two abstracts accepted for presentation: "A 23-Year Comprehensive Survey of Restaging TURBT in the VA Healthcare System" received Best Poster of the Session (NMIBC – bladder cancer) at the AUA annual conference in Las Vegas. "Prospective, Randomized Trial Comparing PSMA PET/CT and MRI-Guided vs. MRI Only-Guided Prostate Biopsy for Identification of Clinically Significant Prostate Cancer" was accepted for presentation at the Society of Nuclear Medicine and Molecular Imaging annual meeting in New Orleans.

HEALTHY AT EVERY AGE

Continuity of Congenital Urological Care for Pediatric Patients

For children with a congenital urologic condition, adolescence and young adulthood ushers in a critical period in which they begin to manage their own health needs and ultimately begin to see an adult urologist for their ongoing care. This process can be fraught, with changes in health insurance, inability to be seen by their pediatric provider, and missed or delayed appointments. This can lead to urinary tract infections, compromised kidney function, and other complications. Bridging this care gap ensures that these young patients experience a seamless move from pediatric to adult care for their lifelong urologic treatment.

Patients who benefit from lifelong congenital urological attention include those with spina bifida, a birth defect in which the spinal cord doesn't properly develop, resulting in dysfunction of the nerves that control the bladder and the need for catheterization and regular urologic visits to manage the potential complications. Approximately 1 in 1,300 infants in the U.S. are born with spina bifida, and as treatment improves and many more of these individuals live well into adulthood, there is a greater imperative to assist them in learning to independently catheterize and attend to their healthcare. A similar need exists for children with less common congenital conditions, such as bladder exstrophy, requiring lifelong urologic care.

The discussion of health transition from pediatric to adult care typically starts between the ages of 12 and 14, when the pediatric urologist begins preparing the family for the child's move toward independence. The patient's readiness can vary, but the timing is usually between ages 14 and 16. This is a period when patients benefit from seeing both a pediatric and adult urologist. In addition to assessing urological issues, these providers assess milestones such as the patient's independence, schooling, and vocational aspirations as they move toward adulthood. This is also a time for discussing sexual health, pregnancy, and other age-appropriate issues.

In the coming months, UCLA Urology will launch a new clinic dedicated to patients with congenital urological conditions, providing a seamless shift from pediatric to adult services. This will be under the leadership of pediatric urologist Kathy Huen, MD, MPH, and Patrick Lec, MD, an adult urologist who specializes in reconstructive urology. Drs. Huen and Lec will partner with other providers: internal medicine and pediatrics, social work, gastroenterologists, physical medicine and rehabilitation, neurosurgery, and orthopedics.

For more information, visit www.uclaurology.com. To make an appointment, call (310) 794-7700.





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U.S. News & World Report's annual Best Hospitals survey ranks UCLA Health on the 2024-2025 Best Hospitals Honor Roll, which represents the top hospitals nationally for excellence in multiple areas of care. In California, UCLA Health ranked as the #1 state and regional hospital. UCLA Urology was ranked as the nation's #4 urology department.



The Men's Clinic at UCLA

DID YOU KNOW?

The U.S. Food and Drug Administration recently updated prescribing information for testosterone therapy based on findings from the landmark TRAVERSE trial, which evaluated cardiovascular outcomes in addition to other factors. This important update provides reassurance for men with certain heart considerations who may benefit from testosterone treatment. The Men's Clinic at UCLA's expert providers stay at the forefront of these evidence-based developments, offering personalized testosterone replacement options guided by the latest FDA recommendations and research findings.

The Men's Clinic at UCLA is a comprehensive, multidisciplinary health and wellness center located in Santa Monica, with a satellite clinic in Burbank. For more information or to make an appointment, call (310) 794-7700.



**Give Now.
Here's How.**

Contributions to UCLA Urology support our research programs and help our faculty make the cutting-edge discoveries that can save lives. You can make a gift to UCLA Urology by logging on to <http://giving.ucla.edu/urology>. Please call (310) 968-1560 if you have any questions about making a gift to UCLA Urology.

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