

As we celebrate our people and accomplishments of 2017 in this newsletter, I would like to share some of the upcoming events happening in the University of Iowa Department of Urology.



In April, the Department of Urology will host visiting professor of pediatric urology, Dr. Anthony Caldamone. Dr. Caldamone is Professor of Urology and Pediatrics and Director of the Urology Residency Program at Brown University. We also welcome our Rubin H. Flocks Visiting Professor, Dr. Michael O. Koch, in June. Dr. Koch has been the Chairman of the Department of Urology at Indiana University School of Medicine since 1998. He is a previous trustee and past-president of the American Board of Urology, past-Chairman of the Examination Committee for the American Board of Urology, past-President of the Society of Urology Chairpersons, past president of the Society of University Chairpersons, and a member of the GU Surgeons and the Clinical Society.

At our annual Iowa Urologic Society meeting in August, we will host the David A. Culp speaker, Jihad Kaouk, MD, FACS. Dr. Kaouk is the Director of the Center of Advanced Laparoscopic and Robotic Surgery and an American Board certified Urologist in the Cleveland Clinic's Glickman Urological & Kidney Institute. Also speaking is John L. Gore, MD, MS. Dr. Gore is a clinician, surgeon, researcher, and educator at University of Washington Medical Center and School of Medicine.

I look forward to updating you on our research and philanthropic efforts, as well as our resident and faculty recruitment in the next department newsletter.

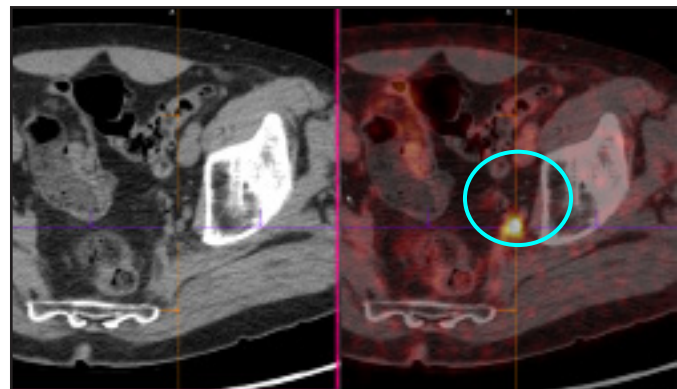
—Dr. Karl J. Kreder, Professor and Department Executive Officer, Rubin H. Flocks Chair, Department of Urology.

Looking Ahead

Working with 6 other centers across the United States, the University of Iowa Departments of Urology, Radiology, and Nuclear Medicine are collaborating to gather data for FDA approval for this new and exciting imaging study. Positron emission tomography (PET) imaging using a radiotracer (a small amount of radioactive material) that targets prostate-specific membrane antigen (PSMA) may allow doctors to identify smaller areas of disease spread as well as sites of early recurrences. This information is helpful for prostate cancer management and patient counseling.

One of these PSMA-targeting PET agents, Ga-68 PSMA-11, uses small molecules that bind to PSMA to localize a prostate cancer tumor and allows radiologists to image patients after 1 hour to detect small sites of disease. **Ga-68 PSMA-11 is not currently approved by FDA for prostate cancer imaging, and its use is considered investigational.** Although investigational, multiple studies suggest that this newest agent is superior to currently available FDA-approved agents, particularly at very low PSA levels.

Currently, physicians and scientists at the University of Iowa are investigating the use of this novel agent prospectively in



Patient who underwent prostatectomy locally and had biochemical recurrence. PSMA imaging identified a positive lymph node that would not have been detected on standard CT or MRI imaging.

two patient populations: 1) Those with intermediate or high-risk prostate cancer that are planning to have a prostatectomy and 2) those with a PSA recurrence following definitive therapy for prostate cancer (radiation or surgery). In addition to offering a cutting-edge technology to our patients in Iowa, the results of these studies will allow us to better understand the role of this new agent in the management of prostate cancer patients and further expand the individualized approach to prostate cancer treatment.

2017

PEDIATRIC UROLOGY

With the assistance of a Stead Family Children's Hospital research grant, the **pediatric urology division** has developed working prototype devices to assist in monitoring children and adults with neurologic conditions affecting their bladder. We anticipate testing the accuracy and usability of these devices in people within the next several months. These devices can be thought of as similar to the device a patient with diabetes uses to measure their own blood sugar levels. The information obtained will help patients and physicians adjust a patient's medications and how often they need to catheterize. Ultimately, it is hoped this will protect the patient's bladder and kidney function. One device is about the size of a roll of quarters and measures and records the bladder pressure, time, and date and transmits this information wirelessly to a phone or other device. The other device is a larger 'home unit' about half the size of a box of Kleenex that makes the same measurements as the smaller device but also pumps the urine out of the bladder and measures and records the volume of urine removed. User-friendly software applications for a variety of phones/computers to be used with the devices are currently under development and patents are pending.

FIRST IN IOWA: FUSION GUIDED PROSTATE BIOPSY

Under the direction of **Chad Tracy, MD**, MRI/ultrasound fusion-guided biopsy was added to our services to help guide our urologists to more precisely differentiate cancerous tumors from normal prostate tissue during biopsy. The new MRI method shows the prostate gland in much greater detail, so urologists can better visualize areas of tissue that might contain high-grade tumors.

MALNUTRITION IN HOSPITALIZED PATIENTS

Ken Nepple, MD, FACS, led a multidisciplinary team that redesigned a malnutrition assessment process to help providers better recognize, diagnose, and address malnutrition in hospitalized patients. Based on patient and financial benefit, this workflow was subsequently adopted hospital-wide. This work also led to a sponsored role in the Malnutrition Quality Improvement Initiative, a collaboration between the Academy of Nutrition and Dietetics, Avalere Health, and other stakeholders.

CLINICAL CANCER TRIAL

Michael O'Donnell, MD began a prospective, multi-institutional trial of hyperthermic mitomycin therapy using the Synergo® device. Currently approved for use in Europe, the device combines local radiotherapy and hyperthermia to the bladder walls while infusing a chemotherapy agent into the bladder. This therapy is used after surgical removal of tumors and shows promise in preventing cancer recurrence.

GRANTS AND RESEARCH FUNDING

Yi Luo, MD, MS, PhD, received an NIH Research Project Grant (RO1) from the National Institute of Diabetes and Digestive Kidney Diseases (NIDDK) to develop new therapies for Interstitial cystitis (IC)/bladder pain syndrome (BPS). IC/BPS is one of the most difficult urologic diseases to manage, and successful completion of this study will provide new insights for the mechanisms of cystitis pain and a basic research platform for future development of clinical strategies for treatment of IC/BPS pain. The project, Inhibition of TLR4 for Treatment of Cystitis Pain (NIH/NIDDK 1R01 DK111396-01A1) was funded for \$1,372,500 beginning in September 2017 through May 2021. Dr. Luo also received a Department of Urology Intramural Grant (\$11,000) for the study "Evaluation of intravesical delivery of surviving siRNAs by functionalized mesoporous silica nanoparticles for bladder cancer treatment."

Kenneth G. Nepple, MD, FACS received two grants for the integration of iPads in resident education—an internal grant from the Department of Urology (PI, \$5,400) and a Graduate Medical Education Innovation Funding Award (co-PI, \$7,500).

Faculty Focus



Ken Nepple, MD

Dr. Williams, the former Chair of Urology for 25 years, was a mentor personally and professionally. He taught me to be demanding of myself and to advocate for what you think is right for your patient.

Originally published by Carver College of Medicine, Monday, December 18, 2017, <https://medicine.uiowa.edu/content/faculty-focus-ken-nepple-md>

What is your hometown?

Templeton, Iowa (pop. 360)

How/when did you become interested in science and/or medicine?

I have always been interested in science, which morphed into an interest in medicine during college. My interest in surgery developed during medical school based on wanting to use my hands, focus on attention to detail, and directly impact patients.

When did you join the University of Iowa faculty?

2012

How or why did you choose to join the faculty at the University of Iowa?

I decided toward the end of urology residency that I wanted to come back to Iowa after urologic oncology fellowship. The department, the hospital, the college, and the people of Iowa are very important to me.

Is there a teacher or mentor who helped shape your career?

Dr. Williams, the former Chair of Urology for 25 years, was a mentor personally and professionally. He taught me to be demanding of myself and to advocate for what you think is right for your patient.

How do you see your faculty role impacting medicine and/or science?

Taking care of one patient at a time, but while also trying to fix problems that impact healthcare delivery for many patients. I also value the role of trying to impact how students and residents approach the way they deliver patient care.

What is the biggest change you've experienced in your field since you were a student?

Technology. Technology is just starting to catch up to the needs of medicine. I do things on a regular basis that I would have thought were science fiction as a student.

What one piece of advice would you give to today's students?

Don't settle for one piece of advice.

In what ways are you engaged in professional activities outside the University (i.e. population based research, mentoring high school students, sharing your leadership/ expertise with organizations or causes, speaking engagement off campus, etc.)?

I regularly get the opportunity to interact on the national level with thought leaders in urology, robotic surgery, oncology, informatics, and malnutrition care. I'm appreciative of the support system at Iowa that allows those contributions while still prioritizing the patient.

What are some of your outside (personal) interests?

Spending time with family and watching our three kids grow up, kid's activities including sports and drama, taking care of the yard including our mini-baseball field, overuse of technology.

2017 Events

FLOCKS VISITING PROFESSOR, JUNE 23-24

Our 2017 Flocks Visiting Professor was Roger Dmochowski, MD, FACS. Dr. Dmochowski is a professor in the Department of Urology at Vanderbilt University in Nashville.

IOWA UROLOGIC SOCIETY, AUG. 25-26

Mohit Khera, MD, MBA, MPH, served as our David A. Culp Speaker at the Iowa Urologic Society annual meeting. Dr. Khera is an associate professor and director of the Laboratory for Andrology Research at McNair Medical Institute, Baylor College of Medicine in Houston.

We also welcomed Kathleen Hwang, MD, as Special Guest Speaker. Dr. Hwang is an assistant professor of surgery (urology) and pathology and laboratory medicine, and director of the male reproductive medicine and surgery fellowship at Brown University in Providence, Rhode Island.

MEN'S HEALTH

Dr. Chad Tracy, Dr. Karl Kreder, and Kirin Annam, ARNP, presented at the community health seminar Prostate Cancer and Erectile Dysfunction: Get Your Quality of Life Back. Topics included understanding prostate cancer; advances in prostate cancer diagnosis and treatments, including MRI and Ultrasound; and treatment side effects, including incontinence and erectile dysfunction.

In alignment with Movember, a multinational event in which participants grow beards and mustaches to raise awareness of men's health issues, the department sponsored the campuswide BeardUp! contest. Additionally, the department held a silent auction in support of a new men's health fund housed in the University of Iowa Center for Advancement.

DR. PAUL GELLHAUS

Dr. Paul Gellhaus joined the UI Department of Urology as Clinical Assistant Professor. Dr. Gellhaus specializes in urologic oncology and reconstructive oncology.



DR. GINA LOCKWOOD

Dr. Gina Lockwood joined the UI Pediatric Urology team as Clinical Assistant Professor. Dr. Lockwood also holds a Masters of Science in Clinical and Translational Research.



DR. KATHERINE COTTER

Dr. Katherine Cotter joined us as our 2017-2018 Reconstructive Urology Fellow. Dr. Cotter completed her urology residency at the University of Minnesota.



RESIDENTS

New interns to the department included **Dr. Mark Beville** and **Dr. Charles Paul**, both graduates of the University of Iowa Carver College of Medicine. Also joining Urology is **Dr. Justin Drobish**, who earned his medical degree from Michigan State University

Dr. Eric Andresen joined Unity Point Health at Allen Hospital in Waterloo, Iowa; **Dr. Laura Bertrand** joined the urology staff at St. Elizabeth's Physicians in Florence, Kentucky; and **Dr. Vince Chehval** joined Valley Urologic Associates in Phoenix, Arizona.

Honors and Awards



- U.S. News & World Report has ranked the Department of Urology adult care specialty number 31 and the pediatric care service as number 36 of America's "Best Hospitals."
- Dr. Karl Kreder was presented in May with the Victor A. Politano Award at the annual meeting of the American Urological Association. Dr. Kreder was honored for his research and clinical excellence in urinary incontinence. The award, presented annually, is given to an individual for outstanding achievements in the field and for enhancing the treatment of incontinent patients. The awards ceremony was held at the Museum of Fine Arts in Boston.
- Dr. Michael O'Donnell was awarded the Richard D. Williams Chair in Urology. Dr. Williams began his service at the University of Iowa Hospitals and Clinics in 1984 as the Rubin H. Flocks Professor and head of the University of Iowa, Department of Urology. The UI Roy J. and Lucille A. Carver College of Medicine, the Department of Urology, and the UI Foundation honored Dr. Williams and his legacy with the Richard D. Williams, M.D., Faculty Fund in the department of urology, which has been converted into the endowed chair.
- Dr. James Brown was awarded the 2017 Excellence in our Workplace award.
- The UI Carver College of Medicine Office of Faculty Affairs and Development awarded teaching honors to Dr. Chad Tracy.
- The 2017 Graduate Medical Education (GME) Leadership Symposium awarded Dr. Chad Tracy Excellence in Clinical Coaching.
- Phil Ahrens was awarded the 2017 UIHC GME Excellence in Interprofessional Education & Practice Award
- Dr. Kenneth Nepple was awarded the 2017 Summer Research Fellowship Outstanding Mentor in Clinical Research at the September 2017 Medical Student Research Conference Awards. Dr. Nepple mentored student Laura Quast, who was honored with Excellence in Urology Research for "Population-based Evaluation of Factors Associated with Use of Intravesical Bacillus Calmette-Guérin for High Grade Non-Muscle Invasive Bladder Cancer."

Scholarship

PEER-REVIEWED ARTICLES

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Asghar AM, Leong T, **Cooper CS**, Arlen AM. Hospital-acquired urinary tract infections in neonatal ICU patients: Is voiding cystourethrogram necessary? *Urology* 2017;105:163-166.

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- Erickson BA, Han Y, Meeks W, Gulig S, Fang R, Annam K, Nepple KG.** Increasing use of advanced practice providers for urological office procedural care in the United States. *Urology Practice* 2017;4:1-7.
- Garcia-Roig M, Ridley DE, McCracken C, Arlen AM, **Cooper CS, Kirsch AJ.** Vesicoureteral Reflux Index: Predicting primary vesicoureteral reflux resolution in children diagnosed after age 24 months. *The Journal of Urology* 2017;197:1150-1157.
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- Shapiro E, **Cooper CS, Greenfield S;** American Academy of Pediatrics Section on Urology. The American Academy of Pediatrics workforce survey for the Section on Urology 2015. *Journal of Pediatric Urology* 13(1):68-72, 2017.
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ABSTRACTS PRESENTED

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Arlen AM, Alexander SE, **Guidos PJ**, Leong T, **Cooper CS**. Distal ureteral diameter ratio is an independent risk factor for breakthrough febrile urinary tract infection. *Best Research Poster Award

Daneshmand S, Patel S, Lotan Y, Pohar K, Trabulsi E, Woods M, Downs T, Huang W, Taylor J, **O'Donnell M**, Bivalacqua T, DeCastro J, Steinberg G, Kamat A, Resnick M, Konety B, Schoenberg M, Jones S. Blue Light Flexible Cystoscopy (BLFC) with hexaminolevulinate (HAL) and white light flexible cystoscopy: A prospective, comparative, within-patient controlled multi-center Phase 3 study in the detection of bladder cancer during surveillance.

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Gnade C, **Storm DW**, Ten Eyck P. BPA Alert effect on CAUTIs hospital-wide at UIHC.

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Rodriguez LV, Krieger JN, Farrar JT, Robinson N, Landis JR. Use of a body pain map to characterize urologic chronic pelvic pain syndrome: A MAPP Research Network study.

Morrison P, **Ghareeb G**, Gruca T, Jarvie C, **Erickson B**. Patient rurality influences treatment modality for urinary stone disease.

Paul C, **Brooks N**, **Ghareeb G**, **Tracy C**. Determining optimal stent duration following ureteroscopy: 3 vs 7 days.

Sherwood B, Han Y, **Nepple K**, **Erickson B**. Managing the high incidence of genital pain and pathology in the male prison population with telemedicine.

Swanton A, **Alzubaidi A**, **Erickson B**. The rising trend of advanced practice provider assistance in urologic surgery.

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Tobert C, **Brooks N**, **Thomas L**, Hung C, Bell S, **Nepple K**. The prevalence and impact of preoperative frailty: A prospective study of patients undergoing cystectomy.

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Tobert C, **Guidos J**, **Erickson B**, **Nepple K**. Improving access to care and guideline compliance in a veterans affairs cystoscopy clinic.

Tracy C, **Ghareeb G**, **Paul C**, **Brooks N**. Increasing the size of ureteral access sheath during retrograde intrarenal surgery improves surgical efficiency without increasing complications.

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American Urological Society, North Central Section, Scottsdale, Arizona, November 2017

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MORE INFORMATION

Department Information

<https://medicine.uiowa.edu/urology/>

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www.givetoioowa.org/urology

Patient Resources

uihc.org/primary-and-specialty-care/urology

LOCATIONS

UI Hospitals and Clinics

Iowa City, IA
319-356-2421

UI Stead Family Children's Hospital

Iowa City, IA
319-356-2229

UI Health Care-Iowa River Landing

Coralville, IA
319-467-2000

Keosauqua-Franklin Street (Adult)

Keosauqua, IA
800-777-8442

UI Stead Family Children's Hospital-Quad Cities

Bettendorf, IA
563-344-2240

University of Iowa Health Care-Cedar Falls (Peds)

Cedar Falls, IA
853-543-2884

Mercy Medical Center (Peds)

Dubuque, IA
855-543-2884 (855 KID AT UI)

University of Iowa Health Care-Johnston (Peds)

Johnston, IA
855-543-2884 (855 KID AT UI)