UW Department of Urology Joins the World of Social Media

It is with great excitement that we announce the recent launch of our new department Facebook page!

Through Facebook, we will share our professional experiences as we journey through the world of medicine and, more specifically, Urology. As a follower or “Fan” of our page, you will be able to communicate with us and with others who are on their quest toward innovative research and outstanding care in the field of Urology.

We invite you to follow the UW Department of Urology Facebook page, join the conversation, and support us and each other during these changing and exciting times.

To follow us on Facebook, please go to www.facebook.com/wiurology and then click “Like” at the top of the page.
MESSAGE FROM THE CHAIRMAN

Last month, we welcomed our Uehling Professor, Dr. Margaret Pearle, and held our first successful Gala, “The Sky’s the Limit.” Kudos to Tricia Maier and our staff on our continuous education series, and thanks to Dr. David and Karen Jarrard and the entire team charged with putting together the Gala.

We are delighted to announce that Dr. Nicole Streeper, University of Texas at San Antonio, will be joining us in 2013 as our endourology/MIS fellow. Our current fellow, Dr. Sri Sivalingam, has been actively pursuing several key projects we will unveil in the coming months. We will also welcome Dr. Akihiro Kawauchi, visiting urologist from Kyoto, Japan, to the department for the winter.

In this age of social media, we are thrilled with our new Facebook page (see front cover), as well as our presence on YouTube and the UW Health website, uwhealth.org. What is most notable in our clinical realm is the broad pursuit of robotics, disease prevention, and quality/cost-effectiveness that is transcending the field of American urology. Our staff urologists will soon have direct access to four robots, and Drs. Hedican, Lloyd, Downs, and Abel have performed firsts in bladder, ureteral, renal procedures, while Dr. Best has led innovation in LESS (laparoendoscopic single site) robotics. Kris Penniston, PhD, will publish the first urolithiasis-specific quality of life instrument in early 2013. I must also thank Dr. Sean Hedican for his expanding efforts as our QA/QI chair. I suspect our expertise in this arena will only continue to expand.

In this election year, we all understand that the future of American medicine, and more specifically American urology, hangs in the balance of the changing federal programs. We believe the simplest and the most effective approach will be to focus on our patients and their care.

I look forward to seeing many of you at the Uehling, Lescrenier or Schnoes meetings, at AUA, or on Facebook!

Stephen Y. Nakada, MD, FACS
Chairman and The Uehling Professor of Urology

I hope this message finds you busy and enjoying the fall months. Wisconsin is particularly beautiful in fall and, between football and the holidays, we are always brimming with anticipation of the seasons.

As you read this issue of Wisconsin Urology, you will notice a newly revised and expanded format, including updates on our clinical and academic programs, report on giving, and opportunities to become more involved in the department.

Speaking of the department, we are quite busy. Dr. Patrick McKenna is actively attending to our Pediatric Division, in addition to continuing his many duties, most notably Secretary of the NCS and Chair of the AUA Judicial and Ethics Committee. I was particularly proud of our strong presence at the recent Section meeting in Chicago, as well as at the American College of Surgeons, SSMR, and World Congress of Endourology.

Drs. Sara Best, Stephen Nakada, Sri Sivalingam and Sean Hedican
Collaborative Effort Paves Way for Women’s Pelvic Floor Center

by Sarah McAchran, MD, Assistant Professor

As the population ages, the prevalence of female pelvic floor disorders is projected to rise. A study which used population projections from the US Census Bureau from 2010 to 2050 and prevalence data from the 2005 National Health and Nutrition Examination Survey estimated the age-specific prevalence for bothersome, symptomatic pelvic floor disorders in 2050. The study reports that the number of American women with at least one pelvic floor disorder will increase from 28.1 million in 2010 to 43.8 million by this time. The number of women with urinary incontinence is expected to increase 55% from 18.3 million to 28.4 million. The number of women with pelvic organ prolapse will increase 46 percent from 3.3 to 4.9 million. With this increase in prevalence, the need for multidisciplinary, evidence-based care will become even more critical.

For the first time at the UW School of Medicine and Public Health, members of the Department of Urology, Urogynecology, and Colorectal Surgery are combining efforts to create a Women’s Pelvic Floor Center. The Center will offer a personalized, multidisciplinary approach to help women navigate through the diagnosis and treatment of pelvic floor disorders. Specialists with a common focus in female pelvic health will combine their expertise by sharing information on best practices and developing new approaches to patient care. Patients will reap the benefit of this collaborative approach with more advanced treatment options. Rather than asking patients to navigate through a variety of specialty clinics, the Center will bring UW Health specialists to them to provide seamless, patient-centered, compassionate care.

The Center represents a collaborative effort between the Departments of Urology, Surgery and Obstetrics and Gynecology, and is being led by Drs. Sarah McAchran and Cynthia Brincat. Dr. McAchran completed fellowship training in Female Pelvic Medicine & Reconstructive Surgery at the Cleveland Clinic in 2008 and has been on faculty in the Department of Urology since that time. Dr. Brincat completed fellowship training in Female Pelvic Medicine & Reconstructive Surgery at the University of Michigan Medical Center and has been on faculty since 2011. Dr. Wade Bushman and Dr. Eugene “Chip” Foley will be contributing their expertise in complex reconstructive surgery and colorectal surgery, respectively. With leadership support from Dr. Stephen Nakada and Dr. Laurel Rice, Chair of the Department of Obstetrics & Gynecology, the first joint clinic was held in late October. The response from both patients and clinic staff was overwhelmingly positive. In the coming months, we look forward to finding the Center a permanent home.
Margaret S. Pearle, MD, PhD was our keynote speaker at this year’s Uehling Lectures, “Controversies in Urology: Urolithiasis and Men’s Health.” During this one-day event, Dr. Pearle gave three state-of-the-art lectures on the topics of medical and surgical management of urolithiasis as well as the effect of global warming on stones. Men’s health topics such as male infertility, erectile dysfunction and diagnosis and screening of prostate cancer were also reviewed.

Dr. Pearle is currently a Professor with joint appointments in the Department of Urology and the Mineral Metabolism Center, and is holder of the Ralph C. Smith Distinguished Chair in Urologic Education, at the University of Texas Southwestern. Her research interests include evaluation of dietary and medical therapies for kidney stone prevention, assessment of outcomes for minimally invasive surgical treatments and development and assessment of resident teaching tools. In her clinical practice, she primarily sees patients needing medical and/or surgical treatment for kidney stones and patients with some cancers or blockage of the upper urinary tract. She has published and spoken extensively in her area of interest.

The Uehling Lecture program and registration form for future events can be downloaded from our Department website, www.urology.wisc.edu, under Lectures, Courses and Conferences. Click on the Uehling Lectures link on the left menu.

2013 Charles and Margaret Lescrenier Lectureship
March 7, 2013
Herbert Lepor, MD
Professor and Martin Spatz Chairman
Department of Urology
NYU School of Medicine

2013 Robert F. Schnoes Lecture Series
June 6, 2013
J. Stuart Wolf, Jr., MD, FACS
David A. Bloom Professor of Urology
University of Michigan

• Congratulations to Nancy Hawkins, Medical Program Assistant-Senior, on her upcoming retirement on December 28, 2012. Nancy has been with the department for over 15 years. She was hired to provide administrative support for former division chief David Uehling, MD, and the residency program back in 1996. Over the years, Nancy has worked with several other faculty as well as numerous residents.

• Kudos to Dr. Patrick McKenna who was selected to be the North Central Section representative on the AACU, and selected to be the first Chair of the Society of University Urologists Health Policy Committee.

• We would like to congratulate Bunmi Kumpayi, APNP for being accepted to the UWMF 2012-2014 Leadership Development Program, a comprehensive initiative to foster developing healthcare leaders.

• Dr. Jason Abel has teamed up with Dr. Wei Huang in the Pathology department at UW to identify biomarkers of aggressive kidney cancer. Using an advanced system that decreases variability between pathologists and allows for quantitative analysis of specific proteins in tumor samples, Dr. Abel has identified Ki-67 as an independent predictor of tumor recurrence in patients after surgery for kidney cancer. These findings and technique were recently described at the American College of Surgeons annual meeting as reported by Medscape and the AUA Daily Scope.

• Dan Williams, MD was recently named Director of Traveling Fellowship of the Society for the Study of Male Reproduction (http://ssmr.org/board/).

• The Society of Urologic Oncology has recently approved the new oncology fellowship program at UW Department of Urology. Prospective fellows will receive advanced surgical training and research experience through UW Hospital and the Carbone Comprehensive Cancer Center. Multidisciplinary care with high volume exposure to open and minimally invasive approaches to cancer therapy will be highlights of this two-year fellowship experience.

• Residency interview season is upon us and is sure to be a success! After reviewing over 250 applications, we interviewed forty 4th-year medical students for our two spots!
Some medical schools in the US consistently have five or more medical students per year that successfully apply to the urology residency match program, while other schools produce very few students that are interested in urology. Historically, only 1-2 students per year have applied to the urology match program from UWSMPH. In contrast, nearby medical schools such as the Medical College of Wisconsin, Northwestern University, University of Michigan Medical School, and the University of Minnesota Medical School-Minneapolis, routinely each produce 2-8 successful urology residency applicants per year.

Dr. Bruce Slaughenhoupt, Associate Professor of Surgery and Director of Medical Student Education in the UW Department of Urology, hypothesizes that medical schools which routinely produce many successful urology residency applicants have practices or programs in place that attract students to and foster their interest in urology, which schools that do not produce many successful applicants lack. The aim of our research project, which is being performed as part of a Surgical Education Research Fellowship for the Association for Surgical Education, is to identify those programs or practices which are most frequently associated with the higher applicant-producing programs. A secondary hypothesis to this study is that by learning what these “best practices” are, and then implementing them at UWSMPH, we will eventually see an increase in the number of students from UW that successfully apply to the urology residency match.

Very few students enter medical school thinking that they are going to become urologists. Most urologists chose their specialty during medical school. At least twenty five percent of urology residents chose their specialty because of their clinical exposure in medical school and because of its mix of clinical medicine and surgical procedures.

With the help of the AUA and Dr. Oreoluwa Ogunyemi, Chief Urology Resident at UW, Dr. Slaughenhoupt has already determined how many successful urology applicants graduated from each of the 138 AAMC member medical schools during the past five years. Since surveying all the schools would be unrealistic, they have identified the mean number of successful applicants each school has produced during the past five years and divided the schools into tertiles based on their number of applicants. Ten schools randomly selected from each tertile will then be surveyed.

Drs. Slaughenhoupt and Ogunyemi have created and trialed a survey questionnaire which will capture information about the medical school’s location, the number of students enrolled each year, the students’ exposure to urologic curricula and urology faculty, and programs and practices in place which may encourage students to choose a career in urology and participate in the urology residency match. They have started surveying the randomly chosen schools and are in the process of gathering data. They plan to present their work at the 2013 annual Association for Surgical Education meeting. More importantly, Dr. Slaughenhoupt plans to include many of the best practices or features of the outstanding programs into the curriculum at UW, with the hope of attracting and encouraging more UW students to pursue a rewarding career in the field of Urology.
In 1936, the chemical bisphenol-A (BPA) was developed as a synthetic estrogen. Because BPA was initially shown to have relatively weak activity compared to other synthetic estrogens, this chemical was used for other purposes. One function that BPA excelled at was polymerization. Hence, BPA became a chief ingredient in the development of plastics, thermal paper inks, and various epoxy resins. Amongst other places, high concentrations of BPA can be found in our food, beverages, air, and even our dental sealants. Over time, polymerized BPA can undergo ester hydrolysis, leaching into food and beverages. This process is accelerated by heating, or in the presence of an acidic or basic environment. Among Americans older than 6 years of age, 93% have detectable levels of the BPA in their urine. While ingested BPA can be rapidly metabolized by the liver, the ubiquity of BPA in human studies indicate that exposure is continuous and occurs throughout the lifespan.

BPA has now emerged as one of the most important and controversial environmental chemicals. It is now well recognized as an endocrine disruptor, which is a substance with hormone-like action or that affects the activity of naturally occurring hormones in the body. In 2010, Canada was the first country to formally designate BPA as a toxin. The European Union prohibited the use of BPA in baby bottles in 2011, and the U.S. Food and Drug Administration (FDA) followed suit in July 2012. Despite these restrictions, BPA continues to be used in food packaging, certain plastics, and thermal ink paper products.

Studies in experimental animals have linked BPA exposure to behavioral abnormalities, diabetes, asthma, cardiovascular diseases and several cancers. The urogenital tract appears to be especially sensitive to BPA, with exposure to developing animals linked to malformations in prostate and testicular development.
Like other endocrine disruptors, BPA may have the highest risk to humans during prenatal and early postnatal development, with the brain and prostate as the organs most at risk. Recently, large epidemiologic studies have linked BPA with several important human health problems, including childhood obesity, problems with attention, and immune system dysregulation. In adults, BPA levels are associated with obesity, cardiovascular disease, insulin resistance and male sexual dysfunction. Many more diseases and abnormalities are likely to be associated with BPA in the near future.

While multiple factors likely contribute to urologic disease, our studies and those of others in the research community suggest that BPA may be an important contributor. In UW Department of Urology laboratories, we are actively investigating the relevance of BPA for a variety of urologic diseases. Because the urinary tract, particularly the prostate, is so susceptible to BPA exposure during development, we are particularly interested in how BPA could influence prostate diseases in adulthood such as benign prostatic hyperplasia, lower urinary tract symptoms, and prostate cancer. We have found that exposure of adult male mice to BPA causes abnormalities in the prostate and lower urinary tract. To complement our animal studies, we are also investigating the association of urologic diseases with urinary BPA metabolites in large human epidemiologic studies. Understanding the role of BPA, as well as other estrogens, in the role of prostate disease, may lead to new treatment strategies targeting estrogens. More research is needed to understand the extent of BPA damage to the urological tissues and its mechanism(s) of action.

Regardless of whether BPA becomes more stringently regulated by the FDA in the future, it will remain in our environment for decades to come. It is virtually impossible to completely avoid BPA, but several practical steps can be taken to reduce your exposure. A recent study from the Silent Spring Institute showed that lifestyle changes reduce BPA metabolites in the urine of both children and adults. For this study, families had BPA levels measured while eating a normal diet, and then during a three-day time period where they ate exclusively fresh foods that were prepared at home. Eating fresh foods caused a 66% decrease in average BPA metabolites, but pre-intervention BPA levels returned with the resumption of subjects’ normal diet. This study demonstrates that avoidance of packaged and/or restaurant-prepared foods can reduce levels of BPA metabolites in the urine. In particular, limiting consumption of canned foods and beverages, particularly acidic foods such as tomatoes, is a strategy to reduce exposure. When possible, avoid handling thermal papers (receipts, baggage destination tags, bus, train and lottery tickets) and do not recycle these products. Other options to minimize your BPA exposure include avoiding polycarbonate plastics for food or beverage storage (containers labeled with #7 on the bottom), and instead choosing glass, porcelain or stainless steel containers.
2012-2013 New Residents

by Barb Lewis, RN, MS

Octavia Devon, MD

PGY-3

Dr. Devon transferred to the University of Wisconsin Urology Residency Program in July 2012 from the University of Florida in Gainesville.

After graduating cum laude from Harvard in 1998 with a bachelor’s degree in Classics, Dr. Devon did research in Molecular Endocrinology at Massachusetts General Hospital before enrolling at Drexel University College of Medicine in 2001. She began residency in General Surgery at Hahnemann University Hospital in Philadelphia in 2005. In 2007 she was awarded a Drexel Resident Research Fellowship, which was spent doing research on liver transplantation. Subsequently Dr. Devon realized that her real interest was urology, and pursued training at the urology residency program at the University of Florida.

As an undergraduate, Dr. Devon was president of and sang in the Radcliffe Choral Society and the ‘Cliffe Notes, its a cappella group. Before medical school, Dr. Devon taught Latin and ancient Greek at the Trinity School in New York City. Her many cultural interests include classical music, ballet and art in general. She also enjoys traveling, visiting museums, singing in church choir, playing the piano and solving New York Times crossword puzzles.

Brett Johnson, MD

PGY-1; Urology Prelim.

Dr. Johnson received his medical degree from Baylor College of Medicine in Houston, Texas in May, 2012. He graduated with a Bachelor of Science degree in Biology from the University of Texas at Austin in Austin, Texas.

In medical school, Dr. Johnson was very busy outside the classroom as Chair of the Medical Student Council, Vice Chair and co founder of the Baylor Urology Network, Co Chair of the Student Surgical Society and Student Co Chair of the Admissions Committee. He was also twice selected to speak to incoming medical students and their families at the Baylor College of Medicine White Coat Ceremony.

Dr. Johnson’s interests include model aeronautics, tennis, golf, travel, playing electric bass and SCUBA diving.

Ngii Tazeh, MD, PhD

PGY-1; Urology Prelim.

Dr. Tazeh graduated from the University of Iowa Roy J. and Lucille A. Carver College of Medicine in Iowa City, Iowa in May, 2012. Dr. Tazeh received his Bachelor of Science degree in Biochemistry from the University of Buea in Buea, South West Province, Cameroon. He went on to earn his Ph.D. in Biomolecular Chemistry from the University of Wisconsin in Madison, Wisconsin, where his research was focused on vesicular protein trafficking mechanisms in eukaryotes.

During medical school, Dr. Tazeh served on the Student Promotions Committee and was a peer mentor for first-year medical students. He organized a number of fund-raising activities for his learning community and volunteered both in a free mental health clinic and mobile clinic in an underserved community in Iowa. He also did some research while in medical school, looking into single-center functional outcomes after robotic prostatectomy, specifically the incidence of positioning-related post-operative lower extremity neuropathies.

Dr. Tazeh's interests include football, soccer, baking, amateur photography, family time, bike riding, reading, movies and listening to music. He and his wife Yvonne are the parents of two boys, Kiehmi (6) and Tikeh (4). WU
The number and breadth of clinical research initiatives in the department is growing. Below is a sample of current projects and studies:

Behavioral Health Intervention in Kidney Stone Formers: Dr. Kristina Penniston, associate scientist, recently completed a pilot study that integrated psychological care with the medical management provided to patients with kidney stones. Psychologist Eric Neumaier was the primary collaborator. Patients were randomized to receive medical care as usual or usual care plus a consultation with the psychologist, whose goal it was to facilitate any behavioral changes required in their stone prevention regimen.

Eating Dried, Whole Cranberries Reduced the Rate of Urinary Tract Infections in Women: Dr. Walt Hopkins, senior scientist, completed a trial in women with recurrent urinary tract infections. After eating dried cranberries for 6 months, the rate of urinary tract infection decreased compared to those who didn’t eat the cranberries.

Project REDCAP (Research Electronic Data Capture) Gets Underway: UW-Madison is one of approximately 100 institutions using this National Institutes of Health-sponsored electronic database system, specifically designed for research. Priyanka Seghal, research assistant, has developed expertise in using the system and has created the first of what is hoped to be multiple research databases. The initial database includes ureteroscopy cases and will be used to study whether pre-operative ureteral stent placement in stone formers affects stone-free rates after surgery and whether stone composition affects operative times.

Quality of Life in Stone Formers: Dr. Stephen Nakada and Kristina Penniston, PhD, recently developed a quality of life questionnaire for stone formers (to be published in the March 2013 issue of The Journal of Urology) and are now focused on further validation of the questionnaire, to be spearheaded by research assistant Rachel Bell. Providers who manage patients with recurrent kidney stones will be able to use the questionnaire in clinic and in research studies.

Improved Prediction of Outcomes in Bladder Cancer: Dr. Tracy Downs, with assistance from urology residents and medical school scholars, has identified patients’ neutrophil-to-lymphocyte ratio as a potential predictor for upstaging bladder cancer in those undergoing radical cystectomy. This novel and important finding earned Dr. Downs the “best scientific poster” award at the 97th clinical congress of the American College of Surgeons.

Examining Practice Patterns of Urologists: Current endourology fellow, Sri Sivalingam, has developed surveys designed to identify the surgical treatment patterns of urologists from all over the country who manage patients with kidney stones. These surveys will characterize, among other things, how patients’ pain from obstructive urinary tract stones is managed.

Hydration Biofeedback Tool for Patients with Kidney Stones: Dr. Allan Jhagroo, nephrologist in the Metabolic Stone Clinic, and Dr. Penniston are working to develop a hand-held tool that patients can use to gauge how well they are complying with fluid intake recommendations, considered the primary method for reducing risk of kidney stones. The project was recently accepted by the UW-Madison biomedical engineering program as a semester project for undergraduates.

Dr. Kristina Penniston explains how drinking lemonade or lemon juice can help prevent kidney stones.
GIFTING OPPORTUNITIES

Robert F. Schnoes Memorial Fund

Robert (Bob) F. Schnoes, a wonderful man and strong supporter of the UW Department of Urology, passed away on September 11, 2012 at the age of 86. To honor his memory and build upon his philanthropic legacy, Bob’s wife Dolores (Jinx) and the Department of Urology created the Robert F. Schnoes Memorial Urologic Cancer Research Endowment. We appreciate the outpouring of support received from numerous individuals and businesses (listed below) who contributed to this rapidly growing fund. As additional gifts are received, we will recognize them in future issues.

Bob was a World War II veteran and industrial engineer who retired from an executive position with a global manufacturer in 1984. At that time, Bob and Jinx relocated to a farm in Freeport Illinois and purchased the Ultrasonic Power Corporation, which they developed into a top producer and seller of precision ultrasonic washing equipment for an array of industries including healthcare. After receiving outstanding care at UW, the couple decided to endow the Robert F. and Dolores K. Schnoes Professor of Urology in 2006 to fund innovative urologic research and pursue new methods of identifying and eliminating cancer cells. Then, in 2008, they established the Robert F. Schnoes Lecture Series Fund to sponsor an annual visiting professor with expertise in an area of urologic cancer treatment or research. All three funds will support the pursuit of urologic cancer cures in perpetuity.

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Bonnie and Al Weaver
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Sky’s the Limit

The UW Department of Urology and Carbone Cancer Center held the first annual Sky’s the Limit event at the Madison Club on November 1, 2012. Nearly 100 guests enjoyed an evening of food, stories and a silent/live auction to benefit urologic cancer research. We would like to thank everyone who purchased event tickets or auction items:

Tom Allen
Douglas and Patricia Behrens
Kenneth and Patricia Biller
Wade Bushman, MD, PhD
Michael and Sadie Dempsey
Tracy Downs, MD
Fritz and Kristine Grutzner
Louis Hinshaw, MD
David Jarrard, MD and Karen Jarrard
Ellery Jensen
Fred T. Lee Jr., MD and Marjorie DiMaggio
Joseph and Terry Littel
Ronald Lewis
John K. Livesey
John P. Livesey and Bonnie Livesey
Paul Madsen, MD and Renate Madsen, MD
Jon Matsumura, MD
Sarah Mcachran, MD
Patrick McKenna, MD
Jane Miller
Stephen Nakada, MD
Jon O’Dorico, MD
David Paolone, MD
Ed and Judy Peirick
Marvin and Barbara Prue
David Quade
Professor Ronald T. Raines
Charles and Dotty Ricker
Dolores Schnoes
Drs. William and Katherine Shaffer
UW Department of Obstetrics & Gynecology
UW Department of Pathology & Laboratory Medicine
UW Department of Pediatrics
UW Department of Radiology
UW Department of Surgery
Daniel and Jamie Weissburg

At the event, the Department of Urology unveiled ambitious plans to create the Wisconsin Urologic Research Institute (WURI) to expand our large scale basic-science and translational research programs focusing on cancer prevention, detection and treatment. Raising funds for the Institute will be a top priority for the Department. We were fortunate to receive a number of donations to WURI from Sky’s the Limit guests, who are included in the donor recognition section on the back cover of Wisconsin Urology.
DEPARTMENT OF UROLOGY FACULTY

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Emeritus

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Paul O. Madsen, MD
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David T. Uehling, MD
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Theresa Hollnagel, PA-C
608-263-4757
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Urology Development Director
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You may also make a secure online gift at uwhealth.org/urologytoday.

To learn more about the UW Department of Urology and giving opportunities, such as endowed professorships and lectureships, please contact our Development Director at (608) 262-0043 or e-mail development@urology.wisc.edu.