



DR. SARAH McACHRAN: A VALUABLE ADDITION TO FEMALE UROLOGY

DAN WILLIAMS, MD - ASSISTANT PROFESSOR



In September, 2008, Sarah McAchran, MD, joined our faculty after completing a fellowship in female pelvic medicine and reconstructive surgery at the Cleveland Clinic. She is working with Dr. Wade Bushman in the Multidisciplinary Pelvic Floor Center, with a particular emphasis on female urology and voiding dysfunction.

“This is an exciting time to be starting out in the field of female urology,” says Dr. McAchran. “With our aging population, the commonly quoted estimate is that demand for the care of pelvic floor disorders will practically double in the next 25 years. This increasing demand coupled with the growth of high quality research is very encouraging.”

Pelvic floor disorders, which include such conditions as urinary and bowel incontinence and pelvic organ prolapse, affect millions of women

throughout the world. In the United States, it is estimated that one in every nine women will undergo surgery for a pelvic floor disorder in her lifetime.

“Unfortunately,” states Dr. McAchran, “as most of these disorders are not life-threatening and sometimes difficult to objectively define, they have been slow to be studied. Most of our data has come from individual surgeons' case series and retrospective reviews.”

Over the last 10 years, however, with the creation of such entities as the Urinary Incontinence Treatment Network and the Pelvic Floor Disorders Network, both large, NIH-funded, multi-institutional research networks dedicated to the study of pelvic floor disorders, we have seen the introduction of more evidenced based medicine into the field. “This

allows us the opportunity to provide better, more informed treatment recommendations to our patients.”

“In my opinion,” says Dr. McAchran, “one of the greatest advances, from a patient's perspective, is the advent of the multidisciplinary approach.” The Multidisciplinary Pelvic Floor Center at UW combines the joint expertise of urologists, gynecologists, colorectal surgeons, and physical therapists.

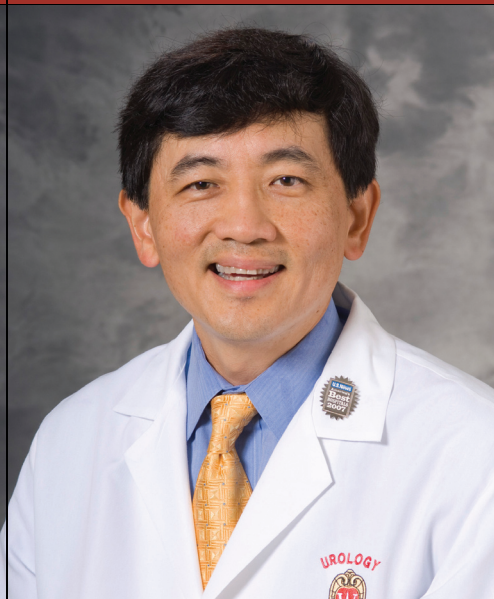
“I am very pleased to have joined a urology department with an established pelvic floor center.” As Dr. McAchran points out, because of the breadth of knowledge each participant brings to the table regarding both traditional surgical and non-surgical management practices, “we are able to tailor our expertise to provide each patient with individualized care and attention.” This is of utmost importance in a field where successful outcomes are not gauged by negative margins or stone-free rates, but in degrees of improvement in quality of life.

Dr. McAchran specializes in all aspects of female pelvic floor disorders including urinary incontinence, voiding dysfunction, pelvic floor reconstruction for pelvic organ prolapse, urethrovaginal reconstruction for urethral diverticulum and fistulas, and female sexual dysfunction. Her research has focused on sacral neuromodulation for voiding dysfunction as well as various aspects of midurethral sling surgery, including animal models, complications, and care pathways. **WU**



DR. SARAH McACHRAN

>> A MESSAGE FROM THE CHAIR



STEPHEN Y. NAKADA, MD

I am most delighted to send you our winter newsletter for 2009. This edition is published during very unique circumstances in Wisconsin, regionally, nationally, and globally. We all feel significant uncertainty with regards to the prevailing economic climate and the global recession. On the other hand, times like these further emphasize the need to focus on improved quality of care, the economy of care, and the cure of disease.

I am most delighted to announce the arrival of our newest faculty member, Sarah McAchran, MD, from the Cleveland Clinic. Dr. McAchran completed her fellowship at the Cleveland Clinic in female urology and voiding dysfunction after completing her residency at the Case Western Reserve. An article featuring Dr. McAchran is one of the highlights of this newsletter. We are most delighted to welcome her onboard!

This newsletter marks our official move into the Wisconsin Institute for Medical Research. Dr. David Jarrard has moved his laboratory into this brand new facility. Certainly, at this complex, the future of research is bright.

I am also delighted to report the arrival of our new department

administrator, Stephen Hall. Mr. Hall joins us from the Department of Family Medicine and, since his start in September, he has done an outstanding job organizing the departmental administrative infrastructure. Mr. Hall is an exceptional administrative leader and very personable.

Kudos go to our department for the upcoming American Urological Association meeting in Chicago in April. We have 18 accepted abstracts this year. Drs. Wade Bushman and Dan Williams are on the plenary session, and Dr. Jason Gee is moderating the bladder cancer basic science session. I will be directing the surgical stone disease course and moderating a laparoscopy session. Our Endourology fellow, Dr. Dan Kaplon, will be presenting an abstract on renal ablation imaging outcomes.

Finally, I want to personally thank Dr. John Libertino for an excellent Uehling Lecture this past fall. Dr. Libertino's Friday evening lecture, titled "JFK at the Lahey Clinic," was quite fascinating. We look forward to welcoming our 2009 Uehling Lecturer, Dr. Anthony Atala, on November 6, 2009. This year was also a record turnout for the Uehling Lectures, and I hope that many of you will consider joining us in Madison for Dr. Anthony Atala in November.

As always, please note the University of Wisconsin alumni reception will take place during the American Urological Association meeting on Sunday, April 26, 2009. Further details regarding the reception can be found inside this newsletter.

We will look forward to seeing you at the AUA this spring! **WU**

STEPHEN Y. NAKADA, MD
CHAIRMAN AND THE UEHLING
PROFESSOR OF UROLOGY

>> RESIDENCY UPDATE

2009-2011 ENDOUROLOGY FELLOW

TRICIA THAKER, APNP



**SUTCHIN
PATEL, MD**

The Department of Urology is pleased to announce that Sutchin Patel, MD, will be joining the Department as our 2009-2011 Fellow in Endourology. Dr. Patel graduated from Brown University with a BS in Biochemistry. He received his medical degree from the Warren Alpert Medical School of Brown University, where he is also serving as chief resident. Dr. Patel is recognized as an exceptional student and resident by both faculty and colleagues alike. He has published a considerable number of manuscripts in peer reviewed journals and has presented extensively at national and international meetings. He will be a wonderful addition to the Department in 2009. **WU**

2009 RESIDENCY MATCH RESULTS

AARON POTRETZKE, MD
University of Minnesota
Medical School

KELVIN WONG, MD
University of Toledo
College of Medicine

>> UW UROLOGY AT THE AUA

TRICIA MAIER

• Annual UW Alumni Reception

The annual Alumni Reception will take place Sunday, April 26, 2009, 5-7 p.m. The reception will be held in the Indiana Room at The Palmer House Hilton. Be sure to join us for this annual event. We enjoy seeing and catching up with everyone! Please call **Nancy Hawkins at 608-263-1358** for further details.

• UW Faculty at the AUA

Dr. Stephen Nakada is Course Director for "Urolithiasis: Surgical Management: Percutaneous, SWL and Uteroscopy." This course offers the practicing urologist a comprehensive, case-based review of the surgical management of urolithiasis and will pay special attention to the prevention of complications. Dr. Nakada's course will take place Monday, April 27, 6-8 a.m.

Dr. Daniel Williams will participate as a panelist at the Plenary Session on Monday, April 27. He will take part in the Panel Discussion on Declining Sexual Function in the Aging Male.

Dr. Wade Bushman is giving a state-of-the-art lecture at the Plenary Session on Wednesday, April 29, titled "The AUA's Plan for Advancing Urologic Research and Career Development" along with Dr. Anthony Schaeffer from Northwestern University.

Dr. Jason Gee is moderating the bladder cancer basic science session and **Dr. Stephen Nakada** will serve as moderator on a robotics/laparoscopy session.

Dr. Kristina Penniston has been asked to participate on a panel by the Society of Women in Urology during the Women Leaders in Urology Forum as a nutrition expert offering ideas about nutrition management of stone disease.

Dr. Stephen Nakada will give a lecture to the Spanish Urological Association regarding minimally invasive surgery.

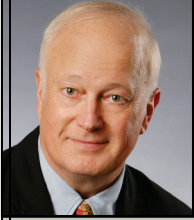
• AUA Abstract Podium and Poster Presentations

This year UW Urology faculty, staff and residents have 18 accepted abstracts for either podium or poster presentation. **The abstract titles and authors are listed below:**

- *Flexible ureteroscopy for proximal ureteral stones in obese and non-obese patients: Single surgeon outcomes.* Sara Best and Stephen Nakada.
- *12-week results of a phase II trial of 100 and 300 units Botulinum Neurotoxin type A (BoNT-A) for the management of benign prostatic hyperplasia (BPH).* Reginald Bruskewitz and the MIST study group.
- *The utility of ultrasound derived prostate parameters in predicting clinical response in men treated with Botulinum Neurotoxin (BoNT-A) for benign prostatic hyperplasia (BPH).* Reginald Bruskewitz and the MIST study group.
- *Changes in sexual function in men randomized into a two-stage phase II trial of 100 and 300 units Botulinum Neurotoxin type A (BoNT-A) for the management of benign prostatic hyperplasia (BPH).* Reginald Bruskewitz and the MIST study group.
- *Embryonic sonic hedgehog signaling stimulates prostate tumor growth using reactive stroma.* Wade Bushman.
- *Interleukin-1 induced epithelial proliferation in prostate development and hyperplasia is mediated by stromal insulin-like growth factor-1 induction.* Travis Jerde, Amina Zoubeidi, Martin Gleave and Wade Bushman.
- *Induction of heat shock protein 25 activity during inflammatory reactive hyperplasia of the prostate.* Travis Jerde, Amina Zoubeidi, Martin Gleave and Wade Bushman.

- *MRI and CT characteristics of renal cryolesions: Intermediate follow-up.* Daniel Kaplon, Jessica Robbins, Louis Henshaw, Sean Hedican and Stephen Nakada.
- *Invasion of mouse prostate epithelial cells in vitro by uropathogenic Escherichia Coli.* Brodie Marthaler, Susan Novotny, Linara Axanova, Scott Cramer and Walter Hopkins.
- *Home in 3 hours: Contemporary length of stay when using a peri-operative care pathway for mid-urethral sling surgery.* Sarah McAchran, et al.
- *A unilateral ureteral obstruction mouse model is applied to investigate the pathophysiology of obstructed ureters.* Kwadwo Owusu-Ofori, Eric Wilkinson, William Mellon and Stephen Nakada.
- *Collagen infiltration during urinary tract obstruction increases Cyclooxygenase-2 expression.* Kwadwo Owusu-Ofori, Eric Wilkinson, William Mellon and Stephen Nakada.
- *Laparoscopic gastric band placement for obesity is not associated with increased metabolic risk factors for urolithiasis compared to the Roux-en-Y gastric bypass.* Kristina Penniston, Jon Gould and Stephen Nakada.
- *Ingestion of commercial supplements may provide clinically significant amounts of oxalate.* Kristina Penniston, Stephen Nakada, et al.
- *Prostate stem cells proliferate in response to androgen withdrawal.* Xudong Shi, Jerry Gipp and Wade Bushman.
- *Lack of association between the Tlr4d/d genotype and increased susceptibility to Escherichia coli bladder infections in (C3H/HeJ x BALB/cAnN)F1 x C3HeJ backcross mice.* Kaleigh Suhs, Brodie Marthaler and Walter Hopkins.
- *Early vasectomy reversal experience and outcomes of fellowship-trained microsurgeons.* Daniel Williams, et al.
- *The study of hedgehog signaling in prostate development: A role of both paracrine and autocrine mechanism.* Min Yu and Wade Bushman. **WU**

>> CLINICAL TRIALS IN WISCONSIN



**JOHN
WEGENKE, MD**
CLINICAL PROFESSOR

Allow me to introduce Kathleen (Kathie) Smith-Zaremba, who is the Research Program Manager in the UW Department of Urology. She received both her Bachelor of Science and her Master of Public Health degrees from the University of Michigan. Kathie moved to Madison in 1978 to work as a Research Project Coordinator in the UW Department of Human Oncology. In 1992, Kathie joined the Wisconsin Cystic Fibrosis Neonatal Screening Project in the Department of Pediatrics. She worked for 15 years as a Research Program Manager, in the dual role of pre/post-award grant management and in the CF clinical trials research project. During that time she also held a part-time instructor position at Madison Area Technical College where she taught microbiology and chemistry. Kathie joined the Department of Urology in April of 2007 with the goal of continuing ongoing research excellence and expanding investigator-initiated and sponsored clinical research efforts in the newly established Department of Urology. She works with clinical research investigators, institutional research and review committees and study sponsors to initiate and conduct clinical research.

The Department of Urology currently has more than 35 clinical research protocols underway and in preparation, with others in planning stages. Many of our faculty members are co-investigators with ongoing studies such as those conducted through the Departments of Medicine and Human Oncology. Clinical research is supported by sources such as pharmaceutical and instrument industries, the National Cancer Institute, the UW Medical Foundation, the UW Hospital and the Department of Urology.

UW-Madison requires that all individuals conducting research with

human subjects complete the on-line human subjects training course for IRB policies and guidelines. This includes principal investigators who design and direct research, and all research personnel who enroll research subjects, conduct research procedures or analyze resulting data. Kathie would be happy to assist with learning about the federal human subject protection policies for those who are interested in conducting research studies.

Kathie is looking forward to the continuation of ongoing clinical studies, the initiation of planned clinical research within our new Department of Urology and to collaborative research with others. Please contact her regarding new clinical research studies. She can be reached by telephone at **(608) 263-1363**, or by e-mail at **zarembak@urology.wisc.edu. WU**

>> UPCOMING WISCONSIN EVENTS

TRICIA MAIER

• Department Picnic

The Department of Urology will hold its annual Summer Picnic on **Saturday, June 13, 2009.**

• Department Visiting Professors

2009 Winter Grand Rounds Visiting Professor

February 26, 2009

MICHAEL E. MITCHELL, MD

Dr. Michael Mitchell will give a lecture titled "Everything You Ever Wanted to Know About Exstrophy". Dr. Mitchell is a professor and Chief of Pediatric Urology in the Department of Urology at the Medical College of Wisconsin in Milwaukee. Dr. Mitchell's professional interests include exstrophy of the bladder, bladder development and urinary tract reconstruction.

2008-2009 AUAER/Pfizer Visiting Professor in Urology

May 27-29, 2009

LARRY LIPSHULTZ, MD

The University of Wisconsin, Department of Urology is pleased to

announce that it has been selected as a 2008-2009 Pfizer Visiting Professor grant recipient. This spring, the department will be hosting Dr. Larry Lipshultz, a Professor in the Scott Department of Urology at Baylor College of Medicine in Houston, Texas. Dr. Lipshultz holds the Lester and Sue Smith Chair in Reproductive Medicine and is Chief of the Division of Male Reproductive Medicine and Surgery. The AUAER/Pfizer Visiting Professorship program provides opportunities for academic institutions to host a recognized expert for three days of educational exchange. This is a nationally competitive unrestricted educational grant.

• Upcoming Uehling Lectures

Please mark your calendars for this yearly event!

2009 Uehling Lectures

The 2009 Uehling Lecture will take place **Friday, November 6, 2009**, at the Fluno Center. We have invited Anthony Atala, MD, Professor and Chair of the Department of Urology and Director of the Institute of Regenerative Medicine at Wake Forest University School of Medicine, to be our 2009 Uehling Lecturer. Program information will be provided in the summer issue of Wisconsin Urology.

• Future Uehling Lectures at the Fluno Center

2010 Uehling Lectures

The 2010 Uehling Lecture is scheduled for Friday, October 29, 2010. Our keynote speaker is William D. Steers, MD, Hovey Dabney Professor of Urology and Chair of the Department of Urology at the University of Virginia, School of Medicine. **WU**



PEDIATRIC KIDNEY STONE CLINIC IS A TEAM EFFORT



**STEPHEN
HALL, CPA**
ADMINISTRATOR

A little over a year ago, the Multidisciplinary Pediatric Stone Clinic was created at American Family Children's Hospital. Department of Urology physician Bruce Slaughenhaupt, MD, is part of the team of UW Health professionals working to treat and ultimately prevent further kidney stone development in children.

"According to the medical literature, more children are developing stones now than did previously, and we are seeing that trend in Madison as well," says Dr. Slaughenhaupt. Children with stones are usually referred to the American Family Children's Hospital Emergency Department or Dr. Slaughenhaupt for treatment during the acute, painful episode. "The immediate priority is getting the child pain free with oral or I.V. analgesics," says Dr. Slaughenhaupt. "We then follow the children, either in the hospital, or at home, and start them on Medical Expulsive Therapy."

If the stone doesn't pass on its own, the children are taken to the operating room, where they either undergo shockwave lithotripsy or ureteroscopy with possible laser lithotripsy and stone extraction.

Historically, follow-up has required parents to make separate appointments with multiple specialists and make frequent trips to the clinic. Fortunately, three specialists from UW Health came up with a better solution. Pediatric urologist, Bruce Slaughenhaupt, MD, pediatric nephrologist, Sharon Bartosh, MD, and clinical nutritionist, Kristina Penniston, PhD, jointly staff the pediatric stone clinic one morning every two months. Families meet with the entire team at each visit. This not only saves time for parents, but results in increased communication and coordination between all the parties. Often, any required ultrasounds, CT scans, and lab tests take place the day of the visit as well. "It just seemed to provide better service and patient care," says Dr. Slaughenhaupt. "It is a great example of the value of team effort."

The clinic is in high demand. "Since the third session, our schedule has been filled," notes Dr. Slaughenhaupt. The doctors are considering holding the clinic once-a-month to meet additional need. A typical morning clinic accommodates 10 patients.

Dr. Slaughenhaupt attributes the increased incidence of stones in children to a worsening diet, marked by higher volumes of soda, sports drinks, and fast-food. Foods and

beverages high in salt and low in nutritional value are believed to be major factors in stone formation. Dr. Slaughenhaupt and other pediatric urologists around the country are treating a growing number of kids in all shapes and sizes – not just obese children.

Dr. Slaughenhaupt encourages kids to eat healthy foods and drink lots of water to reduce the chance of new stones forming. Dr. Penniston is currently doing a research study to determine whether drinking lemonade helps reduce the incidence of kidney stones. Lemonade contains citrate, which helps prevent stone formation. Dr. Slaughenhaupt is analyzing data from ten years of clinical experience to identify treatments that are most successful and is testing urine from healthy children to establish parameters for normal pediatric urine and metabolites. [WU](#)

>> NOTABLE AND NEWSWORTHY

- **Mr. Robert Schnoes** has endowed a lecture series in the Department of Urology, to begin in the spring of 2009, that will focus on the treatment of residual disease following urologic cancer procedures.
- **Dr. Stephen Nakada** has been named to the ACS Board of Governors where he will serve as a Surgical Specialty Governor representing the American Association of Genitourinary Surgeons and the ACS fellows of Wisconsin.
- **Dr. John Kryger** has been appointed to the Dean's Advisory Council at UW School of Medicine and Public Health.
- Exciting news for the **1 South Park Urology Clinic** which was named a UW Health **STAR CLINIC** for the third and fourth quarters of 2008!
- **Dr. David Jarrard** was awarded a renewal of his NIH R01 (\$1,836,850) grant entitled "Modulation of IGF-II Imprinting in the Aging Prostate." This grant investigates epigenetic causes of prostate cancer development with aging and novel approaches to preventing the disease.
- **John Kryger, MD**, will co-chair the UW Health Strategic Planning Task Force, a first time joint effort between UWHC, UWMF and UWSMPH.
- We are pleased to welcome **Sherry Siekert, RN**, as the new Urology Clinic Manager at UWHC. [WU](#)



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