UROLOGY: 2017 Year in Review

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Message from the Chair

Welcome to Hackensack Meridian Health Hackensack University Medical Center’s Department of Urology.

Our outstanding department is made up of more than 40 urologists, many with advanced fellowship training in a complete range of urologic disciplines including urologic oncology, infertility, stone disease, sexual dysfunction, female urology, and pediatric urology. The Department of Urology is nationally-ranked as the #1 program in New Jersey by U.S. News & World Report.

Every day we collaborate with other physicians throughout our world-class medical center, and partner with Magnet® recognized nurses, to provide our patients with the most advanced and compassionate care.

Our urology team pioneered the use of robot-assisted surgery to treat prostate cancer over a decade ago. We have continued to advance innovative techniques for robotic surgery including partial nephrectomy techniques to treat kidney cancer, and robotic reconstruction procedures to build new bladders and rebuild ureters. Surgeons throughout the world visit us to learn the latest robotic surgical advances and procedures developed by our urologic team.

We are passionate and committed to research, with more than 500 scholarly articles published in the last 10 years and more groundbreaking research on the way.

Academic highlights for 2017 include:

- Presented over 20 original abstracts/videos at five national and international society meetings
- Participated in 23 urologic oncology clinical and research trials, and published more than a dozen original studies in peer-reviewed journals in a variety of subspecialties.
- Launched/renewed 11 institutional review board approved research protocols, ranging from UTI resistance in women to the role of MRI guided biopsies to detect prostate cancer.
- Granted approval from the Accreditation Council for Graduate Medical Education (ACGME) for a four-year Urology Residency Program at Hackensack Meridian Health.
- Completed first round of Faculty Appointments at Hackensack Meridian School of Medicine at Seton Hall University

Whether you are a patient, a parent or a physician, we are proud to share our achievements and accomplishments with you, all of which are designed to improve patient care and outcomes — putting us, and you, life years ahead.

Michael D. Stifelman, M.D.
Chairman, Department of Urology
Hackensack University Medical Center

Chair of Urology, Hackensack University Medical Center
Director, Robotic Surgery, Hackensack University Medical Center
Professor and Chairman of Urology, Hackensack Meridian School of Medicine at Seton Hall University
### By the Numbers

Hackensack University Medical Center’s Urology Department

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<tr>
<th>#1</th>
<th><strong>Urology Department in the State of New Jersey, U.S. News &amp; World Report</strong></th>
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<tbody>
<tr>
<td>6</td>
<td>Subspecialties</td>
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<tr>
<td>1,000</td>
<td>Inpatient procedures in the past year</td>
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<tr>
<td>800</td>
<td>Procedures done robotically (85%) in 12 months</td>
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<tr>
<td>&gt;500</td>
<td>Published original studies in peer-reviewed journals</td>
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<tr>
<td>220</td>
<td>MRI fusion-guided biopsies to most accurately locate or identify prostate cancer</td>
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<tr>
<td>4</td>
<td>Dedicated da Vinci® XI Robotic Surgical Systems</td>
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<tr>
<td>4</td>
<td>Research grants received in 2016-17</td>
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<tr>
<td>2</td>
<td>Female urologists – the most of any New Jersey hospital</td>
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### CURRENTLY PARTICIPATING IN

**23 CLINICAL AND RESEARCH TRIALS:**

<table>
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<tr>
<th>7</th>
<th>Kidney cancer</th>
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<tr>
<td>5</td>
<td>Bladder cancer</td>
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<tr>
<td>7</td>
<td>Prostate cancer</td>
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<td>2</td>
<td>Urinary tract reconstruction</td>
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<td>2</td>
<td>Female urology</td>
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**Noteworthy**

**Robotics Expansion Brings the Latest Technology to New Jersey**

As part of our continuing commitment toward excellence in care, Hackensack Meridian Health has brought the latest robotic technology to its Centers of Excellence in Robotic Surgery by adding four new da Vinci Xi® surgical systems for use at Hackensack University Medical Center. These robotic surgical systems represent the next frontier in minimally invasive surgery, allowing surgeons to reach more areas of the body than ever before. The urologists at Hackensack University Medical Center are known both nationally and worldwide for excellence in robotic surgery.

Over 85 percent of the major urological procedures done at Hackensack University Medical Center are performed using this state-of-the-art technology. Our surgeons have helped develop some of this specialty’s most successful procedures, including robotic partial nephrectomy, robotic prostatectomy and complex robotic urinary reconstruction, and teach these techniques to physicians from around the world. Our physicians have the expertise to treat both benign and cancerous conditions affecting the kidneys, bladder, pelvic organs, prostate and urinary tract.

**Partnership for Innovative Cancer Care**

Memorial Sloan Kettering Cancer Center and Hackensack Meridian Health announced a partnership that brings together two world-class organizations with deep New Jersey roots and a single goal: Finding more cures for cancer faster while ensuring that patients have access to the highest quality, most individualized cancer care when and where they need it. To achieve this goal, the new Memorial Sloan Kettering–Hackensack Meridian Health partnership will combine both organizations’ unparalleled expertise in all areas of cancer care and research as well as their commitment to excellence, to accelerate new discoveries, and improve the lives of patients they jointly serve while training a new generation of leaders in the field.

**Hackensack Meridian School of Medicine at Seton Hall University**

Hackensack Meridian School of Medicine at Seton Hall University has received the approval of the Liaison Committee on Medical Education, the group that accredits U.S. medical schools. The only private school of medicine in the state, and its newest, will welcome its first class in 2018, including inaugural residents in the Urology Residency Program. The curriculum will emphasize collaboration and a holistic approach to care incorporating all spheres of a patient’s life with the strongest possible clinical training and state-of-the-art technology. The campus for Hackensack Meridian School of Medicine at Seton Hall University is located on the former campus of Hoffmann-La Roche Inc. in Nutley and Clifton and will also serve as a research hub.

**Urologists Offer Specialized Care for Women**

To address the unique and sensitive urological concerns of female patients, Hackensack University Medical Center’s Department of Urology is the only urology group in New Jersey to have two board-certified female urologists on our team. Debra L. Fromer, M.D. and Michelle J. Kim, M.D. provide specialized care for complex and common urological conditions affecting women, including urinary tract infection (UTI), interstitial cystitis, pelvic organ prolapse, pelvic floor dysfunction, sexual dysfunction and urinary incontinence. Dr. Fromer is sub-specialty board-certified in Female Pelvic Medicine and Reconstructive Surgery, a joint sub-specialty of the American Board of Obstetrics & Gynecology and the American Board of Urology. Dedicated to the special needs of our female urological patients, Dr. Fromer and Dr. Kim offer the most comprehensive and cutting-edge treatment of urological issues affecting women.
Urologic Centers of Excellence - Prostate Cancer

When it comes to prostate care at Hackensack University Medical Center’s Department of Urology, our specialists are up-to-date on the latest tools, techniques and technology. Our goal is to offer each patient access to the entire spectrum of available prostate care options. This is why we are the New Jersey’s #1 referral choice for treatment of complex urological conditions.

In addition to being the highest volume prostate care institute in the state, our surgeons have been performing robotic prostate cancer surgery for 17 years and are among the most experienced in the world. As a testament to our innovation, high-quality patient care and commitment to safety, our Prostate Cancer program has earned the Gold Seal of Approval® by The Joint Commission.

As technology evolves, our prostate care specialists are working to develop new robotic, nerve-sparing and minimally invasive treatments for a range of prostate conditions. Our latest innovations in prostate care include the following:

**Advanced Treatment for BPH or Enlarged Prostate**
- Transurethral resection of the prostate (TURP). Our specialists use state-of-the-art bipolar technology to remove prostate tissue in order to relieve pressure on the urethra.
- GreenLight™ Laser system. The GreenLight Laser system uses pulses from a high-power laser to safely and effectively vaporize overgrown prostates.
- Urolift®. Urolift is a procedure that uses permanent implants to hold enlarged prostate tissue out of the way so it no longer blocks the urethra.
- Prostate artery embolization. Our specialists partner with the Division of Interventional Radiology to use MRI technology to map and block the blood supply to the prostate gland, eventually causing the gland to shrink.

**Sophisticated Prostate Cancer Care**
- UroNav fusion biopsy. Our MRI/ultrasound fusion technology allows our urologists to precisely detect abnormalities in the prostate and perform targeted prostate biopsies to accurately determine the presence and stage of prostate cancer.
- High intensity focused ultrasound (HIFU). Our specialists are experienced with HIFU, a thermal ablation technique that uses ultrasound energy to precisely target and destroy cancerous prostate tissue.
- Helical tomotherapy. We partner with our Division of Radiation Oncology to offer prostate cancer treatment using helical tomotherapy, a sophisticated type of intensity-modulated radiation therapy (IMRT) that is accurate, safe and precise.

**PROSTATE CANCER DATA**
- 6 years .................................................... 1851 patients
- Average LOS ........................................... 1 night
- Mortality .................................................. 0%
- Readmission ........................................... 2.3%
- Transfusion ........................................... 1%

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Urologic Centers of Excellence - Kidney Cancer

For each patient with kidney cancer we consider and evaluate all management options including further advanced imaging, active surveillance, biopsy, ablation, robotic partial nephrectomy and, when required, radical nephrectomy. Our Department of Urology has internationally recognized urologic surgeons that have pioneered the development of advanced robotic kidney-sparing techniques in patients with kidney cancer.

We have assembled a multidisciplinary team of radiologists, pathologists, medical and urologic oncologists committed to managing kidney cancer. With a prospective database, tumor banking, the John Theurer Cancer Center, our new School of Medicine, and a partnership with Memorial Sloan Kettering, we remain on the forefront — able to offer the latest clinical trials and outcome analysis.

We first published on robotic partial nephrectomy in 2005 and have been leaders in this approach ever since. By pairing master surgeons with the most advanced robotic and imaging technology available, 85% of our patients with localized kidney cancer are able to have their kidney spared and their tumor removed.

Additionally, with more than a decade of experience and advancements in robotic kidney surgery, we are able to educate urologists from around the world in the most advanced techniques. Our team has published and presented more than 50 papers on kidney cancer management that document some of the best outcomes in the field.

Our specialists are working to find new ways to combine robotic techniques with near-infrared imaging, 3-D modeling and state-of-the-art drop-in ultrasound technology to deliver the best kidney in surgical cancer outcomes. As a result, we are able to treat the most complex kidney cancer cases and perform many operations on patients who have a single kidney. Our latest innovations include:

**Redefining the Care Pathway for Kidney Surgery Patients**

Because we use robotic organ-sparing surgical techniques whenever possible, our kidney surgery patients recover more quickly and experience fewer complications. Most of our patients can be safely discharged from the hospital the day after kidney surgery.

**Creating a Kidney Care Registry**

Hackensack University Medical Center has developed a kidney cancer registry that allows our specialists to retroactively and prospectively assess kidney cancer outcomes with the goal of orchestrating personalized decision making capability. Our kidney cancer registry also allows our researchers to share data with other institutions that are participating in kidney cancer studies.

**Adjuvant Therapy and Clinical Trials**

With affiliations and relationships with John Theurer Cancer Center and Memorial Sloan Kettering, our team has access to the latest in adjuvant immunotherapy to improve survival. We use this approach for many high-risk patients or with a recurrence. We currently have 23 clinical trials to offer our patients.
We are proud of the pioneering work we do at our Center for Sexual Health and Fertility, led by David Shin, M.D., F.A.C.S., one of the nation’s few fellowship-trained experts in the field. As one of the only departments offering this level of expertise in the New York-New Jersey metropolitan area, our Center receives referrals from throughout the region.

Dr. Shin and his team are at the forefront of treatment for male infertility and sexual dysfunction—working with patients and their partners to improve health, achieve intimacy and, if desired, conceive a child. Our Center offers minimally invasive therapies to restore sexual function, as well as medical therapies and microsurgery options for sperm retrieval, vasectomy reversal and varicocele repairs.

Committed to research and the elevation of best practices, Hackensack University Medical Center participates in the Andrology Research Consortium, an international collaboration of over 30 institutions, dedicated to the study of male infertility. Dr. Shin currently serves as Secretary for the Society for the Study of Male Reproduction and continues to present his clinical research at national meetings for the Sexual Medicine Society of North America (SMSNA), American Society for Reproductive Medicine and American Urological Association.

**Erectile Dysfunction**

As experts in erectile dysfunction, our urologists conduct a thorough evaluation that includes a penile Doppler ultrasound to identify blood flow problems in the arteries and veins inside the penis. Other health problems are also considered, such as diabetes or high blood pressure. For ED caused by an underlying condition, our urologists work collaboratively with other specialists to develop a treatment plan.

**Treatments for ED run the spectrum including:**

- **Medication.** Oral therapies such as Viagra®, Cialis®, Levitra®, and Stendra® are available by prescription and may require a few attempts with each therapy to achieve success.
- **Vacuum erection device (VED).** This device is a mechanical, nonsurgical method of drawing blood into the erectile tissue by placing the penis in a vacuum chamber or cylinder.
- **MUSE® therapy.** This involves placing a tiny suppository inside the penis to induce an erection by increasing blood flow.
- **Injection therapy.** An injectable form of medicine is used to increase blood flow to the penis.
- **Surgery.** Minimally invasive surgical techniques are used to insert a penile prosthesis.
Peyronie’s Disease
The urologists at Hackensack University Medical Center are among the few area providers with the expertise and specialized training to treat Peyronie’s disease which includes:

- **Xiaflex® injections.** Xiaflex® is the only Food and Drug Administration (FDA) approved medication which breaks down the scar tissue that causes curvature of the penis and is the most effective nonsurgical treatment available for Peyronie’s disease.
- **Penile plication.** Penile plication involves surgery to correct the abnormal penile curvature.
- **Inflatable penile prosthesis.** An inflatable plastic cylinder is implanted in the penis to help you get and maintain a straight erection.

Dr. Shin has co-authored research on Peyronie’s disease treatment including a recent abstract in The Journal of Urology examining national trends in the use of penile prostheses since the introduction of ED medications and Xiaflex® injection therapy.

Male Infertility
Our urologists work closely with reproductive endocrinologists to help couples determine the cause of their infertility and increase their chances of achieving pregnancy. Our success rate is noteworthy, and while not all infertility can be explained or corrected, our urologists are among the most capable in the region at addressing the various causes of male infertility.

Our urologists are specially trained in microsurgery and can correct a range of problems, including:

- **Varicocele,** which is an enlargement of veins within your scrotum that can affect sperm production and quality
- **Obstructed vas deferens,** which prevents sperm from being ejaculated properly
- **Nonobstructive azoospermia,** which is a lack of sperm in the ejaculate

We also perform:

- **Vasectomy reversal,** which can reconnect the tubes (vas deferens) that were cut during the vasectomy
- **Sperm retrieval,** which involves obtaining sperm from the reproductive tract

Female Sexual Dysfunction
While continuing his work on male sexual health, Dr. Shin is expanding the Center’s focus to include research and treatment of female sexual dysfunction (FSD). Currently in its infancy, this field of study is showing initial promise with the introduction of the drug Flibanserin (Addyi®), approved by the FDA as a treatment for low sexual desire in premenopausal women.

Working to advance the field of FSD, Dr. Shin co-authored an abstract, presented at 2017 Scientific SMSNA Meeting, highlighting the lack of information on FSD that exists on urology residency program websites. The absence of this information is particularly striking given that FSD is even more prevalent than male sexual dysfunction in comparison studies.
Female Pelvic Medicine and Reconstructive Surgery

Women have unique needs when it comes to urological care. Our Department of Urology includes two female urologists who offer the full spectrum of available treatment options for women with urologic conditions that include incontinence, prolapse, overactive bladder, pelvic pain, and recurring UTI. We also treat bladder complications that may result from neurological conditions such as multiple sclerosis and Parkinson’s disease.

Hackensack University Medical Center offers the only fellowship in Female Pelvic Medicine and Reconstructive Surgery in the state of New Jersey. This program offers high-level, subspecialty training to surgeons who have completed their residency in urology or gynecology. Additionally, we participate in a range of clinical trials designed to further research and enhance patient care.

We work collaboratively with specialists throughout our academic medical center including urogynecologists, gynecologists, neurologists, pain specialists, and physical therapists to provide comprehensive coordinated care.

Diagnostics

Our Center for Bladder, Prostate and Pelvic Floor Health evaluates all types of incontinence, voiding dysfunction, prolapse, and other pelvic floor disorders with the latest diagnostic tools.

Although most private urology practices can perform traditional urodynamic testing, our Department of Urology offers advanced video urodynamic testing that can increase diagnostic accuracy and provide additional details about a patient’s condition. Our specialists routinely collaborate with private practice urologists who refer their patients to Hackensack University Medical Center for advanced diagnostic testing.

Treatment

Treatment plans include a range of options, from behavior modification to more aggressive approaches, which may include:

- **Behavioral modifications.** Our specialized team of physicians and nurses work closely with our patients to review all the basic behavioral modifications that can be implemented to treat and prevent common pelvic floor disorders.

- **Pelvic floor therapy.** Utilizing a combination of biofeedback, electrical stimulation, EMG and manometry, physical therapy can be an integral component to manage incontinence, pelvic pain, and other pelvic floor disorders.

- **Pessary program.** Our Center offers non-surgical approaches with pessary fitting and management for the treatment of pelvic organ prolapse and/or incontinence.

- **Medical therapy.** A variety of medications can be implemented for the treatment of overactive bladder and urinary incontinence in combination with any of the other treatments offered.

- **Percutaneous tibial nerve stimulation (PTNS).** To improve bladder control, PTNS stimulates the nerves responsible for bladder control with a gentle electrical stimulus using an acupuncture needle.
Hackensack University Medical Center — UROLOGY: 2017 YEAR IN REVIEW

- **Botulinum toxin type A (Botox®).** Botox can be injected into the bladder muscle to relax it and allow the bladder to fill with more urine for the management of overactive bladder.

- **Sacral nerve stimulation.** A pacemaker device that delivers electrical pulses to the sacral nerves involved in bladder control is used to control incontinence and treat non-obstructive retention.

- **Anti-incontinence and prolapse surgery.** Our surgeons have specialized, advanced surgical skills to surgically correct stress incontinence and prolapse utilizing a minimally invasive, multidisciplinary and collaborative approach. We offer a variety of techniques for reconstruction including bulking agents, sling surgery, transvaginal repairs using native tissue, mesh or biological grafts, and robotic surgery.

- **Bladder reconstruction.** For end-stage overactive bladder, a surgical procedure can be used to construct a new bladder.

**Female Sexual Dysfunction**

Our urology team works collaboratively with urogynecologists and gynecologists to treat vaginal atrophy with medicine, physical therapy and behavioral modification treatments.

**Neuro-Urology Treatment**

Our physicians are committed to improving quality of life (QOL) for patients suffering from neurogenic bladder; developing treatment plans that incorporate treatments including pelvic floor therapy, sacral neuromodulation, Botulinum toxin type A bladder injections, and complex bladder reconstructive surgery.

An article by our pelvic medicine neuro-urology specialists, regarding studies conducted in Iran on the QOL of long-term neurogenic patients, “Insights into neuro-urology”, was recently published in The Journal of Spinal Cord Medicine.

**Stone Disease**

The urologists at Hackensack University Medical Center’s Kidney Stone Center are among the most experienced in the region at treating common and complex stone disease. We provide treatment for large, multiple and recurrent kidney and ureteral stones using endoscopic and minimally invasive techniques.

Hackensack University Medical Center offers the only Endourological Society accredited fellowship in the state of New Jersey. This program has a long history of training high-level subspecialty surgeons who have completed their residency in urology. Additionally, we participate in a range of clinical trials designed to further research and enhance patient care.

We work collaboratively with specialists throughout our academic medical center including nephrologists, interventional radiologists, and emergency medicine physicians to provide comprehensive coordinated care.

**State-of-the-Art Stone Treatment**

- **Shockwave lithotripsy.** A noninvasive technique using sound waves and X-rays to locate and break up kidney and ureteral stones so they can be passed through the urinary tract.

- **Ureteroscopy.** An incisionless technique using a tiny endoscope to fragment and remove stones with the use of a laser. Our urologists are the first in New Jersey to use single-use digital ureteroscopes for kidney stone procedures.

- **Percutaneous nephrolithotomy.** A minimally invasive surgical procedure used to treat large or hard-to-reach stones. Our specialists can break up and remove kidney stones through a single small incision in the patient’s back. Although many physicians perform this procedure in two stages, we perform it in only one stage.

**Medical Management**

Our kidney stone specialists take treatment one step further by counseling patients about kidney stone prevention through dietary modification, medications, and lifestyle changes. Our urologists partner with a nephrology stone specialist to identify the cause of kidney stones and recommend the most appropriate treatment.
Hackensack University Medical Center

Hackensack Meridian Health Hackensack University Medical Center, a 775-bed nonprofit teaching and research hospital located in Bergen County, NJ, is the largest provider of inpatient and outpatient services in the state. Founded in 1888 as the county’s first hospital, Hackensack offers one of the region’s most modern medical campuses, which is continually updated and expanded to incorporate emerging clinical approaches, medicine, and technologies.

- Hackensack University Medical Center is once again ranked #1 in New Jersey and #4 in the New York Metro area by U.S. News & World Report. Additionally, Hackensack University Medical Center is nationally ranked in the following specialties: Neurology & Neurosurgery, Orthopedics and Urology. Hackensack University Medical Center is also deemed a high-performing hospital among eight common adult procedures and conditions including heart bypass surgery, hip and knee replacement, lung and colon cancer surgery.
- The Joseph M. Sanzari Children’s Hospital is ranked among the Top 50 Children’s Hospitals in the nation for Pediatric Neurology and Neurosurgery for U.S. News & World Report’s 2017-18 rankings.
- Recognized as one of the 100 Great Hospitals in America 2017 Becker’s Hospital Review.
- Earned 25 Gold Seals of Approval™ by The Joint Commission, more than any other hospital in the country.
- First hospital in New Jersey and second in the nation to become a Magnet® recognized hospital for nursing excellence; receiving its fifth consecutive designation in 2014.
- Only state-designated Trauma Center in Bergen County
- Designated Primary Stroke Center and Accredited Chest Pain Center
- Accredited as a Level 4 Comprehensive Epilepsy Center, the highest level of this type of accreditation from the National Association of Epilepsy Centers (NAEC).
- Hometown Hospital of the New York Giants and the New York Red Bulls and is Official Medical Services Provider to The Northern Trust PGA Golf Tournament.

Campus of Award-Winning Care
- John Theurer Cancer Center
- Heart & Vascular Hospital
- Sarkis and Siran Gabrellian Women’s and Children’s Pavilion
- Joseph M. Sanzari Children’s Hospital
- Donna A. Sanzari Women’s Hospital
- Orthopaedic Institute
- Neuroscience Institute
- Emergency & Trauma Center

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