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# Newsletter

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**Register Today**  
for SIU 2019 in Athens



Go ahead and set your Out of Office. Plan to join us in Athens for four amazing days of scientific exchange and discovery! This bustling city boasts many famous tourist sites and is known as the historical capital of Europe. Travel to Greece is relatively easy, linked to Europe and Asia by road, and accessible via sea ports, trains and major airports.

Continued on page 3



Dr. Mototsugu Oya

# Message from the Publications Chair

## “Theranostics” in urology: will PSMA-PET become a primary option?

SIU 2018 in Seoul provided the opportunity to discuss updated practices in urology. In terms of prostate cancer, the role of MRI, CT, bone scans and PSMA-PET was discussed in several sessions. Application of local treatment such as radical prostatectomy or radiation, where precise staging is crucial, is widening. Oligometastatic disease in prostate cancer was discussed and the need for precise staging was emphasized. To that end, PSMA-PET is being used in several countries in Europe. However, there are regional differences in how PET is routinely used in clinical practices.

Compared with other types of cancer, urological cancer clinics have limitations in the efficacy of diagnostics because the most commonly used FDG-PET has physiological excretion into the urinary system. Furthermore, urological cancers including renal cell carcinoma (RCC), bladder, and prostate cancer need less glucose in comparison with other cancers, whose proliferation depends on glucose uptake. Occasionally, we use PET-CT in the evaluation of seminoma patients to detect residual viable cells post-chemotherapy.

We are on the cusp of a paradigm shift in the field of prostate cancer staging. In Germany and Australia,

PSMA-PET is frequently used in the decision-making for prostate cancer treatment. We often see patients with rising PSA whose CT and bone scans cannot identify any recurrent lesions. PSMA-PET can visualize local recurrence or lymph node metastases. Therefore, PSMA-PET can be a valuable tool in guiding salvage surgery or radiotherapy. Whether or not PSMA-PET guided therapy tends to improve the prognosis should be evaluated.

Multi-parametric MRI (mpMRI) is the gold standard for evaluating the T-stage of newly diagnosed prostate cancer. However, clinically significant cancers are still missed by mpMRI. PSMA-PET may improve sensitivity of detection of primary lesions as well as lymph node and/or bone metastases. PSMA-PET can potentially change our ordinary practices.

Furthermore, PSMA-targeted radionuclide therapy is being implicated in the treatment of metastatic castration-resistant prostate cancer (CRPC). Lutetium-177 PSMA-617 demonstrated promising results. Theranostics is a portmanteau of therapy and diagnostics. Prostate cancer cells are targeted by radioactive molecules like iodine in the treatment of thyroid cancer. ●



SIU Publications  
Committee Chairman

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## Editor's Note

Dear Readers,

Healing is a matter of time, but it is sometimes also a matter of opportunity.

This statement, first uttered by Hippocrates, speaks to our central concerns at the SIU. We cannot raise the standards of urological healthcare without creating that key driver of success: opportunity. We are so excited for the 2019 SIU Congress because of all the opportunities it will unlock for urologists and other healthcare professionals around the world to learn about the latest medical advances and come together to collectively push the boundaries of what is possible in our field. There is still time to take advantage of the opportunity to share your research with the world by submitting your abstract before April 1, 2019 via our website.

Opportunities come in all forms, and we make the effort to provide them to as many deserving people as possible. Our recipients of the 2018 Resident/Fellow Congress Scholarships made the most of their opportunity to attend SIU 2018 and shared their congress highlights with us; be sure to read their comments in this newsletter. Credit is due to the international faculty that came together to make SIU 2018 an incredible event. They demonstrated true passion for education in urology as they selflessly showcased the latest scientific insights and practical hands-on techniques.

Opportunities can inspire others. This is why we will continue to recognize amazing people within these pages, including the pioneering women in urology around the world, who seized every opportunity they had to forge a new path in their fields. Opportunities for learning abound in this issue: from practical UTUC tips and tricks to what's new in SIU Academy, we hope to encourage our readers to never stop learning.

All these opportunities are designed to lead to what Hippocrates ultimately envisioned: the opportunity for a patient's health to be restored. Have any opportunities to share that can make the urology world a better place? Reach out to send your ideas at [communications@siu-urology.org](mailto:communications@siu-urology.org). ●

**SUBMISSION DEADLINE FOR NEXT ISSUE: 5 PM EST, JUNE 14, 2019**

# Don't Miss Out: Register Today for SIU 2019 in Athens

Here are the 3 compelling reasons to mark SIU 2019 on your calendar.

*Continued from page 1*



39th Congress of  
Soci t  Internationale  
d'Urologie  
October 17-20

1

## Urological education that's applicable to your practice.

The SIU 2019 Programme Committee has designed a programme that pays heed to the unique needs and challenges of urologists from a variety of subspecialties and resource settings. Plenary sessions will provide coverage of late-breaking advances in urology so you are on the cutting edge of what's next in the field. Be sure to visit [www.siu-urology.org](http://www.siu-urology.org) to see the detailed scientific programme.



2

## Connect with an international network of urologists and key thought-leaders.

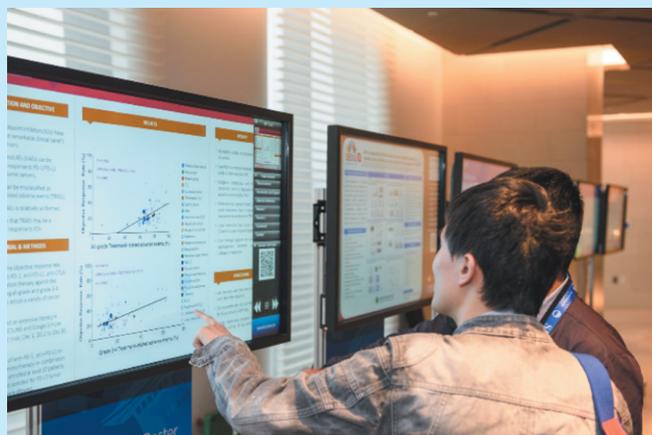
SIU Congresses are known for their collegial atmosphere and many delegates say that the opportunity to network with scientific leaders and socialize with international colleagues is one of the highlights of their experience at SIU. Are you a Resident or Fellow? Be sure to sign up for the Resident Mentoring session and have the unique opportunity to sit down with some of the world's leading experts in urology as they share their best career advice and answer your questions in a fun and friendly atmosphere.



3

## Present your work on an international stage.

Submit your research to SIU 2019 via our Congress webpage ([www.siu-urology.org](http://www.siu-urology.org)) prior to April 1 for consideration by SIU Reviewers and the Scientific Programme Committee. SIU abstract presenters have the unique opportunity to share their work in intimate sessions chaired by international and local urologists. The unique ePoster format allows for optimal presentation of information and allows your work to extend beyond the Congress via the SIU Academy eLearning platform. This vital exchange of knowledge is key to the advancement of urological care worldwide.



For all Congress details and updates, visit [www.siu-urology.org](http://www.siu-urology.org)

# The Audit Committee for uCARE



**By: Ranan DasGupta,**  
*MA, MD, MRCS  
FRCS(Urol)*

This has implications for those interested in clinical and translational research, since the opportunities for collaboration on a global scale are now tangible. The uCARE project offers such a platform, and the engagement of centres not traditionally linked together offers a new direction. It is the capture of primary data that underpins much of our scientific knowledge; while much journal space is given to guidelines, meta-analyses, systematic reviews, and so on, the actual essential ingredient remains in the hands of those entering data 'in the field'.

With this opportunity comes the responsibility of ensuring that patient data is respected and safely guarded. Participation in clinical studies requires accurate data entry that can withstand scrutiny, and the Audit Committee should be able to offer independent quality control of this data. We are all aware of the diligence of data monitoring for pharmaceutical studies, and it is timely that as physicians we match these processes, and also recognise those centres with robust data entry systems, so crucial in trial delivery.

The committee eagerly awaits the results of the first uCARE study, which has a focus on ureteric stenting. It is scheduled to be completed in the summer of 2019. ●

## About the uCARE Audit Committee

The committee is comprised of five international members representing a good balance between technical background, high standing, and junior spirit. Dr. Ranan DasGupta will lead the committee in all aspects related to the auditing of the clinical research data collected from our first study as well as future uCARE studies.

**Chair:** Dr. Ranan DasGupta, United Kingdom

### Members:

Dr. Manuel Castanheira de Oliveira, Portugal  
Dr. Yigit Akin, Turkey  
Dr. Samuel C. H. Yee, Hong Kong  
Dr. Jorge Jaunarena, Argentina

The progress of scientific endeavour, over the past two centuries in particular, has been underpinned by the accuracy of data collection and its application thereof. From the nocturnal charts of Nightingale to the descriptive notes of Darwin, the view over the 'shoulders of giants' is dominated by the detail with which scientific observations were recorded. The recent strides in mobile and information technology mean that scientific records can be maintained and shared in a way not seen before.

## SIU Brings Group Membership Benefits to the Philippines

**By: Dr Wilfredo Tagle, President, Philippine Urological Association**

On October 5, 2018, Dr. Jean de la Rosette, Secretary General of the Société Internationale d'Urologie, and Dr. Wilfredo S. Tagle, President of the Philippine Urological Association (PUA) signed a memorandum of understanding that served as the foundation of a growing and prosperous relationship between the two organizations. With this, members of both communities are now able to engage with each other despite the geographical constraints set against them.



The PUA has high hopes that its members, particularly its younger fellows and residents, will find this relationship highly advantageous and beneficial. This joint membership allows inclusion in the academic activities offered by the SIU and access to information regarding the latest innovations and updates in urology, all without necessitating travel by either party.

The new joint membership brings forth many benefits, including generous discounted rates offered by the SIU. Our members had the opportunity to discover the benefits of becoming an SIU member at the PUA's 61st Annual Convention, where an entire booth was made available for delegates to learn more about this Society.

High-quality education and information is now more accessible for PUA members. It is with great hope that this brings concrete benefits for our patients and their care in the future. ●

# SIU Trainee Congress Scholarship Recipients Make the Most of SIU 2018

The SIU was pleased to once again award a number of scholarships to residents and fellows to attend the most recent SIU Congress in Seoul, South Korea which took place from October 4–7, 2018.

The scholarship covers Congress registration and 4 nights' hotel accommodation. Applicants must be from "B" or "C" countries (based on World Bank data), submit an abstract to the Congress, and provide proof of resident/fellow status along with a completed application form.

Congratulations to all recipients and thank you for attending SIU 2018! Read on below for their impressions of the big event.



**Mohamed Youssouf Ammor**  
University Hospital  
Mohamed the Sixth  
Marrakech, Morocco

Since I was awarded the SIU Scholarship, I couldn't wait to attend this international meeting with experts from all around the world in Seoul and discuss all the new trends and technologies in urology.

During the congress I was also so glad to present my unmoderated posters to my colleagues, and the exhibition hall was the best place to share all our knowledge with other trainees, especially those from Asia and the Middle East. I also learned so much about new developments in prostate and bladder cancer and I'm sure it will impact how I handle cancer with my patients in the future. Finally, I would like to thank the Société Internationale d'Urologie for allowing me to attend this event in South Korea, and I hope to see you again in Athens!



**Ahmed Ghonaimy**  
Faculty of Medicine,  
Menoufia University  
Quesna, Egypt

I was very delighted to join the 38th Congress of the SIU in Seoul. Without the Resident Scholarship, I would not have been able to participate. It was an amazing congress that I enjoyed very much. I was impressed by the very cooperative organizing committee, which made sure all sessions went according to plan.

The SIU web and mail supporters were very helpful. The Cambridge Prostate MRI Workshop was very informative and well-organized. It was my first time attending this type of interactive workshop. The hands-on training for fusion prostatic biopsy was also really amazing. Moreover, the digital e-posters looked great and were easy to use. The sessions were highly varied, covering all aspects of urology. The opening ceremony was wonderful.

Attending such a huge conference with many experts in all fields of urology was one of the most important steps in building my career. I will share all that I have gained from attending with my colleagues and junior residents in my department. I will be keen to attend all future SIU meetings, workshops, and conferences. Finally, I must express my gratitude to the SIU for awarding me this scholarship. I will always hold this experience dear to my heart.



**Prarthan Joshi**  
Ramaiah Medical  
College  
Bangalore, India

I thank my lucky stars for the many opportunities I have received during my journey in urology. One such highlight was the honor of being awarded the 2018 SIU Resident's Scholarship. I was in my final year of training, and after having travelled internationally for an academic presentation earlier this year, the financial benefit alone was tremendous. The scope and depth of scientific content at the SIU Congress, as many people

know, was fantastic. But the real highlight was the chance to interact one-on-one with delegates from twelve different centers around the world and receive guidance from them about my career goals and future directions. The cherry on top was the hospitality of the host nation of South Korea. I am grateful to have experienced its people and culture first-hand.



**Sumanta Kumar Mishra**  
Christian Medical College  
Vellore, India

The SIU 2018 Congress in Seoul was an academic feast and provided a platform for renowned urologists from various parts of the world to get to know each other and discuss their work. It has proven to be a boon for young and budding urologists like me to meet and get inspired by the legends. As a resident, I found the master classes in management of bladder cancer and stone surgery, the MRI-TRUS Fusion Hands-On Course, *SIU@U* sessions, and the Resident Mentoring Session especially valuable. The knowledge, techniques, and developments in the field of urology I gained from SIU 2018 have been implemented in my daily practice to provide the best of care to my patients. Many thanks to the SIU for giving me this opportunity.



**Endrika Noviandrini**  
Department of Urology,  
Faculty of Medicine,  
Universitas Indonesia,  
Cipto Mangunkusumo  
Hospital  
Jakarta, Indonesia

As one of the SIU Resident Congress scholarship winners, I felt very lucky to have attended SIU 2018.

The congress provided us with update on key topics in urology, and gave me a lot of ideas that can be applied in my daily clinical practice in Indonesia.

The most interesting part for me was the interactive live surgery and the discussions dealing with managing complications, where we could all

*Continued on page 6*

**WE ARE SIU**



**WE BRING UROLOGISTS TOGETHER**

[www.siu-urology.org/society/join-siu](http://www.siu-urology.org/society/join-siu)

Continued from page 5

## SIU Trainee Congress Scholarship Recipients Make the Most of SIU 2018

share our experiences and gain the advice of urology experts from around the world.

I hope I can attend the SIU Congress next year!



**Olufemi Ojewuyi**  
Ladoke Akintola  
University Teaching  
Hospital (LAUTECH)  
Osogbo, Nigeria

SIU 2018 was the first international conference I attended as a young urologist and it was indeed a worthwhile experience. It afforded me the opportunity to glean new updates and innovations from urologists around the world, especially in my area of interest – uro-oncology. I also met new friends and senior colleagues and had nice interactions with them, which I hope will help in building my career. I will be sure to continue my learning process through the various platforms and opportunities provided by the SIU.

I sincerely appreciate this opportunity and I am grateful for the scholarship awarded to me. I hope to be able to contribute significantly to the growth and sustainability of the SIU.



**Dyandra Parikesit**  
Dr. Cipto  
Mangunkusumo  
Hospital  
Jakarta, Indonesia

The 2018 Société Internationale d'Urologie Congress was a magnificent event with interesting topics and discussions.

Current technologies and knowledge regarding the diagnosis and management of cancer in urology were presented in Seoul. New biomarkers for detection and diagnosis for prostate, bladder, and kidney cancer were discussed, some of which I've never even heard of before because they are not available in my country. It made me wonder how different the patient characteristics are between Indonesia and other developed countries. In my country, many oncological patients came to the hospital with large tumors, metastatic disease, and even end-stage cancers. Therefore, some information was not applicable to my practice in Indonesia. However, the simpler and more basic skills were applicable to my daily practice, such as bladder sparing operations for bladder cancer, partial nephrectomies for renal cancer, and the several endourological tricks I learned to help improve patient management.

Overall, I would like to thank the committee for this learning opportunity. Thanks to this experience, I hope to better my education and skill in managing future cases.



**Santosh Waigankar**  
Kokilaben Dhirubhai  
Ambani Hospital  
Mumbai, India

Being at SIU 2018 was nothing short of "mission accomplished" for me. Focused sessions which looked into endourology complications and urological cancers were extremely informative. The Resident Mentoring Session provided an opportunity to interact with academicians and uncover opportunities worldwide. The main takeaway for me came from attending the management-centered discussions on recent evidence-based approaches to urological cancers. Interacting with professionals from around the world opened me up to diverse institutional-based protocols, many of which were thought-provoking. I had an extremely academically-recharging experience in Seoul. I wholeheartedly thank SIU for that. ●

**Are you a Resident or Fellow who would benefit from attending SIU 2019, or do you know someone that would? Visit [www.siu-urology.org](http://www.siu-urology.org) for details regarding the 2019 Scholarship Programme, and feel free to contact us at [scientific.programme@siu-urology.org](mailto:scientific.programme@siu-urology.org) with any questions.**

## A Peek Inside the SIU Executive Committee Meeting

**Simon Tanguay, SIU President**

Every December, the SIU Executive Committee meets in Montreal. This strategic meeting is a great opportunity for Committee members to reflect on all the activities supported by the SIU in the past year. With the help of our entire central office team, all SIU educational programs and projects are analysed to determine if they can be improved in any way to better fulfil our objectives. The rapid growth in membership observed during the last few years certainly reflects the dynamic nature of our Society and the large number of new programs available to our members.

Part of this year's meeting was devoted to reviewing the outcome of the 2018 SIU Congress. Every year, we aim to improve not only the scientific programme and the international representation of our speakers, but also the selection of the venue and meeting facilities according to the feedback we receive from both the onsite and virtual participants. To those that completed the post-Congress surveys, we thank you and want to assure you that your comments are taken seriously. The multifaceted scientific programme, the exceptional Korean hospitality, and the unique venue all proved to be highlights of last year's annual meeting.

SIU Academy, which recently celebrated its 5th anniversary, remains

an item on the agenda every year as it represents one of the SIU's most important educational projects. The active use of SIU Academy by urologists around the world to update their knowledge and continue their education is a great source of motivation for all of us. SIU Academy remains one of the best investments made every year by the Society for its membership.

uCARE, our newly-launched research initiative, occupied a large part of this year's meeting. We reviewed the results and logistics associated with the first ongoing research trial performed by the SIU in various participating centers around the world. The ability to join a dynamic research group remains very attractive for many of our members and the Executive Committee committed to the launch of new research trials this year. For anyone interested in participating in uCARE's innovative research programs, the call for participating centers for our new trials should be announced shortly.

Finally, the planning of the 2019 SIU Congress in Athens is on schedule. This meeting promises to offer one of the most interesting scientific programmes on offer at urology events. If you have not yet made plans to attend this year's SIU meeting, make sure to add it to your calendar! ●

# What's New at SIU Academy

## NOW AVAILABLE ON SIU ACADEMY: NEW EDUCATIONAL VIDEOS

### The Role of Thromboprophylaxis in Urological Cancers

In this programme, Canadian experts Bobby Shayegan and Philippe D. Violette discuss the new EAU guidelines on thromboprophylaxis in urological surgery.

#### FACULTY

##### Chairs

Philippe D. Violette  
Canada

Bobby Shayegan  
Canada

*This educational activity has been funded by SIU Corporate Sponsor*



### Emerging Landscape in the Treatment of Advanced PCA

In this programme, Bertrand Tombal (Belgium), Frederic Pouliot (Canada), and Bobby Shayegan (Canada) offer insights on treatment sequence strategies, with a focus on individualizing treatment in patients with advanced PCa. This programme utilizes case-based examples, incorporating a discussion of key clinical trial results, evidence-based guidelines and consensus recommendations.

#### FACULTY

##### Moderator

Bobby Shayegan  
Canada

##### Panel of Experts

Bertrand Tombal  
Belgium

Frédéric Pouliot  
Canada

### Ask the Experts: Intermittent Androgen Deprivation Therapy: For Whom, When and How?

In this Ask-the-Experts programme, our top-tier Canadian experts explore how IADT is influenced by:

- PSA level thresholds
- Co-morbidities
- Metastatic status
- Concurrent therapies
- And many more important factors

#### FACULTY

##### Moderator

Neil Fleshner  
Canada

##### Panel of Experts

Laurence Klotz  
Canada

Fred Saad  
Canada

*These educational activities have been funded by SIU Corporate Sponsor*



## CLINICAL CASE STUDIES

### Applications of Immunotherapy in Bladder Cancer

This patient case-study will focus on applications of immunotherapy in bladder cancer. The goal of the programme is to increase the urologist's ability to leverage the most recent therapies in advanced bladder cancer treatment (immune checkpoint inhibitors) to improve clinical outcomes and patients' quality of life.

#### FACULTY

##### Chair

Michiel van der Heijden  
The Netherlands

##### Scientific Committee

Axel Merseburger  
Germany

Srikala Sridhar  
Canada

*This programme is made possible by an unrestricted educational grant provided by SIU Corporate Sponsor, F. Hoffmann-La Roche Ltd*

### Evolution of Treatment Pathways in the Advanced Prostate Cancer Continuum

Through a case-based approach, our international faculty give their expert insights on the latest results of the LATITUDE and STAMPEDE clinical trials in patients with advanced PCa.

#### SCIENTIFIC DEVELOPMENT COMMITTEE

##### Chair

Karim Fizazi  
France

##### Scientific Committee

Christopher P. Evans  
United States

Nicholas James  
United Kingdom

*This programme is accredited by the European Accreditation Council for Continuing Medical Education (EACCME).*

*This educational activity was supported by SIU Corporate Sponsor, Janssen Oncology.*



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## STREAM of mLUTS: SIU TRaining program on Evaluation And Management of Male LUTS

STREAM of mLUTS is a comprehensive learning programme on the prevalence, diagnosis and management of LUTS, from behavioral therapy to surgical intervention:

- **Module 1:** LUTS background
- **Module 2:** Man with LUTS with risk of progression
- **Module 3:** Man with storage symptoms/OAB and BPO (treatment-naïve)
- **Module 4:** Man with voiding symptoms under medical treatment who requires surgical management

Module 4 is the last of the series and is now available. It is accredited by the European Accreditation Council for Continuing Medical Education (EACCME) for 1 European CME credit (ECMEC).

### SCIENTIFIC DEVELOPMENT COMMITTEE

#### Chair

Stavros Gravas  
Greece

#### Scientific Committee

Marco Blanker  
The Netherlands

Mauro Gacci  
Italy

Walther Ingarozza  
Italy

Jon Rees  
United Kingdom

Jaspreet Sandhu  
United States

*This educational activity was supported by an educational grant from GlaxoSmithKline.*

*All contents of this educational activity have been developed by the faculty appointed by SIU.*

## eSERIES

### Androgen Receptor Pathway Inhibitors: The Next Generation

This eSeries provides up-to-date information on the two novel androgen pathway inhibitors. The recently approved apalutamide and the investigational agent darolutamide (ODM-201, BAY-1841788) have been developed in an effort to address the unmet need for better outcomes and tolerability.

By: Kurt Miller, Germany

 **janssen Oncology**  
PHARMACEUTICAL COMPANIES OF 

*This program was supported by SIU Corporate Sponsor.*

### Overview of Management Options for Peyronie's Disease

This eSeries presentation discusses the pathogenesis, epidemiology, presentation, psychological impact and medical and surgical management of Peyronie's disease.

By: Faysal Yafi, United States

### Alternative Reservoir Placement: Why, How, and When?

This eSeries presentation provides information on some of the finer points of alternative reservoir placement, including possible complications and how to avoid them.

By: Jay Simhan, United States

*These programs were supported by SIU Corporate Sponsor,* 

## SYMPOSIUM

### LUTS/BPO: An International Panel Discussion on the Impact of Treatment on Sexual Function

This interactive discussion featured regional issues related to the management of patients with LUTS/BPO and sexual dysfunction. During this session, the international panel of experts explored the safety of pharmacological interventions and surgical therapies for LUTS/BPO.

#### FACULTY

##### Chair

Stavros Gravas  
Greece

##### Scientific Committee

Mauro Gacci  
Italy

Sung Chui Kam  
South Korea

Claus G. Roehrborn  
United States

Satoru Takahashi  
Japan

*This educational activity was supported by an educational grant from GlaxoSmithKline.*

*All contents of this educational activity have been developed by the faculty appointed by SIU.*

## GrandRounds

Webcasts from the eGrand Rounds on Stone Disease and BPO, held on October 4 in Seoul, South Korea are now available. The panel of experts lead by Jean de la Rosette, Hyung Keun Park, Ill Young Seo, and Thomas Herrmann dive deeper into state-of-the-art surgical techniques for treating renal stones and benign prostatic obstruction.

*This activity is supported by SIU Corporate Sponsor*

  
Your Vision, Our Future

Webcasts from the eGrand Rounds on Surgical approaches to BPO, stone disease, UTUC, and bladder tumours, held on November 30 in Salzburg, Austria, are now available. The panel of experts lead by Jean de la Rosette and Lukas Lusuardi share cutting-edge surgical techniques for treating bladder cancer and stone disease.

*This activity is supported by SIU Corporate Sponsor*

  
KARL STORZ – ENDOSKOPE

## COMING SOON!

### The Evolution of Treatment for RCC: Is Combination Immunotherapy-Targeted Therapy the New Standard?

This CME accredited activity will provide updates on tumour immunology, biomarkers of response to immunotherapy, clinical outcomes, and management of immune-related adverse events in patients with renal cell carcinoma (RCC).

#### FACULTY

##### Chair

Thomas Powles  
United Kingdom

##### Scientific Committee

Laurence Albiges  
France

Enrique Grande  
United States

*This program is made possible by an unrestricted educational grant provided by SIU Corporate Sponsor, F. Hoffmann-La Roche Ltd.*

# Women in Urology



**#ILookLikeAUrologist:**  
Anne Pelletier-Cameron Is Part of the Rising Wave of Female Urologists, and she shared her perspective with us.

In the United States, women make up only 8.8% of all urologists according to the most recent AUA census<sup>1</sup>. Among all other medical specialties, urology has the lowest representation of women. Instead of mourning the reality of gender disparity, women in the field have celebrated their individuality with twitter hashtags such as **#looklikeurologist** rejoicing their accomplishments. The tides are changing dramatically: young women under 45 make up 20% of practicing urologists and the 2018 Urology Match was comprised of 26% women. Women had equal success as their male counterparts at matching into their chosen program<sup>2</sup>. Women are extremely well-represented in my own department at the University of Michigan, where we have eight female urology faculty members.

Women in urology tend to be an energetic, enthusiastic group who are accustomed to being different from their colleagues. Senior-level women who trained in an era when there were virtually no women in the field are now ascending to leadership positions, nationally reshaping the face of urology.

Being in a gender minority does however pose challenges, particularly in locations where you may be the only woman in your department or division. There are administrative hurdles, considering there may not be an established policy on things like maternity leave. Indeed, motherhood can come at the expense of the professional development and research careers of women. The lack of comradery or mentorship that occurs when women are fortunate enough to share a urology practice is difficult as well. Women in urology also face a substantial pay gap compared to men. Even after controlling for age, work hours, practice setting, and training, the adjusted salaries for female urologists were \$76,321 less than their male counterparts<sup>3</sup>. There

is no logical explanation for this difference in wages; women are simply being paid less for the same work. Women are also vastly underrepresented in leadership positions, with only 3.3% of all urology chair positions being held by women<sup>4</sup>.

Fortunately, there are organizations such as the Society of Women in Urology that support women in the field. The Society was founded in 1980, when five female urologists met at the annual AUA meeting over breakfast to discuss common struggles and provide mentorship to each other. The organization has grown dramatically and now boasts 958 members and a dedicated annual three-day clinical mentoring conference. Their mission statement is "Support. Promote. Succeed." and they serve as a resource for female physicians, PhDs, and advanced practice providers in urology.

While women continue to be underrepresented in the field of urology, we are fortunate to have a rising wave of strong female leaders and growing

numbers of incoming trainees both in the United States and Canada. Women bring an enthusiasm, vigor, and a new point of view to the field. We can only hope that this trend replicates itself across the rest of the globe. ●

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# TIPS & TRICKS

## For Endourological Management of UTUC

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### Introduction

Historically, flexible ureteroscopy has been introduced to upper urinary tract carcinoma (UTUC) as a mere diagnostic tool<sup>1</sup>. Owing to technological advances, ureteroscopic management of UTUC has become a valid treatment alternative to radical nephroureterectomy (RNU) in well selected patients<sup>2,4</sup>. We herein present some tips and tricks for this challenging surgical technique.

### Retrograde ureteropyelography

The potential drawbacks of retrograde ureteropyelography (negative impact on cytology, infectious and bleeding complications from over-pressurized contrast medium injection, additional operative and material costs) must be balanced against the rather low sensitivity and specificity of this diagnostic examination.

We recommend to perform retrograde ureteropyelography only when facing irregularities or difficulties in ureteroscopic exploration, or when suspecting perforation.

### The “no-touch” technique

Grasso et al. first described the “no-touch” technique in 2006<sup>5</sup>. This technique involves primary flexible ureteroscopy without prior insertion of any ancillary devices (no guidewire, no ureteral access sheath) in order to prevent any artifacts that would hinder proper evaluation of the urothelium.

We recommend to perform “no-touch” ureteroscopy whenever a retrograde approach to UTUC is planned, although this technique shall be reserved for diagnostic purposes. We recommend subsequent placement of a safety guidewire whenever additional therapeutic measures are planned<sup>6</sup>.

### Primary insertion technique

For insertion of the flexible ureteroscope into the bladder, the penis is stabilized between the little finger and the ring finger, leaving the thumb and the index free for pushing the ureteroscope into the urethra.

As soon as the tip of the f-URS reaches the bladder neck (Figure 1-A), an instrument rotation of about 30-45° (Figure 1-B) followed by a tip deflection (Figure 1-C) shall bring the ureteral orifice in the field of view. The ureteroscope is then pushed forward (Figure 1-D) with the orifice centered on the image. The intubation of the ureteral orifice can be facilitated by intermittently increasing instrument irrigation flow with a handpump. Alternatively, the ureteroscope may be backloaded over a guidewire that should be inserted over a minimal distance within the distal ureter in order to minimize guidewire-induced artifacts to the urothelium.

We recommend placement of a ureteral stent and postponement of ureteroscopy whenever the native ureter is too narrow for primary ureteroscopy. We do not recommend ureteral dilation in cases of suspected or confirmed UTUC, since disruption of the ureteral wall may seed tumor cells within deeper anatomical layers.

### Upper urinary tract cytology

Diagnostic accuracy is improved by combination of upper urinary tract cytology and biopsy, compared to cytology or biopsy alone<sup>7</sup>. Slow urine aspiration from within the renal pelvis is recommended in order to avoid injury to the mucosa by entrapment into the working channel.

### Biopsy

Conventional cup forceps, larger backloaded cup forceps (BIGopsy), and nitinol baskets seem to achieve equivalent diagnostic accuracy for grade assessment (sensitivity of 89-100%)<sup>8-11</sup>. For staging of the disease, computed tomography is superior to biopsies<sup>2</sup>.

We recommend that tissue samples be directly transferred into a histology container prefilled with normal saline in order to facilitate transfer and avoid any alterations or loss of tissue.

### Holmium laser tissue ablation

Non-contact holmium laser tissue ablation is the technique of choice to prevent tissue bleeding with satisfactory ablative results<sup>12</sup>. This technique involves a working distance of at least 2 mm before laser activation (Figure 2-A). The laser fiber is then brought in closer vicinity to the tissue, until “whitening” of tissue is observed<sup>13</sup>. This optimal working distance shall then be maintained over the target tissue.

We recommend beginning with low pulse energy and low pulse frequency settings (e.g. 0.5 J and 5 Hz), and to increase these settings until optimal tissue whitening is observed.

### Conclusions

Ureteroscopic management of UTUC is a challenging procedure that shall be reserved to experts in the field.

### Disclosures

Financial Disclosure: Prof. Olivier Traxer is a consultant for Coloplast, Rocamed, Olympus, EMS, Boston Scientific and IPG.

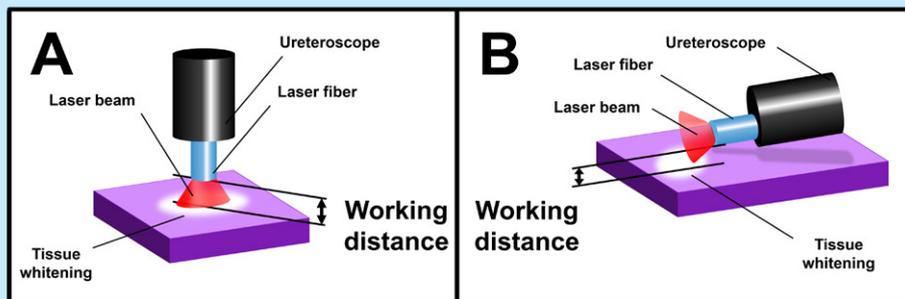
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Figure 1



Primary insertion technique. The tip of the flexible ureteroscope is positioned at the bladder neck (A). A rotation of the instrument (B) followed by a deflection of the tip of the instrument (C) shall bring the ureteral orifice in the field of view. The ureteroscope is then pushed forward to the orifice (D) while the orifice is centered on the image.

Figure 2



Non-contact holmium laser ablation technique. A working distance of at least 2 mm between laser fiber tip and tissue surface shall be maintained before laser activation (A). The laser tip is then approached to the target tissue until whitening of tissue is observed. For ureteral lesions, the laser fiber shall be placed parallel to the target tissue (B). The irradiation plane ensures a working distance of about 1–2 mm (B).

# Featured New SIU Member



**Name:** Dr. C Danny Darlington  
**Location:** Chennai, Tamil Nadu, India  
**Position:** Resident in Urology, Stanley Medical College and Hospital, Chennai, Tamil Nadu, India

I was born in 1988 in Kanyakumari, the southernmost part of peninsular India. I completed my basic medical education at Tirunelveli Medical College, Tamil Nadu in 2011. I was one of the meritorious students of the university and in 2012 I entered the three-year surgical residency program under Prof. S. Jagdish, Head of the Department of Surgery in the prestigious Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER). Soon after my surgical residency I was selected for the urology training program at Stanley Medical College in Chennai, India in 2015. I am now a final year resident working under Prof. A. R. Balaji, Head of the Department of Urology and Renal Transplantation. I plan to subspecialize in robotic urology and uro-oncology.

I had the opportunity to attend the renowned Muljibhai Patel Urological Hospital (MPUH) in Nadiad, India. It's where I first learned of the SIU and the various opportunities the Society offers to young urologists. The SIU differs from other urological associations in being able to bring a high level of connectivity to the international urological community. It is one of the few urological associations actively bringing young urologists in contact with international stalwarts. I always follow the eGrand Rounds right at my fingertips through the SIU Academy application as the series winds its way through different parts of the world. The scholarships and guidelines offered by the SIU are vital to the career development of residents from developing countries like India, and all members ultimately benefit from them. Long live the SIU! ●

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# Featured New SIU Member



**Name:** Wesley Verla  
**Location:** Ghent, Belgium  
**Position:** Urology Resident & PhD Researcher, Dept. of Urology, Ghent University Hospital, Ghent, Belgium

I started my medical education in 2011 and graduated as medical doctor in 2018 from Ghent University, Belgium. In 2017, the Urology Board of Ghent University Hospital accepted my application for further enrollment in the Urology Training Program and granted me the opportunity to combine this curriculum with a PhD.

Ever since I became interested in urology, I cultivated a strong interest and ambition in clinical research, especially in the emerging field of reconstructive urology. Hence, after an intriguing scientific major and further motivated by Prof. Dr. Nicolaas Lumen, a dedicated mentor and expert in the field, I chose to focus my PhD on the management of male urethral stricture disease.

Against this background, I became an SIU Member in 2018. As a young urology resident, the resources of knowledge to be acquired can be overwhelming and even chaotic. However, the SIU with its SIU Academy educational programs provides perspective and guidance that assist in this learning process. Furthermore, the Academy provides a rich variety of high-quality educational tools and gives members the ability to personally tailor the content of their membership.

In my opinion, the SIU is a unique urological society, especially since it offers a platform to connect with leading experts from all over the world without losing the personal touch. I strongly believe that an SIU membership is of substantial merit for urologists of all ages to share experiences and further stimulate their careers. That is why I am proud to be a part of this evolving community. ●

## Report: B2B meeting on Prostate Cancer in Athens

Athanasios Papatsoris, MD, MSc, PhD, FEBU, FES  
Associate Professor of Urology, University of Athens,  
Greece, Secretary General of Hellenic Urological  
Association (HUA)



On October 11, 2018 a Bench to Bedside (B2B) meeting took place in Athens during the 1st day of the 24th Panhellenic Urological Congress. Our bi-annual national congress was organized under the auspices of the SIU, ESU, ESUO, ESGURS, ESUT and ICS, and nearly 600 Greek urologists attended.

The main topic of the B2B meeting was prostate cancer (PCa). Urologists from Greece and abroad were welcomed by Dr Poulias, President of the Hellenic Urological Association (HUA) and Associate Prof. Papatsoris, HUA Secretary General. The two sessions that comprised the B2B meeting were: localized and hormone sensitive PCa (chaired by SIU General Secretary Prof. de la Rosette and Associate Prof. Varkarakis) and castration resistant PCa (chaired by Drs. Gkialas and Grigorakis).

During the first session, the following topics were presented: clinical and molecular variability of prostate cancer (S. Guven), the role of lymphadenectomy in prostate cancer (P. Gontero), novel achievements of robotic radical prostatectomy (M. Karavitakis), management of biochemical and

locoregional recurrence (I. Varkarakis), the role of LHRH antagonists (S. Guven), novel antiandrogens in PCa M0 (P. Gontero) and chemo-hormone treatment in hormone sensitive disease (G. Moutzouris). During the second session three topics were discussed: diagnosis and management of CRPC M0 (G. Papadopoulos), sequencing of medications in CRPC M+ (T. Kalogeropoulos), and non-urological considerations in CRPC (P. Gontero). The CRPC session generated a lot of discussion, as an increasing number of urologists are involved in the diagnosis and management of CRPC.

The number of Greek urologists that are active members of the SIU has increased vastly over the last two years. This B2B meeting on prostate cancer was the first official collaborative event between the SIU and the HUA. The close cooperation between both organizations will continue through 2019 with the upcoming SIU Congress taking place in Athens, at the same venue as this B2B meeting, from October 17–20. We are looking forward to welcoming you next year in Greece! ●

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