



UCLA UROLOGY

UPDATE



Right: The Men's Clinic at UCLA (TMC@UCLA) faculty includes (l. to r.) Drs. Rajiv Jayadevan, Sriram V. Eleswarapu, Jesse N. Mills, Juan J. Andino, and (pictured on page 2) Jacob Rajfer. Above left: TMC@UCLA advanced practice providers Keith Regets, PA-C, and Linda Allahyarian, NP-C. Below left: TMC@UCLA staff includes (l. to r.): Emoni Cash, Taday Manuel, Jazzmaine Lee, Kyra Rice, Kellie Vigil, Dominique Griffin, Talhia Ngo, and Janeth Caro.

Optimizing Health Drives Rapid Growth of The Men's Clinic at UCLA

The exponential growth of The Men's Clinic at UCLA (TMC@UCLA), established in 2016, attests to both the increasing interest among men in optimizing their urologic, sexual, and reproductive health, and TMC@UCLA's reputation as the world's premier clinic for patient care, research, education, and community engagement.

When he was recruited eight years ago to found TMC@UCLA, Jesse N. Mills, MD, worked in shared office space with a two-person staff. Today, the clinic has five faculty along with two advanced-practice providers and a support staff of 16. During that time, TMC@UCLA's annual patient volume has increased sixfold.

To accommodate the growing demand, TMC@UCLA will soon move into a significantly larger space on Wilshire Boulevard in Santa Monica, dedicated solely to the clinic's whole-person,

urology-based men's health mission. The 11,000-square-foot center — representing a quadrupling of TMC@UCLA's functional space — is designed not like a medical clinic, but as a natural light-filled, soothing, aesthetically pleasing, homage to California's diverse landscape.

Beyond its core expertise in areas of hormone management, fertility treatment, penile rehabilitation, sexual health, and prostate health, TMC@UCLA's comprehensive range

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This page, above: Members of The Men's Clinic at UCLA and Boston Scientific industry partners held the first-ever prosthetic cadaver lab for medical students at Charles R. Drew University. The event, which included both didactic and mentorship components, was aimed at helping to recruit a more diverse urologic workforce. This page, right column: Dr. Jacob Rajfer (top left) and (surgery photo, l. to r.) Drs. Sriram V. Eleswarapu and Charles Loeb. Opposite page, first column: Drs. Vadim Osadchiy and Rajiv Jayadevan performing a surgery; second column: Dr. Jesse N. Mills teaching a session on men's health to UCLA Urology residents and fellows.

of services is designed to optimize the health of a population that has traditionally been less engaged in their care. "We are seeing a growing number of men coming in not only for sexual dysfunction or prostate health, but also for preventive services," explains Dr. Mills, UCLA Urology clinical professor and TMC@UCLA's director. "Even younger men are starting to notice they aren't performing physically as well and they want to know what they can do now before it's too late. But it's never too late," Dr. Mills emphasizes.

The clinic offers men resources for lifestyle counseling, fitness, and nutrition management, and pairs this with appropriate supplements, medication, procedures, or surgical treatment. "The first visit is often a coaching session," Dr. Mills says. "We create a dialogue that helps men take charge of their health. With our guidance and an individualized approach, the patient and physician make informed decisions about a treatment course."

The clinic leverages its expertise to appeal to the growing interest among men in strategies to not only live longer, but live better, including through what Dr. Mills coins preventive pharmacology. "There are many FDA-approved medications that show efficacy in extending the lifespan by decreasing inflammation and preserving nitric oxide levels, with the beneficial side effects of improving urine flow and sexual function," Dr. Mills says. "We provide services on multiple levels that reflect this anti-aging research, while also stewarding men through the morass of misinformation that's out there."

The growth in demand is fueled in part by developments over the last decade in successful

treatments for common men's health concerns. An estimated 15 million men have low testosterone, which can impair everything from fertility to libido to mental concentration. Testosterone therapy has become more mainstream in the U.S., and TMC@UCLA's specialists offer customized treatment plans for low testosterone — including pills, gels, injections, and long-acting pellets. Similarly, the advent of Xiaflex in 2013, the only FDA-approved therapy for Peyronie's disease, has opened the door to non-invasive treatment for a debilitating disorder afflicting one in 10 men, in which scar tissue inside the penis leads to a painful, curved erection. TMC@UCLA is the international leader in Xiaflex administration and surgical treatment.



In couples trying to conceive a child, roughly half the time a male cause is wholly or partly responsible. TMC@UCLA offers comprehensive diagnostic and therapeutic strategies to treat diminished fertility with lifestyle interventions, medications, or surgery. The clinic provides in-office semen analysis with same or next day results. Even with modern diagnostics, 25% of male-factor impaired fertility remains unknown. Working with industry partners and UCLA faculty experts in bioinformatics, epigenetics, and microbiology, TMC researchers — including three UCLA Urology residents, Drs. Vadim Osadchiy, André Belarmino, and John Sigalos — published two recent high-profile publications on the semen and urine microbiome in men with abnormal sperm parameters. This research has led to ongoing clinical trials.



Men go to TMC@UCLA because it offers the latest in medical technology — including for benign prostatic hyperplasia (BPH), a condition common with aging in which the enlarged prostate can cause troublesome urinary symptoms. “Over the past several years, we have made a push to

introduce some of the newest technologies available for the treatment of noncancerous prostate disease,” says Rajiv Jayadevan, MD, UCLA Urology health sciences assistant clinical professor and a member of the TMC@UCLA faculty. “For BPH, the minimally invasive treatments we offer are tailored specifically to a patient’s values, especially when it comes to sexual function preservation.” (For more on these treatments, see Healthy at Every Age on page 4.)

TMC@UCLA experts also leverage men’s health visits to perform general screenings, which has allowed them to early-detect patients with diabetes, coronary disease, colorectal and prostate cancer, and other conditions. “TMC often serves as the gatekeeper for health issues that wouldn’t have been otherwise identified for men who don’t routinely see a doctor,” says Sriram V. Eleswarapu, MD, PhD, UCLA Urology health sciences assistant clinical professor and director of andrology research. “An office visit for something as routine as a vasectomy can turn into a dialogue on optimizing a man’s general health, checking for low testosterone, discussing colonoscopy screening or a multitude of other health-focused life improvements.”

TMC@UCLA supports a flourishing research program in male reproductive and sexual medicine. Although the clinic offers state-of-the-art medical and surgical treatments for Peyronie’s disease and erectile dysfunction, there are still no FDA-approved treatments to cure or regenerate damaged tissue. Under the leadership of Dr. Eleswarapu, TMC@UCLA has established a translational science laboratory to discover novel treatments for sexual problems. Peyronie’s disease results from abnormalities in the penile tunica albuginea, the tissue layer surrounding the erectile bodies that helps to “trap” blood during erection. Dr. Eleswarapu’s lab has contributed important findings to gain a better understanding of the penile tunica albuginea that could lead to new technologies and drugs to regenerate the tissue.

“We’ve come a long way in building a program that changes the way men engage with their health.”

The whole-person approach to caring for patients, combined with TMC@UCLA’s commitment to improving access for traditionally underserved patient populations, is what inspired Juan J. Andino, MD, MBA, UCLA Urology health sciences assistant clinical professor, to join the team. Dr. Andino spearheads efforts to provide high-quality care for patients who might not otherwise be able to visit TMC@UCLA sites in Santa Monica or Burbank. One day a week, Dr. Andino works out of Martin Luther King Jr. Community Hospital,

providing men’s health services not otherwise offered in the South Los Angeles community such as intracavernosal injections for patients with erectile dysfunction, treatment for Peyronie’s disease, and outpatient vasectomies. In addition to seeing patients in South Los Angeles, Dr. Andino receives referrals through UCLA Urology’s partnerships with the Los Angeles County hospital system. He is also a key part of the clinic’s efforts to leverage telehealth to offer specialty consultations — including language-concordant care to Spanish speakers — for patients who have difficulty visiting the clinic. “This is a perfect place for me to pursue my interest in eliminating health disparities,” Dr. Andino says. “Our vision is that there should be no difference in the level of specialty care received by patients in South Los Angeles vs. patients who come to UCLA.”



In addition to its clinical and research strengths, TMC@UCLA plays an active role in educating the next generation of urologists and advanced practice providers. In the past five years, more than 30 fellows, residents, medical students, and undergraduates have participated in patient care

and research with TMC@UCLA. Building a diverse pipeline is a core value. In February, TMC@UCLA teamed with Boston Scientific to hold a first-of-its-kind cadaver course for medical students at Charles R. Drew University. The program included mentorship and instruction. “It’s important to make sure our urology workforce looks more like the patients we’re serving,” says Dr. Andino, who is also one of two faculty mentors for the newly formed Latinos in Surgery group within the David Geffen School of Medicine at UCLA. “Research shows that when patients receive culturally and/or linguistically congruent care, outcomes improve.”

Innovations in patient experience drive advances in health care delivery. At TMC@UCLA, Keith Regets, PA-C, a health care provider with more than 10 years’ experience in men’s health, and a published, national thought leader on male hormone replacement and penile implant education, has set the standard for patient care excellence. Linda Allahyarian, NP-C, who joined TMC@UCLA after a career as a surgical nurse, brings compassionate

care and expertise to her patients. Both advanced practice providers dramatically improve patient appointment and follow-up access.

For all its growth in the first eight years, The Men’s Clinic at UCLA’s imminent move to its larger space allows the mission to expand and reach more men. “We’ve come a long way in building a program that changes the way men engage with their health,” Dr. Mills says. “And we’re just getting started.”

ALUMNI PROFILE

Denise Asafu-Adjei, MD, MPH



As Dr. Denise Asafu-Adjei began to consider subspecialties during her urology residency, she found herself drawn to andrology — specifically the medical and surgical management of male-factor infertility and sexual dysfunction. “I really enjoy the opportunity to positively affect patients’ quality of life,” she explains. “If we think of medicine only

as treating or preventing disease, we undervalue the importance people place on being treated as a person, apart from their disease processes. I have many happy patients, and that’s very rewarding.”

As director of male reproductive medicine in the Department of Urology at Loyola Medicine in Chicago, Dr. Asafu-Adjei leads all of Loyola’s male infertility care as well as treating men experiencing the full range of sexual dysfunction and conducting clinical research on access to care for these issues. Dr. Asafu-Adjei is reminded of the value of her work when seeing patients in Loyola’s penile rehabilitation program, which is offered to men both before and after prostate cancer treatment. “Many men say they would rather die than not have their sexual function,” she says. “Being able to explain that they can have both — be cancer free while maintaining that quality of life — is important.” Similarly, she says, “It’s so rewarding to be able to help a wide range of couples realize their dreams of starting families.”

Although a male factor is responsible in about half of couples who have tried unsuccessfully to conceive a child, Dr. Asafu-Adjei notes that there remains a wide lack of awareness that men can experience infertility issues. “We need to let more men know that there are treatment options, from medical and hormonal management to surgical techniques, that can help them,” she says. Regarding sexual dysfunction, “Many men wrongly assume this is something that will affect them only when they are much older. When I treat younger men, particularly for erectile dysfunction, I try to impress upon them that this is a vascular disease that can be a marker for other significant health issues.”

Dr. Asafu-Adjei completed her andrology fellowship training in 2020-21 under the mentorship of Dr. Jesse Mills, UCLA Urology clinical professor and director of The Men’s Clinic at UCLA. “Being in a high-volume program with a varied population of patients gave me the experience of navigating delivery of care for patients in both resource-rich and resource-challenged areas, which makes me a better clinician,” she says. “And training under Dr. Mills taught me how impactful I could be as a human-centered physician. It’s such a great team culture there, with everyone having a vested interest in patients’ experiences and outcomes. That’s something I strive for in my own practice.”

HEALTHY AT EVERY AGE

Sexual Function-Sparing BPH Treatments

In recent years, effective new minimally invasive procedures have emerged that treat benign prostatic hyperplasia (BPH) while limiting sexual side effects traditionally associated with surgical BPH treatment.

BPH refers to a noncancerous enlargement of the prostate gland that can result in bothersome symptoms, including difficulty initiating urination, weak urinary stream, increased frequency of urination, increased nighttime urination, and incomplete emptying of the bladder. When untreated, BPH can sometimes lead to serious complications. BPH is especially common with aging, affecting as many as half of men in their 50s and about 90% older than 80.

When BPH symptoms begin to affect quality of life, men typically start with medication. When that is not sufficiently addressing the symptoms, several procedural options are available. Although very effective in treating urination, several common BPH surgeries come with the possibility of postoperative sexual dysfunction, including a high risk of ejaculation dysfunction and a relatively low risk of erectile dysfunction. The desire to maintain sexual function has led many men to delay surgical treatment despite worsening urinary quality of life. Recently, however, several effective BPH procedures have been developed that minimize the risk of postoperative sexual dysfunction:

Aquablation: Suitable for prostates of all sizes, Aquablation employs an image-guided high-pressure water jet to precisely destroy excess prostate tissue in order to relieve symptoms. Combining ultrasound imaging with direct visualization by camera, Aquablation provides real-time visualization of the prostate so that the surgeon can accurately target the tissue that needs to be removed. The procedure is performed in the hospital under anesthesia and involves an overnight stay.

UroLift: Particularly suited for men who have relatively small-to-moderate sized prostate glands, UroLift uses tiny anchors to lift and hold the enlarged prostate tissue out of the way so that it no longer blocks the urethra. The procedure involves no destruction of tissue. UroLift can be performed in the urologist’s office under local anesthesia, or with anesthesia in the operating room.

iTIND (Temporary Implanted Nitinol Device): Geared toward patients who have an elevated bladder neck, iTIND places a device in the urethra for 5-7 days to gently reshape it so that the opening is wider. No tissue is removed.

All three of the above sexual-function-sparing BPH procedures are offered by UCLA urologists at The Men’s Clinic at UCLA.

For more information, visit www.uclaurology.com. To make an appointment, call (310) 794-7700.



Letter from the Chair



Urology is considered a surgical specialty, but unlike most other surgical specialties, the care we provide isn't limited to single, episodic cases of illness or injury that require operations. Rather, many patients see urologists on an ongoing basis. And just as gynecologists are specialists who also serve a primary care function through the ongoing women's health care they provide, the relationships we develop with our patients as urologists create opportunities to address issues pertaining to their overall health.

Men don't like to go to the doctor. To be sure, it's a cliché that doesn't apply to *all* men. But plenty of surveys have suggested that as a group, men are less likely than women to see a physician for routine visits, and are prone to putting off making appointments even when experiencing symptoms that warrant attention. One exception to this general rule: when the problem is urological. Men who are having an issue with their sexual function, urinary outflow, or reproductive capacity typically feel compelled to get it addressed.

*Our goal is to ensure
that all aspects of our
patients' health are
being addressed.*

At UCLA Urology, our goal is to leverage that connection to ensure that all aspects of our patients' health are being addressed. That philosophy is epitomized at our Men's Clinic at UCLA. As is described in this issue's cover story, the Santa Monica-based clinic is run by members of our faculty who are leading experts in the urological issues that bring men in for care — but beyond that, the clinic's holistic approach ensures that these patients can also be assessed for any warning signs that portend future health problems, such as high blood pressure or cholesterol. Through the clinic's partnerships with other UCLA departments, referrals can be made to family medicine, sports medicine, psychosocial support, and other providers as necessary. The strong community response to this model of care has been such that the clinic will soon move into a much larger, dedicated space in Santa Monica, in an environment designed to be welcoming to all men.

One of the aspects that draws so many of us to the urology specialty is that we have the opportunity to develop long-term relationships with our patients. We care deeply about the overall health of these individuals, beyond the immediate urological condition that they need addressed. We believe that by reducing barriers to men receiving the attention they need to promote their health and reduce their disease risk, we are performing a vital service.

❖ **Mark S. Litwin, MD, MPH**

Distinguished Professor and Chair, UCLA Urology

Kudos

Juan José Andino, MD, UCLA Urology assistant professor, was elected to serve in the Sexual Medicine Society of North America International Liaison Committee, where he will be working to expand the Spanish-language sessions at the annual meetings and expand educational opportunities to Latino and Hispanic international trainees.

Wayne Brisbane, MD, UCLA Urology assistant professor, received a three-year Young Investigator Award from the Prostate Cancer Foundation to support research focusing on refining the Micro-Ultrasound method to improve its specificity. Dr. Brisbane and colleagues are developing a machine learning-based image analysis algorithm that considers various patient factors, including age, PSA levels, digital rectal examination findings, prostate volume, and whole gland Micro-Ultrasound images. Dr. Brisbane was featured in the article “AI’s a surgeon’s X-ray vision,” published in *Politico* last November.

Sriram Eleswarapu, MD, PhD, UCLA Urology assistant professor, and his co-authors, **Vadim Osadchiy, Andre Belarmino, Reza Kianian, John Sigalos, Jacob Ancira, Trisha Kanie, Sarah Mangum, Craig Tipton, Tung-Chin Hseih**, and **Jesse Mills**, had their manuscript, “Urine microbes and predictive metagenomic profiles associate with abnormalities in sperm parameters: Implications for male subfertility,” published in *Fertility & Sterility Science*. They also had their manuscript, “Semen microbiota are dramatically altered in men with abnormal sperm parameters,” published in *Scientific Reports*.

Stanley K. Frencher, Jr., MD, MPH, UCLA Urology associate professor, was selected to participate in the Transforming Biomedical Research and Academic Faculty Through Leadership Opportunities, Training and Mentorship (TRANSFORM) Program. A year-long, multifaceted leadership and career development program, TRANSFORM aims to improve the diversity of the

biomedical research workforce by enhancing the retention, promotion, and attainment of institutional leadership roles for faculty from groups historically under-represented in science and medicine.

Thomas Gaither, MD, UCLA Urology resident, and his co-authors, **Nathan Vincent, Eduardo Piqueiras, Devin Barzallo, Allen Siapno, Kristen Williams, Marcia Russell**, and **Mark S. Litwin**, received a best paper award from the International Society of Sexual Medicine for their publication, “Atlas of the receptive anal sex experience among people with prostates,” which was published in the *Journal of Sexual Medicine*. Dr. Gaither and the same co-authors also won the Bronze Prize for Best Paper from the International Society of Sexual Medicine for “Relationship between pelvic sensations and lifetime exposure to receptive anal intercourse among people with prostates,” which was also published in the *Journal of Sexual Medicine*.

Tommy Jiang and **Ashley Appleton**, UCLA David Geffen School of Medicine students who are mentored by **Drs. Sriram Eleswarapu** and **Jesse Mills**, each received research grants from the Center for Reproductive Science, Health and Education.

Ava Mousavi, a fourth-year UCLA David Geffen School of Medicine (DGSOM) student, was awarded the 2023/2024 AUA Medical Student Research Fellowship, supported by the Urology Care Foundation, and the 2023 DGSOM Viola Hyde Surgical Research Scholarship. Her research focuses on characterizing the microbiome of kidney stone patients with ureteral stents under the mentorship of **Drs. Kymora Scotland** and **Anne Lenore Ackerman**.

Vadim Osadchiy, MD, UCLA Urology resident, received an AUA Care Foundation Resident Research Award for his study, “Multiomics Analysis of Varicocele Repair on the Seminal Microbiome.” Dr. Osadchiy will leverage multiomics strategies to understand the relationship between varicocele repair

and the semen microbiome under the mentorship of **Drs. Sriram Eleswarapu** and **Jesse Mills**. Dr. Osadchiy and his co-authors, **Andre Belarmino, Reza Kianian, John Sigalos, Jacob Ancira, Trisha Kanie, Sarah Mangum, Craig Tipton, Tung-Chin Hseih, Dr. Mills**, and **Dr. Eleswarapu**, had their manuscript, “Semen microbiota are dramatically altered in men with abnormal sperm parameters,” published in *Scientific Reports*.

Kymora Scotland, MD, PhD, UCLA Urology assistant professor, received the 2023–2028 AUA Rising Star in Urology award for her research proposal, “Elucidating the Role of Biofilm-Forming Bacteria in Nephrolithiasis.” The American Urological Association awards this highly competitive and prestigious grant to one individual in the country each year to provide research funds to supplement the award winner’s K award from the NIH, which is itself highly competitive.

Adam Weiner, MD, UCLA Urology urologic oncology fellow, has been awarded a three-year Young Investigator Award from the Prostate Cancer Foundation to support research into personalized prostate cancer treatment. Dr. Weiner also received a Physician Research Award from the CDMRPD (Department of Defense) prostate cancer research program for his grant, “Correlating prostate-specific membrane antigen (PSMA) expression with molecular profiles in prostate cancer.” The award will provide \$1.2 million in research support for ongoing work exploring PSMA as a biomarker for treatment-naïve prostate cancer with primary mentor **Dr. Robert Reiter** and co-mentors **Dr. Paul Boutros** (Human Genetics) and **Dr. Jeremie Calais** (Nuclear Medicine).

Andrew Zilavy, MD, UCLA Urology fellow, and co-authors **Ethan Manafi, Arnold Chin**, and **Gladys Ng**, had their article, “The role of robotic-assisted peritoneal flap augmentation in gender-affirming vaginoplasty,” published in the February 2024 issue of *AUA News*.

FPMRS Fellows Drawn for Specialized Training

The clinical and research environment within UCLA Urology is greatly enhanced by those who are completing fellowships — drawn by the department's renowned faculty to receive specialized training in a urology subspecialty. Following is a summary of the interests of six UCLA Urology female pelvic medicine & reconstructive surgery (FPMRS) fellows.



Dr. Christine Burke is investigating the relationship between sleep and nocturnal voiding patterns to better characterize nocturia (the need to get up at night on a regular basis to urinate) in women with overactive bladder. Her research, under the mentorship of Drs. M. Lynn Stothers and A. Lenore Ackerman, has received funding from the American Urogynecologic Society and the International Urogynecological Association.



Dr. Alice Drain focuses on voiding dysfunction and incontinence — in particular, the minimally invasive way stress urinary incontinence can be treated with urethral bulking, which can be performed in the office. Under the mentorship of Dr. Victor Nitti, she is currently enrolling patients in a prospective clinical trial to assess their symptom response to urethral bulking, and whether it impacts overactive bladder symptoms in addition to its established impact on stress urinary incontinence symptoms.



Dr. Rahul Dutta recently completed residency at Wake Forest University, where he conducted national database research on practice patterns of urologists and gynecologists in their treatment of pelvic organ prolapse, under the mentorship of Drs. Gopal Badlani and Catherine Matthews. For his UCLA Urology fellowship, he plans to study voiding dysfunction, including non-pharmacological ways to address nocturia, under the mentorship of Drs. Ackerman and Stothers, along with the pelvic reconstructive surgery team.



Dr. Alexandra Goodwin joined UCLA's urogynecology team from Northwell Health in New York, where she completed her OBGYN residency. Dr. Goodwin's prior research focused on surgical simulation and optimizing perioperative care. Among other things, she created a dynamic, high-fidelity, 3D-printed pelvic model to demonstrate pelvic organ prolapse. Her fellowship research includes using near-infrared spectroscopy (NIRS) to measure pelvic floor muscle fitness and investigating the impact of yoga on incontinence. She also plans to continue 3D modeling during fellowship.



Dr. Patrick Lec is a second-year fellow whose ongoing research efforts, under the guidance of Drs. Nitti and Ackerman, center around qualitative analysis of patient perceptions of the association between anticholinergic medications for overactive bladder and dementia risk; outcomes of intravesical botulinum toxin injection in patients with a history of radical prostatectomy; and patient access to pelvic floor physical therapy.



Dr. Alec Szlachta-McGinn is dedicating the majority of his time to investigating virulence factors of urinary *Candida* isolates *in vitro* in women with interstitial cystitis/bladder pain syndrome, and the mechanisms by which urinary fungi induce varying degrees of urothelial inflammation and cell death in women with and without bladder pain. "As a urogynecologist, I am passionate about improving the lives of women living with pelvic floor disorders," says Dr. Szlachta-McGinn, who is pursuing his research interests in Dr. Ackerman's laboratory.



UCLA Urology/Bridge Builders Event Exposes South Los Angeles Students to Medical Careers

In November, UCLA Urology hosted more than 100 students from King/Drew Magnet High School of Medicine and Science at an event designed to introduce the students — mostly Black and Latinx, from low-income backgrounds — to careers in medicine. The event was held in collaboration with Bridge Builders Foundation, a Los Angeles-based nonprofit organization that has served as a beacon of empowerment for under-resourced communities in South Los Angeles and Long Beach since it was founded in 1998.

The day started with a keynote address by Dr. Mark S. Litwin, UCLA Urology chair, followed by an interdisciplinary panel featuring physicians from various specialties as well as a nurse, radiology technician, and medical students. The UCLA Urology team — which included Drs. Litwin, Juan Andino, Renea Sturm, and Kymora Scotland — shared their diverse accounts on what led them to pursue medicine and how impactful the career has been. The students then toured Rosenfeld Hall Simulation Center, where members of Dr. Scotland's lab — including master's-year UCLA David Geffen School of Medicine students Ava Mousavi, Nancy Quintanilla, and

Anael Rizzo — led sessions on suturing, robotic surgery skills, and endotracheal intubation. The day ended with a tour of the campus, where students had the opportunity to learn about college life and ask the medical students and undergraduate volunteers about their academic trajectories and experiences.

"The impact of this event stretches beyond a single day of activities," says Dr. Scotland, a UCLA Urology assistant professor who spearheaded the event. "For students from this community, the Bridge Builders event aptly lived up to its name by demonstrating that the world of medicine is an accessible and welcoming destination. Events like these are more than community outreach; they are powerful catalysts for change. And for the medical students and UCLA Urology team, it was a testament to our commitment to health care alongside community engagement."

"What an invigorating time, to spend the day with these bright kids at a state-of-the-art facility," adds Quintanilla, who is from the same South Los Angeles community as the King/Drew high school students who attended the event. "It's an opportunity as a first-gen student that I never had."



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UCLA Health placed #1 in California
and in Los Angeles in the 2023-24
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The Men's Clinic at UCLA

DID YOU KNOW?

Chronic scrotal pain can have any number of causes. The Men's Clinic at UCLA offers multidisciplinary approaches to treating the causes of scrotal pain, including microsurgery and even acoustic shockwave therapy.

The Men's Clinic at UCLA is a comprehensive, multidisciplinary health and wellness center located in Santa Monica, with a satellite clinic in Burbank. For more information or to make an appointment, call (310) 794-7700.



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