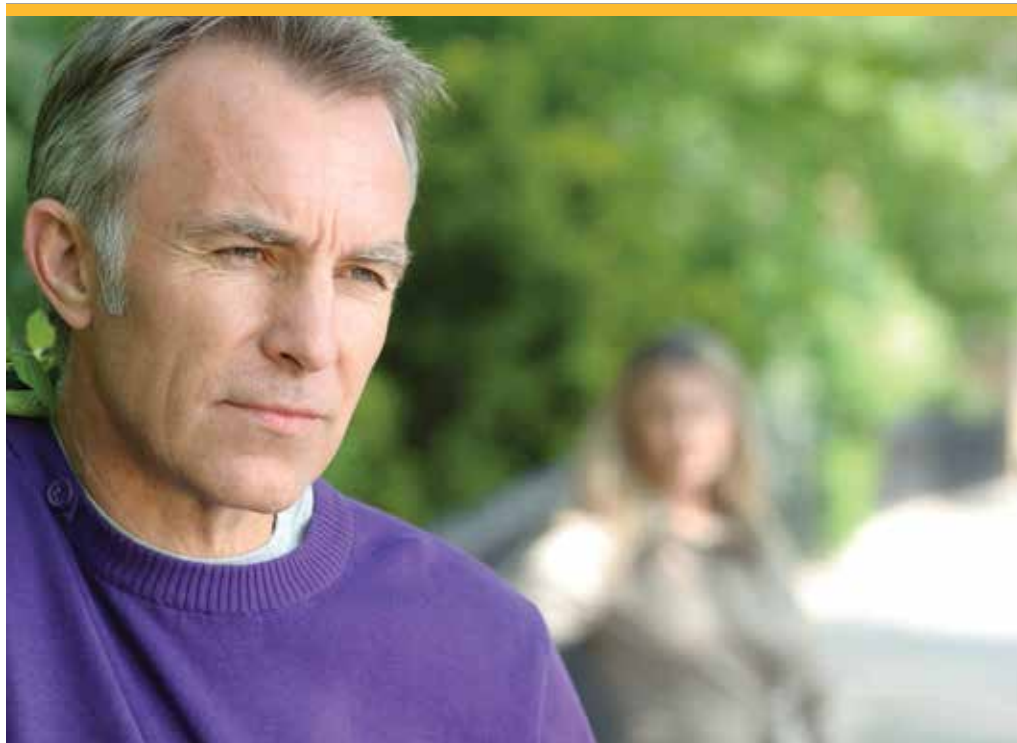


## UCLA Urology office opens in Northridge



**The recently opened UCLA Urology office in Northridge** is a full-spectrum urology practice committed to serving the needs of area residents in one easy-to-access location. The office combines the convenience of specialized care delivered close to home with the expertise and technological capabilities of a leading academic medical center.

Conditions treated at this office include kidney and bladder stones, female and male incontinence, benign prostate hyperplasia, male urethral strictures, erectile dysfunction, pelvic-organ prolapse, elevated PSA and cancer, as well as patients needing vasectomy.

A collaborative approach with UCLA oncologists, radiologists, pathologists, nephrologists, gynecologists and other specialists provides seamless continuity of urologic evaluation and treatment. UCLA physicians take the time to become familiar with patients as individuals in addition to understanding their symptoms and medical histories.

### A variety of treatment options

Some urologic disorders can be successfully managed with behavioral and dietary changes or medical therapy. For those patients who require surgery, our UCLA urologists specialize in traditional open surgical procedures as well as the latest minimally invasive techniques, many of which were developed or refined at UCLA.

### Comprehensive, compassionate and convenient urologic care

“Many of the problems we treat are related to parts of the body and bodily functions that people are uncomfortable talking about,” says Caroline Wallner, MD, assistant clinical professor of urology. “Too often, a person’s embarrassment causes him or her to avoid or delay treatment. We understand. As a team, we reassure patients that there are solutions, yet remain sensitive to each patient’s personal concerns and priorities.”

“I grew up in Northridge, so the people of the North Valley are really like extended family to me. We want our patients to feel somebody is watching out for them,” adds Dr. Wallner.

“Patients thrive when they have access to quality care. We provide state-of-the-art healthcare in a setting that is as compassionate as it is convenient,” says Gladys Ng, MD, MPH, assistant clinical professor of urology.

Three common urologic conditions treated by our specialists include pelvic-organ prolapse, benign prostatic hyperplasia and male urethral stricture disease.

**Pelvic-organ prolapse (POP):** Approximately one in four women in the U.S. will suffer some type of prolapse during her lifetime. POP occurs when stretched pelvic-floor tissue and muscles no longer support the pelvic organs — most commonly the bladder — and the organs drop (prolapse) from their normal position. Symptoms include urinary leakage, lower backache and painful intercourse.

Mild POP symptoms are often controlled with pelvic-floor exercises ('Kegels') or mechanical support (pessaries). When conservative therapies are not effective, our physicians offer reconstructive surgical procedures that restore pelvic-floor anatomy, including robotically assisted (da Vinci) pelvic-floor reconstruction.

**Benign prostatic hyperplasia (BPH):** BPH is a non-cancerous enlargement of the prostate that affects at least half of American men over the age of 50. Symptoms include urinary frequency, urgency and stream hesitancy. In addition to medical management, safe and effective treatments are available to shrink the gland and improve urine flow and bladder emptying:

- Transurethral resection of the prostate (TURP) is an endoscopic procedure used to resect pieces of prostate tissue small enough to fit through the scope. By using bipolar current, the surgical site can be irrigated with saline instead of the non-conducting fluid needed with monopolar current. This allows more prolonged exposure without side effects and doesn't limit the length of the procedure. TURP provides tissue for pathology and involves an overnight hospital stay.
- Transurethral electrovaporization of the prostate (TUVP) is a less invasive, outpatient version of TURP that uses heat from bipolar current to ablate the excess tissue.
- Green light photovaporization of the prostate (PVP) is an outpatient procedure using laser energy to precisely ablate prostate tissue without causing damage to underlying structures.
- The UroLift System is a minimally invasive approach that employs tiny implants to lift and hold aside enlarged prostate tissue so the urethra is no longer blocked.

**Male urethral stricture disease:** Scar tissue in the urinary channel from trauma, infection and after surgical procedures can block or slow urinary flow. Urethroplasty can include minimally invasive procedures and open surgical reconstruction and is successful in 95 percent of patients. The choice of treatment depends largely on the severity of the stricture.

Additional genitourinary reconstruction procedures offered at UCLA Urology in Northridge include implantation of devices for incontinence and reconstruction for genital and scrotal edema.

## National recognition

UCLA Urology is ranked by *U.S. News & World Report* among the top three urology departments in the nation — and first on the West Coast.

## Participating Physicians

### Gladys Ng, MD, MPH

Assistant Clinical Professor of Urology

### Caroline Wallner, MD

Assistant Clinical Professor of Urology

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