



*Philip M. Farrell,  
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## Enhancing men's urologic health

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**W**hen I was in medical school, my class was led to believe (misled, actually) that certain major health problems—such as stroke and heart disease—mainly affected men, not women. We now know that this is not the case; these pervasive diseases afflict women almost as frequently as they do men. With this understanding and with the great attention that has been given to breast cancer and osteoporosis, the field of women's health has blossomed. And largely in response to that development, special attention now has turned to health issues that uniquely pertain to men—such as several aspects of urology. At UW Medical School we are building on a deep and broad foundation in urology to enhance men's health by further strengthening our urology programs.

The UW urology division's tradition of distinction began with the leadership of Dr. David Uehling, who was chair for 18 years. Renowned as a pediatric urologist and urinary tract infections researcher, Dr. Uehling is a physician/researcher who continues to maintain a statewide and

national presence. As we began to recruit a successor for Dr. Uehling, we acknowledged our ongoing commitment to comprehensive excellence in urology. We chose Dr. Stephen Y. Nakada, a world leader in stone disease, to chair the division and expand our urology programs. It's my pleasure to tell you that Dr. Nakada has also been named the David Theodore Uehling Professor of Urology. Doctor Nakada will expand the division in three main areas: stone disease; prostate disease, focusing on cancer; and sexual dysfunction.

Stone disease is clearly a problem that predominantly affects men, as two of every three people with kidney stones in the United States are male. In addition to being the cause of the most excruciating pain men can experience, kidney stones can drastically affect a man's quality of life.

The UW urology division is home to the only multidisciplinary stone clinic in Wisconsin. The weekly metabolic clinic has logged over 500 patient visits since 1995, offering complete medical therapy and prevention with the support of nephrology and dietary medicine. Under the direction of Dr. Nakada, who is widely known as an expert in minimally-invasive urology, the stone center offers full services for men with both simple and

complex stone disease, including all percutaneous and laser procedures. UW Hospital and Clinics possesses a state-of-the-art Dornier lithotripter on site, which clinicians have used to treat over 300 stone patients since the instrument was acquired in 1998.

In recent years, diseases of the prostate have been the focus of national media attention, particularly the management of prostate cancer. In coordination with the University of Wisconsin Comprehensive Cancer Center, the Division of Urology has created a clinical and research center that concentrates on all facets of prostate disease, particularly cancer. Close collaboration with an interdisciplinary team of oncologists and internists is key to successfully addressing prostate cancer.

The newest surgical techniques, including the nerve-sparing radical prostatectomy, are provided at the clinic; the procedure will soon be offered laparoscopically. A combined effort between the divisions of radiation oncology and urology also makes prostatic brachytherapy available to Wisconsin men. A peripherally-related, but important, area of developing clinical strength at UW is pediatric urology. As our physicians deal increasingly with urologic issues in boys, they may

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better understand patterns that could lead to prostate difficulties later in life.

UW physicians with interests in prostate and other urologic problems are also conducting clinical trials and basic research that should ultimately improve understanding of the etiology of the diseases as well as the efficacy of new treatments. Chemoprevention of prostate disease is being studied in several trials, including one on selenium and vitamin E. New drug treatments for prostatitis, an often-debilitating benign inflammatory condition

afflicting men of all ages, are being investigated. In addition, federally-funded research by UW scientists is aimed at issues such as molecular mechanisms of prostate cancer cell proliferation and laparoscopic approaches to urologic tumors.

Men's sexual health is a field that also is experiencing rapid growth. The introduction of new therapies for erectile dysfunction has brought greater awareness to the problem, leading many more men to seek help. Several new drugs and other treatments are on the horizon. In response to

this growing interest, the UW Division of Urology plans in the near future to open a men's sexual health clinic in Madison that will offer the latest medical and surgical treatments for sexual dysfunction.

I am extremely optimistic about UW urology division's ability to continue to enhance men's health through comprehensive excellence and innovation. Many resources are in place and planned, thanks to the talent and vision of leaders such as Dave Uehling and Steve Nakada.

