President’s Message
Elizabeth A. Williams, MD

My first President’s Message…I cannot believe it! I have had the privilege to serve on the SWIU Board of Directors since 2007, first as a resident representative then ascending the ranks as a general board member and officer. Through the years, I have had the opportunity to observe and learn from a number of SWIU presidents, each of whom has brought a unique skill set and contributed to the collective success of the organization. As I thought about my years on the board, and the women I have had the privilege to work with and learn from, I thought about my goals for SWIU during my presidency. Of all of the changes and growth that the organization has experienced during my tenure, I feel that the growing commitment to resident involvement/mentoring and the birth and expansion of the SWIU Winter Meeting are the nearest and dearest to my heart.

At our recent SWIU at the AUA events, I had the opportunity to speak with a number of residents. The residents’ enthusiasm for our organization is contagious. Several interns and junior residents asked how they could become more involved in SWIU and were so grateful for the opportunity to network with more senior SWIU members. I realized then that I often take for granted the access that my involvement in SWIU has afforded me. I have attended conferences, chaired committees and sat in board meetings with so many accomplished females in urology. Our members’ collective accomplishments are outstanding. Each of us has a unique story and different path, but we all share a common bond: our love of urology, our desire to help others and our ongoing struggle to find balance in our professional and personal lives. I feel it is crucial to share these unique stories with one another and with the women who are ascending the ranks in urology. They are the future of our profession and of our organization. One of my main goals

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is to foster further resident involvement in SWIU by having more residents attend our annual meeting and by working to set up more concrete mentoring opportunities within the organization. I am confident that the membership shares this commitment.

In addition to fostering resident involvement, my other primary focus will be on furthering the development of the SWIU Winter Meeting. We are currently working on the program for the 5th Annual Winter Meeting. I remember the moment that the SWIU board first started discussing an independent winter meeting. From its inception, the meeting has been a balance of cutting edge didactic sessions, individualized hands-on labs and ample mentoring/personal growth opportunities. It is amazing to see so many accomplished women serve as faculty, representing so many different subspecialties within the field of urology. Additionally, membership support for the conference has grown as well. With each year, the topic changes but the commitment to scientific excellence and mentoring remains. As the meeting continues to evolve, my goal is to keep this delicate balance intact. We look forward to seeing even more of you in Scottsdale, Arizona, for the 5th Annual Winter Meeting!

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**Bladder Cancer Presentation: A Look Back at our SWIU 4th Annual Winter Meeting**

By Teresa D. Beamp, MD

After our first full day of kidney stone management and diagnostic challenges of the lower urinary tract system, we switched gears to the treatment of bladder cancer for our second day of the 4th Annual Winter Meeting.

Dr. Eila C. Skinner, renowned Thomas A. Stamey Research Professor of Urology and chair of the department of urology at Stanford University, began the morning with a talk on the management of non-invasive bladder cancer. She summarized the literature and appropriate treatment for stratified low-risk, intermediate-risk and high-risk patients. Take-home points included the reduction of cystoscopy frequency in low-risk patients to three-months post TUR, then nine-months if no recurrence noted, then annually. No BCG should be given to these patients, but single-dose intravesical chemotherapy is indicated and impacts patients with first, solitary tumors the most. In intermediate-risk patients, absolute contraindication to intravesical BCG treatments is patients with rheumatoid arthritis receiving TNF-blockers. The use of mitomycin-C (MMC), gemcitabine and device-assisted chemotherapy were all discussed. Intravesical chemotherapy reduces recurrence but not survival or disease progression in these intermediate-risk patients. Intravesical BCG is standard care for high-risk patients. Early cystectomy in these patients who fail BCG is their best chance for survival. Best salvage therapy for these patients is unclear.

She also gave some useful hints in the era of BCG shortages. Again, BCG is not to be used in low-risk patients. Reduced dose so that one vial can be shared among more than one patient receiving treatment on the same day, reduced frequency of administration, optimizing the use of MMC or using combination of MMC alternating with BCG were all mentioned for intermediate- and high-risk patients.

Our second speaker of the morning was a “return guest” after giving us a talk on prostate cancer at the 2014 meeting. Dr. Alicia K. Morgans is an assistant professor in the division of hematology/oncology at Vanderbilt University. She discussed the use of neo-adjuvant and adjuvant chemotherapy in the treatment of Stage two through four bladder cancer. All chemotherapy regimens remain cisplatin-based. Practical concerns regarding chemotherapy and bladder-sparing protocols were reviewed as well. Patients who benefit the most from adjuvant chemotherapy are those with positive lymph nodes and positive surgical margins. From a practical standpoint, those not eligible for adjuvant chemotherapy after radical cystectomy include patients with very slow recovery, renal dysfunction or significant post-op complications.

Patients appropriate for bladder-sparing protocols include: early stage tumors, complete TURBT, no hydronephrosis and a willingness to engage in intense follow-up schedules (every three months).

Our final speaker was Dr. Anne K. Pelletier-Cameron. She is fellowship-trained in female pelvis medicine and reconstruction. She is a clinical assistant professor in urology at the University of Michigan and director of the Clinical Urology Research Endeavor (CURE). She provided a very interesting talk on bladder cancer in the neurogenic population. She divided these patients into different categories. Spinal cord injury patients actually have a lower rate of developing bladder cancer than the general population (by 12%) until they are over the age of 50 or at least 20 years out from their injury. Cytology has poor sensitivity and a poor positive-predictive value in these patients.

Patients with multiple sclerosis have a low incidence of bladder cancer thought to be related to their “overactive immune system.”

Patients with bladder augmentation require one additional risk factor to increase their risk of developing bladder cancer. Urinary infections caused by E. coli or Proteus mirabilis result in nitrosamines that can lead to hyperplasia of the bladder mucosa and transformation to malignancy over time.

Bladder cancer is not more common in patients with neurogenic bladders, but their pathology when present is terrible. Screening is not really helpful in this patient population as it is not reliable. Risk of bladder cancer does increase in patients managed with indwelling catheters (Foley or SP tube) after 10 years and augmented patients after 15 years.

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“After our first full day of kidney stone management and diagnostic challenges of the lower urinary tract system, we switched gears to the treatment of bladder cancer for our second day of the 4th Annual Winter Meeting.”
Urinary incontinence is one of the most common issues that urologists treat. Though presentation of stress urinary incontinence (SUI) may be fairly straightforward, management of both primary SUI and recurrent SUI requires a broad knowledge of all of the available therapies. It is important to have an armamentarium of treatment approaches as well as an appreciation for complicated SUI scenarios in order to appropriately evaluate and counsel patients.

Melissa R. Kaufman, MD, PhD, associate professor of urology at Vanderbilt University, presented a comprehensive review of the current state of stem cell therapy for SUI. Thus far, our treatments have been focused on symptom management, while stem cell therapy aims to reverse disease progression. Animal models have demonstrated both muscle regeneration and neuroregeneration after injection of muscle derived stem cells. Using autologous cells harvested from skeletal muscle, Phase I/II trials have thus far demonstrated safety and efficacy in women with SUI, with approximately 30% dry rates at 12 months and over 70% of patients reporting at least 50% reduction of leakage episodes. Phase III RCTs are ongoing in the US, Europe and Asia. Dr. Kaufman is the PI of the US trial, and we look forward to the results as well as having an additionally minimally invasive treatment option to offer our SUI patients. Other potential applications include post-prostatectomy UI and fecal incontinence.

Una J. Lee, MD, assistant professor of urology at Virginia Mason, discussed the contemporary role of urodynamics in the evaluation of SUI. The 2012 AUA Guidelines as well as the results of the ValUE study have influenced our specialty’s view of the how urodynamics fits into the evaluation of non-neurogenic incontinence. Dr. Lee emphasized its role as a tool in patient evaluation amongst a host of other modalities we use including symptom questionnaires, patient history and physical exam. Urodynamics are but one piece of the “clinical puzzle,” and as clinicians, we choose when urodynamics are necessary to create a complete picture of the patient and clarify pathophysiology as needed to drive treatment decisions for SUI.

Donna Y. Deng, MD, associate professor of urology at UCSF, spoke about the management of recurrent SUI. Recurrent stress urinary incontinence can be frustrating for both patient and surgeon, and there is limited evidence to support one procedure over another. Extensive literature review including meta-analyses revealed few level one randomized studies available. Overall, the conclusions seem to be that intra-urethral bulking agent injection is not the optimal first choice for recurrent SUI, except in select cases where patient cannot undergo another sling procedure. Although some meta-analyses have shown that retropubic midurethral sling resulted in slightly higher improvement compared to transobturator sling as a repeat sling procedure, other studies show similar efficacy. Recurrent SUI remains a nuanced topic that requires much individualization and discussion between doctor and patient.

I’d like to thank my panelists again for their extensive preparation and thoughtful discussion. They did an outstanding job, and I appreciate the time and energy it takes to fit these speaker invitations into their busy lives.
2015 SWIU Christina Manthos Mentoring Award
And the Award Goes to...
J. Christian Winters, MD
By Kathleen Kieran, MD, MS

SWIU members gathered at the AUA Networking Reception in New Orleans, Louisiana, this year for refreshments and the annual presentation of the Christina Manthos Mentoring Award. Christina Manthos was an extraordinary young urologist whose life and career were sadly curtailed by breast cancer. As a means of perpetuating the flame of her inspiration and honoring her memory, SWIU established an annual award to recognize those men or women who demonstrate extraordinary mentoring skills in supporting the career of a female urologist.

Every year urologists around the country are nominated by SWIU members for excellence in the mentorship of medical students, residents and fellows. This year J. Christian Winters, MD, FACS of Louisiana State University-New Orleans received the award. The heartfelt award presentation was delivered by former trainees: Harriette M. Scarpero, Brook Brown, Michelle E. Koski and Denise Chow. It was obvious that Dr. Winters was deserving of the award as each SWIU member told her personal account of the remarkable mentorship that he has provided. In addition to SWIU members, many of his former trainees and colleagues from New Orleans attended the event. Dr. Winters is currently the chairman of the department of urology at LSU-New Orleans where he recently initiated a female pelvic medicine and reconstructive surgery fellowship. He is also the immediate past president of SUFU and currently president-elect of the ABU. Despite his innumerable accomplishments, it is evident that he fosters significant relationships with his trainees to provide unwavering support and guidance, and, thus, is well-deserving of the Christina Manthos Mentoring Award this year.

Find out more about this award, download the application and submit nominations at swiu.org/awards/mentoring.aspx

Elisabeth Pickett Research Award Winner
By Dolores J. Lamb, PhD, HCLD

The Elisabeth Pickett Research Award recognizes research achievements of trainees working in urologic research. It serves not only to commemorate the lifetime achievements of the first board certified female urologist in the United States, but also to highlight the contributions of young trainees working in urologic research. The award is supported by a generous contribution by Dr. Pickett's estate, as well as donations by friends and colleagues. This year's award winner is Dr. Carolina Jorgez.

Dr. Carolina Jorgez's work focuses upon understanding the genetic and genomic basis of congenital genitourinary birth defects. These birth defects, including hypospadias, cryptorchidism (alone or in combination), disorders of sexual differentiation (such as ambiguous genitalia) and upper tract anomalies (such as vesicoureteral reflux), are among the most common birth defects. Carolina will also study the rarer, but also more severe, bladder extrophy epispadias complex disorders. Yet the causes of these birth defects are poorly understood. Dr. Jorgez's project is a short-term study to test the hypothesis that nuclear encoded mitochondrial gene dosage changes underlie a significant percentage of these birth defects. Her specific aim is to use a technique called array comparative genomic hybridization (aCGH), essentially a molecular karyotype to define small chromosomal gains or losses too small to see under a microscope. These gene dosage changes alter the relative amount of proteins expressed that are required for normal fetal genitourinary development, which in turn can cause birth defects. The results of this work could not only further our understanding of the causes of genitourinary birth defects, but it can be used for patient diagnosis and perhaps in the future therapeutic intervention. Dr. Jorgez is an assistant professor of urology in the Scott Department of Urology and the Center for Reproductive Medicine at Baylor College of Medicine. She was an NIDDK funded Multidisciplinary K12 Urologic Research (KURE) Career Development Scholar until mid-2014.

Dr. Pickett was the first female surgeon who completed a fellowship in urologic oncology at Memorial Sloan Kettering Hospital. She passed her general surgery boards in 1961 and became the first female board certified urologist in 1962. Despite the few women who followed her in those early years to become urologists, she pursued her career with vigor and enthusiasm. It is fitting that this award honors this outstanding urologic researcher.

Find out more about this award, download the application and submit your project summary at swiu.org/awards/research.aspx

“Elisabeth Pickett Research Award recognizes research achievements of trainees working in urologic research.”
Karen E. Knudsen, PhD, received the 2015 SWIU/SBUR Award for Excellence in Urological Research. She received her PhD in Biochemistry from the University of California at San Diego in 1996 for her work on cell cycle checkpoint control. She then undertook a post-doctoral fellowship at the Ludwig Institute for Cancer Research working with Dr. Webster K. Cavenee. These post-doctoral studies centered on mechanisms that control hormone dependent effects on the cell cycle. Dr. Knudsen moved to the University of Cincinnati College of Medicine, where she rose to the rank of tenured associate professor. Then, in 2007, Dr. Knudsen moved to the Thomas Jefferson University, where she is a tenured professor. There she founded the NCI-Designated Prostate Cancer Program of Excellence at the Sidney Kimmel Cancer Center. In addition, she founded the Greater Philadelphia Prostate Cancer Working Group comprised of a larger group of interdisciplinary scientists and clinicians all focused on prostate cancer research. In mid-June 2015 it was announced that Dr. Knudsen would assume a new and prestigious role as the director of the Sidney Kimmel Cancer Center at Jefferson. She is one of only nine women nationwide to lead an NCI-designated Cancer Center.

In addition to the recognition of her achievements with the SWIU/SBUR Award for Excellence in Urologic Research, she has received the Ronald Ross Award for Excellence in Hormone-dependent malignancies from the Pacific Rim Breast and Prostate Cancer Research Organization, the Richard E. Weitzman Laureate Award from the Endocrine Society and the Sophie Yen Award for Distinguished Training in Translational Research.

Dr. Knudsen is extremely well-funded for her work in prostate cancer. Together with a team of investigators, she was recently granted a $1.5 million grant from the Prostate Cancer Foundation and helped to move ahead a partnership with the Prostate Cancer Clinical Trials Consortium. Her studies focus on the molecular basis of progression of prostate cancer to hormone-independence and the genetic alterations that result in this resistance to therapy. She has a special focus on developing new approaches to prevent this tumor progression to a state of androgen-independent growth and to develop new and novel therapies to treat lethal prostate cancers. In essence her work focuses on personalized medicine and, as such, her studies aimed at identifying tumor suppressor and hormone receptor alterations will provide new targets for advanced therapeutics to treat advanced prostate cancer. She is a prolific writer, with high impact papers published throughout her career.

In recognition of these achievements and for her contributions to urologic research in general, and prostate cancer research in particular, SBUR and SWIU honor Dr. Knudsen with this year's Award for Excellence in Urological Research. Congratulations Dr. Knudsen! [↩]

Find out more about this award at swiu.org/awards/swiu_sbur.aspx
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Contribute to the Resident Travel Award

The Resident Travel Awards are an important resource that we as a society offer to support the growing number of female urology residents who may have very little contact with female role models during their training. Our membership has an amazing collective wisdom, and the SWIU Annual Meeting provides a platform through which we can share these experiences and expertise.

The SWIU Resident Travel Award subsidizes the travel expenses for a female urology resident to attend the SWIU conference. Awardees also receive complimentary registration.

Want to contribute? Please visit our website at http://swiu.org/ and click on Contribute to the SWIU Resident Travel Award Fund.

AUA Now Accepting Applications for the 2016 Research Scholars Program

There will be a record-high 27 funding opportunities available for research in all urologic disease areas and across all research types: basic, translational, clinical and health services/outcomes, including specific areas such as interstitial cystitis, endourology, pediatric urology, sexual medicine and urologic oncology.

All AUA Sections will have one or more endowed research funds to support Research Scholars in perpetuity.

The Joseph Segura Scholarship in Endourology and Stone Management; the Indian American Urological Association/Sakti Das, MD Research Scholar Award; and the Indian American Urological Association/Kalish Kedia, MD Research Scholar Award will be open to international applicants.

The application deadline is September 9, 2015. For details and information on how to apply, visit http://www.auanet.org/research/research-scholar-awards-83.cfm.
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<tr>
<td>SWIU 5th Annual Winter Meeting</td>
<td>January 22 – 24, 2016</td>
<td>JW Marriott Camelback Inn Resort &amp; Spa, Scottsdale, Arizona</td>
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<tr>
<td>SWIU 2016 Meeting at the AUA</td>
<td>May 8 – 9, 2016</td>
<td>JW Marriott Camelback Inn Resort &amp; Spa, Scottsdale, Arizona</td>
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