Inspired by Her Uncle’s Example, She Prioritizes Mentoring Others

Like many of her colleagues in academic medicine, Isla Garraway, MD, PhD, could hardly be blamed for wishing there were more hours in the day. In addition to a busy clinical practice seeing patients as attending urologist at the VA West Los Angeles Medical Center, the UCLA Urology associate professor runs an active prostate cancer research laboratory and serves as director of research for the department.

But when approached by a young person who aspires to a career in medicine or biomedical research, Dr. Garraway goes out of her way to make herself available – whether it’s offering encouragement, dispensing advice, or granting the opportunity to shadow her as a way of learning more about the life of a physician and scientist.

Mentorship plays such a critical role in academic medicine that one would be hard pressed to find any faculty member who doesn’t assign a high priority to providing such guidance, mindful that their own path to success was paved by the early tutelage they received. But for Dr. Garraway, mentorship has a significance that is especially personal.

From the time she was a child, Dr. Garraway benefited from the mentorship and powerful example set by her uncle, Dr. Levi Watkins Jr. A pioneering cardiac surgeon and civil rights leader, who in 1980 became the first to implant an
For Amarnath Rambhatla, MD, the opportunity to do his fellowship training at UCLA was an easy choice.

Dr. Rambhatla grew up in Los Angeles and graduated from the David Geffen School of Medicine at UCLA. During his clinical rotations as a medical student he was inspired by UCLA Urology faculty, planting the seeds for an eventual return after he completed his urology residency. Dr. Rambhatla is currently a Male Reproductive and Sexual Medicine Fellow in the department, training in male infertility and andrology.

“It’s great to be able to come back and finish my training in the place where my interest in urology began, under the tutelage of mentors who initially influenced me to pursue a career in this field and who are world-renowned experts in these areas,” Dr. Rambhatla says.

“Good mentors listen, educate, and give constructive feedback. They challenge you to advance to the next level and provide insight from their own personal experiences. You can turn to them for advice in tough situations, not only during fellowship but also throughout the rest of your career. I am lucky and appreciative to have three such mentors.”

Dr. Rambhatla is one of 10 current UCLA Urology fellows who, despite diverse backgrounds and fields of interest, share an experience unique to academic medicine, and one of the distinguishing features of a department widely recognized as one of the world’s best: the opportunity to train under the close guidance of mentors who are at the top of their field – and who themselves have benefited academically under their guidance.”

“The importance of good mentorship in a fellow’s academic development cannot be overstated,” adds Nicholas Donin, MD, a Society of Urologic Oncology Fellow at UCLA Urology who is training under Drs. Karim Chamie and Allan Pantuck.

Dr. Donin was drawn to UCLA Urology by the breadth of expertise within the department. His primary focus has been on new treatments for urothelial cancer – including overseeing the third phase of a preclinical trial studying a technique that is being developed to facilitate the more effective delivery of drugs to the urinary tract. “The faculty here are involved in virtually every aspect of urologic oncology, including basic science laboratories, animal models, translational human studies, clinical trials, and the study of how health care is implemented and delivered to patients,” he notes. “I knew that spending two years here would expose me to cutting-edge urologic oncology in virtually every realm of the field.”

That experience has been greatly enhanced by the guidance of Drs. Chamie and Pantuck, whom Donin calls “consummate mentors.”

“Both have formal training in research techniques and can provide guidance on the appropriate methods for answering a given question, and both are prodigious authors with a keen sense of the urologic oncology literature and where a particular project can be impactful,” Dr. Donin explains. “They are excellent teachers with an innate sense of when to provide specific guidance and when to let trainees find their own solutions to challenges. And most importantly, they both have sunny dispositions, are always encouraging, and are always available.”

For A. Lenore Ackerman, MD, a UCLA Urology fellow in Female Pelvic Medicine and Reconstructive Surgery, the chance to remain in the department where she completed her residency and train under the mentorship of Drs. Shlomo Raz, Ja-Hong Kim and Chad Baxter was too good to pass up. “Most people train someplace different from where they did their residency, but for my field this is an unparalleled place to be,” Dr. Ackerman explains.
Inspired by Her Uncle’s Example, She Prioritizes Mentoring Others

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automatic heart defibrillator in a patient, Dr. Watkins was equally revered for his work as a civil rights activist and his efforts to bring more diversity to the medical profession – a dedication that continued for decades after he made history as the first African-American to be admitted into and graduate from Vanderbilt University School of Medicine.

“It’s impossible to overstated the importance of a role model who does what you aspire to do,” says Dr. Garraway of her uncle, who died last year at the age of 70. “For my siblings and me, having someone in that position within our family was not only inspiring, but it also made a career that feels remote to so many children seem very achievable.”

Dr. Watkins grew up Montgomery, Ala., at a time when the South was deeply segregated and the civil rights movement was gaining momentum. His family (which included his sister Annie Marie, Dr. Garraway’s mother) attended the church where Martin Luther King Jr. was pastor, and Dr. Watkins would be inspired to embark on his own trailblazing journey.

After making history at Vanderbilt’s medical school, Dr. Watkins became the first African-American to serve as chief resident of cardiac surgery at Johns Hopkins Hospital. Throughout his groundbreaking career as a cardiac surgeon at that institution, he continued to fight for civil rights and was well known for his mentorship of young people, particularly minorities seeking careers in medicine.

One of those young people was his niece. “Once I decided to go into medicine I hung out with him more,” Dr. Garraway says. “I was shy and he was incredibly intimidating to me, but he was always so supportive. I would follow him around in the hospital and in his clinics, attend some of the events he would hold, and get to know more about what his life was like.”

Among the medical schools that accepted Dr. Garraway was Johns Hopkins, but she chose UCLA instead. “[Dr. Watkins] was such a huge figure, and I wanted to make my own path,” Dr. Garraway says. She recalls her uncle’s excitement when she decided to pursue surgical training after medical school. Again, Dr. Garraway considered Johns Hopkins before ending up at UCLA. “He would show up at events for Hopkins’ prospective residents, just to make sure I was doing OK,” she says. “I always knew he was very proud.”

Dr. Garraway was recently invited to a ceremony commemorating the establishment of an endowed chair in Dr. Watkins’ name at Vanderbilt, the same institution where he once had racial slurs hurled at him as a medical student and suffered other indignities. At Johns Hopkins, portraits of Dr. Levi Watkins now hang in the cardiac surgery suite, the medical school corridor, and the entrance to the hospital.

“My uncle was the first to do so many important things, whether it was at Vanderbilt, Johns Hopkins, or in the operating room,” says Dr. Garraway. “But he was also the first to stand up to injustice, and the first to open doors for other minorities to receive the caliber of training he got. He knew how important it was to have an encouraging figure you can look up to. I was very fortunate to have him in that role for me, and it’s extremely rewarding to now be in a position to play that role for a new generation of diverse students.”
Brian M. Shuch, MD

UCLA Urology’s influence on Dr. Brian Shuch’s career predates his arrival in Westwood for residency training.

Dr. Shuch, currently an assistant professor of urology and radiology & biomedical imaging at Yale School of Medicine, was a medical student at NYU when he became interested in kidney cancer thanks to the mentorship of Dr. Samir Taneja, an accomplished NYU School of Medicine faculty member and former UCLA Urology trainee. “I decided that for my residency I wanted to be mentored at the institution that had provided him the resources to be a physician-scientist,” Dr. Shuch says, “and that is what brought me to UCLA.”

As a resident, Dr. Shuch spent considerable time in UCLA Urology’s Kidney Cancer Program, conducting studies under the guidance of Drs. Arie Belldegrun and Allan Pantuck that helped to shed light on which high-risk kidney cancer patients stood to benefit from cytoreductive nephrectomy, or surgical removal of the kidney in the setting of metastatic disease.

“It was an outstanding experience to be mentored by leaders in the field of urologic oncology,” Dr. Shuch recalls. “Beyond the outstanding clinical training, I was able to immediately become integrated into a comprehensive research program and finish my residency with approximately 30 publications. That’s an opportunity I wouldn’t have had at many other places, and it allowed me to hit the ground running during fellowship and beyond.” After his UCLA Urology training, Dr. Shuch completed a three-year urologic oncology fellowship at the National Cancer Institute.

At Yale, Dr. Shuch wears many hats. His kidney cancer practice includes percutaneous ablations; open, laparoscopic and robotic surgery; clinical trials; systemic therapy; and a genetic counseling clinic. In his research, he employs state-of-the-art imaging techniques and genomics in an active clinical trial to limit the over-treatment of non-aggressive kidney cancers through the use of active surveillance where appropriate. He also runs Yale’s urologic oncology cancer research bank, where all tissue, urine, and blood is stored for future research within the Yale Cancer Center.

Dr. Shuch decided to become an oncologist after a family member succumbed to cancer. “I wanted to be a surgeon in a field where patients have excellent cancer outcomes,” he says. “In urologic oncology, I’m able to establish collaborations, make discoveries, cure patients and improve their quality of life. That is very satisfying.”

HEALTHY AT EVERY AGE

Smoking and Bladder Cancer

Urologic conditions affect people across the life spectrum. In each issue of the UCLA Urology Update we discuss a urologic condition and how it can be addressed.

Of the more than 75,000 cases of bladder cancer diagnosed in the United States each year, approximately half are a result of cigarette smoking. Bladder cancer is the second most common tobacco-related malignancy, exceeded by only lung cancer. A smoker is three times as likely to end up with bladder cancer as a nonsmoker.

For smokers who are diagnosed with bladder cancer, it’s not too late to make a difference in the outcome by quitting. Publishing in the Journal of Clinical Urology in 2012, a UCLA Urology-led research group noted that people newly diagnosed with bladder cancer who continue to smoke put themselves at greater risk of experiencing a cancer recurrence, progression, or a second primary malignancy.

In their study, the UCLA Urology researchers found that a bladder cancer diagnosis represents a critical opportunity to instigate tobacco cessation efforts. Urologists, they stated, can make the most of this “teachable moment” by properly educating patients about the importance of stopping smoking to their prognosis, and counseling them on how they can quit for good. In the study, smokers newly diagnosed with bladder cancer were almost five times as likely to quit smoking as smokers in the general population, with the bladder cancer diagnosis and the urologist’s advice most often cited as the reasons for cessation.

The Men’s Clinic at UCLA

Did You Know?

A man who has erection problems in his 40s is twice as likely to have significant heart disease in his 50s. Addressing the problem early can improve both sexual function and overall health.

The Men’s Clinic at UCLA, a comprehensive, multidisciplinary health and wellness center located in Santa Monica, is now open and seeing patients. For more information or to make an appointment, call (310) 794-7700.
A major metric for the success of urology departments across the nation are the rankings issued each year by three different organizations. I am proud to share the news that the most recent rankings by these groups reflect what we know to be true about UCLA Urology – that we are among the best in our field, and continuing to climb.

In the *U.S. News & World Report* annual “Best Hospitals” rankings for 2015-16, our department moved up to No. 3 in the nation after many years at No. 4. Our UCLA Health hospitals in Westwood and Santa Monica were also ranked No. 3 in the country and Best in the West, a position UCLA has held since 1990.

While these are the most visible rankings, two others are equally important. Each year, the non-profit Blue Ridge Institute for Medical Research publishes a list of the top institutions in funding from the National Institutes of Health, broken down by specialty. In the most recent rankings, UCLA Urology placed No. 5, representing a steep climb over the last five years, when we were in the mid-teens. Meanwhile, we continue to be without parallel in the critically important field of kidney transplantation – ranked No. 1 on the National Kidney Registry’s list of Top Transplant Centers in the United States for Living Donor Transplants.

Our lofty standing is in large part a reflection of the outstanding clinicians and scientists within our department. But many institutions offer outstanding patient care, as well as top-notch research. What I believe truly sets UCLA Urology apart is the culture of mentorship and teaching – training world leaders in health and science – that is so tightly woven into everything we do.

This issue of our newsletter offers the accounts of current trainees and senior faculty that illustrate the enduring impact of mentors on their careers. Mentorship is the model by which we pass knowledge down to the next generation and ensure that we continue to build upon our foundation of excellence. But one often-overlooked aspect of this model is that it is a two-way street. In the process of training tomorrow’s physicians and researchers, we benefit greatly from the enthusiasm and inquisitiveness of these bright young trainees. We teach them, but we also learn from them. Most important, they inspire us to reach higher.

*Mark S. Litwin, MD, MPH*

*Professor and Chair, UCLA Urology*
Irene and Chet Silvestri

While their Los Angeles-based son Adam was undergoing treatment at UCLA in 2009, Irene and Chet Silvestri made frequent trips from their Northern California home to provide support during the extensive and ultimately successful process. As they got to know UCLA Urology chair Mark S. Litwin, MD, MPH, who treated their son, and observed the work of the entire team that helped to ensure their son’s recovery, it occurred to the Silvestris that not everyone was fortunate enough to benefit from such high-quality care.

“Dr. Litwin and his colleagues were putting a lot of thought into how they could share their knowledge of best medical practices with other providers around the country so that all patients can receive outstanding treatment, not just those who happen to have access to a great center like UCLA,” recalls Mr. Silvestri, a high-tech entrepreneur and investor. “We felt that was an important effort to assist.”

So the Silvestris began supporting the department, making three separate gifts totaling $75,000. Among other things, the funding has been used to support research by a UCLA Urology team that included Drs. Litwin, Christopher Saigal and Hua-Yin Yu, which found significant gaps in the quality of testicular cancer care across the country due to varying treatment and follow-up approaches. These important findings were highlighted at the American Urological Association annual meeting in an effort to improve national outcomes for testicular cancer, a disease affecting primarily young men.

Most recently, a gift from the Silvestris was used to support the department’s residency program – another vehicle for extending the type of care their son received at UCLA to other sites, in this case by preparing outstanding urologists who will take their knowledge and expertise to different settings.

Mr. Silvestri says his decision to support UCLA Urology was reinforced when he and his wife attended a 2014 ceremony commemorating the opening of the Edie & Lew Wasserman Building, home of the UCLA Institute of Urologic Oncology. The building’s design represents a dramatic shift away from traditional hospital settings, with all specialists involved in the care of urologic cancers working together in close quarters, and in an environment geared to patients’ comfort. As it happened, the event was held not long after the Silvestris’ son had passed a significant milestone – five years of being cancer-free.

“Whether it was the treatment our son received or the attention put into the design of the new building to make sure future patients are comfortable, we can see that UCLA Urology is led by smart, caring people with the right priorities,” Mr. Silvestri says. “We are pleased to be able to contribute to making sure more people benefit in the way we have.”
Dr. Paul Terasaki, a pioneer in organ transplant medicine who played a major role in the development of UCLA's world-renowned Kidney Transplant Program, died in January at the age of 86. Dr. Terasaki developed the test that became the international standard method for tissue typing. The procedure, which assesses the compatibility of organ donors and recipients, has been used for all kidney, heart, liver, pancreas, lung and bone marrow donors and recipients for the past 40 years.

“The UCLA Kidney Transplant Program achieved international recognition in large part due to the advances in tissue typing and organ preservation,” says Dr. H. Albin Gritsch, associate professor of urology and surgical director of kidney transplantation at UCLA. “Dr. Paul Terasaki is recognized around the world for developing the ‘cross-match’ test and other innovative methods to measure antibodies that can harm solid organ transplants. He was always extremely generous with his knowledge and philanthropic support of UCLA.”

Jean B. deKernion, MD, Professor Emeritus and former UCLA Urology Chair

“Webster defines mentor as one who gives help and advice, often to someone younger. I have had many mentors – a gruff and kind general surgeon, an extraordinary reconstructive surgeon, colleagues with whom I worked. My greatest mentor was Lester Persky, my professor and dear friend, from whom I learned how to be a urologist and a teacher. He taught me the importance of loyalty and of aspiring to reach greater goals. From the beginning, he emphasized the importance of research and the higher calling of an academic career. Perhaps the best testimony to his mentorship is our enduring friendship until his death, and the many fond memories I have of him after all these years.”

Robert B. Smith, MD, Professor of Urology

“Being able to find the right mentor early on is one of the most critical decisions in one’s academic career. I happened to be very fortunate in that regard. My mentor at Harvard Medical School, Dr. Ruben Gittes, one of the brightest and most brilliant urologists I have ever met, turned out to be a central figure throughout my career. Dr. Gittes mentored me during my residency, directed me to the National Institutes of Health for my oncology fellowship with Dr. Steve Rosenberg – all I had to do was to show up at the NIH – advised me about the opportunity to join the UCLA Urology faculty, and continued to check on me as I advanced in my academic career. I would spend hours discussing my research projects with him for many years, well after he retired to the Scripps Clinic in San Diego.”

Three senior UCLA Urology faculty members remember the people who helped to shape their careers.
Spielberg Family Gift Celebrated

Arnold M. Spielberg Conference Suite. The naming pays tribute to Steven Spielberg’s father, Arnold, who was an early pioneer in computer science.

The Spielbergs’ transformative gift enables the IUO to address its most critical needs in pursuit of its mission to provide the most advanced integrated patient care and to develop revolutionary treatments for the range of urologic cancers, including bladder, kidney, prostate, and testicular.

“It is a tremendous honor to serve as the inaugural Spielberg Family Chair,” says Dr. Holden. “Throughout his incredible filmmaking career, Steven Spielberg has been known for the remarkable impact and integrity of his work. It is a humbling responsibility to represent the Spielberg name with all that it implies, and I have pledged to do my utmost to be a worthy recipient.”

From left to right: Dr. Mark S. Litwin, Dr. Stuart Holden, Steven Spielberg, Dr. Arie Belldegrun, and Arnold M. Spielberg.