

The promise of something new for the New Year!



Dr. Tamás Zóber
Residents section
editor
Chairman-elect of
ESRU
Budapest (HU)

his detailed report on the ESRU meeting. You can also find the preliminary programme on these pages.

And a few weeks before the Stockholm congress, the XII "Winds of Change International Course on Urology" will take place from February 18 to 21 in Zaragoza, Spain. It is another urological event that deserves attention and support from urology professionals.

"For 2009, ESRU has mapped out new opportunities, plans and meetings. 2009 also marks ESRU's 10th anniversary."

As in previous years, urology residents can participate in this meeting by availing of a discounted registration fee. Check out the invitation letter posted in earlier issues of this newsletter.

Dina Bedretidnova from Moscow also benefited from the many opportunities we could offer a European resident. Last summer she participated in the 4th International Consultation on Incontinence Meeting and visited the urological department of the University of Amsterdam. Read her travelogue and if you have decided to embark on your own "urological trip," we strongly advise you to read Theodoros Kalogeropoulos's report about the EUSP (European Urological Scholarship Programme) study grants.

By the time you're reading this issue the New Year could be just around the corner. This is just the time of the year when people anticipate the promise of new things whilst at the same time taking leave of the old year. It is this double feeling that adds a certain bittersweet tone or mood as we approach the end of the year.

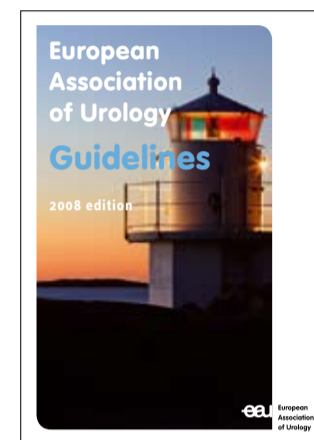
To start the new year, we at the ESRU proudly announces about several new developments in our group. To our members, supporters and friends, ESRU has mapped out new opportunities, plans and meetings. On top of all these, 2009 also marks ESRU's 10th birthday. For this occasion, we will have a special ESRU booth during the 2009 Annual EAU Congress to be held in Stockholm from 17 to 21 March.

For those of you who want to learn more details about ESRU's programme in Stockholm, check out the column of ESRU chairman Andreas Petrolekas, with

Guidelines Quiz

- The main limitation of ureteral metal stent insertion is:**
 - Migration
 - Urothelial hyperplasia
 - Encrustation
 - None of the above
- $^{89}\text{SrCl}_2$ is a radionuclide for which one of the following applies:**
 - It does not have a natural ability to bind bone.
 - Its physical half-life is < 1 d.
 - Its efficacy for pain relief is markedly shorter than other radionuclides.
 - It has a natural ability to bind bone.
- Varicoceles occur in:**
 - 15% of men with primary infertility.
 - 35% of men with primary infertility.
 - 53% of men with primary infertility.
 - 81% of men with primary infertility.
- To effectively and safely correct a varicocele, one should:**
 - Leave the internal spermatic veins intact.
 - Leave the external spermatic veins intact if the inguinal approach is used.
 - Divide the lymphatic vessels and leave the testicular arteries intact.
 - Leave the vas deferens and its associated vessels intact.
- Substrate for heterogeneous nucleation in calcium oxalate stone formation includes all of the following except:**
 - Calcium oxalate
 - Uric acid
 - Bacteria
 - Epithelial cells

The correct answers of this Guidelines Quiz can be found elsewhere on this page.



As mentioned earlier you might be reading this last issue for 2008, and with the beginning of the busy holiday season we take this opportunity to wish you

Merry Christmas, Happy Hanukkah and a Great New Year!

Handy tips on how to avail of the EUSP' study grant

Matching needs and interests with host institution can be crucial



Dr. Theodoros Kalogeropoulos
NCO, Greece
ESRU delegate to the
EUSP Board

about to change in the near future since specific goals and criteria for the programme are due for a review. The maximum financial grant for the SV programme is €2,000.

Clinical Fellowship (CF)

The Clinical Fellowship has a duration of around six weeks to three months. Obviously, the CF's goal is quite different as during the whole period the participant visits a host institution (a centre of excellence for a urological field, either surgical or research) with the goal to acquire a certain surgical expertise or other specific scientific knowledge that can be transferred back to his home institution and change his everyday practise.

To qualify for the CF, the applicant's CV is reviewed and the specific reasons for visiting a certain department (as explained in a motivation letter from the applicant) are carefully evaluated. The grant awarded for a CF is worth around €4,000 depending on the duration of the programme.

Scholarship (S) programme

The Scholarship (S) programme is available for a maximum of one year of basic, clinical or experimental research and is probably one of the most important EUSP projects. Through this programme, the EAU invests on the scientists of tomorrow, people who are expected to take urology a step forward.

A key consideration in getting this grant is a well-established scientific project, which requires close collaboration between the applicant and the host institution where the project is going to be held.

The project must have the end goal of presenting final results after the one-year period, and the host institution must have all the necessary laboratory equipment and experience in the field of urology that is under consideration. The applicant is also required to submit a CV, showing internationally published abstracts that prove the applicant's knowledge of the subject and the laboratory techniques needed to complete the project.

The EUSP board also takes into account other factors when deciding or evaluating a scholarship project, and one of the key priorities is the possible or

anticipated contribution of the project to the progress of urological science. The maximum amount granted for the scholarship programme is €33,000.

Visiting Professor Programme (ViPP)

The Visiting Professor Programme (ViPP) allows European institutions that lack the financial resources to host a European visiting professor for a four-day stay. Through this programme, a urology department invites an expert to spend four days during which the visiting professor shares his expertise on a certain field of urology. Expenses incurred are covered by the EUSP.

Tips on how to get a EUSP grant

*Find a host institution in Europe that matches your expectations and get an approval letter from the head of this department with the exact times of your visit and the daily schedule of the department during your visit.

*Write a motivation letter explaining why you want to go to a certain department and how your stay would benefit your career as a young urologist as well as your home department.

*Plan ahead. Most of the prestigious European departments are very busy and they might inform or accept your proposal six months or even a year after you made the proposal. Your application to the EUSP should also be made at least two months before the time of your visit. Even better, write and file your application as soon as you have all the necessary documents.

*Check the requirements and other details in the EAU website located under the EUSP section. (<http://www.uroweb.org/eau-organisation-governance-structure/eau-offices/>→Offices Related to Education→Eusp office.) This page contains all the required information for an EUSP grant. Other information can be found in the ESRU home page (<http://esru.uroweb.org/>) or with your national communication officer who acts as the country delegate with the ESRU.

Every year more than 50 young urologists from all over Europe take advantage of the benefits of the EUSP grants, an opportunity that opens a new horizon in their career as urologists.

Apply now because you could be the next EUSP scholar.

Quiz answers

The correct answers of this issue's Guidelines Quiz are:
1b, 2d, 3b, 4d, 5a.

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www.esru.net

Get the latest urology updates in sunny Spain

Exciting programme at Winds of Change



The European Society of Residents in Urology (ESRU) has always been boosting its efforts to provide European residents with opportunities to participate in interesting courses and congresses in Europe. To make these events more accessible, the ESRU also negotiates for discounted registration fees and/or accommodation expenses with the organisers of these courses.

Recently, the ESRU have also secured the support of the organising committee of the XII Winds of Change International Course in Urology which will be held in Zaragoza, Spain from 18 to 21 February 2009. The programme, co-organised by the Urological Departments of the Hospital Universitario Miguel Servet Zaragoza and the AMC Medisch Centrum Universiteit in Amsterdam, the Netherlands, are led by course directors Professors L.A. Rioja, J.J. de la Rosette, C. Rioja, J.M. Liedana and M.P. Laguna Pes.

The national and international faculty is composed of many distinguished European urologists. Furthermore, on February 18 a scheduled session, with the participation of ESRU, will focus on training around Europe. A poster session for residents will also be held to promote scientific presentations by European residents. Deadline for submission of abstracts will be on January 15. The best posters will be given the following prizes: First prize: one week observation tour and visit at the minimally Invasive

Surgery Centre in Caceres, Spain; Second and Third prizes: participation in two master classes on stone management, one in Zaragoza (Prof. Valdivia) and the other in Amsterdam (Prof. de la Rosette); Fourth and Fifth prizes: textbooks on renal cell carcinoma and evidence-based urology.

The following rates are specially offered to European residents: a discounted participation fee of €350, and a three-day hotel accommodation (with breakfast) for €250. The registration form, course programme and information on the poster session and other details can be found at www.windsofchange09.com

The ESRU strongly believes that initiatives like these do not only enrich our scientific knowledge, but also offer the opportunity to get in touch with residents from the host countries, Spain and the Netherlands, allowing us to freely exchange ideas and training experiences. This meeting also gives us the chance to visit a beautiful city and experience the Mediterranean way of life.

Looking forward to meeting you all in sunny Spain!

Dr. Andreas Petrolekas, ESRU Chairman

Please go to page 26 to view a complete announcement of the 12th Winds of Change International Course of Urology.

ESRU Day Programme

24th Annual EAU Congress, Stockholm

09.30 - 16.00	16th Meeting of the European Society of Residents in Urology (ESRU) Chairs: T. Esen, Istanbul (TR) A. Petrolekas, Athens (GR)	12.00 - 13.00	Lunch
09.30 - 09.50	Opening and introduction T. Esen, Istanbul (TR) Chairman of EAU Residents Office A. Petrolekas, Athens (GR) Chairman of ESRU	13.00 - 13.20	Interactive presentation on andrology: Male infertility diagnosis and management according to EAU guidelines. G.R. Dohle, Rotterdam (NL)
09.50 - 10.00	EBU presentation M. Brehmer, Stockholm (SE)	13.20 - 13.40	Urogynecology: Mini-slings for treatment of urinary incontinence in everyday practice. State of the art lecture and interactive case study P. Dinis Oliveira, Porto (PT)
10.00 - 10.30	State of the art lecture and interactive case study BPH treatment: From lab to bedside D. Mitropoulos, Athens (GR)	13.40 - 14.10	Interactive cases discussion on urooncology J. Palou, Barcelona (ES)
10.30 - 11.00	Interactive case study on lithiasis T. Esen, Istanbul (TR)	14.10 - 14.25	EUSP presentation: What is offered to European residents: Information, training, research C-C. Abbou, Paris (FR) Chairman of EUSP
11.00 - 11.15	Urology training in Europe. A. Petrolekas, Athens (GR)	14.25 - 15.10	Nightmare session A presentation of clinical problems that have startled and perplexed residents all over Europe Co-Chair: L.J.G. Grenabo, Gothenborg (SE) M. Marberger, Vienna (AT)
11.15 - 12.00	Campbell Session An interactive quiz, testing the European residents on their urological knowledge. The winner will receive the urological bible: The new Campbell's Urology	15.10 - 15.40	Prizes and conclusion

ESRU booth and teaching sessions mark anniversary activities

Residents to celebrate ESRU's first decade in Stockholm



Dr. Andreas Petrolekas
ESRU Chairman
Athens (GR)

agpetol@otenet.gr

In 2009 ESRU will be celebrating its 10th Anniversary. Back in 1999, the European Board of Urologists in Training (EBUT) changed its statutes, officially marking the 'birth' year of ESRU. We are going to celebrate this anniversary in Stockholm.

With pride and enthusiasm, we are glad to announce that during the 24th Annual EAU Congress in Stockholm, ESRU will have a booth in the exhibition hall together with the EAU. We hope that the ESRU booth will serve as the main meeting point for all residents since we are convinced that the congress provides the best opportunity for us to meet, exchange ideas and training experiences.

By meeting or gathering at the ESRU booth, we will have a chance to learn more about or prepare for our post-residency year, and we can do this by getting updates on fellowship opportunities and training programmes across Europe. For the ESRU officers it is also an opportunity to hear your innovative ideas regarding new projects that you would like ESRU to look into.

Dina Bedretdinova (Russia) and Tammer Hemdan (Sweden) are the NCOs responsible for the booth and they are preparing a lot of surprises for all of us. Moreover, prizes will be won by all participating residents. So pay a visit to ESRU booth-- your booth in the upcoming EAU congress.

On Wednesday, March 18, the ESRU session will be held from 0930 to 1600. This year the session covers almost all aspects of urology, and we intend to make this session more interactive. Aside from the line-up of state-of-the-art lectures, we have included four interactive presentations on lithiasis, andrology, uro-gynecology and uro-oncology. We have also scheduled lectures with a more practical content. One

of the speakers is Prof. Abbou, chairman of the European Scholarship program (EUSP) who will present the various opportunities available for residents and young urologists. Be the first to know about the changes in the EUSP by attending this informative session. With the same goal to inform young urologists, Prof. Marianne Brehmer, chairman of the European Board of Urology (EBU), will present the EBU's goals, accomplishments and current activities.

A quick 'tour' of the ESRU Day: After a short welcome remark by Prof. Tariq Essen, chairman of the EAU Residents Office, and our contact with the EAU, Prof D. Mitropoulos (Greece) will present a state-of-the-art lecture on BPH (From lab to bedside). Prof. Esen will also give the first interactive lecture on lithiasis, followed by a presentation of the very interesting results we collected from our questionnaire surveys, two ESRU projects we have realised during the last years. Let me take this opportunity to thank everyone who enthusiastically participated in our projects, particularly all the NCOs who distributed and collected the questionnaires. Our thanks goes to our project managers, Ivar Bleumer (Netherlands) and Thomas Bessedé (France) who worked hard in evaluating the results. Without their support these projects wouldn't have been realised.

Just before lunch we scheduled the event that attracts many residents every year: The Campbell Session, where the resident who answers the most correct number of multiple choice questions wins a Campbell's Urology, the "Bible" of urology. Scheduled after lunch is a lecture on andrology with Prof. Dohle presenting case studies and going through the diagnosis and management of male infertility.

Urogynaecology topics will be presented by Prof. Dinis Oliveira with his state-of-the-art lecture on mini slings followed by a case presentation. On uro-oncology, Prof. J. Palou (Spain) will discuss case studies dealing with diagnosis and the management of urological cancers. The session will be followed by the Nightmare Case presentations with Prof. Grenabo (Sweden) and Prof. Marberger (Austria) as co-chairmen. This session will provide the chance for residents to present the clinical problems they faced during the past year. The ESRU day will close with the handing of prizes to residents who published the best article in European Urology last year and submitted the best abstract presented in the EAU congress.

Last but not least, since we aim to further boost the interaction between speakers and the audience, we invite you to ask questions on the topics presented. These questions should be emailed to me before the congress and all will be answered either during the session or via our website. Not to forget, 100 invitations for the legendary ESRU party on Wednesday evening will also be given to those who would like to join us.

We hope you will appreciate the scientific programme. Your attendance will be a proof of ESRU's growing strength. The last 10 years have not always been easy for ESRU but we are glad to see and

achieve steady progress despite the challenges. We certainly need your presence, innovative ideas and your support in the coming years. We look forward to see you in the ESRU Day!



Test your knowledge!

The EBU offers three MCQs to test your knowledge. Challenge your memory by answering the following questions:

- Bilateral vasectomy in conjunction with TUR prostate:
 - Prevents retrograde ejaculation.
 - Prevents inflammation of the epididymis.
 - Has no influence on postoperative epididymal inflammation.
 - None of the above.
- Which of the following effects are exerted by opioid antagonists (such as Naloxone) on the lower urinary tract?
 - Decreased bladder sensitivity.
 - Decreased urethral resistance.
 - Increased bladder contractility.
 - Decreased bladder contractility.
- Which cause of infertility may be successfully treated by hormones?
 - Bilateral anorchia.
 - Klinefelter's syndrome.
 - Sertoli-cell only syndrome.
 - Hypogonadotropic hypogonadism.

To check out the correct answers, visit:
www.ebu.com/Examinations/Study Material



Did you know that...?

Rejuvenation of mankind

...The Russian **Sergei Voronoff** (1866-1951) (Fig.1) was a great advocate of rejuvenation and was the first to perform human xenotransplants. He transplanted testicular tissue from a monkey into a human reproductive gland in 1920.



Fig. 1: Serge Voronoff

...He left Russia at the age of 18 to study medicine in Paris. In 1896 he left for Egypt where he was the personal physician of the emperor Khedive Abbas II. There he noticed early signs of ageing in eunuchs. Based on his observations, Voronoff was convinced that testicles not only have a genital function, but they also act on the skeletal, muscular, nervous and psychological development of the individual. He postulated that transferring a young and active testis into an ageing individual must have rejuvenation effects.

...It wasn't until 1920 that he published his first results with the transplantation from ape to man (Fig.2). He transplanted segments of the donor testis into the host testicle. Hormonal secretion lasted for about one to two years and then slowly decreased because of increasing fibrosis.

...**"I dare assert," he wrote, "that the monkey is superior to man by the sturdiness of its body, the quality of its organs, and the absence of those defects, hereditary and acquired, with which the main part of mankind is afflicted."**

...In five years he has operated more than 300 patients from all over the world. His method became so popular that the French Government forbid monkey hunting in the French colonies. This prompted Voronoff to build his own monkey house in Menton.



Fig. 2: Voronoff's technique of transplanting slices of monkey donor glans into the patient's testis (from: Herrmann JR,1982)

...In 1927 an international delegation of experts visited the farm where he was performing his experiments of improvement of livestock. The report of this delegation was very cautious...

...The public eventually realised that they had been misled by **"the famous doctor who inserts monkey glands in millionaires - a cute idea n'est-ce pas...?"**

A. Petrolekas

Extract from:

1) Sergei Voronoff: *The monkey doctor from D. Schultheiss, J. Denil, U. Jonas (1999): Androgen therapy and rejuvenation in the early 20th century In: Dr. J.J.Mattelaer. (ed.) De Historia Urologiae Europaeae (vol.6). EAU, Arnhem, pp143-147.*

2) Thierry Gillyboeuf: *The famous doctor who inserts monkey glands in millionaires. Spring 9(2000):44-45.*

3) Sergei Voronoff: *Wikipedia, the free encyclopedia*

Productive summer of meetings and visits

International contacts encourage a broader view on urology



Dr. Dina Bedretdinova
Russian Institute of Urology
Moscow (RU)

In summer, Russian residents have a holiday for just 28 days. If you want to spend this time wisely, one should prepare as carefully as possible. In April I got news from the ESRU about the 4th International Consultation on Incontinence in Paris, and I was very glad to know that residents can participate for free and also get a grant. I wouldn't miss this opportunity, so I wrote about it to all registered Russian residents and also applied for the grant.

The weather in Paris in July was exactly as I prefer it; neither hot nor cold. Organised by the International Consultation on Urological Diseases (ICUD) and the International Society of Urology (SIU), and in collaboration with the major international associations of urology, gynecology and urodynamics, the meeting had interesting lectures, a thoughtful organisation and a well-equipped centre.

And thanks to the kindness of the ICUD board, and especially to its French secretary, Prof. Saad Khoury, who provided residents with free registration and a grant for travel expenses. The grant really helped me and I consider the event to be worth the visit. We had up-to-date lectures, all of which were comprehensive and complemented by interesting case reports.

The second reason for attending this meeting is communication. To be included in urological network is very important, especially for urologists-in-training, since it can broaden your outlook, and you have the chance to discuss difficult cases with your colleagues. Being with like-minded urological professionals was also very important to me since I can share and discuss with other residents similar problems in urological training.

My thanks to the AFUF, the French association of residents, who provided the information about this conference, supported us and organised the social programme. I was also very happy to meet Sandra and Clarisse. Since there are few women in urology, we all had a lot to talk about.

After Paris, I travelled to Belgium. I also got an e-mail from a friend, Prof. Dr. H.C.K. Naber about the possibility to visit his friend at the urology department of the Academic Medical Centre of the University of Amsterdam (Director: Prof. Dr. J.J.M.C.H. de la Rosette). Without hesitation, I wrote back. Dr. Andreas Meißner is a very kind person and though he was in Spain at that moment, he answered immediately and invited me to come.

During my stay, there was a whole full day surgery concerning incontinence and other problems of female urology, a topic that I am very much interested in. That Friday they invited Dr. Matthias Oelke (Hannover), a former staff colleague, who placed four transobturator slings and did two botox injections.



Russian residents

I was impressed when I saw the AMC with its huge building complex that houses the medical university, research, ambulatory and the hospital. I was told that the AMC was the first institute in the Netherlands to completely integrate an academic hospital and a medical faculty into one organisation. I was also impressed by that fact that everybody speaks fluent English. People just immediately change language when they meet foreigners, from receptionists, nurses, residents to professors. I also met Dr. Charalampos Mamoulakis, a very nice guy from Greece, who is completing his academic fellowship at the AMC. It is wonderful to see how people from so various countries can work together in a friendly atmosphere.

The day I was at the AMC we started at 7:30 for the morning conference where we had a briefing on what happened during the night shift and discussed the patients who were scheduled for surgery on that day. The conference uses a computerised system, so it is possible to see the results of radiological investigations, laboratory analyses, etc., which was all very convenient. The system is also accessible from any computer in the AMC if one has the log-in and password.

This allows the user to check all data in an operation room, in a department or in any rooms equipped with a computer that is connected to the system network. Under certain conditions it is also possible to print data and send them for consultation or scientific work. The urological department is also very well-equipped with cystoscopy, ultrasound, urodynamics and biopsies performed in the various exam rooms. Thus, it is possible to investigate the patient within an hour and not wait for results from different rooms.

The AMC is like a city with the OR as a 'big district' in this complex. There are more than 20 operation rooms with its own infrastructure. The OR area even has its own café, so there is no need to change when one has to take meals. As mentioned earlier, the equipment are all updated so it is possible to carry out almost all modern procedures. Plans are even underway to further update or renew the AMC system.

As a Russian NCO with ESRU, I was very interested in the Dutch educational system, and I was informed that in Dutch urology there are just 15 to 17 residents per year. The Dutch population is about 16 million, which roughly means that every year one from a million gets a chance to become a urologist. What surprised me is the female to male ratio of residents, and I hope that the Dutch follow the trend in Russia one day. Since Dutch education is organised differently than in Russia, it was a unique opportunity to talk about educational systems with my Dutch colleagues.

My special thanks to Dr. Roos Stuurman who accompanied me all day. We discussed the role of women in urology and agreed that urology is a good fit for female doctors. It is interesting to note that even in different countries with distinct education and health systems, female doctors encounter the same challenge: how to balance a career and a family life.

I was very lucky to participate in the Paris conference that covered all questions concerning incontinence and then later had the chance to visit and closely observe the daily routine in one of Europe's excellent hospitals. My thanks to everyone who helped me in this wonderful journey: Mme. Dubois, Prof. Saad Khoury, the AFUF and ESRU members, Prof. Dr. H.C. Kurt Naber, Dr. Meißner, Dr. Mamoulakis and all my friends.



Dr. Charalampos Mamoulakis, me, Dr. Andreas Meißner

I wish that other residents will find the inspiration and the chance to have a similar journey. Residency is tough for everybody and residents have very little free time. But as I have experienced there is the chance to broaden one's outlook, learn from the experience of other people, consider other ideas and know how various people deal with or solve the everyday problems in this wonderful specialty of urology.



Friendly staff at AMC in Amsterdam



Apart from quiz photos, the EUT residents corner is once again calling for your comments, articles and opinions.

Tamás Zóber