

UrologyToday

A photograph of a young couple sitting on a white sofa. The woman is leaning over the man's shoulder, and they are both smiling. The man is holding a newspaper. The background shows a window with blinds and some greenery.

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Paul A. Brower, M.D.

Personal Welcome to Patients From Our President

On behalf of the physicians, surgeons, and staff of Orange County Urology Associates (OCUA), I would like to welcome you to our practice.

The 11 physicians and 70 staff members of Orange County Urology Associates are dedicated to providing state-of-the-art urologic care in a cost-effective manner. Our medical team offers a full spectrum of expertise in all aspects of urologic care. These include general urology, urologic oncology, robotic and laparoscopic surgery, minimally invasive surgery, female urology, men's health, male infertility, erectile dysfunction, stones, and incontinence.

It is our privilege and promise to provide the highest quality of healthcare to you and your family. Thank you again for entrusting your care to Orange County Urology Associates.

Sincerely,

Paul A. Brower, M.D.
President & CEO
Orange County Urology Associates, Inc.



NEWSLETTER OF ORANGE COUNTY UROLOGY ASSOCIATES, INC.

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On the Web

OrangeCountyUrology.com

Robot-Assisted Surgery

A Look Behind the Mystique of This Breakthrough Technology, Which Offers Patients Faster Recovery Times and Better Outcomes



Neyssan Tebyani, M.D., in front of the da Vinci® surgeon's console at Mission Hospital Regional Medical Center.

BY NEYSSAN TEBYANI, M.D.
Urologist / Robotic Surgeon
Orange County Urology Associates

Most have heard about the robotic surgery revolution. But what does it really mean? The short answer: robotic surgery is minimally invasive, precise surgery that offers patients faster recovery times and better outcomes.

Robotic surgery is a technique where the surgeon controls the surgical instruments with the use of a robotic machine. The robot does not have any control itself and all the movements are controlled by the surgeon, who usually sits at a surgery console near the patient in the operating room.

Robotic surgery was first utilized in the early 1980s with the introduction of robotic instruments in the specialties of heart surgery and orthopedics. However, it did not become widely available until the late 1990s when the da Vinci® robotic system was introduced. During the

same time, laparoscopic surgery was becoming more prominent. Laparoscopy uses small incisions with the use of a camera that is introduced into the abdomen. This allows for less bleeding and faster recovery. Robotic surgery provides significantly better tools to allow the surgeon to carry out laparoscopic surgery.

Physicians have used the da Vinci system successfully worldwide in approximately 1.5 million various surgical procedures to date.

Robotic laparoscopic surgery has been applied to many aspects of urological surgery, including surgery of the kidney, ureter (the tube delivers urine from the kidney to the bladder), bladder, and the prostate gland. The da Vinci robot gives the surgeon magnified 3D vision with the

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10 Common Urological Conditions

Conditions We Treat Frequently at Orange County Urology Associates



BY KARAN J. SINGH, M.D.
Urologist / Urologic Surgeon
Orange County Urology Associates

1. **Urinary Incontinence** – Urinary incontinence, characterized by the loss of bladder control, is a common and often embarrassing problem. Millions of men and women have this problem, especially as they get older. Solutions exist ranging from simple lifestyle changes to medications to minimally invasive procedures or surgery.
2. **Overactive Bladder** – Overactive bladder is a problem with bladder function that causes a sudden urge to urinate. The urge may be difficult to suppress, and overactive bladder can even lead to the involuntary loss of urine. A brief evaluation can help determine the cause, then you can receive treatments that may greatly alleviate your symptoms.
3. **Kidney Stones** – One of the most painful urologic disorders, kidney stones have plagued humans for millennia. For unknown reasons, the number of people in the U.S. with kidney stones has been increasing over the past 30 years. Most kidney stones pass out of the body without any intervention by a physician. But stones that cause lasting symptoms are most commonly broken up by sound waves (lithotripsy).
4. **Hematuria** – Hematuria is defined by the presence of red blood cells in the urine. In microscopic hematuria, urine appears normal to the naked eye, but red blood cells are seen under a microscope. In gross hematuria, the urine is red or the color of cola. Although the majority of times the cause is not life threatening, hematuria is often the only warning sign for cancer of the kidney, ureters or bladder — so timely evaluation is important.
5. **Urinary Tract Infections (UTIs)** – Millions of men and women in the U.S. each year are treated for urinary tract infections. A urinary tract infection (UTI) is an infection that can occur anywhere along the urinary tract. UTIs are caused by germs that typically enter the urethra, then the bladder. Symptoms include: cloudy or bloody urine, foul-smelling urine, low-grade fever, pain, or a burning sensation while urinating.
6. **Rapid Ejaculation** – Rapid ejaculation (aka premature ejaculation) is the occurrence of ejaculation prior to the wishes of both sexual partners, typically within only a minute or two of foreplay or intercourse. Treatment approaches are either behavioral or medicinal. Behavioral treatments emphasize control of ejaculation by learning new techniques, gaining confidence, and lessening anxiety. There are also certain classes of prescription medication that are highly effective.
7. **Erectile Dysfunction (ED)** – Erectile dysfunction is the inability to initiate and maintain an erection for satisfactory sexual intercourse. ED is increasingly prevalent with age. At age 40, there is 40% prevalence (typically mild), increasing to 70% in men at age 70. Other factors that relate to higher prevalence include heart disease, hypertension, diabetes, and associated medications. There are many excellent treatment options available to physicians.
8. **Enlarged Prostate** – The prostate is a walnut-sized gland located just below the male bladder. It surrounds the urethra, the tube through which urine passes out of the body. In many men, the prostate begins to enlarge after age 40. Enlargement of the prostate gland is a condition known as benign prostatic hyperplasia (BPH). When the prostate grows, it can constrict the urethra and cause urination and bladder problems.
9. **Prostate Cancer** – Prostate cancer is the second leading cause of cancer-related deaths in America, second only to lung cancer. The tests urologists use to diagnose prostate cancer include: digital rectal exam, prostate-specific antigen (PSA) lab test, PCA3 urine test, transrectal ultrasound, and prostate biopsy. The best opportunity for successful treatment is when the cancer is detected at an early stage before it has spread.
10. **Male Infertility** – Infertility is defined as the inability of a couple to conceive. In some cases couples are advised to try for at least a year, but this is not always appropriate as some couples have conditions affecting one or the other, including maternal age, that make a year too long to wait. Male infertility affects about 30% of men in infertile couples. This condition ranges from hidden abnormalities of otherwise normal-looking sperm to no sperm at all in the semen. Sometimes male infertility is a sign of a more serious underlying condition.

Dr. Aaron Spitz

Voted President-Elect of the California Urological Association

Aaron Spitz, M.D., a urologist/urologic surgeon with Orange County Urology Associates, has been voted President-Elect of the California Urological Association (CUA).

The CUA is the primary professional society for urologists at the state level. He assumes his new role in January 2015.

"I am truly humbled that my peers elected me to this seat in such a prestigious organization," Dr. Spitz said. "I look forward to being able to use my experience in helping form health policy at state and national levels, as well as my media relations experience, to help further awareness of the specialty of urology and the life-enhancing treatments that our 500 specialists offer the public."

Dr. Spitz graduated from Cornell University Medical College, New York, N.Y. He completed his internship and residency at L.A. County and University of Southern California Medical Center in Los Angeles, and completed his fellowship in urology at Baylor College of Medicine, Houston, Texas.



Aaron Spitz, M.D.

In recent years, Dr. Spitz has been voted a "Top Doc" by the Orange County Medical Association and *Orange Coast* magazine, and a "Super Doctor" by *Los Angeles* magazine. He also has been featured by other TV and media outlets such as *The Doctors*, *CBS HealthWatch*, *The Huffington Post*, *Dr. Phil*, *AUA News*, *The Real Housewives of Orange County*, and NBC4 Los Angeles.

Inaugural OCUA Employee of the Month

Sarah Ann Williford, LVN



Sarah Ann Williford, LVN

Role: Licensed Vocational Nurse visits / Back office team

Years with Orange County Urology Associates: 1 year, 8 months

How I spend my days at work: I teach patients how to do such things as self-injection and self-catheterization, I see regular patients for weekly or monthly injections or catheter exchanges, I help with bladder scans and

bladder instillations (cancer-fighting or pain-relief agents), I see pre-op patients for urine samples and post-op patients for voiding trials – plus other tasks. I also help with maintaining our inventory of medical supplies and medications.

What I like about working here: I admire our doctors here at OCUA as well as our entire staff. We work as a team to put patients first. Whether we are doing a test on a patient or planning for their care, everyone here continually strives for excellence. It's a great culture. We treat patients as our guests and do our best to facilitate all their needs. I also like the chance that I get to build friendships with our patients and staff alike.

What inspires me: I enjoy seeing patients, monitoring their health, and getting updates on their lives in the process. Many of our patients have very interesting professions or former professions, and they lead interesting lives. I'm also inspired by all of our team members. They inspire me to do my best each day, just as they do.

How we make patient satisfaction a top priority: We treat each interaction with the same amount of dignity and diligence you would desire for yourself or your loved ones. That golden rule never fails. We always first explain to patients what we are going to do, or what we need them to do. This goes a long way. When you treat patients with respect, kindness and patience, it makes interactions more enjoyable.

What patients should know about OCUA: That our doctors and staff are top drawer.

What I do outside of work: I am a daughter, a sister, an aunt, and an eternal caregiver. I enjoy my family and am fortunate enough to live very close to most of them. I am the proud mother to a 13-year-old Shiba Inu named Rodney. He is my love and brings me a great deal of joy. I like to work out and enjoy running often to work off all the delicious food I eat. I also like to take long walks on the beach.

Orange County Urology Launches New Website

Orange County Urology Associates is excited to announce the launch of our new website as part of a rebranding strategy aimed at expanding our role as a urology leader in Southern California.

The new **OrangeCountyUrology.com** showcases a more modern look and allows users to:

- Print patient forms online instead of using precious time while in the office.
- Request prescription refills online.
- Pay their bill online.
- Request appointments online.
- Create a secure personal portal so they can view their recent test results without having to call into the office.

"Our team has worked very hard over the past few months to make our website match the personality of Orange County Urology," said **Christie Leach**, Director of Marketing.



"We feel that our website provides information about us in an easy and casual manner, and we hope our visitors enjoy the new site as much as we do," said Leach.

"Hopefully, our site allows our patients to learn more about who we are," said Leach. "Our goal is to provide professional service in a compassionate way. We care about our patients and each other. And in today's world, this means being as good online as we are in person."

To see the new website, please visit:
OrangeCountyUrology.com

News&Notes

- **Karan Singh, M.D., Aaron Spitz, M.D., and Neyssan Tebyani, M.D.**, were selected as 2014 "Physicians of Excellence" by the Orange County Medical Association. They were honored as "Top Docs" in the January 2014 edition of *Orange Coast* magazine.
- **Karan Singh, M.D.**, had an article on urinary frequency published in the June 2014 issue of Spanish news magazine *El Panamericano*. The article is on page 24. The issue can be found at: www.elpanamericanonews.com/ediciones.php
- **Josh Randall, M.D.**, served as the 2103 President of the Orange County Urological Society (OCUS), which is based in Santa Ana, California.
- **Aaron Spitz, M.D.**, authored a Health Policy/Government Affairs op-ed article in the August 2014 edition of *AUA News*, the monthly publication of the American Urological Association (AUA). The AUA is the premier organization for urologists in the United States.
- **Jennifer Gruenenfelder, M.D.**, trained Allergan representatives from across the U.S. on how to inject Botox® (onabotulinumtoxinA) into the bladder to treat overactive bladder (OAB) symptoms. Allergan is the maker of Botox®. The group witnessed how Dr. Gruenenfelder performed the procedure from start to finish on OCUA patients agreeable to this knowledge-sharing clinical training. The training was conducted on Dec. 14, 2013, in our 25200 La Paz office.
- **Karan Singh, M.D.**, serves on several executive committees at Mission Hospital. He has served for the last 10 years as

the Urology Representative on the Surgical Executive Committee. Since 2005, he also has served as the Head of Urology on the Medical Executive Committee for the Mission Ambulatory Surgery Center.

- **Don T. Bui, M.D.**, has appeared several times on the Saigon TV Vietnamese broadcasting network (Southern California Ch. 57.5) discussing various urology topics.
- **Josh Randall, M.D.**, serves on several key committees at Mission Hospital, including: the Surgical Executive Committee, the Robotic Surgery Committee, the Medical Executive Committee, and the Cancer Committee. Dr. Randall also gives lectures at the Mission Hospital Conference Center to groups of men with diabetes, discussing management and treatment of ED.
- **Aaron Spitz, M.D.**, has served for the last several years as an AMA delegate to the American Medical Association (AMA) House of Delegates, the organization's policy-making body. Twice a year more than 500 delegates and a corresponding number of alternate delegates convene to establish broad policy on health, medical, professional and governance issues. These policies are the roadmap for AMA advocacy on behalf of the "House of Medicine."
- **Josh Randall, M.D.**, serves as an advisor and speaker for Astellas. He teaches community physicians about VESIcare® and Myrbetriq® and the treatment of overactive bladder in both men and women. Dr. Randall also serves as an advisor and speaker for Auxilium, which involves teaching community physicians about Testim® and Stendra® and the treatment of low testosterone and erectile dysfunction in men.
- **Karan Singh, M.D.**, represented Orange County Urology Associates at the 2013 Large Urology Group Practice Association (LUGPA) Annual Meeting in Chicago. Dr. Singh also serves as a speaker and advisor for Astellas, giving lectures to community physicians about overactive bladder and treatment options.

Dr. Leah Nakamura

Joins Orange County Urology Associates

Orange County Urology Associates (OCUA) is pleased to announce that **Leah Nakamura, M.D.**, has joined the practice as a urologist and urologic surgeon.

Dr. Nakamura comes to Orange County Urology Associates from the UCLA Department of Urology, where she completed a two-year clinical fellowship in female pelvic medicine and reconstructive surgery.

Dr. Nakamura completed her internship in general surgery, and residency in urology, at Mayo Clinic Arizona, Scottsdale, from 2007 to 2012. While at Mayo Clinic Dr. Nakamura received the Barbara Bush Distinguished Fellowship Award, which is given to only one resident in each specialty for all of Mayo Clinic's three national sites. She also was a Mayo Scholar recipient. Dr. Nakamura completed medical school at the John A. Burns School of Medicine at the University of Hawaii, Honolulu, in 2007.

"We are delighted that Dr. Nakamura has decided to join our practice," said Dr. Paul Brower, OCUA President & CEO. "We are gaining a very talented urologist and surgeon, and she will complement our physician team very well."

Special interests of Dr. Nakamura include patients with urinary incontinence, pelvic organ prolapse, and surgical mesh complications.



Leah Nakamura, M.D.

Dr. Nakamura says her style of interaction with patients is informative and interpretive. "I present patients with factual information, make sure they have an understanding of their options, and work closely with them to come up with the best treatment plan possible.

"I truly believe that treating a patient is a team effort from multiple disciplines, with the patient being the leader – not the physician. It is our job to help the patient make the best choices possible for their health and quality of life," she said.

In her personal life, Dr. Nakamura keeps very physically fit. She enjoys running half-marathons, basketball, softball, hiking, stand-up paddle boarding, and traveling.

Dr. Nakamura was born and raised in Hawaii. She loves the islands and returns to her homeland often.

Current Clinical Trials at OCUA

Botox® for Overactive Bladder – This study is investigating the clinical use of Botox in the treatment of overactive bladder. Criteria: 18 years of age or older with symptoms of overactive bladder (frequency and urgency) for at least 6 months. No previous Botox therapy for urologic condition, or treatment with Botox for non-urologic condition in the last 12 weeks.

Oncotype DX Prostate Cancer Assay – This study is investigating whether a new diagnostic test that uses genomics provides a more precise and accurate assessment of risk based on individual tumor biology. Criteria: males, age 50 or older, with newly diagnosed (within three months) prostate cancer. No treatment decision made yet.

Hormone Therapy for Advanced Prostate Cancer – This study is investigating whether a new prostate cancer hormone therapy is clinically effective for patients with advanced prostate cancer. Criteria: Males, age 18 or older with confirmed advanced prostate cancer. No previous therapy for prostate cancer in the last 8 weeks.



Protect Your Health by Performing a Monthly Testicular Self-Examination (TSE)

BY JOSH RANDALL, M.D.
Urologist / Urologic Surgeon
Orange County Urology Associates

Compared with other forms of cancer, your risk of getting testicular cancer is relatively low. But it still is the most common type of cancer in American males ages 15 to 45. It can occur in men older than age 45, but is less common.

Most testicular cancers can be found at an early stage, when the chance for successful treatment is highest. It is one of the most “curable” forms of cancer.

A lump on the testicle usually is the first sign of cancer. The testicle might appear swollen or larger than normal. In rare cases, testicular cancers don’t cause any symptoms until they have spread to other parts of the body. Less than 5% of men with testicular cancer present with pain. Cancer usually affects only one testicle.

Men with risk factors – such as previous testicular cancer, an undescended testicle, or a family member that has had this type of cancer – should absolutely be performing TSE once a month.

Signs and symptoms of testicular cancer can include:

- A lump or enlargement in either testicle
- A dull ache in the groin or abdomen
- A feeling of heaviness in the scrotum
- Pain or discomfort in the testicle or scrotum
- A collection of fluid in the scrotum

Orange County Urology Associates advises men to do monthly testicular self-examinations after puberty and, if an abnormality is found, to notify their doctor immediately.

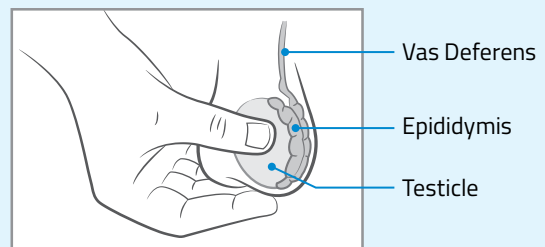
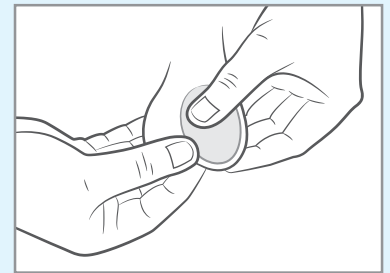
How to Perform TSE

The best time to do a testicular self-exam is during or after a warm shower, when the scrotum is relaxed. The proper steps:

- Check one testicle at a time
- Grasp and roll the testicle between your thumb and forefinger, feeling for lumps, hardness, swelling or other changes
- Feel and look for any hard lumps, smooth rounded bumps, or any change in the shape, size or consistency of the testicle.

How to Perform a Testicular Self-Exam

- If possible, stand in front of a mirror.
- Check for any swelling on the scrotal skin.
- Examine each testicle with both hands.
- Place the index and middle fingers under the testicle with the thumbs placed on top.
- Firmly but gently roll the testicle between the thumb and fingers to feel for any irregularities on the surface or texture of the testicle.
- Find the epididymis, a soft rope-like structure on the back of the testicle. If you are familiar with this structure, you won’t mistake it for a suspicious lump.



A couple of things to remember about the anatomy down there: It is normal for your two testicles to hang unevenly. It’s also normal for one testicle to be a bit larger than the other. Also be aware that each testicle has an epididymis (a small coiled tube), which can feel like a small bump on the upper or middle outer side of the testicle. This bump sometimes can be mistaken as an abnormal bump. If in doubt, ask your physician.

See your doctor quickly if you detect any pain, swelling or lumps in your testicles or groin area – especially if the symptoms last longer than two weeks.

If something abnormal is found, your urologist may order an ultrasound to view inside the scrotum.

A key point to remember: testicular cancer is highly treatable, even if the cancer has spread beyond the testicle.

Robot-Assisted Surgery

Continued from Page 3

precise use of instruments that have amazing degrees of motion. This enables the surgeon to perform delicate surgery to remove the diseased area without damaging healthy tissues.

A great example of the advantages of this technique is seen in robotic laparoscopic radical prostatectomy, which is the removal of the prostate gland to cure prostate cancer. Because of its location, the surgery is quite delicate. With the visualization and instrumentation offered by the surgical robot, the entire gland can be removed without injuring vital muscles, blood vessels, and nerves. This allows for faster recovery with less risk of urinary or sexual side effects.

Also, the 3D visualization and wristed instruments allows the surgeon to remove kidney tumors while saving the kidney itself. The challenging reconstruction can be safely performed with less blood loss, which can be encountered in kidney surgery. In addition, the suturing capabilities of the da Vinci robotic system are displayed during pyeloplasties, where the surgeon corrects a



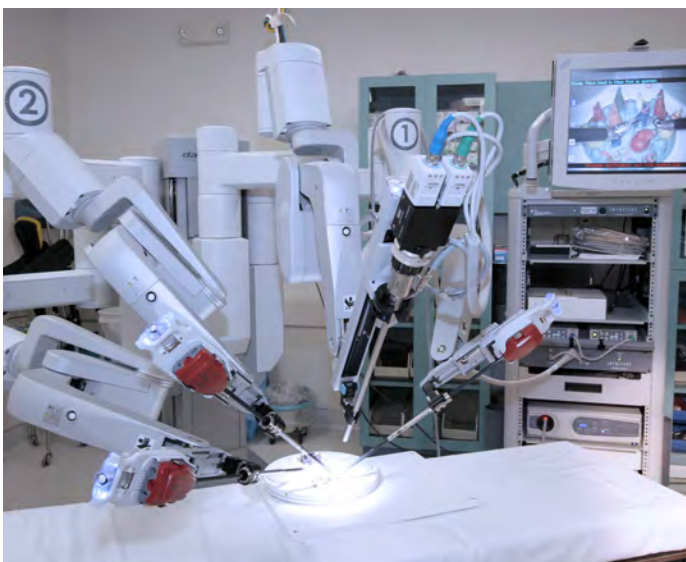
Dr. Tebyani prepares a patient for robotic surgery.

common narrowing that occurs at the junction of the kidney and the ureter.

All of these surgeries showcase the extraordinary capabilities of the robotic surgical system to help minimize side effects while improving outcomes, when an experienced surgeon is controlling the device.

In the near future, improving robotic technologies will allow for better visualization and the use of even fewer and smaller incisions. The robotic surgeons of Orange County Urology Associates (OCUA) will continue to be at the forefront of urological and robotic surgery advancements to provide our patients with state-of-the-art surgical treatments.

Editor's note: Dr. Tebyani helped pioneer robotic surgery in Orange County. He performed the first robotic surgery at Mission Hospital in Mission Viejo. A news report in the *Orange County Register* about this medical milestone is online at: www.ocregister.com/articles/robotic-183880-surgery-vitek.html



The da Vinci® robotic system.



Interested in Participating in a Clinical Study?

HERE'S WHY THEY ARE GOOD MEDICINE FOR EVERYONE

Clinical studies are at the foundation of all new medical advances. Clinical studies look at new ways to prevent, detect, or treat disease. At any given moment, Orange County Urology Associates (OCUA) has numerous clinical studies underway.

The goal of a clinical study is to determine if a new medical test or treatment is effective and safe. Treatments might be new drugs, new surgical procedures, new medical devices, or new ways to use existing treatments. Clinical studies also can look at other aspects of care, such as improving the quality of life for people with chronic illnesses.

People participate in clinical studies for a variety of reasons. Healthy people say they participate to help others and to contribute to the progress of medicine. Participants with an illness or disease also participate to help others, but also to receive the newest treatment – sometimes at little or no cost.

The bottom line: Clinical studies offer hope for many people and an opportunity to help researchers find better treatments for others in the future. So if one of your Orange County Urology Associates physicians suggests a clinical study to you, this is some information for you to consider.

See our current clinical trials – page 7

Dr. Meaglia Shoots a Hole-in-One

For amateur golfers, the odds of shooting a hole-in-one are staggering. To be exact, the odds of hitting that perfect golf shot is 12,500 to 1, according to *Golf Digest*, which has been tracking the subject for 60 years.

Dr. James Meaglia of Orange County Urology Associates beat those enormous odds by shooting a hole-in-one June 19, 2014, at the Talega Golf Club in the hills of San Clemente.

Dr. Meaglia aced the 8th hole using a 7-iron. The shot was witnessed by five other people as he was playing in a group of six, formed when two groups paired up on the course.

"The hole was playing 165 yards uphill and the flag was behind a sandtrap," Dr. Meaglia said. "I was with five of my friends and that was kind of strange as normally you play in foursomes."

"I didn't see the ball drop into the cup because of the elevated green, but when I hit it a friend said, 'That's going in the hole!' When we walked up to the green, to my amazement the ball was in the cup!" Dr. Meaglia said.

The ball Dr. Meaglia used was a Titleist Pro V1. It has been retired, as is customary in the golfing fraternity.



Dr. James Meaglia holds up the Titleist Pro V1 he used to shoot the hole-in-one.

Dr. Spitz Lobbies in Washington, D.C.

Aaron Spitz, M.D., was in the nation's capital in July lobbying on behalf of the Alliance of Specialty Medicine. The Alliance is a coalition of medical specialties representing 110,000 U.S. physicians and surgeons. Dr. Spitz represented the 20,000 members of the American Urological Association (AUA). While in Washington, Dr. Spitz went to the California Congressional and Senatorial offices to lobby along with other specialists. This non-partisan group is dedicated to the development of sound federal health care policy that fosters patient access to the highest quality specialty care. "We are advocating for sustainable growth rate (SGR) reform to improve patients' access to Medicare and healthcare in general, increased funding for the training of future specialists because of a looming shortage, regulatory relief and improvement, and tort reform," Dr. Spitz said.



Dr. Aaron Spitz in the nation's capital in July to lobby on behalf of the Alliance of Specialty Medicine.

7 Symptoms of BPH (Prostate Enlargement)

Do you think you may be having symptoms of prostate enlargement – also known as BPH, or benign prostatic hyperplasia? The International Prostate Symptom Score (I-PSS) is a questionnaire that urologists use with their patients to determine their severity of symptoms. The list has seven questions about urinary symptoms and one quality of life question.



1. **Incomplete Emptying** – How often have you had the sensation of not emptying your bladder?
2. **Frequency** – How often have you had to urinate less than every two hours?
3. **Intermittency** – How often have you found you stopped and started again several times when you urinated?
4. **Urgency** – How often have you found it difficult to postpone urination?
5. **Weak Stream** – How often have you had a weak urinary stream?
6. **Straining** – How often have you had to strain to start urination?
7. **Nocturia** – How many times do you typically get up at night to urinate?

Quality of Life question – If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that?

If you are experiencing any of these symptoms, please notify your urologist immediately as they are more easily treated early.

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Introducing the OCUA Physician Group



Paul A. Brower, M.D.



Don T. Bui, M.D.



Jennifer Gruenenfelder, M.D.



Moses Kim, M.D., Ph.D.



James P. Meaglia, M.D.



Leah Nakamura, M.D.



Josh Randall, M.D.



Karan J. Singh, M.D.



Aaron Spitz, M.D.



J. Bradley Taylor, M.D.



Neyssan Tebyani, M.D.

As one of California's largest and most skilled urology group practices, Orange County Urology Associates (OCUA) frequently accepts referrals from other physicians and group practices for specialized urologic treatments.

If you have a patient who requires the care of a specialist, please contact our dedicated staff at: (949) 855-1101.

To learn the latest about OCUA, visit our website at:

OrangeCountyUrology.com

