Maine Medical Center’s Urology Program

The comprehensive urology program at Maine Medical Center (MMC) ensures access to high quality and leading-edge urologic treatment today, while planning to meet our communities’ future needs. Our urologists evaluate and manage a full range of adult and pediatric urologic diseases and disorders. Patients are provided with exceptional care close to home at both Maine Medical Center and its Maine Medical Partners – Urology office.

What is Urology?

Urology is a medical and surgical specialty involving the diagnosis and treatment of diseases and disorders of the male and female urinary tract and the male reproductive organs in both adults and children.

Urologic Conditions Treated

Specific conditions treated include:

- Cancer of the adrenal gland, bladder, kidney, prostate, penis, and testicles
- Enlarged prostate, or benign prostatic hyperplasia (BPH)
- Erectile dysfunction
- Hematuria, or blood in the urine
- Hydrocele/Spermatocele
- Kidney stone disease
- Male infertility
- Neurogenic bladder
- Overactive bladder
- Pediatric urologic problems, including:
  - Vesico-ureteral reflux
  - UPJ obstruction
  - Penile/urethral anomalies
  - Voiding dysfunction
  - Undescended testicle
- Pelvic floor disorders
- Peyronie’s disease
- Urethral stricture
- Urinary incontinence, male and female
- Urinary tract infections
- Varicocele
- Vasectomy
- Vesicoureteral reflux or a backflow of urine into the ureter
- Voiding dysfunction or abnormal bladder emptying

Please see our website for additional conditions treated.
Urologists with Outstanding Experience and Expertise

Maine Medical Center has the largest and most experienced urologic team in northern New England. Our urologists complement each other in specialty training and areas of clinical focus. This gives patients access to a full range of urologic experts, including Maine’s only fellowship-trained specialists in pediatric urology, urologic oncology, and urologic robotic surgery.

Research

Our urologists are actively engaged in clinical trials and research. This positions us on the leading edge of urologic treatment advances and gives our patients access to world-class care close to home that may not be available at other hospitals.

Urology Residency Program

As a teaching hospital, an integral part of Maine Medical Center’s mission is to provide the best possible patient care now and in the future by helping to train the physicians of tomorrow. Our urologic residency program – the first and only program of its kind in Maine – supports this mission.

Milestones and Accolades

An Impressive Roster of Firsts
The urologic specialists at MMC have achieved many clinical firsts in Maine, including the first use of laparoscopic surgery for radical nephrectomy (kidney removal), partial nephrectomy, and orchiopexy; the first percutaneous nephrostolithotripsy (removing very large kidney stones through a tube in the back rather than a large flank incision), the first use of ureteroscopic laser lithotripsy, the first use of kidney stone lithotripsy, and the first robotic-assisted prostatectomy.

The 1000th Robotic Procedure
In 2011, Maine Medical Center urologists performed their 1,000th robotic-assisted radical prostatectomy using the da Vinci surgical robot. Our robotic-assisted laparoscopic radical prostatectomy program is the largest in Maine and the second largest in northern New England. Additionally, MMC urologists perform robotic-assisted partial nephrectomies, cystectomies, and reconstructive surgery.

National Recognition for Prostate Cancer Care
The MMC Genitourinary Cancer Program was nationally recognized as one of five model prostate cancer programs by the Association of Community Cancer Centers (ACCC). Our program was chosen for its multidisciplinary approach to prostate cancer care, open communication, and patient access to state-of-the-art treatment.

National Rankings for Overall Urology Care
U.S. News & World Report’s Best Hospital rankings consistently place Maine Medical Center in the “High Performing” category for Urology.
The Most Advanced Treatment Options

We offer the region’s most comprehensive array of state-of-the-art urologic treatments for patients of all ages.

Robotic Precision with a Human Touch

The da Vinci robotic surgical system enables major surgery to be performed through the smallest of incisions, thereby using a minimally invasive approach. Hand controls manipulate robotic instruments so surgeons can access spaces inside the body otherwise very difficult to reach. This leading technology has been shown to improve patients’ recovery experience and clinical outcomes with significantly less pain and blood loss, a shorter hospital stay, and fewer complications.

It takes experience to acquire proficiency with the da Vinci Surgical System. With over 1,400 robotic-assisted procedures performed, our urologists have the most extensive experience in the region. Our robotic-assisted prostatectomy program is one of the most active in the nation. Robotic-assisted procedures at Maine Medical Center include:

- Nephroureterectomy
- Partial nephrectomy
- Pyeloplasty
- Radical cystectomy
- Radical prostatectomy

Other Minimally Invasive Treatment Options

Laser Prostatectomy for BPH

Laser therapy is a minimally invasive alternative to transurethral resection of the prostate (TURP) for patients with benign prostatic hyperplasia (BPH). Patient benefits include less risk of bleeding, less time with a catheter, a shorter hospital stay, and a faster, less painful recovery.

Cryosurgery of the Kidney and Prostate

Cryosurgery is the use of extreme cold to destroy abnormal or diseased tissue. It is another minimally invasive technique offered to patients with kidney and prostate cancers that allows urologists to target very small areas with little blood loss and fewer complications.

Lithotripsy

We have developed sophisticated treatment algorithms for the minimally invasive surgical management of urinary stone disease and utilize the latest in technology to improve outcomes in our patients, such as:

- Shock wave lithotripsy (SWL)
- Ureteroscopic laser lithotripsy with the holmium YAG laser
- Percutaneous removal of complex stones

Microsurgical Vasectomy Reversal

Advances in microsurgery have enabled surgeons to reverse a vasectomy and restore fertility in many cases. The reversal procedure – performed under a special microscope – involves reconnecting the cut ends of the vas deferens, the small tubes that carry sperm from a man’s testicles. It is performed on a same-day, outpatient basis.
Meeting the Challenge: Urologic Cancer

At Maine Medical Center we take a multidisciplinary approach to genitourinary (GU) cancer care. Radiation oncology, surgical urology, and medical oncology all collaborate on the optimal course of treatment for patients. Our clinical outcomes for GU cancers are consistently excellent compared to national benchmarks – and are based on the largest patient volume in northern New England for these cancers.

Our team of urologic experts treats these types of cancers:

- Adrenal
- Bladder
- Penile
- Prostate
- Renal (kidney)
- Testicular
- Urethral

Clinical Patient Navigator

Weighing the risks and benefits of cancer treatment is difficult for both patients and physicians. To help patients make the most informed and timely treatment decisions, MMC provides a dedicated full-time nurse who serves as a Genitourinary Cancer Clinical Patient Navigator.

Key elements of the Clinical Patient Navigator’s role include:

- Guiding patients and their loved ones through the health care system
- Actively identifying and addressing barriers to care that might keep the patient from receiving timely and appropriate treatment for their cancer diagnosis (barriers may include health insurance/financial concerns, transportation to and from treatment, physical/psychosocial needs, communication/cultural needs, or disease management)
- Connecting patients with resources, health care, and support services in their communities
- This service is provided at no additional cost

Our GU Cancer Program includes:

- The only fellowship-trained urologic cancer specialists in Maine
- Maine’s first Genitourinary Cancer Clinical Patient Navigator who ensures patients receive the education necessary to make an informed decision regarding their treatment and addresses barriers to receiving timely access to this treatment
- A robust database tracks outcomes for GU cancer patients to continually monitor and improve the quality of care we provide
- Twice-monthly genitourinary tumor conference that brings together all the appropriate specialists to review patient cases
- National recognition as one of five model prostate cancer programs by the Association of Community Cancer Centers
Why We are the Region’s Choice for Urology Care

- The largest team of urologic specialists in northern New England with a breadth of subspecialty care unrivaled in the region
- The highest urologic volume of any practice or hospital in the region
- The region’s most extensive experience with robotic-assisted laparoscopic urologic surgery
- A full complement of leading-edge diagnostic and treatment services for adults and children – many of which are not available anywhere else in Maine
- Maine’s only fellowship-trained pediatric urologists
  – Ensuring young patients receive high-quality care without having to travel out of state
- Maine’s only fellowship-trained urologic cancer specialists
- Maine’s only fellowship-trained robotic specialist
- Consistent ranking of “High Performer” for Urology by U.S. News & World Report’s Best Hospital rankings
- A multidisciplinary approach to urologic cancer care, with radiation oncology, surgical oncology, medical oncology, and urology all collaborating on patient care
- Clinical outcomes are consistently excellent compared to national benchmarks
- All MMC urologists are Board certified or Board eligible
  – Proof they have met rigorous national standards of proficiency in their specialty

Exceptional Care, Close to Home

World-class urologic care for Mainers is located conveniently close to home. MMC’s urologists provide outpatient services at Maine Medical Partners – Urology, a department of Maine Medical Center, located at 100 Brickhill Avenue, South Portland. Our hours are Monday-Friday 8am-5pm. Inpatient management and operative services are provided at Maine Medical Center’s Bramhall campus and Scarborough Surgery Center.

How to Refer a Patient

Appointments can be made with a referral to Maine Medical Partners – Urology, simply call (207) 773-1728.

Timely Access to Care

With our growing team of urologists, patients can be scheduled more quickly and efficiently than ever, ensuring timely access to the care needed.

Timely Communication with Referring Physicians

We believe informed referring physicians are critical members of a patient’s urologic care team throughout evaluation and treatment. As such, detailed notes are sent to referring physicians after every consultation, procedure, and follow-up appointment.
For more information:
Please call (207) 773-1728
or visit mmc.org/urology

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