

The Department of Urology

AT KLINIKUM DORTMUND



PRO DO
Prostate Cancer Center
Dortmund



KONTINENZ DO
Continenence Center Dortmund



ONKO DO
Interdisciplinary Tumor Center Dortmund

MIC-CENTRUM



Dear Patient,

It is a good feeling to know that you will be well taken care of when illness strikes. This means that you should also be thoroughly informed about all the options available to you in the clinic that is treating you. With this brochure, we would like to give you an overview of the offers and areas of competence of the Department of Urology at Klinikum Dortmund. We want you to feel comfortable at all times and to know that you are always in good hands.

A dedicated team of experienced doctors, qualified nursing staff, physiotherapists and psycho-oncologists work together at our clinic to help you get better as soon as possible. In addition to first-class medical treatment, we also offer you state-of-the-art comfort in modern rooms outfitted with bathrooms, TVs, radios and telephones. The number of patients who put their confidence in the know-how and competence of our team is steadily increasing, which is a clear indication of the high degree of patient satisfaction. We hope that you, too, will be completely satisfied with our care and we will do everything we can to ensure this. This also means that we always welcome any questions or suggestions that you may have. Please feel free to speak openly with us!

Our main areas of treatment at a glance

- Large tumor surgery
- Laparoscopy (keyhole surgery)
- Chemotherapy
- Urinary incontinence
- Kidney and urinary stones
- Endourology
- Benign enlargement of the prostate gland
- Testicle and penis cancer
- Erectile dysfunction
- Infertility and refertilizations
- Reconstructive urology

A Closer Look at the Department of Urology

This urological department, which is the oldest clinic of its kind with the longest history in Germany, has been treating patients for more than 100 years. With approximately 4500 inpatients and more than 5000 outpatients a year, we are one of the largest urology clinics in the country. Our team of qualified specialists from the chief-physician to the research staff uses state-of-the-art operating techniques and therapy and deals with all the aspects of this specialized field with the exception of kidney transplants. We are working at the top in terms of the latest in medical science. Thanks to the formation and certification of PRODO, our prostate cancer center, our involvement in ONKODO, the interdisciplinary cancer center, and KONTINENZDO, our innovative continence center, we are able to provide you with top-quality medical care around the clock in combination with maximum service - all under one roof.



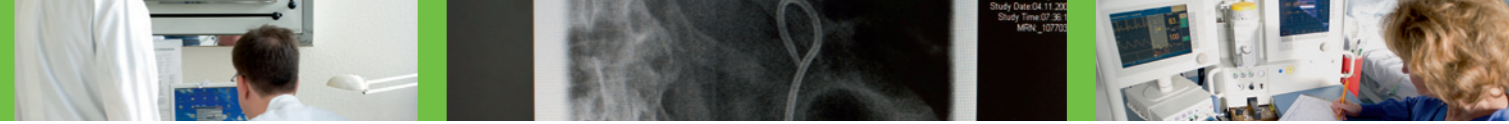
Large Tumor Surgery

This is the department's traditional main focus. All types of surgical intervention right on up to highly complicated, interdisciplinary operations (e.g. for kidney tumors involving the inferior vena cava right on up to the heart) are performed on a regular basis, as are all forms of continent urinary diversion (pouch, neobladder, etc.). The high number of cases we treat and the outstanding experience of our team in this field make us the first choice for patients from throughout Germany as well as from abroad.

Operations performed through the "keyhole"

In 2005, our department was formed as a center for minimally invasive surgery in urology, also known as the MIC Center. Since then, it has quickly developed into one of the leading centers in Germany. The advantages of this gentle operating technique are obvious: the body is exposed to less stress, recovery is quicker and the procedure is tolerated well by the patients overall. Benign as well as malignant diseases of the urinary and sexual organs can be treated in this way. From mid 2005 to mid 2012, for example, approximately 2.000 radical prostatectomies were performed using this minimally invasive procedure on patients with prostate cancer. As one of the few urological departments in Germany, we perform traditional "open" as well as minimally invasive prostate cancer operations in significant numbers.

Furthermore, nephrectomy, nephroureterectomy, partial nephrectomy, pyeloplasty, diverticula surgery, continence surgery, and up to radical cystectomy are established. In 2009, we were also able to perform the first minimally invasive prostatectomy with the FreeHand® robotic surgery system in Europe.



PRODO Prostate Cancer Center

The formation of PRO DO, the prostate cancer center in Dortmund, in 2008 underscores the special focus of our clinic. The close interdisciplinary connections both inside and outside the clinic guarantee optimum care for patients in all stages of the illness. To provide you with the best possible care, experts in the fields of urology, radiation therapy, oncology, pathology, nuclear medicine, radiology, the continence center, physiotherapy, psycho-oncology, quality assurance, urologists' practices and self-help groups work together hand-in-hand and complement one another. The treatment results are scientifically analyzed and evaluated on a regular basis. Within the scope of its financial aid to research, the German Cancer Association supports a cooperative research project conducted by the Urology Clinic and the University of Leipzig to obtain more information on the quality of life of patients suffering from prostate cancer.

ONKODO Interdisciplinary Tumor Center

The Urology Clinic is also associated with ONKODO, the cross-clinic, interdisciplinary tumor center. Patients with complicated or rare tumors are treated here. Specialists from different fields confer and then draw up an individual plan of treatment for each patient.

Chemotherapy

Patients with advanced tumors undergo the necessary drug-based treatment as inpatients as well as outpatients under the supervision of medical specialists and nursing staff with special qualifications. Psycho-oncologists can also be involved in and accompany the treatment program.

Kidney Stones – a Widespread Problem

Up to 14 percent of the population suffer from kidney stones at some point during their lives – often repeatedly. At Klinikum Dortmund, all the most modern methods of treatment are used on a regular basis and on large numbers of patients. These methods include non-invasive lithotripsy using shock waves (ESWL - Extracorporeal Shock Wave Lithotripsy), ureteroscopy using rigid and flexible instruments to remove the stone after breaking it up with shock waves or laser applications (URS - ureteroscopy) as well as kidney stone operations without cutting (PCNL - percutaneous nephrolithotomy, mini PNL - minimally invasive nephrolithotomy).

Operations without Cutting

Among the operations performed most frequently in the clinic are the so-called endourological operations designed to treat benign enlarged prostates and superficial bladder tumors. Bladder tumors can also be treated using a special technique called fluorescence cystoscopy. This technique uses a dye to “fluoresce” the tumors, thus making it easier to identify and remove them.

KONTINENZ DO Continence Center

A special focus is also placed on treating urinary incontinence (bladder weakness) in men and women. An interdisciplinary continence center, specially certified by the German Continence Society, was founded for this purpose. Specialists from the fields of urology, gynecology, surgery, pediatric surgery, neurology and physiotherapy work together in close cooperation in the Continence Center. As a result, state-of-the-art examination and treatment methods can now be integrated quickly into the daily routine. Collaboration between the specialists in the MIC Center and the Continence Center makes it possible to perform incontinence operations using keyhole technology. Differentiated diagnostics are required to guarantee the long-term success of incontinence therapy and the Urology Clinic has access to the entire spectrum of modern diagnostics, including bladder pressure measurement (urodynamics), also in combination with x-ray technology (video urodynamics), if necessary, to investigate functional disorders of the lower urinary tract (bladder and urethra) with the help of contrast agents, ultrasound examination of the upper and lower urinary tract, cystoscopy and vaginoscopy. Thus, all the necessary clinical functional examinations can be performed under one roof.

Since the introduction of the newer operations (“sling procedures”, artificial urinary sphincters) to eliminate urinary incontinence in men as well, the Department of Urology is among the leaders in advancing these technologies. All of the drug-based medical procedures, including botox injections, are now used in treating the so-called “over-active bladder”.

Reconstructive Operations

Maintaining organs or their functions are the most important goals that we have in the special operations that we perform. Among other things, this includes operations on the ureter, which has, for example, been damaged through injury or infection in different lengths. For deep, short changes, special techniques are now available to reimplant the ureter into the bladder so that the kidney on the side concerned can be preserved. For functional limitations over longer stretches, it may be necessary to replace the ureter with segments of the small intestine. These complicated reconstructive operations also include open operations on the urethra to correct constrictions. For short constrictions, a resection with following end-to-end anastomosis (joining of parts) is the procedure of choice. For longer constrictions, skin transplants are used to reconstruct the section.

Outpatient Clinic for Andrology

All the options for diagnosing and treating erectile and fertility problems can be discussed here. Operations designed to reverse an earlier sterilization (“refertilization”) as well as operations to prepare for artificial insemination (“MESA/TESE”) are performed routinely. And needless to say, refertilizations are always performed with the help of an operating microscope.

Special Outpatient Clinics

In addition to the private office hours, the general office hours and the office hours for urological tumor problems, there are also special office hours for minimally invasive surgery (MIC Center), urinary incontinence (Continence Center), pediatric urology, andrology and infertility (men's health and limitations in fertility), chemotherapy, pain therapy and urological infectiousiology.



Robotic-assisted Surgery

A variant of minimally invasive surgery is the robotic-assisted surgery with the da Vinci surgical robot. The robotic surgery is to be seen in this context as a complement to other established procedures in our clinic. In each case, the individual situation of the patient is decisive for the choice of procedure (open surgery, conventional minimal invasive surgery and robotic surgery).

Benefits

What can the surgical robot, which the conventional buttonhole surgery can not?

- Three-dimensional (spatial) representation of the surgical field
- Higher magnification with improved detail recognition by HD-TV
- Three-dimensional mobility of the instruments (in all directions)
- Increased precision and finer, more precise movements of micro-instruments
- compensate for possible small deviations of the operator (anti-shake)

Operation

What are the advantages of minimally invasive prostatectomy for the patient?

- Minimally invasive approach (small additions = buttonhole surgery)
- Better surgical results
- Greater security in the tumour control
- Higher rates of continence by gentle dissection of the sphincter of the urinary bladder (less incontinence)
- Better preservation of erectile function (potency/virility)
- Favourable cosmetic result
- Less blood loss
- Low infection risk
- Better and faster wound healing
- Less pain
- Faster recovery

How does the da Vinci-System work?

The operator controls the micro-instruments within the body of the patient. The instruments are just a few millimetres in size.

As with open surgery the surgeon decides with his hand which tissue is cut and prepared. The surgical robot translates the movements of the surgeon with computer-assisted precision.

The robot has been developed in the U.S. Precursor units have been there since the year 2000. In the U.S. the da Vinci prostatectomy is the most common treatment for prostate cancer in its early stages.

The da Vinci surgery system is available in our Urology department since 2010. The modern and sophisticated system is equipped with high-definition video transmission. It also has very long instruments, so that even obese patients can undergo surgery. The system installed has four instrument arms and represents the latest cutting-edge technology.



The Clinic Facilities

The clinic is equipped and outfitted to meet state-of-the-art standards in terms of technology, including the newest digital x-ray diagnostic devices to reduce radiation levels, the currently most advanced device for the non-invasive treatment of kidney stones (ESWL), high-resolution ultrasound devices, medical imaging networks (PACS), fluorescence cystoscopy, urodynamics (bladder pressure measurement), new-generation laser applications, operating microscopes and video laparoscopy and robot-assisted camera systems for minimally invasive surgery.

“Center of Excellence”

As a “Center of Excellence”, the latest treatment methods for minimally invasive operations in particular are constantly being introduced into the daily routine (e.g. use of robot-assisted systems, “single-port laparoscopy” and others). The new hospital wards, which were officially opened in 2004, consist exclusively of one-, two- and three-bed rooms and are pioneering in terms of functionality and comfort. We are also involved in demanding research projects in collaboration with such institutions as the University of Leipzig, Hannover Medical School, Ludwig-Maximilians-University in Munich, Ruhr University in Bochum, the University of Athens and the Leibniz Institute for Work Research at the University of Dortmund. Clinic employees and cooperative partners have repeatedly received awards during the past few years for their research work and findings. Evidence of these research activities is also reflected in the many publications appearing in German and international scientific journals as well as regular contributions to medical conferences and conventions.



Help Us to Make Urology Stronger

As one of the largest departments with the longest history in urology in Germany, we want not only to accompany the great changes and new challenges in one of the most innovative fields in modern-day medicine, we also want to play an active role in shaping and molding these fields in the future as well! In times when public funding has become scarce, the Department of Urology at Klinikum Dortmund gGmbH also has to rely on private support. In order to be able to offer our patients first-class medical care, comprehensive personal attention and with that, more quality of life in the future as well, interested parties are welcome to make a donation earmarked for a specific use. You will receive a receipt for your donation, which can be used for tax purposes.

Donation Account:

Account no.: 001 049 550

Bank code: 440 501 99

Purpose: 37 90 04 Urology

Please don't forget to include your name and address on the money transfer so that we can issue you a receipt for tax purposes.

Make a donation and make a valuable contribution towards

- advancing research and teaching at the Department of Urology,
- keeping the medical-technical equipment up to state-of-the-art standards,
- supporting the training and continuing education of our staff and
- creating a pleasant atmosphere for our patients.

You do the right thing - and we'll talk about it! We want to show you our appreciation for your support. If a significant donation is made to our clinic, it is possible to have individual working areas or rooms named after the generous donor. In this way, your contribution will be honored and remembered in the future as well. For more information on this topic, please do not hesitate to contact our clinic director, Prof. Dr. med. Michael C. Truß, who will be happy to answer any of your questions personally.



Urological Medical Centers – Bundled Competence

Medical Centers

With approximately a half a million new cases a year, cancer is currently the second-biggest killer in Germany, second only to cardiovascular diseases. In 2008, German Minister of Health, Ulla Schmidt, presented the “national cancer plan” together with the German Cancer Society, the German Cancer Association and the German Tumor Centers Group. The goal is to provide better medical care for cancer patients. An important instrument in achieving this goal is the formation of independently organized divisions in the form of medical centers as we offer in many different ways at Klinikum Dortmund. With ONKODO, PRODO and the WESTPHALIAN BREAST CENTER, we are among the pioneers in building new medical centers.

Patients Meet Up with Teams of Experts

The advantages of the medical centers for the patients lies in the individual care and attention provided by an interdisciplinary team of specialists, who have access to and can effectively apply the most recent scientific findings in this field. In team meetings, these experts discuss and decide on the therapy of choice for each individual case. The patient has one specific contact person for any questions or concerns and will receive the optimum in medical, nursing and psychological care.

Research and Rare Diseases

Despite the large number of cases we treat, each different form of cancer can be considered as a rare disease. In the name of research, these rare cases must be bundled and processed in order for us to be able to learn from them and to continue to optimize therapeutic strategies. As a result, there are higher-level forms of organization required for oncological care that make it possible to apply appropriate, innovative therapy concepts in the case of rare tumors as well.

Other Centers at Klinikum Dortmund

In addition to the cancer centers, there are also other centers at Klinikum Dortmund that specialize in other fields of medicine or are involved in special patient care and counseling. They include KONTINENZDO, along with RÜCKENDO (back problems), HERZDO (heart disease), KIDS DO and BLUTSPENDE DO (blood donation). They offer patients the same advantages as those described in the above, and perhaps most importantly, individual case counseling and bundled competence thanks to the work of interdisciplinary teams. Information on these centers can be found on the Internet at www.klinikumdo.de or in the center’s own patient brochures available at the main reception desk or on the wards.



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**Central appointment and bed management
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