

## Memorable exchange visits in Austria and Germany for Japanese urologists



**Dr. Kenji Omae**  
Tokyo Women's  
Medical University  
Tokyo (JP)

oranz416@  
hotmail.com

his faculty members have organised a special programme for us. We enjoyed a tour of their institutions and the informative briefing of the clinical and research work being done at SALK. We had the opportunity to observe excellent surgeries and procedures, some of which were new to us such as neuromodulation for bladder, UroLift® System for BPH, and photodynamic diagnosis for non-muscle invasive bladder cancer. All of these procedures were so interesting and promising that we are eager to introduce them in our hospitals in Japan.



**Dr. Atsushi Okada**  
Nagoya City University  
Nagoya (JP)

a-okada@med.  
nagoya-cu.ac.jp

During our free time, we also had the chance to be acquainted with Austrian history, culture and cuisine of Salzburg, and enjoy Mozart, visit the film locations of "The Sound of Music," Salzburger Nockerln, schnitzel and Schnapps. A concert at the Mozarteum was one of the most amazing experiences we have had in Salzburg.

From Salzburg we visited the University Hospital of Tübingen, where we also had valuable experiences and insights thanks to the hospitality of Professor Arnulf Stenzl and his staff. The doctors performed various types of minor and major surgeries that required excellent surgical skills, such as the Reztius-sparing robot-assisted laparoscopic prostatectomy, i-pouch technique in nerve-sparing radical cystectomy for female invasive bladder cancer, en-bloc TUR-B using the HybridKnife®, and male-to-female transgender surgery. Their rigorous approaches for accurate diagnosis of prostate cancer using robotic biopsy or intraoperative frozen section were also very impressive.



At the Viewpoint of Salzburg with Prof K-D. Sievert, his family and TUA members

Professor Wilhelm K. Aicher shared with us his distinguished stem cell researches during a tour of his laboratory. We were really inspired by their high-level clinical and basic research at the hospital. After working hours, we had the opportunity to participate in a tour of Tübingen and enjoyed the food at two memorable unique restaurants named "Sternwarte" (Astronomy) and "Boxenstopp" (the pits in a car race).

Finally, we visited Munich to attend the 31st Annual EAU Congress (EAU16). We did not have the opportunity to have our own presentations at the congress but participated and attended many meetings of the Scientific Programme and social

events such as the EAU President's & International Friendship Dinner at the Munich Residenz. To end our 10-day visit memorably, we were granted honours during the International Friendship Dinner. Formally dressed and called to the podium where we received from EAU Secretary General Prof. Chris Chapple the citation plaques, and in the presence of so many prestigious experts and doctors, it was definitely a special moment that we will always remember.

Although the time in Austria and Germany was not so long, we have learned a lot and met doctors and experts who are doing inspiring work, and we will certainly treasure this experience. We give our thanks to all the hosts and faculties of the two hospitals and staff members of the EAU and JUA which made this programme a success. We hope to see you all again!



Prof. Chapple handed over the awards at the Friendships dinner

It was our great pleasure and honour to have participated in the EAU-JUA International Academic Exchange Programme from March 5 to 15 this year. It was not only a very well-organised programme, but we also had one of the most wonderful experiences in our lives which deepened our perspectives.

For the first four days, we visited the SALK University Clinic and Paracelsus Private Medical University in Salzburg, Austria. Professor Karl-Dietrich Sievert and

## EAU Exchange Programme: The Taiwanese perspective



**Dr. Lee Hsiang-Ying**  
Attending Physician,  
Dept. of Urology  
Kaohsiung Municipal  
Ta-Tung Hospital  
Kaohsiung Medical  
University Chung-Ho

ashum1009@  
hotmail.com

Professors Karl-Dietrich Sievert in Salzburg (AT) and Arnulf Stenzl in Tübingen (DE) were hospitable and very generous with their knowledge, instructing us as much as possible in both clinical and research work at their hospitals. We learned that the medical system is quite different from Taiwan. And through this programme, we also met with Japanese fellows and understood the differences in medical hardware and software between our countries.

### From bench to clinic

The conscientious, careful and creative researches from University Hospital Salzburg and University Hospital Tübingen about animal/cell-based studies for treating stress urinary incontinence were impressive. During workdays, faculties in both hospitals introduced their research studies, which ranged from basic science, translational science to clinical science. We also had the opportunity to be involved in the operation room and learnt a lot about different operating skills and techniques. These experiences inspired us greatly, and made us want to improve on our original practice and surgery techniques.

At the University Hospital of Tübingen, we also had a full agenda, attending and visiting their morning meeting, surgical presentations, iNet meeting, and research laboratories. Prof. Wilhem K. Aicher gave an excellent lecture about the progenitor and stem cells for cell-based therapies, and his valuable insights provided a unique and new direction.

One of us (Dr. Lee Hsiang-Ying) was also fortunate to join an open radical prostatectomy surgery and closely observe the procedure step-by-step in great detail. She was very impressed with the surgical skills and patience of the professor. Some of the techniques we learned were the following:

Fluorescence-guided cystoscopy, photodynamic diagnosis (PDD)

Instead of white light cystoscopy only, cases with microscopic hematuria and suspicious bladder cancer benefit from PDD. PDD yielded an excellent sensitivity above 90% and specificity ranging from 70-90% although it requires experience to lower the false positive rates. An effective therapeutic outcome in the treatment of bladder cancer is based on early detection. Photodynamic diagnosis is encouraged to save patients from delayed treatment regardless of cost.

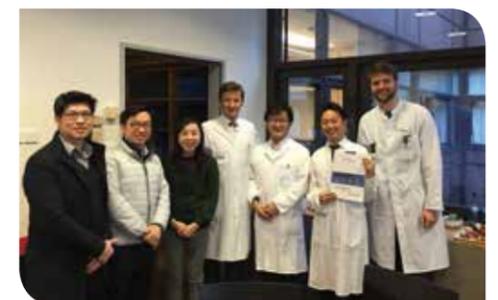
### MRI-ultrasound fusion image-guided prostate biopsy

The MRI-ultrasound fusion image-guided transperineal prostate biopsy helps in the accurate placement of biopsy needles in suspicious lesions. It was reported to be two to three times more sensitive in detecting prostate cancer than non-targeted systematic biopsies. To achieve trifecta outcome (i.e. prostate cancer-free, urinary continence and active sex life) in the laparoscopic/robotic radical prostatectomy, the technique helps a lot in decision-making and planning. Besides, transperineal biopsy lowers the febrile UTI rates and acute urine retention post-operatively.



Professor Sievert, his family, and urologists from Taiwan and Japan had lunch at Hangar-7 Museum, Austria

Endoscopic simulators for residency traineeship  
The most impressive setting is the endoscopic



Professor Stenzl and urologists from Taiwan and Japan at the Urology Department of the University Hospital Tübingen after the morning meeting

simulators for residency training, which we lack in our country. High technological simulators supported by Karl Storz could provide objective evaluation of surgical skills and concepts. Before performing the operations in the patients, junior residents have to pass the simulator exam, and the stimulator is one of the important teaching materials during resident training.

Not only did we gain a lot from the time spent in hospitals, but also from our visits in Salzburg and Tübingen with their historical and cultural legacies. The most memorable was the tour of Salzburg where we experience the birthplace of Mozart and its fantastic classical music with a concert at the Mozarteum.

The time we spent in Austria and Germany was short but productive. Certainly, our fellow urologists from Japan also made this experience valuable as we all had a very congenial and supportive company. We thank all our hosts and the faculties of the two hospitals. We were touched by their kindness, which made this programme an unforgettable experience which will linger in our memory. We hope to see you all again!

It is with great honour and gratitude that we have been selected as exchange programme participants from Taiwan and Japan, an opportunity that expanded our views and enriched our professional experience.

