

## Highlights and impressions of the three participants



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**We arrived in Montréal, Canada on June 13, 2018 for the CUA/EAU Academic Exchange Programme. As supervisor and mentor of the group, I had the pleasure of meeting three superb young urologists for the first time: Dr. Carme Mir (ES), an enthusiastic young onco-urologist from Valencia, Spain; Dr. Nikolaos Grivas (GR), a Greek urologist with a major interest in onco-urology as well; and Dr. Bohdan Bidovanets (UA) from Ukraine.**

It was very interesting to travel with these three young urologists. We visited three excellent departments of urology: the Centre Hospitalier de l'Université de Montréal (CHUM) under the great leadership of Prof. Fred Saad; the Ottawa University Hospital and another impressive academic institution; and the Victoria Hospital in Halifax where Prof. Jerzy Gajewski was our perfect host.

In this article, three fellows share their experience of the exchange programme. Read on to know more.

### Impressions of Dr. Bidovanets

The history of the EAU and Canadian Urology Association (CUA) started in 2011. This year, the CUA/EAU Academic Exchange Programme started in Montréal, a beautiful Canadian city that has one of the largest seaports in North America. Most people in Montréal speak French which makes it even more *charmant*.

In the early morning of June 14, Prof. Frans Debruyne, Dr. Carme Mir, Dr. Nikolaos Grivas and I were met by Dr. Daniel Liberman and then the tour started! We visited a large building of CHUM where we met Prof. Fred Saad, the Chairman of the Department of Urology. After a very quick tour of the hospital departments (the detailed and comprehensive visit of the Department of Urology and Medical Oncology was planned for the next day) we arrived at the operating rooms where we met Prof. François Bénard with whom we had a nice discussion about stones and urinary tract infections.

Afterwards, we were accompanied by Dr. Malek Meskawi, a senior urology resident. He was very kind; he answered all our questions and showed us everything. Later on, we met Prof. Luc Valiquette and Prof. Pierre Karakiewicz with whom we also had a great time sharing our thoughts! The day ended with an awesome dinner, our presentations and presentations by the CHUM residents as well.

The next day was not less interesting as the previous one! We had a great tour of the hospital departments with Prof. Saad and we also visited the Research Centre. It was really impressive! Thereafter, we had the opportunity to talk to research fellows after their presentations. In the afternoon, we watched some surgeries in the operating room which included a robotic prostatectomy performed by Dr. Kevin Zorn. After that, we had a short walk in downtown Montréal with Dr. Daniel Liberman. The day ended with an incredible dinner hosted by Prof. Saad.

In the morning of June 16, we had a nice bus trip that and saw many interesting sights of Montréal. We went on a walking tour in the afternoon and then prepared to travel to Ottawa the day after.

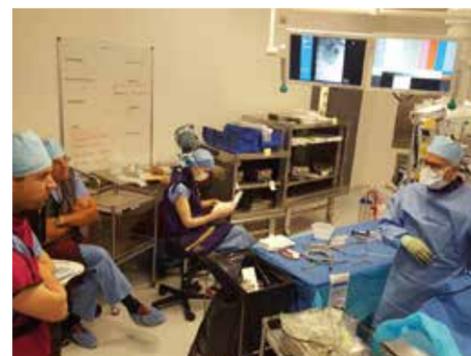
### Participation at the CUA meeting

The 73rd Annual Meeting of the Canadian Urology Association was held in Halifax, Nova Scotia from June 23 to 26. The city was the last stop of the Academic Exchange Programme Tour and birthplace of Nobel Prize laureate Charles Brenton Huggins in 1901.

The meeting was extremely interesting because of the professional lectures on different fields of urology including urogenital malignancies (such as bladder cancer genomics and variant pathology as well as neoadjuvant chemotherapy, cytoreductive nephrectomies, immuno-oncology), functional disorders, paediatric and endoscopic urology and urethral stricture disease etc. The poster sessions were also well-informative and showed some fresh ideas. The CUA Accredited Courses on anticoagulation, adjuvant high-risk kidney cancer, advanced prostate cancer and post-prostatectomy incontinence management were very useful for our practice.

It was only at the President's Reception and Banquet on the last day of the CUA meeting that we learned that Prof. Saad became the new President of the CUA. Congratulations!

Summarising the whole CUA/EAU Academic Exchange Programme, I can say that I am proud to have been selected for this programme. It was a privilege to represent my country and the EAU in this prestigious activity. I am sure that these two weeks will have a great influence on my future academic and practical career; I encountered new scientific achievements and original ideas, and I was able to share thoughts with colleagues from Canada. I would like to thank everyone who helped make participation in this prestigious programme, a dream come true.



On the first day we visited the operating rooms and met Prof. François Bénard

### CUA/EAU programme experience of Dr. Grivas

We proceeded to Ottawa, the capital of Canada and stayed from June 17 to 19. After our arrival, we received a warm welcome from Dr. Luke Lavallée and Dr. Neal Rowe who are professors at Ottawa University, as well as, from Dr. Kristen McAlpine and Dr. Luke Witherspoon who are senior residents.

We visited the Canadian Museum of History where we had a two-hour guided tour where we learned about the past and modern history of Canada in detail. Afterwards we had an exciting one-hour canoe tour on the Ottawa River. In the evening, we experienced Canadian hospitality with a lovely dinner at the Shore club.

The second day of our visit started with a tour of the Children's Hospital of Eastern Ontario (CHEO) where Prof. Michael Leonard showed us all the facilities of the hospital, such as the urodynamic laboratory, the surgery and post-surgery recovery units, the paediatric Radiology and Nuclear Medicine departments and the well-equipped paediatric ward where children are offered care from specialised nurses. Prof. Leonard informed us about the extensive and broad variety of surgical procedures offered for paediatric patients which include bladder exstrophy, bladder augmentation, ureteroscopic laser lithotripsy, hypospadias repair, and all types of laparoscopic paediatric surgeries.



We enjoyed the short walk in downtown Montreal with Dr. Daniel Liberman



The first day was concluded with a wonderful dinner and the presentations of CHUM residents and our own

Afterwards, we visited the general campus of the Ottawa Hospital where Dr. Lavallée informed us about the hospital's electronic database where a patient's history, clinical and pathological data are entered. These data are connected to a statistical database allowing fast and accurate analysis; the results are incorporated in the big number of clinical studies running at the Ottawa University.

Later on, we joined the Research Symposium in which Prof. Debruyne, Dr. Grivas, Dr. Mir, Dr. Bidovanets, Dr. Breau, Dr. Cagiannos, Dr. Keays, and Dr. Hickling presented their research work focusing on precision diagnostics in prostate cancer, MRI in prostate cancer management, bladder preservation strategies, organ sparing surgery of kidney tumours, prevention of bleeding and blood loss during radical cystectomy, renal hypothermia during partial nephrectomy, surgical improvement through patient reported outcomes and genitourinary antimicrobial peptides, respectively. The second day ended with a fantastic dinner where Prof. Debruyne presented the history of the EAU, and the EAU-CUA wooden plate was offered to Prof. Stuart Oake.

The final day started with a visit in the facilities of Ottawa Hospital Civic campus and the University of Ottawa Skills and Simulation Centre, where we were impressed by the training facilities offered to every level in the healthcare profession; from nursing tasks up to complex team activities such as simulation of reanimation and cadaveric workshops. Dr. Matt Roberts gave a detailed presentation on the well-structured residency programme of Canadian urological residents and Dr. Lavallée gave a very interesting talk on database creation and research.

Finally, we had private tour to the Parliament Hill which included a meeting with the Speaker of the Senate of Canada, a tour of the latter, acknowledgement by the Speaker during a live session of the Senate, and the opportunity to observe the Senate and the House of Commons in session.

In conclusion, our second stop in Ottawa was very interesting from both scientific/clinical and social viewpoints. All urologists there should be congratulated for being such a highly professional and well-organised team.

### CUA meeting highlights

Personally, I would like to emphasise two large studies with interesting results in the field of prostate cancer. Dr. Chin Joseph from Western University presented the results from a combined analysis of two large cohorts (268 patients) of salvage cryotherapy (SCRYO) for radio-recurrent prostate cancer. SCRYO provided impressive long-term survival outcomes with 15-year metastasis free survival and overall survival rates of 71% and 54%, respectively.

Another hot topic was presented by Dr. Curtis Nickel from the National Institute of Health who analysed the effect of 5 alpha reductase inhibitors (5ARI) and alpha-blocker on prostate cancer (PC) incidence and mortality using a large (>20.000) population-based 20 years (1995-2014) database in Saskatchewan, Canada. In comparison to non-users and to alpha-blocker users, 5ARIs had >35% lower risk of PC diagnosis. Compared to non-users, alpha-blockers had 11% lower risk of PC diagnosis. For both 5ARIs and alpha-blockers users, approximately 30% higher risk of Gleason 8-10 cancer was demonstrated, compared to non-users. Overall, no significant increase in metastatic PC or PC mortality was noted



At a dinner hosted by Prof. Fred Saad we all received awards to remember this experience by

among 5ARI and alpha-blockers compared to non-users.

### Personal thoughts

The CAU/EAU tour was a unique experience which allowed me to come in contact with expert colleagues from Canada who, aside from being hospitable, allowed me get to know the health system and the urological practice in the university hospitals of Canada. I was impressed by the research in the field of uro-oncology, especially at CHUM and I strongly believe that I will have research co-operation with my new Canadian colleagues and friends.

### Dr. Mir's programme highlights

In June 2018, the team travelled to Montréal, Ottawa and Halifax, where the CUA 2018 took place. In Halifax, previous president of the Canadian Urology Association and current member of the scientific committee for CUA, Prof. Jerzy Gajewski, received the whole team at Victoria Hospital. Afterwards, several outstanding research presentations by the in-house resident team were shown in preparation for the upcoming Canadian meeting. Then the primary results on a Canadian multi-institutional prospective database on high-risk locally advanced prostate cancer were presented. The utility of portable ultrasound probes for daily practice was also demonstrated, as well as, the results on a systematic



The EAU fellows: Dr. N. Grivas, Dr. C. Mir and Dr. B. Bidovanets

review and meta-analysis on transrectal biopsy and phosphomycin antibiotic usage. To highlight the outstanding long-term results on neurostimulation patients, a procedure where Dalhousie University Medical Center was pioneer within Canada.

A very memorable part of our visit to Halifax was attending the afternoon tea hosted by the Halifax Governor House on behalf of the 92nd birthday of the Queen of England. The following day, Prof. Bell, Chairman of the department of Urology at the Halifax location, offered us a visit to the surrounding vineyards and a lobster dinner.

As part of the exchange, we attended the previous presidents' dinner, opening ceremony and the current presidents' dinner at the CUA meeting. Outstanding hosts such as CUA President Prof. Fred Saad fostered the relationship between CUA and the EAU for rewarding and fruitful exchanges in the future.