

THE TUREK REPORT



October 2010

Welcome to the first edition of The Turek Report, a quarterly newsletter from Dr. Paul Turek, a board-certified urologist and microsurgeon, and a leading male fertility expert. Our clinic specializes exclusively in treating—and solving—the unique conditions that affect men's reproductive health.

Why focus on men's reproductive health? Well, it's no surprise that men shy away from going to the doctor, but did you know that, as a whole, reproductive-age men are a huge underserved population? Low testosterone, infertility, erection and ejaculation problems are commonly faced by men, and, left untreated, they can profoundly affect a man's self-esteem, relationships and personal health. And many of these conditions have implications for future health. Yet, few physicians take a comprehensive approach to owning and treating these issues.

So whether you are a patient or a practicing physician, our newsletter is designed to help you better understand the issues facing men and the innovative therapies and novel approaches now available for them.

In good health,
The Turek Clinic

S.F. 49ers For a chance to win tickets, see our **Did You Know?** contest inside this newsletter.

FEATURE STORY

The Link Between Infertility and Cancer

by Paul Turek, MD



About 11 years ago, a research team that I led at the University

of California, San Francisco, published a paper showing for the first time that infertile men can't repair the errors normally encountered in their DNA as well as healthy men. This was startling news in part because it implied that infertile men may be more likely to develop other problems later in life, including cancer. Why cancer? Because the development of cancer has been associated with the inability to normally repair the frequent daily errors that occur to one's DNA as the body's cells divide and renew.

Today, however, we know much more. We know that testis cancer is three-fold more likely to occur in previously infertile men than in fertile men as they age. And our latest research has shown that prostate cancer, thought to be a disease exclusive to older men, occurs more seriously and more commonly in previously infertile men.

So what does this mean for men? Is male infertility the first sign of a larger problem in our species? Is it the ultimate medical problem of a species trying to reproduce? Well, honestly it isn't entirely clear; however, to me this research indicates that male infertility should certainly be considered an insurable and real medical condition that should be taken as seriously as a heart attack. Even more worrisome is the issue of whether the use of sperm from severely infertile men is putting their offspring at even higher risk of medical issues than that experienced by their fathers.

So do not ignore the male infertility issue when it strikes and get evaluated by a specialist. Perform testicular self-examination, a simple maneuver performed once monthly in the shower that has far more potential to extend life than even exercise or weight control. Get educated about prostate cancer and do not ignore the powerful screening tools available to find it early. The age of innocence is over. The warning signs are now clear; get the care that you deserve.

Dr. Paul Turek was recently featured on the nationally televised show, *The Doctors*, where he demonstrated his novel technique for finding sperm in the testes of severely infertile men who have no ejaculated sperm. He demonstrated the technique, known as Testicular Mapping or FNA Sperm Mapping, on a piece of beef liver within a surgical glove! To view the full clip, go to <http://www.TheTurekClinic.com/fertility-news.html>.



Dr. Turek discussed the linkage between male infertility and prostate cancer on a recent segment of *View From The Bay*, a popular television talk show that airs on ABC in the San Francisco Bay area. To see the clip, go to <http://www.TheTurekClinic.com/fertility-news.html>.

To learn more about infertility and cancer, go to <http://www.TheTurekClinic.com/infertility-research.html>.

Did You Know?

Human infertility is almost as common as which of these health conditions?

- A. Strokes and heart attacks
- B. Car accident injuries
- C. Obesity
- D. Diabetes

Email us your answer at:

DidYouKnow@TheTurekClinic.com by Friday, October 22, 2010 and you will be entered into a drawing for two tickets to a San Francisco 49ers home game. Please be sure to include your name and a contact phone number in your email.

From the Blog

DOES MALE INFERTILITY BEGIN IN THE WOMB?

A relatively alarming study was published a couple of years ago that suggested that a pregnant woman's behavior can determine the fertility of her unborn son. Sperm quality from 387 men was compared to beef consumption their mothers reported while pregnant with them. They found that the sons of "high beef consumers" (>7 beef meals/week) had sperm counts that were 24% lower than in men whose mothers ate less beef. Interestingly, sperm counts in the sons were not related to mother's consumption of other meat or to the son's consumption of meat. In essence, the authors thought that estrogens in beef consumed by women may alter the testis development of their unborn sons and may adversely affect the son's fertility. Similarly, impressive decreases in semen quality have been described in the sons of women who smoked during pregnancy. To read more, go to <http://TurekOnMensHealth.com/sexual-health/does-male-infertility-begin-in-the-womb/>.

This article was excerpted from the blog, *Turek on Men's Health*. The full article can be viewed at <http://TurekOnMensHealth.com/sexual-health/does-male-infertility-begin-in-the-womb/>.

PATIENT STORY: THE MINAZZOLI FAMILY

Thirty-one year old David Minazzoli grows cherries and walnuts on a 100-acre farm in California's fertile Central Valley. Talking to David, it is evident how proud he is of the farm he took over from his father. "Some of the land has been in our family for more than a hundred years," explains David. Yet, despite how proud he is of his farming legacy, there is something he's far more proud of: his new daughter, Brooklyn. Having a daughter is an accomplishment that almost never happened.

That's because David was born with a condition known as cryptorchidism, or testicles that did not properly descend into the scrotum. It is the most common genital abnormality in boys, affecting 30 percent of boys delivered prematurely and about four percent born full term.

To correct the problem, David underwent three separate surgeries as a young boy. Despite the surgeries, only one of his testicles descended. Yet after the last surgery, the situation never concerned David. "Everything worked fine, so I never really thought about it," declares David. That is, until he met and decided to marry Lisa. We were in our late 20's and having a family was very important to Lisa. She is the one who suggested I get a sperm count test taken," says David. "I went to a local urologist and had the test done three times. Each time my sperm count was zero. It was devastating to hear this news just a month before our wedding."

His urologist had no real advice except to suggest the couple plan on adopting children. "Adoption was out of the question for us. It took me a long time to decide I wanted to have children, but once I decided to, I knew I wanted my own," says David. Fortunately, Lisa was persistent. She went to an OB/GYN and fertility specialist in Lodi, California. That's when Lisa was referred to Dr. Paul Turek of The Turek Clinic in San Francisco. Dr. Turek, former professor and endowed chair at the University of California San Francisco and founder of The Turek Clinic, pioneered the technique, called Testicular Mapping, that is able to discover pockets of viable sperm in the testes. The sperm can later be extracted with minimally invasive procedures and used for in vitro fertilization and single sperm injection.

"We were able to find multiple pockets of viable sperm in David's testes," said Dr. Turek. "I had no doubt we would be able to retrieve them so David and Lisa could go through with IVF." In fact, Dr. Turek was able to retrieve several vials of sperm from David, most of which is still frozen for future use. "The egg retrieval was difficult for Lisa, but now we have a beautiful, completely healthy little daughter and several embryos frozen so we can have a second child when we are ready," says David.

"In farming you work your butt off, but it's worth it," David says. The process for David and Lisa to have a child of their own wasn't easy either, but both definitely agree it was worth the effort.



Why DR. TUREK?

The Turek Clinic is a boutique men's reproductive health practice, led by board-certified urologist and microsurgeon, Dr. Paul Turek, a former professor and endowed chair at the University of California San Francisco. After leaving the university in 2008, he founded The Turek Clinic based on his philosophy that the best way to treat men's reproductive health concerns is to combine a scientific evidence-based approach

- with highly personalized care.
- The entire staff at The Turek Clinic is invested in offering patients a unique, personal and positive experience. It begins with listening. Listening is key to truly understanding each patient's needs and concerns and is the secret to offering the best care possible—and that doesn't happen in a 15-minute appointment.
- Each patient receives a lengthy office visit with Dr. Turek including a comprehensive review of previous test results, operative notes and medical records; a full medical history; a physical exam; and, a comprehensive treatment plan to move forward. Additionally, patients receive a 15-minute conference call following the evaluation to discuss test results and next steps.
- Dr. Turek's innovative and visionary approach to patient care and research has led to his appointment to the Cooperative Reproductive Network Advisory Board at the National Institutes of Health (NIH). He is also a consultant to the Centers for Disease Control (CDC), President of the American Society of Andrology (ASA), President of the Northern California Urology Society, and a fellow in numerous international medical societies.



OUR SERVICES

TESTICULAR MAPPING—Testicular Mapping, also known as FNA Sperm Mapping, is a technology that “maps” the location of sperm in the testes. The technique is designed to benefit severely infertile men as well as men who have undergone cancer treatment.

MALE INFERTILITY EVALUATION—Dr. Turek manages the care of approximately 800-1000 new infertility patients annually and is considered one of the foremost experts in the field.

VASECTOMY REVERSAL—Dr. Turek performs vasectomy reversals weekly. He is internationally regarded as a master microsurgeon and vasectomy reversalist with published success rates among the highest in the country.

VASECTOMY—Dr. Turek was an early adopter of the No Scalpel Vasectomy that uses a single skin puncture instead of incisions to block the flow of sperm during ejaculation. He has performed more than 1,500 no scalpel vasectomies, helping to popularize it in the U.S.

VARICOCELE REPAIR—Varicoceles are enlarged veins in the scrotum; they are the most commonly corrected reason for

male infertility. Dr. Turek has popularized a safe, minimally invasive, microsurgical procedure to correct the problem with excellent success and low complication rates.

AZOOSPERMIA—Azoospermia is a condition where there is no sperm in a man’s ejaculate. Dr. Turek has pioneered ways to both diagnose the genetic causes of azoospermia and to treat men with this condition. He invented testicular mapping, a procedure that has given renewed hope to men who have been told to give up their quest to become biological fathers.

TESTIS PROSTHESIS—When a testis is missing or has been removed after cancer surgery, accidental injury, twisting or improper development, an artificial testis, called a testis prosthesis, can be implanted to restore the normal appearance. Dr. Turek led the clinical trial on the only FDA-approved prosthesis currently on the market in the U.S.

MALE HORMONE REPLACEMENT—The Turek Clinic specializes in the diagnosis and innovative management of androgen (testosterone and androsterone) deficiency and male hormone replacement in men of any age.

ERECTILE DYSFUNCTION—E.D. is caused by neurologic, hormonal, arterial, venous or psychosocial problems. Fortunately, it can be diagnosed fairly quickly with a medical history, physical examination and blood tests, and effective treatments are available in virtually all cases.

EJACULATORY DISORDERS—Most ejaculatory disorders are treatable. Dr. Turek offers expert professional sexual education and counseling in addition to established and innovative medical treatments.

SPERM RETRIEVAL—Sperm retrieval procedures are designed to collect sperm from organs within the male reproductive tract, allowing infertile men without ejaculated sperm the opportunity to be fathers. Dr. Turek has 16 years of experience in sperm retrieval procedures and has pioneered many of today’s popular minimally invasive retrieval methods.

SECOND OPINION CLINIC—Medicine is both an art and a science. Both are required for good patient decision-making. Dr. Turek is an internationally recognized expert in men’s reproductive health and is contacted daily by physicians and patients for his opinions on specific cases and medical conditions.



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