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Retirement of Dr. Jerzy Gajewski

Dr. David Bell, Professor, Dept. of Urology



December 2018 marks the retirement of Dr Jerzy Gajewski from the Department of Urology at Dalhousie University. His retirement culminates an outstanding career both professionally and academically.

Dr Gajewski graduated from medical school in Poznan, Poland in 1973. He pursued further specialty training in Poland and Germany, immigrating to Canada in 1982. Dr. Said Awad recognized Dr. Gajewski's talents and potential, offering him a fellowship in neuro-urology and urodynamics at Dalhousie University in 1982. He was subsequently accepted into the Urology Residency Program and completed a full residency program at Dalhousie finishing in 1986 and joined the Department as faculty in 1987. Through his research interests, he also held a cross-appointment with the Department of Pharmacology. Jerzy's research and academic focus on voiding dysfunction and neuromodulation of the urinary tract led to a highly successful clinical and research career in the field of urology. Dr Gajewski has become one of the most recognized urologists internationally in these fields and continues to be sought out as an expert in voiding dysfunction world-wide.

Jerzy was very active on the national and international urologic scene. He was president of the Canadian Urologic Association in 2009. He continues to hold administrative positions within that organization. He has been a senior member and executive member of both the American Urologic Association and the Northeastern Section of the AUA. He has been very active in the International Incontinent Society.

Jerzy has had an exemplary career in urology. He has truly illustrated the definition of an academic clinician. He has been highly successful on the national and international scenes and is known to be an expert clinician within his field. Most importantly Jerzy has been a valued friend and colleague to all of those who have worked with him. We certainly will miss Dr Gajewski's true enjoyment of the field of urology. He has been an outstanding role model for his many residents and fellows who have had the opportunity to train with him. Certainly Dr Gajewski is viewed as a valued colleague and friend by all of those who work with him and we wish him well as he and Lydia enter this next phase of life.

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Soillse Prostate Cancer Quality of Life Lab News

- Dr. Gabriella Ilie, Assistant Professor, Community Health & Epidemiology



Students affiliated with the Soillse Prostate Cancer Quality of Life Lab led by Dr. Gabriela Ilie: Josh White (Urology Resident), Tarek Lawen (Medical Student), Louise Moodie (MSc student CH&E, 2nd year), Chloe Blackman (MSc student CH&E, 2nd year), Ryan Gainer (MSc student in CH&E) and Jillian Bradfield (BSc, Psychology and Neuroscience - just graduated) won first prize (\$500.00) at the Dragon's Den 3 min Health Innovation Competition (TMHI) at the Healthy Living, Life Conference that was held at the Halifax Convention Centre in Halifax, Nova Scotia from September 19-21, 2018. The Competition asked students to put together a proposal outlining the team's work, highlighting the innovation, collaborative and interdisciplinary aspects of their project. 10 teams made the final competition (9 from the Maritimes and 1 from Ontario). Our Team won!! The project they presented was PC-PEP (Prostate Cancer Patient Empowerment Program), an innovative registered RCT (now in the pre-RCT phase, a feasibility study) led by Drs. Ilie (Urology and CH&E), Rutledge (Radiation Oncology), Bailly (Urology) and Bell (Urology), along with other professionals (Physiotherapists, Nurses, Clinicians and Medical Residents). Based on a review of the pre-habilitation literature, the results of the Maritimes Prostate Cancer Quality of Life survey and expert opinion and the experience of the lead investigators, PC-PEP aims at delivering an intensive 28 day patient education and empowerment program to men diagnosed with non-metastatic cancer from day one of diagnosis. The RCT's feasibility trial began on January 12, 2019 (32 men, mostly PCa survivors, were enrolled in the trial) and consisted of the following components: 1) Informational empowerment (how to navigate the medical system and available resources promoting healthy habits); 2) Strength and aerobic conditioning including personalized exercise prescription by a physiologist; 3) Pelvic floor exercises - group and individualized training. Texts three times daily to remind participants to practice; 4) Meditation training - assessed via EEG and heart rate variability monitors; 5) Relationship/connection teaching and weekly exercises; 6) Support from co-participants through weekly phone contact; and 7) Daily multi-media reminders via text, emails, and video/webcasts. Please join us in congratulating our participating residents!!





All three of our upcoming PGY5 graduates will be leaving us to pursue fellowships at their top choices:

Jon Moore – Mayo Clinic in Phoenix, AZ

Andrea Kokorovic – MD Anderson Cancer Research Centre, Houston, TX

Abdulrahman Alsabban – Sick Kids Hospital in Toronto, ON

Congratulations

Dalhousie continues to produce top residents who earn prestigious fellowship positions when they move on. Congratulations Jon, Andrea and Sabban from all of us!

Former Dalhousie Department of Urology Graduate Receives Distinguished Career Award

Dr. Robin Roberts, a recipient of numerous scholastic awards, is a medical graduate of the University of the West Indies. He attained his Fellowship from the Royal College of Physician and Surgeons of Canada having completed his postgraduate training in Urological Surgery. He also attained his Fellowship in Clinical Renal Transplantation at Dalhousie University in Halifax, Nova Scotia in 1986.

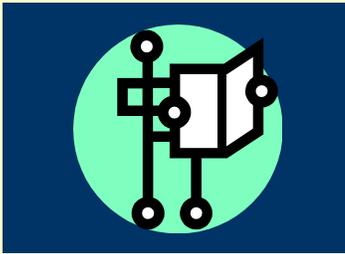
On his return home in 1987, he was appointed the first Consultant Urologist in the Government health services at the Princess Margaret Hospital, where he introduced and provided urological care to the entire Bahamian population for over 30 years; in 1996 he performed the first kidney transplant in the Bahamas.

His administrative and managerial skills permeate every fiber of the health care services in the Bahamas serving on numerous hospital and national health-related committees, including among others: Chairman of the Department of Surgery; first Director of Continuing Medical Education; Senior Lecturer and the first Bahamian Director of the University of the West Indies School of Clinical Medicine and Research, The Bahamas; Director and President of the Physician Alliance Organization; and Founding member of the PMH Hospital Foundation. He has served as President of Medical Association of the Bahamas, President of the Commonwealth of the Bahamas Research Academy of Medical Sciences, President of the Bahamas Family Planning Association, President of The Caribbean Urological Association, Vice-President of the Caribbean Association of Nephrologist and Urologist, and the Co-Vice Chair of the National Task Force on Gender Based Violence in 2015.

In 1994, he was awarded Proactive Physician of the Year by the renowned international health magazine, **Prevention**, for his leadership role in the *Here's to Your Health Bahamas*, health promotion programme that enrolled some 7000 participants throughout the entire Commonwealth. In July 2017, Dr. Roberts was appointed the first Chairman of the National Health Insurance Authority, charged with the responsibility to establish and implement a National Health Insurance programme for the Bahamas.

He is a recipient of Jones Communication's "Bahamian Legend" as well as the 17th Annual Civil Society award for healthcare services, The Distinguished Father Honoree of the 40th Anniversary of the Bahamas Independence Day celebrations, the Distinguished Career Award of the Caribbean Urological Association and was conferred a Fellowship from the Royal College of Physicians and Surgeons of Glasgow in June 2018. Dr. Roberts is married to Mrs. Carolyn Roberts, clinical psychologist, and they are blessed with 2 children and two grandchildren.





- ❖ Dept. of Urology Resident Research Day, April 10, 2019, Halifax, NS
- ❖ AUA Annual Meeting, May 3-6, 2019, Chicago, IL
- ❖ CUA Annual Meeting, June 29-July 1, 2019, Quebec City, QC
- ❖ Northeastern Section AUA Meeting, September 19-21, 2019, Syracuse, NY

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We're on the Web!

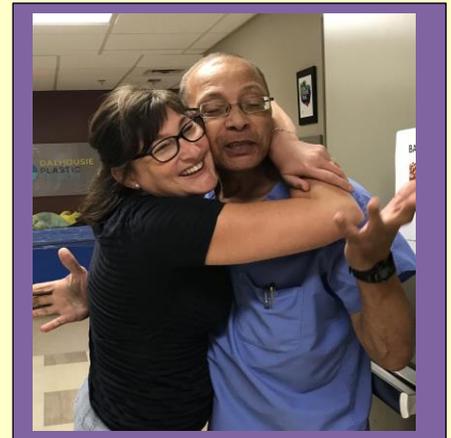
See us at:

<http://dal.ca/urology>

Nurses' Notes

10A OR - Welcome to new nurses Aubrey Bergin, Kerry Sharpe and Tony Blinkhorn. Welcome to new patient attendant Mackenzie McPhee. Happy retirement wishes to Lois Sutton.

Urology Clinic - Cecil Skinner and Emmi Champion have both retired from the Urology Clinic. Their contributions are legendary and they will be very much missed! All the best in your next chapter Cecil and Emmi!



Congratulations to Ross and Laura Mason on the birth of Kenneth Norbert Jerome Mason born this past July!



Congratulations also going to Andrea Lantz and Todd Powers on the birth of Claire Vivian born this past September!



Congratulations eh! Dr. Rodrigo Romao (Cross Appointment with Department of Surgery) and family have recently become permanent Canadian Citizens!