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Inside HEALTH

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DR. RICHARD D. LEVIN

Aventura's premier urologist

By Lisa H. Knapp
South Florida Sun Times
AVENTURA – Dr. Richard D. Levin, MD, FACS, is an expert urologic surgeon based in Aventura. As a highly trained urologist, he treats male and female patients for infertility, incontinence, impotence, prostate disease, cancer and kidney stones, as well as sexual dysfunction. Dr. Levin has worked with Aventura Hospital to upgrade its services to provide cutting edge technology and minimally invasive surgeries. He practices the most innovative procedures to treat disorders of the male and female urinary tract and male reproductive system.

Dr. Levin provides state-of-the-art care in his office every day. Patients with more difficult problems can be treated in the operating room, whenever needed.

As part of the local community, Dr. Levin lives in Aventura and is available to his patients virtually every day.

"I'm in the office five days a week and in the hospital seven days a week," he said, adding that Aventura Hospital has rebuilt his urology suite and operating room with special laser equipment. His specialized skills have enabled him to help patients once troubled with urologic disorders to live a robust, healthy, and confident lifestyle.

BENIGN PROSTATIC HYPERPLASIA (BPH)

Dr. Levin successfully treats many patients suffering with BPH, a non-cancerous enlargement of the prostate that restricts urine flow. BPH is a normal condition of male aging associated with hormonal changes and usually begins after the age of 40. Most men over age 50 have an enlarged prostate. Once prostate growth starts it often continues, unless medical intervention is sought. Dr. Levin has seen numerous patients whose symptoms from an enlarged prostate were actually aggravating their cardiac conditions.

Dr. Levin prefers to use non-surgical procedures, as his new operating room enables him to relieve a man's urologic symptoms through outpatient surgery, safely, with significantly less bleeding, and often without catheterization.

TUMT: A STATE OF THE ART PROCEDURE

Dr. Levin is an expert in all of the standard treatments, and offers patients two, select state-of-the-art procedures with tremendous advantages. TUMT and PVP are both relatively new procedures, but are certainly well tested, with excellent results. Both TUMT and PVP are minimally invasive and have extremely low complication rates.

TUMT, or Prostate Microwave, is an office-based procedure that can reduce the prostate size and symptoms associated with BPH. TUMT is a painless and fast therapy offering tremendous advantages; it can be performed in his office in an hour's time. TUMT is a fast, safe, com-



Dr. Levin loves helping couples with fertility problems conceive and start families. He and his wife have a five-month old son. His wife is the office manager, but is currently on maternity leave.

fortable, outpatient, office-based procedure.

MINIMALLY INVASIVE GREENLIGHT LASER PVP TREATMENT

Photoselective vaporization of the prostate (PVP) is a minimally invasive procedure using a special, high-energy laser called the LaserScope GreenLight. It immediately vaporizes and

DYSFUNCTION

Dr. Levin is expert in female pelvic anatomy and physiology. There are numerous reasons for urinary incontinence, female sexual dysfunction and pelvic pain syndromes. Quite often, the problems can be diagnosed in the office and treated medically. When medical therapies fail, Dr. Levin is an expert sur-



Dr. Levin with his very friendly office staff, Diana, Marina, and Christine.

precisely removes enlarged prostate tissue and seals the treated area. Dr. Levin offers the PVP to those patients whose prostates are likely too large to benefit from TUMT. PVP is a truly advanced technology that brings modern urology into the 21st century, as opposed to the old fashioned "rotorooter" TURP procedure that was the standard for years.

Before the GreenLight laser system was available, prostate patients were forced to choose between an effective, yet invasive surgical treatment or heat therapies that were also safe, but less effective. The GreenLight PVP procedure is performed on an outpatient basis and takes 30 to 60 minutes, depending on the size of the prostate. Patients are usually discharged within a few hours, without a catheter. The PVP provides immediate and long-lasting results equivalent to traditional surgical procedures. It is especially useful for patients taking blood thinners, since it controls bleeding so well.

FEMALE UROLOGY/INCONTINENCE/SEXUAL

geon with outstanding results. He always tries to use the least invasive approach, and the most modern techniques, including exercises, obturator slings, and collagen injections. Sometimes he even uses Botox to help treat certain patients.

MALE INFERTILITY

Dr. Levin is an expert micro surgeon for infertility and vasectomy reversals, having recently completed retraining and recertification in Microsurgery and Infertility at Baylor University in Texas. Baylor is the leading institute in the world for vasectomy reversals, treating patients from North and South America. Dr. Levin is currently one of few urologists in the United States with this training.

Male factors account for 50-percent of fertility issues, making the male fertility evaluation indispensable. Believing that fertilization has a much better chance of success after correction of male factors, Dr. Levin offers a number of outstanding microsurgical techniques including vaso-vasostomy and vaso-epididymostomy. Dr. Levin's had great suc-



Dr. Richard Levin has helped revolutionize the urology department of Aventura Hospital with the latest technologies and most effective, minimally invasive treatments. His hobbies include windsurfing in Hood River, Oregon during summer vacations and bicycling. Dr. Levin and his wife are amateur gourmets. He and his family reside locally, in Aventura.

cess with difficult cases, including men who've had vasectomies well over 10 years prior.

He's had excellent success with microsurgical vaso-vasostomy, a technique in which only a few urologists in the U.S. are properly trained and experienced.

"It's more cost effective versus invitro techniques and I've had a fantastic success rate with vasectomy reversals," he said, enabling men with a prior vasectomy or obstruction (blocking the production of good sperm) to have more children in the future without seeking additional medical help.

In cases where an obstruction is not correctible, Dr. Levin is also trained in Tesa, Mesa and Pesa – when invitro techniques are the only answer. These procedures are performed in conjunction with a fertility lab and female infertility specialists.

Clearly there are other causes for infertility, such as Varicoceles, which are dilated testicular veins. Dr. Levin is expert in Micro-Surgical Varicocelectomy, which is the safest and most modern technique available.

ERECTILE DYSFUNCTION AND IMPOTENCE

"Many men used to be scared about informing their physicians about erectile dysfunction or ED, but Bob Dole and his commercials have changed that," Dr. Levin said. There are many treatments for ED including medications, injections, surgery, hormone manipulation/male endocrine treatments, lifestyle changes, and of course, surgery.

"ED may be an early warning sign of cardiac and endocrine disease and people should be informed," Dr. Levin said, adding that men with erectile problems may actually be giving warning signs of early cardiovascular disease. Erectile dysfunction certainly warrants an adequate evaluation and workup.

PRACTICING COMPASSIONATE, MODERN UROLOGY

As an expert urologic surgeon with expertise in a wide variety of conditions including: female incontinence and urinary control;

laparoscopy for kidney problems/tumors/cysts; prostate disease; kidney stones; impotence and infertility, there are a variety of ways in which Dr. Levin can help patients. His services incorporate the latest, most sophisticated treatments which are then tailored to each patient's needs.

His expertise includes urooncology, endo-urology and stones, female urology (including reconstructive labial surgery or labiaplasty/vaginoplasty and safe outpatient vaginal recontouring), and reconstructive urology. He also performs circumcisions and revisions. Dr. Levin is also a great surgeon for patients with kidney or bladder cancer. His practice includes partial and radical nephrectomies for kidney cancer and office-based cystoscopy, biopsies and endoscopic surgery for bladder cancer.

OUTSTANDING MEDICAL CREDENTIALS AND TRAINING

As a Fellow of the American College of Surgeons, Dr. Levin is also certified by the American Board of Urology and keeps abreast of the newest innovations in urology. He has authored numerous publications and is a frequent lecturer at the Aventura Cancer Conference.

Before moving to South Florida in 1996, Dr. Levin held a residency in urology at the Washington Hospital Center in Washington, D.C., and a Fellowship in Surgical Oncology: Immunotherapy/Surgery at the National Cancer Institute in Bethesda, Maryland, as

well as a mini-fellowship in Female and Reconstructive Urology at the Columbia Women's Hospital, in Washington, D.C. Dr. Levin is a graduate of the George Washington University School of Medicine.

Currently he serves on multiple committees dedicated to improving care at Aventura Hospital. He is well respected in the community and in fact, many local physicians have chosen him to take care of their families. For a more information or to schedule a consultation with Dr. Levin, call his office at 305-931-7400. Office hours are Monday through Friday from 9 a.m. to 5 p.m. His friendly, helpful staff is bilingual and speaks English and Spanish. The office is located on 21150 Biscayne Boulevard, Suite 304, in the Aventura Medical Center, adjacent to the hospital.

You can learn more about urological topics and become a more informed patient by exploring Dr. Levin's website at: www.RichardLevinMD.com. Dr. Levin receives faxes at: (305) 937-4888. As one of Aventura Hospital's top urologists, Dr. Levin's goal is to improve the quality and length of life for all his patients.

FERTILITY SPECIALIST AND FAMILY MAN

"I love helping couples make babies," Dr. Levin said. He operated on a close family friend, and they now have two healthy children because of his expertise.

"That's gratifying."



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