

Prof. Mitchell Humphreys: a pioneer in the natural orifice transluminal endoscopic surgery (NOTES)

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The 2016 American Urological Association (AUA) Annual Meeting was held grandly in the San Diego Convention Center, USA from May 6th to May 10th. During the annual meeting, many new researches were shared and discussed. This time, the Editorial Office of *Translational Andrology and Urology (TAU)* was honored to invite Prof. Mitchell Humphreys (Figure 1), from Mayo Clinic Arizona, to have an interview with us.

In the interview, Prof. Humphreys made a brief introduction on the current surgical therapy for benign prostatic hyperplasia (BPH) and its changes compared to the last few years. Prof. Humphreys also mentioned the importance of individualizing treatment for patients and shared his perspective on some principles for individualization.

As a pioneer in the natural orifice transluminal endoscopic surgery (NOTES), Prof. Humphreys also shared his idea on the advantages and limitation of this surgery and some necessary skills should be possessed so that to perform a successfully NOTES. Moreover, Prof. Humphreys as well told us the interesting story when he first performed NOTES.

At the end of the interview, Prof. Humphreys, based on his own experience, gave two of his advices to the young generation who're going to be urologist—be passionate about what you do and always remember patients come first (Figure 2)!

Interview questions

- (I) One of your research interest lies on the benign prostatic hyperplasia (BPH). Also based on the previous session on the surgical therapy and new technology of BPH, would you like to briefly introduce to us the current surgical therapy for BPH? What's its change compared to the last few years?
- (II) You just mention to individualize patients' treatment. Is there a principle or standard for the individualization?
- (III) We know that you and your colleagues pioneered the Natural orifice transluminal endoscopic surgery (NOTES). Would you like to tell us what's the advantage and limitation of this surgery?
- (IV) What kind of skill is required for the urologist when performing this surgery?
- (V) Do you still remember the first time when you did this surgery? What encourage you to try this?
- (VI) As an experienced surgeon in urology, what would be



Figure 1 Picture with Prof. Mitchell Humphreys.



Figure 2 Professor Mitchell Humphreys: a pioneer in the natural orifice transluminal endoscopic surgery (NOTES) (1). Available online: <http://www.asvide.com/articles/1167>

your advice to our young generation to be urologist?
 (VII) You're a successful urologist now. What would you do if you were not an urologist?

Expert introduction

Prof. Mitchell Humphreys received his medical degree from the University of Missouri, went on to residency at Mayo Clinic, and completed an Endourology Fellowship at Indianan University. He is a consultant and Professor in the Department of Urology at Mayo Clinic in Arizona and serves as the Associate Dean of the Mayo School of Continuous Professional Development as well as the Endourology Fellowship director.

His clinical focus is on surgical and metabolic stone disease, BPH (with a special focus on HoLEP), and minimally invasive genitourinary (GU) oncology. His funded research initiatives include BPH, NOTES RP, and a multi-institutional disease group in stone disease and population outcomes. He has published over 70 peer-reviewed manuscripts and multiple book chapters, as well as performs as a journal editor and reviewer. He serves as a

Board of Trustee to Columbia College and is on the Board of Directors of GSD Healthcare, LLC promoting basic healthcare initiatives in underserved and impoverished areas around the globe.

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Footnote

Conflicts of Interest: The author has no conflicts of interest to declare.

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