

ANDREW L. SIEGEL, M.D.

CURRICULUM VITAE

August 2019

PERSONAL INFORMATION

Office Address 255 W. Spring Valley Avenue, Suite 101
Maywood, New Jersey 07607
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Email: Incontinencedoc@gmail.com

Date of Birth September 13, 1955

Place of Birth Chicago, Illinois

EDUCATIONAL BACKGROUND

Undergraduate Middlebury College
Middlebury, Vermont
Syracuse University
Syracuse, New York
Bachelor of Science in Biology, 1977
Magnum Cum Laude, Phi Kappa Phi Honor
Society

Graduate Chicago Medical School
Chicago, Illinois
Doctorate in Medicine, 1981
Alpha Omega Alpha Honor Society

POST- DOCTORAL TRAINING

July 1981 - June 1982 Intern, General Surgery
North Shore University Hospital
(Cornell University School of Medicine)
Manhasset, New York
Arthur Beil, M.D., Chairman

July 1982 - June 1983 Resident, General Surgery
North Shore University Hospital
Manhasset, New York

July 1983 - June 1987 Resident, Urology
University of Pennsylvania School

Of Medicine
Philadelphia, Pennsylvania
Alan J. Wein, M.D., Chairman

July 1987 - June 1988

Fellow: Urodynamics, Incontinence,
Reconstructive and Female Urology
UCLA School of Medicine
Los Angeles, California
Shlomo Raz, M.D., Director

July 1988 - Present

Urology, Attending
Hackensack University Medical Center
Assistant Clinical Professor of Surgery
Division of Urology, Rutgers-New Jersey Medical
School

PROFESSIONAL EXPERIENCE

Academic Faculty Appointment

Assistant Clinical Professor of Surgery,
Rutgers-New Jersey Medical School

Hospital Appointments

Hackensack University Medical Center
Senior Attending Urology

Licensure

California G-059794
Pennsylvania MD-028397E
New York 152-499
New Jersey 51259

Board Certification

Diplomate, National Board of Medical
Examiners July 1982

Diplomate, American Board of Urology,
February 1990
Recertification: February 1998, 2008

Female Pelvic Medicine and Reconstructive
Surgery: August 2013

Professional Society Memberships

American Urological Association
New York Section of the American
Urological Association
Alpha Omega Alpha Honor Society
American Uro-Gynecologic Society
International Continence Society
Society for Urodynamics, Female Pelvic

Medicine & Urogenital Reconstruction
Sexual Medicine Society of North America

Honors/Awards

Alpha Omega Alpha Honor Medical Society
First Prize Essay: Phil. Urology Society
Top Doctors: NY Metro Area 2016
Inside Jersey Top Doctors for Women's Health
2014-2016
Inside Jersey Magazine Top Doctors 2013-2017
Inside Jersey Top Doctors for Cancer 2014

Teaching Activities

Resident/medical student training at HUMC:
few hours/week teaching in operating room
Grand round lectures
Patient and public education, wellness
advocacy, weekly blog, educational booklets,
brochures, videos and five books authored

SERVICE ACTIVITIES

Academic

Director, Continenence Center HUMC,
1996-2005
Served on numerous committees

Manuscript Peer Reviewer

International Brazilian Journal of Urology
International Urogynecological Journal

Medical-Legal

Served as medical expert on numerous cases
in both state and federal courts, particularly
mid-urethral sling litigation

SCHOLARLY ACTIVITIES

PRESENTATIONS

April 1984 "Invasive Prostate Carcinoma Masquerading as Primary Rectal Carcinoma", Philadelphia Urological Society, Philadelphia, Pennsylvania

July 1984 "Urinary Diversion and Electrolyte Imbalance" Urology Grand Rounds, Hospital of the University of Pennsylvania, Philadelphia, PA

- March 1985 "Penile and Urethral Carcinoma, Urethral Diverticula and Stricture", Urology Grand Rounds, Hospital of the University of Pennsylvania, Philadelphia, PA
- April 1985 "Cost-Effective Pediatric Urology", Philadelphia Urological Society, Philadelphia, PA
- October 1985 "Pediatric Urology: Techniques for a Successful Outpatient Surgical Practice", American Urological Society, Mid-Atlantic Section Meeting, Philadelphia, PA
- February 1986 "Genitourinary Cancer", Lecture to Medical Students, University of Pennsylvania School of Medicine, Philadelphia, PA.
- May 1986 "Urological Problems of Pregnancy" Urology Grand Rounds, Hospital of the University of Pennsylvania, Philadelphia, PA
- May 1986 "Epididymitis in Infants and Boys: Incidence of Underlying Urogenital Anomalies and Efficacy of Imaging Modalities". Philadelphia Urological Society, Philadelphia, PA. First Prize, Residents Essay Contest
- May 1986 "Pediatric Urology Outpatient Surgery: Effective Techniques for a Successful and Cost Effective Practice", American Urological Association Annual Meeting, New York, New York
- June 1986 "Day Surgery: Impact on Children and their Families", Pediatric Surgery Grand Rounds, Children's Hospital of Philadelphia, PA
- July 1986 "Prostatic Hyperplasia and Prostatic Carcinoma", Lecture to Medical Students, University of Pennsylvania School of Medicine, Philadelphia, PA
- October 1986 "Epididymitis in Infants and Boys", American Urological Association Meeting, Mid Atlantic Section, Bermuda
- November 1986 "Epididymitis in Infants and Boys", American Academy of Pediatrics Annual Meeting, Washington, D.C.
- January 1987 "Introduction to Clinical Urology", Lecture to Medical Students, University of Pennsylvania School of Medicine, Philadelphia, PA
- April 1987 "Yohimbine vs. Placebo Pharmacotherapy of Erectile Dysfunction", Philadelphia Urological Society, Philadelphia, PA
- May 1987 "Pediatric Epididymitis", Society of University Urology Residents Annual Meeting, Newport Beach, CA

May 1987 "Epididymitis in Infants and Boys", American Urological Association Annual Meeting, Anaheim, CA

October 1987 "Surgical Treatment of Female Urinary Incontinence: Urology Grand Rounds, Hackensack Medical Center, Hackensack, New Jersey

January 1988 "Female Urology", Lecture to Medical Students, University of California Medical Center, Los Angeles, CA

March 1988 "Vaginal Wall Sling", American Urological Association, Western Section Meeting, San Francisco, CA

March 1988 "Total Bladder Substitution in the Female" American Urological Association, Western Section, San Francisco, CA

June 1988 "Total Bladder Substitution in the Female", American Urological Association, Annual Meeting, Boston, MA

October 1988 "Surgical Treatment of Female Urinary Incontinence", Urology Grand Rounds, Holy Name Hospital, Teaneck, New Jersey

November 1988 "New Procedures for the Treatment of Female Urinary Incontinence", O.R. Nursing In service, Hackensack Medical Center, Hackensack, New Jersey

May 1989 "Update: Surgical Treatment of Incontinence", Cabrini Medical Center, New York, New York

July 1989 "Incontinence in the Elderly", Medical Grand Rounds, Pascack Valley Hospital, Westwood, New Jersey

March 1990 "Diagnosis and Treatment of Incontinence" Medical Grand Rounds, Hackensack Medical Center, Hackensack, New Jersey

October 1990 "Genito-Urinary Trauma", Presentation to Surgical Residents, Hackensack Medical Center, Hackensack, New Jersey

November 1990 "Surgical Treatment of Incontinence, Urology Grand Rounds, University of Medicine and Dentistry, Newark, New Jersey

May 1991 "Urinary Incontinence", Family Practice Grand Rounds, Hackensack Medical Center, Hackensack, New Jersey

July 1991 "Practical Urodynamics", Urology Grand Rounds, University of

Medicine and Dentistry, Newark, New Jersey

- April 1992 “Surgical Treatment of Incontinence and Prolapse”, Urology Grand Rounds, University of Medicine and Dentistry, Newark, New Jersey
- April 1992 “Anatomy and Physiology of Urinary System, Evaluation and Pharmacological Management of Incontinence”. 1992 Gerontological Conference, Hackensack, New Jersey
- July 1992 “Introductory Urodynamics”, Lecture to Urology Residents, University of Medicine and Dentistry, Newark, New Jersey
- August 1992 “Diagnosis and Management of Incontinence”, Lecture to Enterostomal Therapy School, Hackensack, New Jersey
- September 1992 “Incontinence for the Internist”, Lecture to Internal Medical Residents, Hackensack Medical Center
- October 1992 “Examination, Evaluation, and Treatment of Prostate Disorders”, Lecture to Internal Medical Residents, Hackensack Medical Center
- October 1992 “Medical Treatment of BPH”, Lecture to Family Practitioners, Hackensack Medical Center
- October 1992 Radio Appearance on “Healthbeat” A.M. 89.1, Discussion of “Incontinence and Female Urology”
- October 1992 “Case Studies in Male and Female Incontinence”, Urology Grand Rounds, University of Medicine and Dentistry, Newark, New Jersey
- January 1993 “Voiding Dysfunction”, Lecture to Second Year Medical Students, University of Medicine and Dentistry, Newark, New Jersey
- January 1993 “Anatomy, Physiology, and Neurological Basis of Incontinence”, Urology Grand Rounds, University of Medicine and Dentistry, Newark, New Jersey
- May 1993 “Urinary Incontinence: Diagnosis and Treatment”, Medical Grand Rounds, Bergen Pines Hospital, Paramus, New Jersey
- May 1993 “Urinary Incontinence”, Woman’s Health Day, University of Medicine and Dentistry, Newark, New Jersey
- May 1993 “Prostate Cancer and Urinary Incontinence” Prostate Cancer

Support Group, Hackensack Medical Center, Hackensack, New Jersey

- July 1993 "Update on Surgical Treatment of Incontinence and Prolapse", Urology Grand Rounds, Valley Hospital, Ridgewood, New Jersey
- October 1993 "Technical Hints for Optimizing Results from the Raz Bladder Neck Suspension", Lecture to New York Section of American Urological Association, Venice, Italy
- October 1993 "Incontinence: A Medical Perspective" lecture to Harrisburg Area Enterostomal Therapy Nursing Education Program, Hackensack, New Jersey
- November 1993 "Incontinence: Surgical Treatment", Urology Grand Rounds, University of Medicine and Dentistry, Newark, New Jersey
- January 1994 "Voiding Dysfunction", Lecture to 2nd Year Medical Students, University of Medicine and Dentistry, Newark, New Jersey
- March 1994 "Surgical Treatment of Incontinence and Pelvic Prolapse", Urology Grand Rounds, University of Medicine and Dentistry, Newark, New Jersey
- March 1994 "Urinary Incontinence in the Elderly", Academy of Medicine of New Jersey, Symposium General Hospital Center at Passaic, Passaic, New Jersey
- May 1994 "Geriatric Urinary Incontinence", Lecture to Medical Residents, Hackensack Medical Center, Hackensack, New Jersey
- September 1994 "Incontinence: A Medical Perspective", Lecture to Harrisburg Enterostomal Therapy Nursing Education Program, Hasbrouck Heights, New Jersey
- September 1994 "Incontinence In Women", Lecture to Bergen Chapter of Medical Assistants, Clara Maas Hospital, Belleville, New Jersey
- January 1995 "A Primer on Voiding Dysfunction", Lecture to Medical Students at NJDMV, Newark, New Jersey
- April 1995 "Female Urinary Incontinence", Lecture to Hackensack Medical Center Nurses as part of Women's Health Program, Hackensack, NJ

August 1995 "Incontinence: A Medical Perspective", Core lecture to Enterostomal Students, Teaneck, NJ

April 1996 "Urinary Incontinence: What Every Nurse Should Know", Lecture to HMC Nursing Staff.

August 1996 "Geriatric Incontinence: Assessment and Treatment", Lecture to Hackensack Medical Center Nursing staff.

November 1997 "Video-Urodynamics", Lecture, Hackensack University Medical Center, Urology Grand Rounds.

November 1997 "Taking Control of Urinary Incontinence", Lecture, Holy Name Hospital.

January 1998 "Staying Dry After Treatment of Prostate Cancer", Talk to "Us Too", (prostate cancer support group).

May 1998 "Surgical Management of Incontinence", Lecture to Enterostomal Therapy Nursing Education Program, Hackensack, New Jersey.

December 1998 "Innovations in Surgical Management of Incontinence: Bone anchors and cadaveric fascia", Lecture to O.R. Nurses, HUMC.

May 1999 Talk to US-Too (Ca Prostate Support Group) "Incontinence after treatment for Prostate Cancer".

May 1999 "Incontinence", Lecture to Enterostomal Therapy Nursing Education program.

May 1999 "Evaluation and Management of Urinary Incontinence and the Overactive Bladder". Grand Rounds: Bergen Regional Medical Center, Paramus, N.J.

October 1999 "Urinary Incontinence: What's New?". Gynecology Grand Rounds, Holy Name Hospital, Teaneck, N.J.

May 2000 Urology Grand Rounds, Beth Israel Medical Center, New York, NY, "Urinary Incontinence 2000: Update on Medical and Surgical Management".

July 2000 Lecture to Prostate Cancer Support Group, HUMC, "Male Incontinence, Urgency and Frequency".

November 2000 "Overactive Bladder and Bladder Prolapse", Hackensack University Medical Center, Hackensack NJ - Keynote speaker for Bladder

Health Awareness Day

- February 2001 “The World According to Dr. Shlomo Raz”, UCLA Medical Center, Los Angeles
- April 2002 “Bone Anchoring Sling Fixation for Surgical Management of Stress Incontinence”, Lecture to Urologists and Uro-gynecologists, Newark, New Jersey
- June 2002 “Urinary Incontinence: What’s New?”, Medical Grand Rounds, Holy Name Hospital, Teaneck, New Jersey
- November 2002 “Female Urinary Incontinence”, Hackensack University Medical Center Women’s Health Seminar.
- March 2003 “Urological Implications of Anterior Compartment Pelvic Relaxation”, George Nagamatsu Memorial Lecture series, Tarrytown, New York
- November 2003 “Urinary Incontinence due to Treatment of Prostate Cancer”, Lecture to Us Too (Prostate Cancer Support Group), Hackensack, NJ
- July 2004 “An Update on Surgical Therapies for Incontinence”, Nagamatsu Memorial Conference—2004 Innovations in Urology, Atlantic City, New Jersey
- December 2004 “Evaluation and Management of Anterior Compartment Pelvic Relaxation”, Urology Grand Rounds, Hackensack University Medical Center, Hackensack, NJ
- March 2005 “Update on the Surgical Management of Female Stress Urinary Incontinence”, lecture and surgical preceptorship to urologists and gynecologists, St. Michaels Hospital, New Brunswick, New Jersey
- October 2005 “Surgical Therapies for Stress Incontinence—the Saga Continues”, Nagamatsu Memorial Conference—2005 Innovations in Urology, Atlantic City, New Jersey
- November 2005 “Update on the Surgical Management of Female Stress Urinary Incontinence”, lecture and surgical preceptorship to urologists and gynecologists, Hackensack University Medical Center, Hackensack, New Jersey
- April 2010 “Pelvic Reconstruction”, Department of Urology Grand Rounds, Hackensack University Medical Center, Hackensack, New Jersey

April 2010	“Practical Urodynamics”, Lecture to UMDNJ Urology Residents, Hackensack, New Jersey
September 2010	“Urological Problems in Diabetes”, Diabetic Foundation lecture, Paramus, New Jersey
September 2010	“Incontinence/Voiding Dysfunction in the Prostate Cancer Patient,” Prostate Cancer Support Group lecture, Hackensack, New Jersey
April 2011	“Wellness” lecture to HUMC employees, First Annual Employees Wellness Initiative, Hackensack, New Jersey
September 2014	“Male Pelvic Fitness,” Prostate Cancer Support Group lecture, Hackensack, New Jersey
October 2014	“Pelvic Floor Training in Males: Practical Applications,” Department of Urology Grand Rounds, Hackensack University Medical Center, Hackensack, New Jersey
December 2014	“Pelvic Floor Training in Males: Practical Applications,” NJ Chapter of American College of Surgeons, Woodbridge, New Jersey
June 2015	“Sexuality and Male Aging,” lecture to graduate students at Widner University, Chester, Pennsylvania
January 2016	“The Effect of Pelvic Floor Training on Male Sexual Function: A Small Randomized Clinical Trial,” poster presented at International Prostate Cancer Update Meeting by Kambiz Tajkarimi, MD, Vail, Colorado
August 2016	“The Current State of Men’s Sexual Health, Expression, and Exploration,” panel of presenters, Woodhull’s Sexual Freedom Summit, Alexandria, Virginia
September 2016	“Updated Approach To Kegels,” Hackensack University Medical Center Urology Rounds, Hackensack, New Jersey
September 2016	“The Kegel Renaissance,” Grand Rounds, Rutgers-NJ Medical School, Newark, New Jersey
September 2017	“New Treatment Modalities for Overactive Bladder,” Marriott Saddle Brook, Saddle Brook, New Jersey
February 2018	“Erectile Dysfunction: The Hard Facts,” Hackensack University Medical Center, Hackensack, New Jersey

- April 2018 “Erectile Dysfunction After Prostate Cancer Treatment,” Prostate Cancer Support Group lecture, Hackensack, New Jersey
- April 2018 “Female Urology Update,” Lecture to government employees, The Brownstone in Paterson, New Jersey
- June 2018 “Erectile Dysfunction Causes and Management,” Hackensack University Medical Center, Hackensack, New Jersey
- October 2018 “Common Problems in Female Urology,” CME Lecture to Judges (Inn at Court), The Brownstone in Paterson, New Jersey
- November 2018 “Some Of What I’ve Learned In 30 Years & Other Rambling & Random Thoughts,” HUMC Urology Grand Rounds, Hackensack, New Jersey
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- December 2018 “Female Pelvic Relaxation: Diagnosis and Management,” Urology Grand Rounds, Hackensack University Medical Center, Hackensack, New Jersey
- May 2019 “Urological Problems in Diabetes,” Lecturer at Hackensack UMC Fitness Center, Maywood, New Jersey

PUBLICATIONS/ JOURNAL ARTICLES/ BOOK CHAPTERS / AUDIO

Siegel AL, Mullen JL, Wein AJ, and Hanno PM: **“Technique Which Eliminates Need for Assistant During Prostatic Needle Biopsy”**, UROLOGY 25:404, 1985

Schlecker BA, Siegel AL, Weiss, J, and Wein AJ: **“Epidermoid Cyst of the Testes: A Surgical Approach for Testicular Preservation”**, JOURNAL OF UROLOGY 133:610, 1985

Siegel AL, Tomaszewski JE, Wein AJ, and Hanno PM; **“Invasive Carcinoma of Prostate Presenting as Rectal Carcinoma”**, UROLOGY 27:162, 1986

Ellis DE, Siegel AL, Elder JE, and Duckett JW: **“Preputial Calculus: A Case Report”**, JOURNAL OF UROLOGY 136:464, 1986

Siegel AL, Altadonna V, Ellis D, Hulbert W, Elder J, and Duckett JW: **“A Simplified Method of Indwelling Ureteral Stent Removal”**, UROLOGY 28:429, 1986

Siegel AL, Snyder HM, and Duckett JW: “Pediatric Urology Outpatient Surgery:

Techniques for a Successful and Cost-Effective Practice", JOURNAL OF UROLOGY 136:879, 1986

Siegel AL: **"Techniques of Pediatric Urology Outpatient Surgery"**, MEDICAL PORTFOLIO FOR UROLOGISTS (AUDIO PRESENTATION), No. 3, 1986

Howards SS, Siegel AL, Snyder HM, and Duckett JW: **"Outpatient Pediatric Urologic Procedures"**, UROLOGY CLINICS OF NORTH AMERICA, Vol. 14, No. 1:203, February 1987

Siegel AL, Zderic S, and Van Arsdalen K: **"Trans-cystoscopic Ureteral Dilatation and Ureteroscopy"**, UROLOGY 30: 164, 1987

Siegel AL, Snyder HM, and Duckett JW: **"Epididymitis in Infants and Boys: Underlying Urogenital Anomalies and Efficacy of Imaging Modalities"**, JOURNAL OF UROLOGY, Part 2, 138:1100, 1987

Raz S, Siegel AL, and Snyder JA: **"Needle Bladder Neck Suspension"**, VIDEO-UROLOGY: Vol.1, Program 1, 1988.

Siegel A and Raz S: **"Female Urinary Incontinence: Therapeutic Approaches"**, POSTGRADUATE MEDICINE: Vol. 83, No. 7, Pages 97-110, May 15, 1988

Schoenberg M, Kelly A, Siegel AL, Hanno PM, and Wein AJ: **"The Kelly Scrotal Bridge"**, UROLOGY 31:521, 1988

Reilly NJ, Siegel AL, Callahan P, and Van Arsdalen KN: **"Technique for Renal Irrigation Using the I.V.A.C. Variable Pressure Infusion Pump"**, UROLOGY 32:541, 1988

Siegel A and Raz S: **"Surgical Treatment of Anatomical Stress Incontinence"**, NEUROUROLOGY AND URODYNAMICS 7:569, 1988

Raz S, Siegel AL, Short J, and Snyder JA: **"Vaginal Wall Sling"**, JOURNAL OF UROLOGY 141:43, 1989

Siegel, AL, Snyder JA, and Raz S: **"Commentary: Needle Vesicourethral Suspension"**, CURRENT OPERATIVE UROLOGY (Editor: E. Douglas Whitehead, M.D.), J.B. Lippincott Co., Philadelphia, 1990, p. 56-60

Siegel A, Snyder J and Raz S: **"Surgical Therapy of Interstitial Cystitis"**, INTERSTITIAL CYSTITIS (Editors Hanno, Staskin, Krane, Wein), Springer-Verlag, 1990, p. 193-203

Gejerman, G, Siegel, A, et al: **"The Impact of Urethral Localization During Transrectal Ultrasonographically Guided Transperineal Prostate Brachytherapy"**, J. BRACHYTHERAPY INT16:249-255, 2000.

Wilson,SK, Siegel AL, et al: **“New Surgical Technique for Sphincter Urinary Control System Using Upper Transverse Scrotal Incision”**, JOURNAL OF UROLOGY 169: 261-264, 2003

Ilbegi,P, Siegel, A, Sadeghi-Nejad H, et al: **Multi-Institutional Outcome Study of Safety and Efficacy of Closed Suction Drainage of the Scrotum in Primary 3-Piece Inflatable Penile Prosthesis Surgery**, Abstract #899, JOURNAL OF UROLOGY 171, No. 4, pg. 238, 2004; INTERNATIONAL JOURNAL OF IMPOTENCE RESEARCH, Epub, June 23, 2005

Gejerman, G, Siegel A, et al: **“Assessment of pain and its contributing factors during HDR prostate brachytherapy”**, RADIO THERAPY AND ONCOLOGY 71:101, 2004

Siegel, A: **“Anesthesia for Prostate Biopsy”**, Letter to Editor, UROLOGY 64:187, 2004

Siegel, A, Kim, M, Goldstein, M, Levey, S, and Ilbeigi, P: **“High Incidence of Vaginal Mesh Extrusion Using the Intra-vaginal Slingoplasty (IVS) Sling”**, JOURNAL OF UROLOGY 174: 1308, October 2005

Siegel, A: **“Vaginal Mesh Extrusion Associated With Use of the Mentor Trans-Obturator Sling”**, UROLOGY 66: 995-999, November 2005

Siegel, A: **“What to do about new age slings”**, Letter to Editor, NEUROUROLOGY AND URODYNAMICS 25:98, 2006

Siegel, A: **“Urethral necrosis and proximal urethro-vaginal fistula resulting from tension-free vaginal tape”**, INTERNATIONAL UROGYNECOLOGICAL JOURNAL 17: 661-664, 2006

Colella, J, Gejerman, G, Siegel A, et al: **“Prostate HDR radiation therapy: A comparative study evaluating the effectiveness of pain management with peripheral PCA vs. PCEA”**, UROLOGIC NURSING 26: 57, 2006

Siegel, A: Editorial Comment Re: **“Tension Free Monofilament Macropore Polypropylene Mesh in Female Genital Prolapse Repair”**, INTERNATIONAL BRAZ J UROL 32: 415, 2006

Siegel, A: Re: **“Perineal Approach for Artificial Urinary Sphincter Implantation Appears to Control Male Stress Urinary Incontinence Better Than the Transscrotal Approach”**, Letter to Editor, JOURNAL OF UROLOGY 181: 417, January 2009

Siegel, A: Re: **“YouTube as Source of Prostate Cancer Information,”** Letter to Editor, UROLOGY 76:518-519, 2010

Siegel, A: **“Pelvic Floor Training In Males: Practical Applications,”** Review article, UROLOGY 84: 1-7, 2014

Shah L, Tiesi G, Bamboat Z, McCain D, Siegel A, Mannion C: **Tumor-to-Tumor**

Metastasis: “Report of Two Cases of Renal Cell Carcinoma Metastasizing to Microcystic Serous Cystadenoma of the Pancreas,” INT J SURG PATHOL 23(1): 48-51, February 2015

Siegel A: **“The Kegel Renaissance,”** J UROL RES 3(4): 1061 (2016)

PUBLICATIONS/BOOKS:

Siegel, A: ***FINDING YOUR OWN FOUNTAIN OF YOUTH: THE ESSENTIAL GUIDE TO MAXIMIZING HEALTH, WELLNESS, FITNESS AND LONGEVITY***, Paul Mould Publishing, October 2008, ISBN: 978-1-58690-072-4

Siegel, A: ***PROMISCUOUS EATING: UNDERSTANDING AND ENDING OUR SELF-DESTRUCTIVE RELATIONSHIP WITH FOOD***, Rogue Wave Press, March 2011, ISBN: 978-0-9830617-0-0

Siegel, A: ***MALE PELVIC FITNESS: OPTIMIZING SEXUAL AND URINARY HEALTH***, Rogue Wave Press, April 2014
ISBN: 978-0-9830617-3-1

Siegel, A: ***THE KEGEL FIX: RECHARGING FEMALE PELVIC, SEXUAL AND URINARY HEALTH***
Rogue Wave Press, April 2016
ISBN: 978-0-9830617-5-5

Siegel, A: ***PROSTATE CANCER 20/20: A PRACTICAL GUIDE TO UNDERSTANDING TREATMENT OPTIONS FOR PATIENTS AND THEIR FAMILIES***
Rogue Wave Press, January 2019
ISBN: 978-0-9830617-7-9