



## Alan W. Shindel, M.D.

<b>Philosophy of Care</b>	Dr. Shindel's philosophy is to provide a holistic, couple-centered approach to the treatment of sexual problems. He is particularly interested in facilitating open communication between partners about treatment goals and preferences and the role of lifestyle factors in preventing and reversing sexual concerns. He is also interested in providing answers and advice on the management of male factor infertility and other important topics in men's health.
<b>Clinical Interests</b>	<p>Dr. Shindel is interested in the medical and surgical management of sexual problems and male factor infertility. He completed a research and clinical fellowship in andrology (men's reproductive health) at the University of California, San Francisco. He is also interested in the management of benign urological conditions.</p> <p>Dr. Shindel is interested in the role of lifestyle factors, diet and exercise in reversing and preventing sexual problems in men. He is also interested in the cellular and molecular biology underlying erectile physiology, research into the particular sexual health care needs of sexual minority groups, complementary and alternative medicine, sexuality education and the couple based approach to the management of sexual concerns.</p>
<b>Title</b>	Associate Professor-In-Residence Director of Men's Health
<b>Specialty</b>	<a href="#">Urology</a>
<b>Department</b>	Urology
<b>Division</b>	Urology
<b>Address/Phone</b>	Lawrence J. Ellison Ambulatory Care Center, 4860 Y St. Suite 2200 Sacramento, CA 95817 <b>Phone:</b> 916-734-2222
<b>Education</b>	M.D., Washington University School of Medicine, St. Louis, Missouri, 1998-2002 B.A., Illinois Wesleyan University, Bloomington, Illinois, 1994-1998
<b>Internships</b>	Barnes-Jewish Hospital, St. Louis, Missouri, 2002-2003
<b>Residency</b>	Barnes-Jewish Hospital, St. Louis, Missouri, 2003-2007
<b>Fellowships</b>	UC San Francisco, San Francisco, California, 2007-2010
<b>Board Certifications</b>	American Board of Urology



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### Professional Memberships

American Urological Association, Member  
Chair, Education Committee for the Sexual Medicine Society of North America  
International Society for Sexual Medicine, Member, Education Committee  
International Society for the Study of Women's Sexual Health  
Sexual Medicine Society of North America, Member, Membership Committee

### Honors and Awards

Distinguished Service Teaching Award from Washington University School of Medicine, 2006

### Select Recent Publications

Shindel AW, Rowen TS, Lin TC, Li CS, Robertson PA, Breyer BN. An Internet Survey of Demographic and Health Factors Associated with Risk of Sexual Dysfunction in Women Who Have Sex with Women. *J Sex Med.* 2012 Feb 29. doi: 10.1111/j.1743-6109.2012.02659.x.

Shindel AW, Vittinghoff E, Breyer BN. Erectile dysfunction and premature ejaculation in men who have sex with men. *J Sex Med.* 2012 Feb;9(2):576-84. doi: 10.1111/j.1743-6109.2011.02585.x. Epub 2012 Jan 3.

Shindel AW. Something is wrong with my penis shape! *J Sex Med.* 2012 Apr;9(4):1231-2. doi: 10.1111/j.1743-6109.2012.02696.x.

Smith JF, Breyer BN, Shindel AW. Predictors of sexual bother in a population of male North American medical students. *J Sex Med.* 2011 Dec;8(12):3363-9. doi: 10.1111/j.1743-6109.2011.02463.x. Epub 2011 Sep 23.

Liu T, Xin H, Li WR, Zhou F, Li GY, Gong YQ, Gao ZZ, Qin XC, Cui WS, Shindel AW, Xin ZC. Effects of icariin on improving erectile function in streptozotocin-induced diabetic rats. *J Sex Med.* 2011 Oct;8(10):2761-72. doi: 10.1111/j.1743-6109.2011.02421.x.

Shindel AW, Akhavan A, Sharlip ID. Urologic aspects of HIV infection. *Med Clin North Am.* 2011 Jan;95(1):129-51.

Albersen M, Mwamukonda KB, Shindel AW, Lue TF. Evaluation and treatment of erectile dysfunction. *Med Clin North Am.* 2011 Jan;95(1):201-12.

Huang YC, Shindel AW, Ning H, Lin G, Harraz AM, Wang G, Garcia M, Lue TF, Lin CS. Adipose Derived Stem Cells Ameliorate Hyperlipidemia-associated Detrusor-overactivity in a Rat Model System. *J Urol.* Epub ahead of print, 2010

Shindel AW, Xin ZC, Lin G, Fandel TM, Huang YC, Banie L, Breyer BN, Garcia MM, Lin CS, Lue TF. Erectogenic and neurotrophic effects of icariin, a purified extract of horny goat weed (*Epimedium spp.*) in vitro and in vivo. *J Sex Med* Epub ahead of print, 2010

Smith JF, Eisenberg ML, Millstein SG, Nachtigall RD, Shindel AW, Wing H, Cedars M, Pasch L, Katz PP; Infertility Outcomes Program Project Group. The use of complementary and alternative fertility treatment in couples seeking fertility care: data from a prospective cohort in the United



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