

# Zafer Aybek Prof Dr

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📅 25/06/1963

🇹🇷 Turkish

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💍 Married

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## 🎓 Education

**Bachelor's, Master's, Istanbul University Istanbul Faculty of Medicine.**

1981 – 1987  
İstanbul, Türkiye

**Ph.D. (Medical Specialization, On Dokuz Mayıs University Faculty of Medicine**

1988 – 1992  
Samsun, Türkiye

**Assist. Assoc. Dr., Pamukkale University Faculty of Medicine, Department of Urology**

1995 – 1998  
Denizli, Türkiye

**Associate Professor, Pamukkale University Faculty of Medicine, Department of Urology**

1998 – 2014  
Denizli, Türkiye

**Professor, Pamukkale University Faculty of Medicine Department of Urology**

2004 – present

## 🏠 Organizations

**Urological Surgery Association, Vice President**

2018 – 2019

**Continence Association of Turkish, Board Member**

2012 – 2018

**Continence Association of Turkish, President**

2014 – 2016

**National Medical Education Accreditation Board**

**Aegean Urology Association, Member**

**International Continence Association, member**

## 🔗 ACADEMIC AND ADMINISTRATIVE DUTIES

**Pamukkale University Faculty of Medicine, Dean**

2007 – 2011

**Academic Evaluation Board Presidency**

2007 – 2008

**Pamukkale University Vice Rector**

2007 – 2008

**Head of Department of Urology**

2019 – 2020

## 🔗 UROLOGY EXPERIENCE ABROAD

•Kulkarni Urethral Surgery Center

2017  
Pune, India

•Prof Dr Rassweiler JJ. “Urological Laparoscopy” course at the Heilbronn Urology clinic under the chairmanship

07/2009 – 08/2009  
Heilbronn, Germany

Observer on neuro and female urology with support from the European Urological Scholarship Program (EUSP) at the Urology Clinic of Utrecht University under the chairmanship of Professor Doctor Ruud Bosch

2007  
Utrecht, Netherland

Observer at the “Urologische Klinik mit Poliklinik der Universitat Erlangen-Nürnberg” Clinic under the chairmanship of Professor Doctor Karl M. Schrott with the support of the European Urological Scholarship Program (EUSP)

2001  
Erlangen, Germany

•Research Fellow in Neurourology and Prosthesis Department of “The Long Island Campus for the Albert Einstein College of Medicine” Medical Center

03/1997 – 09/1997  
Newyork, USA

## 🔗 MY MAIN UROLOGY INTERESTS

I worked as a Research Fellow in the Department of Neurourology and Prosthesis at “The Long Island Campus for the Albert Einstein College of Medicine” Medical Center for 6 months in 1997, under the supervision of Dr. Gopal Badlani. After this assignment, my main area of interest focused on women and functional urology.

In 2014 and 2017, I was at the prestigious Dr Sanjay Kulkarni Urethra Surgery Center (Pune, India) to improve myself in the surgical treatment of urethral strictures, which I felt lacking in our country. After these trainings, female and male urethral strictures, functional and female urology, which are an important part of reconstructive urology, have been added to my field of interest.

Afterwards, we performed nearly 500 urethral surgery cases. We published our results on long urethral strictures (panurethra) in an international journal. In the meantime, we started to apply the A-Z technique that we defined in the surgical treatment of female urethral strictures. We published our own case series on the technique we described in an internationally respected journal. After a while, we published an article comparing female urethral strictures with other techniques.

We organized national and international courses, meetings and congresses related to urethral strictures.

I am a member of many national and international associations. I have served at all levels of the continence association for many years. I served as a member of the journal board, board of directors, vice president and president of this association.

I served as a member of the board of directors and vice president of the Association of Urological Surgery.

I am associate of EAU Section of Genitourinary Reconstructive Surgeons, (ESGURS).

I am married and have 2 children. I am interested in Turkish Art music as an amateur and I play the oud.

## Publications

1. Kaleli B, Ozden A, Aybek Z, Bostancı B: The Effects of L-Arginin and Pentoxifylline on Postoperative Adhesion Formation. Acta Obstet Gynecol Scand, 77: 377-380, 1998.
2. Turan T, Tuncay L, Kayık S, Atahan O and Aybek Z.: Retrovesical hydatid cyst. J Urol, 159: 2085-86, 1998.
3. Ozden A, Aybek Z, Saydam N, Callı N, Saydam O, Duzcan E, Guner G: Cytoprotective Effect of Trimetazidine on 75 min Warm Renal Ischemia-Reperfusion Injury in Rats. Eur Surg Res, 30: 227-234, 1998.

4. Aybek Z, Koseoglu MH, Aslan D, Duzcan E, Saydam N, Guner G: Role of Lipid Peroxidation in Testicular Damage in Experimentally Varicocele Induced Rats. *Biochem Soc Trans*, 220, 1998.
5. Koseoglu MH, Turan T, Aybek Z, Saydam O, Demirkan N, Guner G: Structural Changes in Testicular Tissue of Experimentally Varicocele Induced Rats. *Biochem Soc Trans*, 97, 1998.
6. Aybek Z, Turan T, Yongu T, Bozbay C, Atahan , Tuncay OL.: Requirement of analgesia for extracorporeal shock wave lithotripsy and efficacy of a nonsteroidal antiinflammatory drug: piroxicam. *European Urology*, 34: 207-09, 1998.
7. Ascı R, Aybek Z, Sarikaya S, Buyukalpelli R, Yılmaz F: The Management of Vesical Calculi with Combined Optical Mechanical Cystolithotripsy and Transurethral Prostatectomy: Is It Safe and Effective ?. *BJU*, 84 (1): 32-36, 1999.
8. Turan T, Demir S, Aybek H, Atahan O, Tuncay OL, Aybek Z.: Free and total prostate-specific antigen levels in saliva and the comparison with serum levels in men. *European Urology*, 38: 550-554, 2000.
9. Turan T, Tuncay OL, Usubütn A, Yonguc T, Aybek Z, Atahan O.: Renal tubular apoptosis after complete ureteral obstruction in the presence of hyperoxaluria. *Urological Research*, 28: 220-222, 2000.
10. Aybek Z, Sınık Z, Oguzulgen I, Turan T, Guler G, Tuncay L.: Does digital rectal examination affect uroflowmetry measurements? *Neurourol Urodyn*, 22(2):138-41, 2003.
11. Serel TA, Turan T, Soyupek S, Aybek Z, Perk H. Urine and Serum Free IGF-1 Levels in Patients with Bladder Cancer: A Brief Report. *Urol Res*. 31(5): 297-299, 2003.
12. Sınık Z, Turan T, Demir S, Yılmaz U, Sert S, Aybek Z. The effect of partial unilateral ureteral obstruction release and allopurinol on the renal malondialdehyde and glutathione levels. *Int J Urol.*, Nov;12(11):990-3, 2005.
13. Aybek H, Aybek Z, Sınık Z, Demir S, Sancak B, Tuncay L. Elevation of serum and urinary carbohydrate antigen 19-9 in benign hydronephrosis. *Int J Urol*, Nov;13(11):1380-4, 2006
14. Duzcan F, Aybek Z, Tepeli E, Caner V, Cetin GO, Aybek H, Bagcı H. Sex chromosome aneuploidy rates in the somatic cells of infertile men. *J Reprod Med*. Jun;51(6):489-92, 2006
15. Aybek H, Aybek Z, Rota S, Sen N, Akbulut M. The effects of diabetes mellitus, age, and vitamin E on testicular oxidative stress. *Fertil Steril*, 90(3): 755-60, 2008.
16. Yagci AB, Ozari N, Aybek Z, Duzcan E. The value of diffusion-weighted MRI for prostate cancer detection and localization. *Diagn Interv Radiol*, Aug, 2010.
17. Aybek H, Aybek Z, Abban G, Rota S. Preventive effects of vitamin E against oxidative damage in aged diabetic rat bladders. *Urology*, Feb;77(2): 508.e10-4, 2011.
18. Sayın Kutlu Selda, Aybek Zafer, Tekin Koray, Okke Demet, Akalın Şerife, Altıntaş Serkan, Demir Melek . Is Short Course Of Antimicrobial Therapy For Asymptomatic Bacteriuria Before Urologic Surgical Procedures Sufficient. *Journal Of Infection In Developing Countries*, 6(2), 143-147, 2012.
19. Mehmet Babaoğlu, Zmrtbaşı Ali Ersin, Acar İsmail Cenk, Funda Bolukbasi Hatip, Saadettin Eskicorapcı, Aybek Zafer. Gap Junction Expression And The Effects Of Gap Junction İnhibitors İn Overactive Bladder Models Does Ovariectomy Have A Role. *International Urology And Nephrology*, 45(4), 1001-1008, (2013).
20. Zmrtbaşı AE, Baser A, Acar CI, Ozllrden Y, Okutan A, Sahin UY, Aybek Z. Urogenital and Rectal Multisystem Organ Injury After Detonation of an Explosive Substance in the Rectum of a Schizophrenic Man. *Urol Case Rep*. 2014 May 16;2(3):97-9.
21. Zmrtbaşı Ali Ersin, Yusuf zllrden, Okan Alkış, Başıer Aykut, Aybek Zafer. Optic Guided Vaginal Repair of Vesicovaginal Fistula. *Journal of Endourology*, 28(3), 275-279, 2014.
22. Zmrtbaşı Ali Ersin, Bozkurt Ali İhsan, Taşı Erdoğan, Acar İsmail Cenk, Okan Alkış, oban Kazım, Blent etinel, Aybek Zafer. Prevalence of lower urinary tract symptoms overactive bladder and urinary incontinence in western Turkey, Results of a population based survey. *International Journal of Urology*, 21(10), 1027-1033, 2014.
23. Zmrtbaşı Ali Ersin, Bozkurt Ali İhsan, Alkış Okan, Toktaşı Cihan, etinel Blent, Aybek Zafer. The Prevalence of Nocturia and Nocturnal Polyuria Can New Cutoff Values Be Suggested According to Age and Sex. *International Neurourology Journal*, 20(4), 304-310. 2016.
24. Okan Alkış, Zmrtbaşı Ali Ersin, Toktaşı Cihan, Aybek Hlya, Aybek Zafer. The use of biomarkers in the diagnosis and treatment of overactive bladder: Can we predict the patients who will be resistant to treatment?. *Neurourology and Urodynamics*, 36(2), 390-393, 2017.
25. zllrden Yusuf, Toktaşı Cihan, Zmrtbaşı Ali Ersin, Glten Mehmet Caner, Başıer Aykut, Yapıcı Onur, Aybek Zafer. Can feeling of incomplete bladder emptying reflect significant postvoid residual urine? Is it reliable as a symptom solely?. *Investigative and Clinical Urology*, 59(1), 38, 2018.
26. Şen Trk Nilay, Eskiorapcı Saadettin, Aybek Zafer, Tuncay mer Levent . The determination of stage in nonmuscle urothelial carcinoma: Staining pattern of caspase-8. *Indian Journal of Pathology and Microbiology*, 61(2), 192, 2018.

27. Fırat E, Aybek Z, Akgün Ş, Küçük K, Akça H, Aybek H. Exploring biomarkers in the overactive bladder: Alterations in miRNA levels of a panel of genes in patients with OAB. *Neurourol Urodyn*. Aug;38(6):1571-1578, 2019.
28. Fırat E, Aybek Z, Akgün Ş, Küçük K, Akça H, Aybek H. Relation of ADRB3, GEF, ROCK2 gene polymorphisms to clinical findings in overactive bladder. *World J Urol*. 2020 Oct;38(10):2571-2575. doi: 10.1007/s00345-019-03046-5. Epub 2019 Dec 4. PMID: 31802204
29. Zumrutbas AE, Ozlulerden Y, Celen S, Kucuker K, Aybek Z. The outcomes of Kulkarni's one-stage oral mucosa graft urethroplasty in patients with panurethral stricture: a single centre experience. *World J Urol*. Jan;38(1):175-181, 2020.
30. Ozlulerden Y, Celen S , Zumrutbas AZ , Aybek Z. Female buccal mucosa graft urethroplasty: a new modified ventral onlay "AZ" technique. *International Urogynecology Journal*. <https://doi.org/10.1007/s00192-020-04354-w> Received: 5 February 2020 /Accepted: 20 May 2020.
31. Firinci S, Yildiz N, Alkan H, Aybek Z. Which combination is most effective in women with idiopathic overactive bladder, including bladder training, biofeedback, and electrical stimulation? A prospective randomized controlled trial. *Neurourol Urodyn*. 2020 Nov;39(8):2498-2508. doi: 10.1002/nau.24522. Epub 2020 Sep 22. PMID: 32960999
32. Baser A, Zumrutbas AE, Ozlulerden Y, Alkis O, Oztekın A, Celen S, Aybek Z. Is There a Correlation Between Behçet Disease and Lower Urinary Tract Symptoms? *Int Neurourol J*. 2020 Jun;24(2):150-155. doi: 10.5213/inj.2040004.002. Epub 2020 Jun 30. PMID: 32615677
33. Kutlu M, Arslan M, Ozlulerden Y, Ozdemir K, Sayin-Kutlu S, Aybek Z. A short course of antimicrobial therapy for asymptomatic bacteriuria is safe and effective before urologic procedures. *J Infect Dev Ctries*. 2021 May 31;15(5):742-746. doi: 10.3855/jidc.14377. PMID: 34106900
34. Ömer Gülpınar 1, Ali Ersin Zumrutbas 2, Adem Sancı 1, Salih Bütün 2, Mehmet İlker Gokce 1, Zafer Aybek 2 The outcomes of three buccal mucosal graft urethroplasty techniques in women with urethral stricture disease *Neurourol Urodyn*. 2021 Nov;40(8):1921-1928. doi: 10.1002/nau.24764. Epub 2021 Aug 8.
35. Elif Fırat, Hülya Aybek, Zafer Aybek. ADRB3, ROCK2, and GEF Levels in Overactive Bladder Patients *Int Neurourol J* 2022 Feb;26(Suppl 1):S8-14. doi: 10.5213/inj.2142050.025. Epub 2022 Feb 28.