

# Zafer Aybek Prof Dr

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📍 Pamukkale Üniversitesi Hastaneleri,  
Habib Kızıldaş Psikiyatri Hastanesi,  
Kat:1, Üroloji Ana Bilim Dalı  
Kınıklı/DENİZLİ

📅 25/06/1963

🚩 Turkish

👤 Married

🌐 <https://www.facebook.com/profdrzaferaybek>

🔗 <https://profdrzaferaybek.com/>



## 🎓 Education

**Lisans**, *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 – 2004  
Denizli, Türkiye

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

2004 – present

## 🏠 Organizations

**Urological Surgery Association**, *Vice President*

2018 – 2019

**Continenence Association of Turkish**, *Board Member*

2012 – 2018

**Continenence Association of Turkish**, *President*

2014 – 2016

**National Medical Education Accreditation Board**

**Aegean Urology Association**, *Member*

**International Continenence 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

Kulkarni Urethral Surgery Center

2014  
Pune, India

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.

## 🔗 Custom Section

### PUBLICATIONS

- Kucuker K, Duzgun D, Saglam B, Gokcedag I, Kirdar M, Ozlulderden Y, Celen S, Duran MB, Yagci AB, **Aybek Z**. The Role of Magnetic Resonance Imaging in Preoperative Evaluation of Anterior Obliterative Urethral Strictures. *Diagnostics (Basel)*. 2025 Sep 23;15(19):2415. doi: 10.3390/diagnostics15192415. PMID: 41095634
- Küçükler K, Aybek H, Akça H, Karagür ER, Fırat E, Özlülçerden Y, Çelen S, **Aybek Z**. The Role of microRNA in Overactive Bladder: Relationship and Clinical Correlation. *Medicina (Kaunas)*. 2025 Mar 8;61(3):475. doi: 10.3390/medicina61030475. PMID: 40142286
- Fırat E, **Aybek Z**, Aybek H. 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. PMID: 35236048
- Gülpınar Ö, Zumurtaş AE, Sancı A, Bütün S, Gokce Mİ, **Aybek Z**. 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. PMID: 34368998
- Kutlu M, Arslan M, Ozlulderden 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

- Ozlulerden Y, Celen S, Zumrutbas AE, **Aybek Z**. Female buccal mucosa graft urethroplasty: a new modified ventral onlay "AZ" technique. *Int Urogynecol J*. 2020 Dec;31(12):2543-2550. doi: 10.1007/s00192-020-04354-w. Epub 2020 Jun 4. PMID: 32500163
- 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
- Fırat E, **Aybek Z**, Akgün Ş, Küçüker 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
- Baser A, Zumrutbas AE, Ozlulerden Y, Alkis O, Oztekin 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
- 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*. 2020 Jan;38(1):175-181. doi: 10.1007/s00345-019-02758-y. Epub 2019 Apr 8. PMID: 30963228
- Fırat E, **Aybek Z**, Akgün Ş, Küçüker 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*. 2019 Aug;38(6):1571-1578. doi: 10.1002/nau.24065. Epub 2019 Jun 3. PMID: 31157926
- Türk NŞ, Eskiçorapçı S, **Aybek Z**, Tuncay L. The determination of stage in nonmuscle urothelial carcinoma: Staining pattern of caspase-8. *Indian J Pathol Microbiol*. 2018 Apr-Jun;61(2):192-196. doi: 10.4103/IJPM.IJPM\_161\_17. PMID: 29676355
- Özlülürden Y, Toktaş Ç, Zümürütbaş AE, Gülten MC, Başer A, Yapıcı O, **Aybek Z**. Can feeling of incomplete bladder emptying reflect significant postvoid residual urine? Is it reliable as a symptom solely? *Investig Clin Urol*. 2018 Jan;59(1):38-43. doi: 10.4111/icu.2018.59.1.38. Epub 2018 Jan 4. PMID: 29333513
- Alkis O, Zumrutbas AE, Toktas C, Aybek H, **Aybek Z**. The use of biomarkers in the diagnosis and treatment of overactive bladder: Can we predict the patients who will be resistant to treatment? *Neurourol Urodyn*. 2017 Feb;36(2):390-393. doi: 10.1002/nau.22939. Epub 2015 Dec 10. PMID: 26661444
- Zumrutbas AE, Bozkurt AI, Alkis O, Toktas C, Cetinel B, **Aybek Z**. The Prevalence of Nocturia and Nocturnal Polyuria: Can New Cutoff Values Be Suggested According to Age and Sex? *Int Neurourol J*. 2016 Dec;20(4):304-310. doi: 10.5213/inj.1632558.279. Epub 2016 Dec 26. PMID: 28043108
- Zumrutbas AE, Bozkurt AI, Tas E, Acar CI, Alkis O, Coban K, Cetinel B, **Aybek Z**. Prevalence of lower urinary tract symptoms, overactive bladder and urinary incontinence in western Turkey: results of a population-based survey. *Int J Urol*. 2014 Oct;21(10):1027-33. doi: 10.1111/iju.12519. Epub 2014 Jun 15. PMID: 24931070
- Zumrutbas AE, Baser A, Acar CI, Ozlulerden 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. doi: 10.1016/j.eucr.2014.02.002. PMID: 26955556
- Zumrutbas AE, Ozlulerden Y, Alkis O, Baser A, **Aybek Z**. Optic-guided vaginal repair of vesicovaginal fistula. *J Endourol*. 2014 Mar;28(3):275-9. doi: 10.1089/end.2013.0435. Epub 2013 Nov 19. PMID: 24083812
- Babaoglu M, Zumrutbas AE, Acar IC, Hatip FB, Kucukatay V, Eskicorapci S, **Aybek Z**. Gap junction expression and the effects of gap junction inhibitors in overactive bladder models: does ovariectomy have a role? *Int Urol Nephrol*. 2013 Aug;45(4):1001-8. doi: 10.1007/s11255-013-0488-x. Epub 2013 Jun 19. PMID: 23779227
- Sayin Kutlu S, **Aybek Z**, Tekin K, Okke D, Akalin S, Altintas S, Demir M. Is short course of antimicrobial therapy for asymptomatic bacteriuria before urologic surgical procedures sufficient? *J Infect Dev Ctries*. 2012 Feb 13;6(2):143-7. doi: 10.3855/jidc.1781. PMID: 22337843
- Yağci AB, Ozari N, **Aybek Z**, Düzcan E. The value of diffusion-weighted MRI for prostate cancer detection and localization. *Diagn Interv Radiol*. 2011 Jun;17(2):130-4. doi: 10.4261/1305-3825.DIR.3399-10.1. Epub 2010 Aug 6. PMID: 20694948
- Aybek H, **Aybek Z**, Abban G, Rota S. Preventive effects of vitamin E against oxidative damage in aged diabetic rat bladders. *Urology*. 2011 Feb;77(2):508.e10-4. doi: 10.1016/j.urology.2010.08.015. Epub 2010 Dec 15. PMID: 21109295
- 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*. 2008 Sep;90(3):755-60. doi: 10.1016/j.fertnstert.2007.01.101. Epub 2007 May 7. PMID: 17482598
- Aybek H, **Aybek Z**, Sinik Z, Demir S, Sancak B, Tuncay L. Elevation of serum and urinary carbohydrate antigen 19-9 in benign hydronephrosis. *Int J Urol*. 2006 Nov;13(11):1380-4. doi: 10.1111/j.1442-2042.2006.01593.x. PMID: 17083387

- Duzcan F, **Aybek Z**, Tepeli E, Caner V, Cetin GO, Aybek H, Bagci H. Sex chromosome aneuploidy rates in the somatic cells of infertile men. *J Reprod Med.* 2006 Jun;51(6):489-92. PMID: 16846089
- Sinik Z, Guler G, Turan T, Sert S, **Aybek Z**, Tuncay L. Does two episodes of acute urinary retention lead to additional ischemia-reperfusion injury in rat bladder? *Int Urol Nephrol.* 2006;38(1):123-7. doi: 10.1007/s11255-005-8442-1. PMID: 16502066
- Sinik Z, Turan T, Demir S, Yilmaz 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.* 2005 Nov;12(11):990-3. doi: 10.1111/j.1442-2042.2005.01184.x. PMID: 16351656
- Oguzhanoglu NK, Ozdel O, **Aybek Z**. The efficacy of fluoxetine and a stop-start technique in the treatment of premature ejaculation and anxiety. *J Clin Psychopharmacol.* 2005 Apr;25(2):192-4. doi: 10.1097/01.jcp.0000161449.50969.28. PMID: 15738757
- Ozdel O, Oğuzhanoğlu A, Oğuzhanoğlu NK, Karadağ F, CULha Ateci F, **Aybek Z**. A follow-up study of male sexual disorders: the neurophysiological assessments, anxiety-depression levels, and response to fluoxetine treatment. *J Clin Psychopharmacol.* 2004 Aug;24(4):461-3. doi: 10.1097/01.jcp.0000132449.43101.64. PMID: 15232347
- Oğuzhanoğlu N, Ozdel O, Oğuzhanoğlu A, **Aybek Z**, Karadağ F. The complementary role of different neurophysiological methods to demonstrate organicity in male with premature ejaculation and erectile dysfunction. *Electromyogr Clin Neurophysiol.* 2003 Oct-Nov;43(7):437-41. PMID: 14626724
- 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.* 2003 Oct;31(5):297-9. doi: 10.1007/s00240-003-0335-0. Epub 2003 Jul 8. PMID: 14574532
- **Aybek Z**, Sinik Z, Oguzulgen I, Turan T, Güler G, Tuncay L. Does digital rectal examination affect uroflowmetry measurements? *Neurourol Urodyn.* 2003;22(2):138-41. doi: 10.1002/nau.10083. PMID: 12579631
- 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. *Eur Urol.* 2000 Nov;38(5):550-4. doi: 10.1159/000020354. PMID: 11096235
- Turan T, Tuncay OL, Usubütün A, Yonguç T, **Aybek Z**, Atahan O. Renal tubular apoptosis after complete ureteral obstruction in the presence of hyperoxaluria. *Urol Res.* 2000 Aug;28(4):220-2. doi: 10.1007/s002400000128. PMID: 11011958
- Sahiner T, Atahan O, **Aybek Z**. Prostate electromyography: a new concept. *Electromyogr Clin Neurophysiol.* 2000 Mar;40(2):103-7. PMID: 10746186
- Asci R, **Aybek Z**, Sarikaya S, Büyükalpelli R, Yilmaz AF. The management of vesical calculi with combined optical mechanical cystolithotripsy and transurethral prostatectomy: is it safe and effective? *BJU Int.* 1999 Jul;84(1):32-6. doi: 10.1046/j.1464-410x.1999.00030.x. PMID: 10444121
- Turan T, Tuncay OL, **Aybek Z**, Bozbay C. Bilateral epididymoorchitis secondary to brucellosis. *Int Urol Nephrol.* 1999;31(1):117-8. doi: 10.1023/a:1007140310879. PMID: 10408313
- 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.* 1998 Nov;26(4):S381. doi: 10.1042/bst026s381. PMID: 10047895
- **Aybek Z**, Turan T, Yonguç T, Bozbay C, Atahan O, Tuncay OL. Requirement of analgesia for extracorporeal shock wave lithotripsy and efficacy of a nonsteroidal antiinflammatory drug: piroxicam. *Eur Urol.* 1998 Sep;34(3):207-9. doi: 10.1159/000019714. PMID: 9732194
- **Aybek Z**, Koseoglu MH, Aslan D, Duzcan E, Saydam N, Guner G. Role of lipid peroxidation in the testicular damage in experimentally varicocele induced rats. *Biochem Soc Trans.* 1998 Aug;26(3):S220. doi: 10.1042/bst026s220. PMID: 9765939
- Turan T, Tuncay L, Kayik S, Atahan O, **Aybek Z**. Retrovesical hydatid cyst. *J Urol.* 1998 Jun;159(6):2085-6. doi: 10.1016/S0022-5347(01)63261-0. PMID: 9598530
- Kaleli B, Ozden A, **Aybek Z**, Bostanci B. The effect of L-arginine and pentoxifylline on postoperative adhesion formation. *Acta Obstet Gynecol Scand.* 1998 Apr;77(4):377-80. PMID: 9598943
- Ozden A, **Aybek Z**, Saydam N, Calli N, Saydam O, Düzcan E, Güner G. Cytoprotective effect of trimetazidine on 75 min warm renal ischemia-reperfusion injury in rats. *Eur Surg Res.* 1998;30(4):227-34. doi: 10.1159/000008581. PMID: 9704748
- Sarikaya S, Aşçi R, **Aybek Z**, Yilmaz AF, Büyükalpelli R, Yıldız S. Effects of intracavernous calcium channel blockers in dogs. *Int Urol Nephrol.* 1997;29(6):673-80. doi: 10.1007/BF02552185. PMID: 9477366