

# Urology

## at Berkeley Outpatient Center

### Overview

Urology Services is one of several specialty services available at the Berkeley Outpatient Center. Our Urologist works with referring providers to ensure patients receive the best care possible.

### Conditions treated

- Recurrent urinary tract infections
- Urinary incontinence and overactive bladder
- Interstitial cystitis
- Prostatitis
- Enlarged prostate
- Kidney stones
- Male and female infertility
- Sexual dysfunction (males)
- Cancers throughout the urinary tract (such as kidney, bladder, prostate, penile, and testicular cancers)

### When to see a physician

Patients who experience any of the following symptoms should see a Urologist.

- Blood in the urine
- Incontinence
- Painful urination
- Pain in the lower stomach, side of back, or groin region
- Difficulty urinating
- Pelvic Organ Prolapse
- Hernia
- Kidney stones
- Male sexual or fertility problems
- Overactive bladder (OAB)
- Enlarged prostate
- Elevated PSA

For more information, please call Urology Services at [\(510\) 985-5200](tel:5109855200).



# Urology Services

*Providing integrated care in the community.*

## Our Urology Team



### Alan Shindel, MD

UCSF Health

#### Medical School:

- Washington University at St. Louis

#### Internship/Residency:

- Barnes-Jewish Hospital

#### Fellowships:

- University of California at San Francisco

#### Days/Hours:

- Every Wednesday

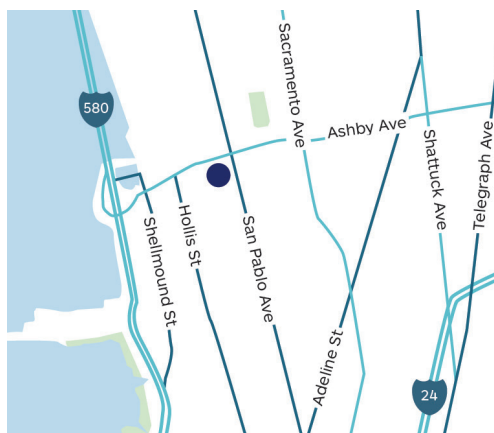
To learn more about our doctors, visit

[johnmuirhealth.com/findadoctor](http://johnmuirhealth.com/findadoctor) or  
[ucsfhealth.org/find\\_a\\_doctor](http://ucsfhealth.org/find_a_doctor).

#### Office location:

Berkeley Outpatient Center  
3100 San Pablo Avenue  
Berkeley, CA 94702  
(510) 985-5200

To learn more about our  
Berkeley Outpatient Center,  
visit [johnmuirhealth.com/  
berkeleyopc](http://johnmuirhealth.com/berkeleyopc).



September 2020



UCSF Health