Stanford



Ruth Belay, MD

Clinical Assistant Professor, Urology

CLINICAL OFFICE (PRIMARY)

- **Urology Clinic in Emeryville**

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Bio

BIO

Dr. Belay is a fellowship-trained urologic oncologist with the Stanford Health Care Urologic Cancer Program. She is also a clinical instructor in the Department of Urology at Stanford University School of Medicine.

Dr. Belay specializes in diagnosing and treating disorders of the urinary tract, including kidney cancer, enlarged prostate, ureteral stones, and blood in the urine. She also treats all types of genitourinary cancers. She is skilled in the use of multiple imaging and treatment modalities, including cystoscopy, endourology, laparoscopy, laser therapy and surgery, ultrasound, urodynamic testing, ureteroscopy, and robotic surgery. Dr. Belay works closely with her patients to provide a comprehensive evaluation and care plan.

Her research interests include pain control during robot-assisted prostatectomy (prostate removal) and determining the best types of guidewires for bypassing stones in the ureter. She has also studied the effects of caffeine on postmenopausal women with overactive bladder symptoms

Dr. Belay is involved with the Stanford Medicine Center for Improvement, the goal of which is to inspire and accelerate the delivery of consistent, excellent care across Stanford Medicine. She is also passionate about sharing her knowledge of urology with medical students, having taught and mentored several residents and post-doctoral fellows.

Dr. Belay's research has appeared in several peer-reviewed journals, including Urology Practice, Journal of Endourology, and Journal of Women's Health. She has presented her work both nationally and internationally at meetings and conferences of professional organizations including the American Urological Association (AUA); Society of Urodynamics, Female Pelvic Medicine & Urogenital Reconstruction; and World Congress of Endourology.

Dr. Belay is a member of the AUA and Society of Urologic Oncology.

CLINICAL FOCUS

- Urology

ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Urology

PROFESSIONAL EDUCATION

- Fellowship: Stanford University Dept of Urology (2024) CA
- Residency: Loma Linda University Urology Residency (2022) CA
- Residency: Loma Linda University General Surgery Residency (2017) CA
- Medical Education: Loma Linda University School of Medicine (2016) CA

Publications

PUBLICATIONS

- **SPIKING A Sense of Belonging: Utilizing a Communication Model to Unlock Your Story With Authenticity.** *MedEdPORTAL : the journal of teaching and learning resources*
  Koons, N. J., Okwuonu, E., Rao, R. R., Belay, R., Alvarez, A., Ramos, M., Coupe, N., Yemane, L.
  2025; 21: 11567
- **Assess the journey: Characterizing muscle-invasive bladder cancer patients who receive neoadjuvant therapy and do not proceed with cystectomy.**
  Ogunkeye, J., Belay, R. E., Skinner, E. C.
  LIPPINCOTT WILLIAMS & WILKINS.2025
- **Multimodal Pain Control Utilizing Buprenorphine for Robotic-assisted Laparoscopic Prostatectomy: A Quality Improvement Comparison to Conventional Opioid Management.** *Urology practice*
  Hajiha, M., Lien, D., Johnson, J. A., Muchiutti, I., Sran, J., Vacaru, A., Amasyali, A. S., Soloniuk, L., Shete, K., Wraich, S., Hu, B., Baldwin, D. D., Belay, et al
  2023; 10 (6): 666-670
- **The Impact of Caffeine Intake on Mental Health Symptoms in Postmenopausal Females with Overactive Bladder Symptoms: A Randomized, Double-Blind, Placebo-Controlled Trial.** *Journal of women's health (2002)*
  Staack, A., Distelberg, B., Moldovan, C., Belay, R. E., Sabaté, J.
  2022; 31 (6): 819-825
- **MULTIMODAL PAIN CONTROL UTILIZING BUPRENORPHINE FOR ROBOTIC ASSISTED LAPAROSCOPIC PROSTATECTOMY: A QUALITY IMPROVEMENT COMPARISON TO CONVENTIONAL OPIOID MANAGEMENT**
  Johnson, J., Muchiutti, I., Wraich, S., Assidon, A., Amasyali, A. S., Hajiha, M., Lien, D., Belay, R., Maldonado, J., Li, A., Keheila, M., Shete, K., Stier, et al
  LIPPINCOTT WILLIAMS & WILKINS.2022: E282
- **Single-stage Simultaneous Retrograde and Antegrade Endoscopic Treatment of Giant Prostatic and Bladder Urethral Calculi.** *Urology*
  Maldonado, J., Belay, R. E., Keheila, M., Amasyali, A., Groegler, J., Baldwin, D. D., Hajiha, M.
  2020; 145: 299-300
- **What Guidewire Is the Best for Bypassing an Impacted Ureteral Stone?** *Journal of endourology*
  Amasyali, A. S., Groegler, J., Hajiha, M., Shah, M., Alsyouf, M., Stokes, P., Belay, R., Maldonado, J., Baldwin, D. D.
  2020; 34 (5): 629-636
- **Excision and Reconstruction for Urachal Adenocarcinoma: A Case Report With an Emphasis on Cosmesis.** *Urology*
  Belay, R. E., Maldonado, J., Hu, B.
  2020; 139: 198-200
- **HO:YAG LASER LONG PULSE AND STABILIZATION MODE SAVES TIME AND MONEY: A BENCHTOP KIDNEY STONE MODEL**
  Amasyali, A. S., Brown, N., Maldonado, J., Greogler, J., Belay, R., Baldwin, D., Hajiha, M., Baldwin, D.

LIPPINCOTT WILLIAMS & WILKINS.2020: E209-E210

- **Is a prior hernia repair a risk factor for post-operative incontinence following robotic prostatectomy?** *European Urology Open Science*
  Sung, H., Amasyali, A., Groegler, J., Hajiha, M., Belay, R., Maldonado, J., Ruckle, H., Hu, B., Baldwin, D. D.
  2020
- **Synthetic Antioxidants** *Male Infertility*
  Stokes, P., Belay, R., Ko, E.
  2020
- **Robotic transabdominal excision of retrocrural germ cell tumor metastasis** *Urology Video Journal*
  Cheng, J., Maldonado, J., Belay, R., Sirkureja, D., Solomon, N., Hague, P., Selleck, M., Hu, B.
  2020
- **Adoption of a Urologic Oncology Perioperative Surgical Home is Associated with Decreased Total Length of Stay: A Pilot Study.** *Urology practice*
  Cheriyan, S. K., Shen, J. K., Keheila, M., Baldwin, D. D., Stier, G. R., Ji, L., Li, R., Myklak, K. C., Belay, R. E., Hu, B. R., Ruckle, H. C.
  2019; 6 (5): 309-316
- **Injury severity score associated with concurrent bladder injury in patients with blunt urethral injury.** *World journal of urology*
  Eidelman, E., Stormont, I., Churukanti, G., Shreck, E., Belay, R., Capodice, S., Maass, D., Stein, D. M., Siddiqui, M. M.
  2019; 37 (5): 983-988
- **Diagnosis of clinical and subclinical varicocele: how has it evolved?** *Asian journal of andrology*
  Belay, R. E., Huang, G. O., Shen, J. K., Ko, E. Y.
  2016; 18 (2): 182-5
- **The perioperative surgical home decreases length of stay and cost** *AUA News*
  Cheriyan, S., Shen, J., Myklak, K., Belay, R., Roger, L., Hu, B., Stier, G., Baldwin, D. D., Ruckle, H.
  2016
- **Ureteroscopy Without Fluoroscopy: A Feasibility Study and Comparison with Conventional Ureteroscopy- Beyond the Abstract** *UroToday*
  Alsyouf, M., Belay, R., Baldwin, D. D.
  2015