



Brooke Gurland, MD, FACS

Clinical Professor, Surgery - General Surgery

 Curriculum Vitae available Online

CLINICAL OFFICES

- **Stanford Digestive Health Center Redwood City**

450 Broadway St

Redwood City, CA 94063

Tel (650) 736-5555 **Fax** (650) 497-2258

- **General Surgery**

300 Pasteur Dr Rm H3680

MC 5655

Stanford, CA 94305

Tel (650) 736-8406 **Fax** (650) 725-0791

ACADEMIC CONTACT INFORMATION

- **Clinic Appts**

Pelvic Floor Clinic - Redwood City

Tel 650-724-0904

Bio

BIO

Pelvic floor and functional bowel disorders refer to a series of symptoms and anatomic findings that effect men and women of all ages. These may include: constipation, difficult evacuation, fecal incontinence, irritable bowel disorders, diarrhea, pelvic organ prolapse, urinary and sexual dysfunction and pain. Although not life threatening, these disorders can severely affect quality of life and individual performance.

Over the past two decades I have dedicated my career to working with other specialists for comprehensive care for individuals with pelvic floor disorders. In July 2017, I joined The Department of Surgery, Division of Colorectal Surgery at Stanford University as the Medical Director of the Pelvic Health Center. I previously spent the prior decade at Cleveland Clinic running a multidisciplinary clinic and performing over 200 combined procedures in conjunction with colleagues in urology and urogynecology. We developed a robotic surgical approach to woman with vaginal and rectal prolapse and performed many surgeries to repair intestinal and rectal fistula (abnormal communications between the intestine and vagina).

Prior to that I established a Pelvic Floor Center at Maimonides Medical Center received a Jahnigan Career Development Award looking at multicompartement prolapse in elderly women. In addition to performing surgery and teaching throughout my career, I have maintained a commitment to long-term follow up of patients after surgery.

Although my training and focus is around surgical techniques and solutions for anorectal disorders and pelvic health, I believe that prevention, non-surgical alternatives, diet, exercise, and behavior management are vitally important to patient success.

One of my many goals is to educate patients, health care providers, and trainees about pelvic floor disorders.

When I am not at work I enjoy quality time with my three teenagers, dog, friends and I practice yoga.

CLINICAL FOCUS

- General Surgery
- Rectal Prolapse
- Pelvic Floor Dysfunction
- Fecal incontinence
- Slow transit constipation
- Obstructed defecation syndrome
- Colovaginal fistula
- Rectal vaginal fistula
- Hemorrhoids
- Anal fistula
- Robotic Surgery

ACADEMIC APPOINTMENTS

- Clinical Professor, Surgery - General Surgery

ADMINISTRATIVE APPOINTMENTS

- Surgery Department Wellness Department, Stanford, (2020-2022)

PROFESSIONAL EDUCATION

- Fellowship: Cleveland Clinic Colon and Rectal Surgery Fellowship (2001) OH
- Medical Education: Drexel University College of Medicine Orthopaedic Surgery Program (1994) PA
- Residency: Icahn School of Medicine at Mount Sinai Hospital General Surgery Residency (2000) NY
- Board Certification: Colon and Rectal Surgery, American Board of Colon and Rectal Surgery (2003)
- Board Certification: General Surgery, American Board of Surgery (2001)

Publications

PUBLICATIONS

- **Long-Term Outcomes After Ventral Rectopexy With Sacrocolpo- or Hysteropexy for the Treatment of Concurrent Rectal and Pelvic Organ Prolapse.** *Female pelvic medicine & reconstructive surgery*
Jallad, K. n., Ridgeway, B. n., Paraiso, M. F., Gurland, B. n., Unger, C. A.
; 24 (5): 336–40
- **A Collaborative Approach to Multicompartment Pelvic Organ Prolapse** *CLINICS IN COLON AND RECTAL SURGERY*
Gurland, B., Mishra, K.
2020
- **RECTAL PROLAPSE REPAIR IN MALES: IS ROBOTIC VENTRAL MESH RETROPEXY THE RIGHT CHOICE?**
Gurland, B., Sceats, L.
WILEY.2020: S182–S183
- **Crohn's disease: failure of a proprietary fluorescent in situ hybridization assay to detect *M. avium* subspecies paratuberculosis in archived frozen intestine from patients with Crohn's disease.** *BMC research notes*
Greenstein, R. J., Su, L., Fam, P. S., Gurland, B., Endres, P., Brown, S. T.
2020; 13 (1): 96

- **Trends in management of combined rectal and vaginal pelvic organ prolapse**
Speed, J., Zhang, C., Gurland, B., Enemchukwu, E.
WILEY.2020: S83–S84
- **Do preoperative demographics or symptoms predict recurrence in patients following combined surgical repair for pelvic organ prolapse and rectal prolapse?**
Syam, R., Wallace, S., Gurland, B., Enemchukwu, E.
WILEY.2020: S174–S175
- **Patient satisfaction improved when patients seen by multiple providers at a multidisciplinary pelvic health center**
Speed, J., Montalvo, C., Cuevas, J., Gurland, B., Enemchukwu, E.
WILEY.2020: S179–S180
- **Measuring Pelvic Floor Disorder Symptoms Using Patient-Reported Instruments: Proceedings of the Consensus Meeting of the Pelvic Floor Consortium of the American Society of Colon and Rectal Surgeons, the International Continence Society, the American Urogynecologic Society, and the Society of Urodynamics, Female Pelvic Medicine and Urogenital Reconstruction**
Bordeianou, L. G., Anger, J. T., Boutros, M., Birnbaum, E., Carmichael, J. C., Connell, K. A., De, E. B., Mellgren, A., Staller, K., Vogler, S. A., Weinstein, M. M., Yafi, F. A., Hull, et al
LIPPINCOTT WILLIAMS & WILKINS.2020: 1–15
- **Trends in the Diagnosis and Management of Combined Rectal and Vaginal Pelvic Organ Prolapse.** *Urology*
Speed, J. M., Zhang, C. A., Gurland, B. n., Enemchukwu, E. n.
2020
- **Surgical approach, complications, and reoperation rates of combined rectal and pelvic organ prolapse surgery.** *International urogynecology journal*
Wallace, S. L., Syam, R. n., Enemchukwu, E. A., Mishra, K. n., Sokol, E. R., Gurland, B. n.
2020
- **Measuring pelvic floor disorder symptoms using patient-reported instruments: proceedings of the consensus meeting of the pelvic floor consortium of the American Society of Colon and Rectal Surgeons, the International Continence Society, the American Urogynecologic Society, and the Society of Urodynamics, Female Pelvic Medicine and Urogenital Reconstruction**
Bordeianou, L. G., Anger, J., Boutros, M., Birnbaum, E., Carmichael, J. C., Connell, K., De, E. B., Mellgren, A., Staller, K., Vogler, S. A., Weinstein, M. M., Yafi, F. A., Hull, et al
SPRINGER-VERLAG ITALIA SRL.2020: 5–22
- **Effect of a Multimodal Prehabilitation Program Prior to Colorectal Surgery on Postoperative Pain and Pain Medication Use**
Lee, A., Shelton, E., Bidwell, S., Shelton, A., Gurland, B., Morris, A. M., Kin, C. J.
ELSEVIER SCIENCE INC.2019: S58–S59
- **Surgical Decision-Making for Rectal Prolapse: One Size Does Not Fit All.** *Postgraduate medicine*
Lee, A., Kin, C., Syam, R., Morris, A., Gurland, B.
2019
- **SURGICAL APPROACH, COMPLICATIONS AND RECURRENCE AFTER COMBINED RECTAL PROLAPSE AND PELVIC ORGAN PROLAPSE SURGERY AT A SINGLE TERTIARY CARE CENTER FROM 2008 TO 2019**
Wallace, S. L., Syam, R., Tran, A., Mishra, K., Sokol, E. R., Gurland, B. H.
SPRINGER LONDON LTD.2019: S262
- **TRENDS IN THE SURGICAL MANAGEMENT OF COMBINED VAGINAL AND RECTAL PROLAPSE FOLLOWING THE INITIATION OF A MULTI-DISCIPLINARY PELVIC FLOOR CENTER**
Syam, R., Wallace, S. L., Gurland, B. H., Rogo-Gupta, L.
SPRINGER LONDON LTD.2019: S345
- **Clinical phenotypic presentation of rectal prolapse varies with age**
Neshatian, L., Lee, A., Wallace, S., Enemchukwu, E., Rogo-Gupta, L., Mishra, K., Garcia, P., Nguyen, L. B., Gurland, B.
WILEY.2019
- **SURGICAL APPROACH, COMPLICATIONS AND RECURRENCE AFTER COMBINED RECTAL PROLAPSE AND PELVIC ORGAN PROLAPSE SURGERY AT A SINGLE TERTIARY CARE CENTER FROM 2008 TO 2019**
Wallace, S., Syam, R., Tran, A., Gurland, B., Sokol, E., Mishra, K.
WILEY.2019: S324–S326

- **Expert Commentary on Surgical Evaluation and Management of Constipation** *DISEASES OF THE COLON & RECTUM*
Gurland, B.
2019; 62 (6): 665–66
- **Expert Commentary on Surgical Evaluation and Management of Constipation.** *Diseases of the colon and rectum*
Gurland, B.
2019; 62 (6): 665–66
- **Mindfulness-Based Training Improves Technical Skills and Emotional Regulation for Surgical Residents.** *JAMA network open*
Gurland, B.
2019; 2 (5): e194087
- **Editorial: Botox for levator ani.** *Techniques in coloproctology*
Gurland, B. H., Neshatian, L.
2019
- **Editorial: Botox for levator ani** *TECHNIQUES IN COLOPROCTOLOGY*
Gurland, B. H., Neshatian, L.
2019; 23 (3): 199–200
- **First Reported Case of Intussusception Caused by Escherichia coli O157:H7 in an Adult: Literature Review and Case Report** *SURGICAL INFECTIONS*
Cha, P. I., Gurland, B., Forrester, J. D.
2019; 20 (1): 95–99
- **Resection Rectopexy Is Still an Acceptable Operation for Rectal Prolapse** *AMERICAN SURGEON*
Carvalho e Carvalho, M., Hull, T., Zutshi, M., Gurland, B. H.
2018; 84 (9): 1470–75
- **Levator ani syndrome: transperineal botox injections** *TECHNIQUES IN COLOPROCTOLOGY*
Bolshinsky, V., Gurland, B., Hull, T. L., Zutshi, M.
2018; 22 (6): 465–66
- **First Reported Case of Intussusception Caused by Escherichia coli O157:H7 in an Adult: Literature Review and Case Report.** *Surgical infections*
Cha, P. I., Gurland, B. n., Forrester, J. D.
2018
- **Should we offer ventral rectopexy to patients with recurrent external rectal prolapse?** *INTERNATIONAL JOURNAL OF COLORECTAL DISEASE*
Gurland, B., Carvalho e Carvalho, M., Ridgeway, B., Paraiso, M. R., Hull, T., Zutshi, M.
2017; 32 (11): 1561–67
- **Rectovaginal fistula repair with episoproctotomy and sphincteroplasty - a video vignette.** *Colorectal disease : the official journal of the Association of Coloproctology of Great Britain and Ireland*
Aytac, E. n., Gurland, B. n.
2017; 19 (3): 305
- **Sacral neuromodulation for the treatment of faecal incontinence following proctectomy.** *Colorectal disease : the official journal of the Association of Coloproctology of Great Britain and Ireland*
Mizrahi, I. n., Chadi, S. A., Haim, N. n., Sands, D. R., Gurland, B. n., Zutshi, M. n., Wexner, S. D., da Silva, G. n.
2017; 19 (5): O145–O152
- **Faecal incontinence in patients with a sphincter defect: comparison of sphincteroplasty and sacral nerve stimulation.** *Colorectal disease : the official journal of the Association of Coloproctology of Great Britain and Ireland*
Rodrigues, F. G., Chadi, S. A., Cracco, A. J., Sands, D. R., Zutshi, M. n., Gurland, B. n., Da Silva, G. n., Wexner, S. D.
2017; 19 (5): 456–61
- **Optimizing Treatment for Rectal Prolapse.** *Clinics in colon and rectal surgery*
Hrabe, J. n., Gurland, B. n.
2016; 29 (3): 271–76
- **Is Botox for anal pain an effective treatment option?** *Postgraduate medicine*

- Bibi, S. n., Zutshi, M. n., Gurland, B. n., Hull, T. n.
2016; 128 (1): 41–45
- **Outcomes of Sacral Neurostimulation Lead Reimplantation for Fecal Incontinence: A Cohort Study.** *Diseases of the colon and rectum*
Cracco, A. J., Chadi, S. A., Rodrigues, F. G., Zutshi, M. n., Gurland, B. n., Wexner, S. D., DaSilva, G. n.
2016; 59 (1): 48–53
 - **Multidisciplinary Approach to the Treatment of Concomitant Rectal and Vaginal Prolapse.** *Clinics in colon and rectal surgery*
Jallad, K. n., Gurland, B. n.
2016; 29 (2): 101–5
 - **Rectal Prolapse in Octogenarians: Does Surgery Impact Daily Activity?** *The American surgeon*
Bibi, S. n., Zutshi, M. n., Gurland, B. n., Hull, T. n.
2015; 81 (11): E371–2
 - **Does Stool Leakage Increase in Aging Pouches?** *Diseases of the colon and rectum*
Kim, H. n., Sun, L. n., Gurland, B. n., Hull, T. n., Zutshi, M. n., Church, J. n.
2015; 58 (12): 1158–63
 - **Case-matched Comparison of Robotic Versus Laparoscopic Colorectal Surgery: Initial Institutional Experience.** *Surgical laparoscopy, endoscopy & percutaneous techniques*
Gorgun, E. n., Aytac, E. n., Gurland, B. n., Costedio, M. M.
2015; 25 (5): e148–51
 - **Comparing perineal repairs for rectal prolapse: Delorme versus Altemeier.** *Techniques in coloproctology*
Elagili, F. n., Gurland, B. n., Liu, X. n., Church, J. n., Ozuner, G. n.
2015; 19 (9): 521–25
 - **Actual versus estimated length of stay after colorectal surgery: which factors influence a deviation?** *American journal of surgery*
Ahmed Ali, U. n., Dunne, T. n., Gurland, B. n., Vogel, J. D., Kiran, R. P.
2014; 208 (4): 663–69
 - **An electronic safety screening process during inpatient computerized physician order entry improves the efficiency of magnetic resonance imaging exams.** *Academic radiology*
Schneider, E. n., Ruggieri, P. n., Fromwiller, L. n., Underwood, R. n., Gurland, B. n., Yurkschatt, C. n., Kubiak, K. n., Obuchowski, N. A.
2013; 20 (12): 1592–97
 - **Colectomy with ileorectal anastomosis has a worse 30-day outcome when performed for colonic inertia than for a neoplastic indication.** *Colorectal disease : the official journal of the Association of Coloproctology of Great Britain and Ireland*
Reshef, A. n., Gurland, B. n., Zutshi, M. n., Kiran, R. P., Hull, T. n.
2013; 15 (4): 481–86
 - **Surgical complications impact patient perception of hospital care.** *Journal of the American College of Surgeons*
Gurland, B. H., Merlino, J. n., Sobol, T. n., Ferreira, P. n., Hull, T. n., Zutshi, M. n., Kiran, R. P.
2013; 217 (5): 843–49
 - **Colectomy for slow transit constipation: effective for patients with coexistent obstructed defecation.** *International journal of colorectal disease*
Reshef, A. n., Alves-Ferreira, P. n., Zutshi, M. n., Hull, T. n., Gurland, B. n.
2013; 28 (6): 841–47
 - **Ventral rectopexy for rectal prolapse and obstructed defecation.** *Clinics in colon and rectal surgery*
Cullen, J. n., Rosselli, J. M., Gurland, B. H.
2012; 25 (1): 34–36
 - **Anal encirclement with sphincter repair (AESR procedure) using a biological graft for anal sphincter damage involving the entire circumference.** *Colorectal disease : the official journal of the Association of Coloproctology of Great Britain and Ireland*
Zutshi, M. n., Hull, T. n., Gurland, B. n.
2012; 14 (5): 592–95
 - **Biological implants in sphincter augmentation offer a good short-term outcome after a sphincter repair.** *Colorectal disease : the official journal of the Association of Coloproctology of Great Britain and Ireland*

- Zutshi, M. n., Ferreira, P. n., Hull, T. n., Gurland, B. n.
2012; 14 (7): 866–71
- **Functional outcomes and quality of life after anorectal surgery.** *The American surgeon*
Gruceła, A. n., Gurland, B. n., Kiran, R. P.
2012; 78 (9): 952–56
 - **Overlapping sphincter repair: does age matter?** *Diseases of the colon and rectum*
El-Gazzaz, G. n., Zutshi, M. n., Hannaway, C. n., Gurland, B. n., Hull, T. n.
2012; 55 (3): 256–61
 - **Perineal descent does not imply a more severe clinical disorder.** *Colorectal disease : the official journal of the Association of Coloproctology of Great Britain and Ireland*
Alves-Ferreira, P. C., Gurland, B. n., Zutshi, M. n., Hull, T. n.
2012; 14 (11): 1372–79
 - **Total abdominal colectomy has a similar short-term outcome profile regardless of indication: data from the National Surgical Quality Improvement Program.** *The American surgeon*
Alves-Ferreira, P. C., de Campos-Lobato, L. F., Zutshi, M. n., Hull, T. n., Gurland, B. n.
2011; 77 (12): 1613–18
 - **Surgeons should not hesitate to perform episioproctotomy for rectovaginal fistula secondary to cryptoglandular or obstetrical origin.** *Diseases of the colon and rectum*
Hull, T. L., El-Gazzaz, G. n., Gurland, B. n., Church, J. n., Zutshi, M. n.
2011; 54 (1): 54–59
 - **Robotic sacrocolpoperineopexy with ventral rectopexy for the combined treatment of rectal and pelvic organ prolapse: initial report and technique.** *Journal of robotic surgery*
Reddy, J. n., Ridgeway, B. n., Gurland, B. n., Paraiso, M. F.
2011; 5 (3): 167–73
 - **Doppler-guided hemorrhoidal artery ligation: the experience of a single institution.** *Journal of gastrointestinal surgery : official journal of the Society for Surgery of the Alimentary Tract*
Szmulowicz, U. M., Gurland, B. n., Garofalo, T. n., Zutshi, M. n.
2011; 15 (5): 803–8
 - **A primer on endoscopic electronic medical records.** *Clinics in colon and rectal surgery*
Atreja, A. n., Rizk, M. n., Gurland, B. n.
2010; 23 (1): 5–9
 - **Using technology to improve data capture and integration of patient-reported outcomes into clinical care: pilot results in a busy colorectal unit.** *Diseases of the colon and rectum*
Gurland, B. n., Alves-Ferreira, P. C., Sobol, T. n., Kiran, R. P.
2010; 53 (8): 1168–75
 - **Obstetric and cryptoglandular rectovaginal fistulas: long-term surgical outcome; quality of life; and sexual function.** *Journal of gastrointestinal surgery : official journal of the Society for Surgery of the Alimentary Tract*
El-Gazzaz, G. n., Hull, T. L., Mignanelli, E. n., Hammel, J. n., Gurland, B. n., Zutshi, M. n.
2010; 14 (11): 1758–63
 - **Transvaginal sacrospinous rectopexy: initial clinical experience.** *Techniques in coloproctology*
Gurland, B. n., Garrett, K. A., Firoozi, F. n., Goldman, H. B.
2010; 14 (2): 169–73
 - **Analysis of function and predictors of failure in women undergoing repair of Crohn's related rectovaginal fistula.** *Journal of gastrointestinal surgery : official journal of the Society for Surgery of the Alimentary Tract*
El-Gazzaz, G. n., Hull, T. n., Mignanelli, E. n., Hammel, J. n., Gurland, B. n., Zutshi, M. n.
2010; 14 (5): 824–29
 - **Transrectal ultrasound, manometry, and pudendal nerve terminal latency studies in the evaluation of sphincter injuries.** *Clinics in colon and rectal surgery*
Gurland, B. n., Hull, T. n.

2008; 21 (3): 157–66

- **Does rectal wall tumor eradication with preoperative chemoradiation permit a change in the operative strategy?** *Diseases of the colon and rectum*
Zmora, O. n., Dasilva, G. M., Gurland, B. n., Pfeffer, R. n., Koller, M. n., Noguerras, J. J., Wexner, S. D.
2004; 47 (10): 1607–12
- **Is routine pouchogram prior to ileostomy closure in colonic J-pouch really necessary?** *Colorectal disease : the official journal of the Association of Coloproctology of Great Britain and Ireland*
da Silva, G. M., Wexner, S. D., Gurland, B. n., Gervaz, P. n., Moon, S. D., Efron, J. n., Noguerras, J. J., Weiss, E. G., Vernava, A. M., Zmora, O. n.
2004; 6 (2): 117–20
- **Laparoscopic surgery for inflammatory bowel disease: results of the past decade.** *Inflammatory bowel diseases*
Gurland, B. H., Wexner, S. D.
2002; 8 (1): 46–54

PRESENTATIONS

- Contribution of Internal Rectal Prolapse and When to Consider Repair - American Society of Colon and Rectal Surgery, 2018 Annual Meeting Nashville (5/23/2018)
- Take Me To Your OR: Sacral Nerve Stimulation - American Society of Colon and Rectal Surgeons, Annual Meeting (5/4/2016)
- Pelvic Health Center Dinner Slides - Physicians (5/3/2018)