

**Kara Karlak Choate, MD**  
**2777 Mile High Stadium Circle**  
**Denver, Colorado 80211**  
**(303) 825-8822**

EXPERIENCE AND EDUCATION

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- 2020 - Present **The Urology Center of Colorado**  
Private Practice Urologist
- 2016 – 2020 **Urology Residency**  
University of Maryland Medical Center / Baltimore, MD
- 2015 - 2016 **General Surgery Internship**  
University of Maryland Medical Center / Baltimore, MD
- 2011 - 2015 **Doctor of Medicine**  
University of Texas School of Medicine San Antonio / San Antonio, TX
- 2006 - 2010 **Bachelor of Science**  
Texas A&M University / College Station, TX  
Nutritional Science, Molecular and Experimental  
Cum Laude

HONORS AND AWARDS

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- 2018 **Mid-Atlantic Resident Education Summit, Baltimore, MD**  
Awarded grant to develop educational program for regional Urology residents with lectures, cadaver labs, hands-on learning with leaders in the field including female urology/slings, advanced stone procedures and PCNL access
- 2015 **Jack R. Robinson Endowed Scholarship in Urology, University of Texas School of Medicine San Antonio**
- 2014 **Best Medical Student – Urology, University of Texas School of Medicine San Antonio**
- 2012 **Community Service Learning Grant Recipient, University of Texas School of Medicine San Antonio**
- 2011 **Global Health Scholarship Recipient, University of Texas School of Medicine San Antonio**
- 2010 **Undergraduate Research Scholar, Texas A&M University**

RESEARCH EXPERIENCE

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- 2018-present **Efficacy of Amniotic Membranes in Complex Genitourinary Reconstruction, Johns Hopkins University, Department of Urology** – Clinical trial assessing the use of full-thickness amniotic membrane in pediatric patients undergoing complex GU reconstruction including hypospadias and fistula for improved wound healing and decreased rate of reoperation
- 2013-2014 **Maternal Fetal Medicine, University of Texas School of Medicine San Antonio**  
-Cesarean vertical vs pfannenstiel skin incision complications in morbidly obese patients. Studied the effect of incision type on wound infection and overall outcomes after surgery of obese women
- 2011-2012 **Residency Research Network of Texas, University of Texas School of Medicine San Antonio**  
- Conducted summer research project working in Family Medicine outpatient clinics gathering, analyzing data via patient interview to better study barriers to physical activity and the impact on BMI
- 2009-2010 **Undergraduate Research Scholar Program, Department Nutrition, Texas A&M**

## Kara Karlak Choate, MD

- Accepted into competitive research program and conducted study Effectiveness of Electromagnetic Irradiation on the Viability of E. coli bacterium

### PUBLICATIONS

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1. Gelfond J, **Choate K**, Ankerst D, Hernandez J, Leach R, Thompson IM. *Intermediate-Term Risk of Prostate Cancer is Directly Related to Baseline Prostate Specific Antigen: Implications for Reducing the Burden of Prostate Specific Antigen Screening. Journal of Urology. July 2015*
2. **Choate K**, Wnorowski A, Siddiqui M. *Simultaneous presentation of Kidney and Bladder Cancer, A Radiology Review. AUA News. May 2018.*

### ABSTRACTS, POSTERS AND PRESENTATIONS

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1. **Choate K**, Kramer A. External Iliac Vein Injury from Penile Implant Reservoir Removal –How to Manage and Avoid. *American Urologic Association Annual Meeting 2019, Chicago* (Video Abstract)
2. **Choate K**, Kramer A. Current Methodology in Penile Implant Revision Surgery. *American Urologic Association Annual Meeting 2019, Chicago* (Video Abstract)
3. **Choate K**, Kramer A. HD- Real Time Video Assessment of Catastrophic Venous Bleeding and Control from Reservoir Manipulation. *SMSNA Annual Meeting 2018, Miami* (Moderated Oral Poster)
4. Dunne M, **Choate K**, Kramer A. A Strategy Guide for a Successful Urology Match: Perspective from a Resident and Program Director. *SMSNA Annual Meeting 2018, Miami* (Poster)
5. Bell M, Joice G, Sopko N, **Choate K**, Patel H, Kasprenski M, Gearhart J, Dicarolo H. 30-Day Perioperative Outcomes and Characteristics of Pediatric Patients Undergoing Pyeloplasty in a Contemporary National Cohort. *American Urologic Association Annual Meeting 2018, San Francisco* (Abstract)
6. **Choate K**, Gelfond J, Ankerst D, Hernandez J, Leach R, Thompson IM. Long-term Risk of Prostate Cancer is Directly Related to Baseline PSA: Implications for Reducing the Burden of PSA Screening. *American Urologic Association Annual Meeting 2015, New Orleans* (Moderated Oral Poster)
7. **Karlak K**, Burge S, Young R, Ferrer R. Health Capabilities Predict Lower BMI and More Physical Activity. *Annual Conference of North American Primary Care Research Group 2013, Ottawa Ontario* (Poster)

### INVITED LECTURES AND GRAND ROUNDS

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| 2017 | Natural History and Modern Treatment of Varicocele. <i>Johns Hopkins Brady Institute of Urology Visiting Professor Grand Rounds Presentation</i> |
| 2017 | Urologic Manifestations of Endometriosis. <i>University of Maryland Urology Grand Rounds</i>   |
| 2016 | Penile Lesions Benign and Malignant. <i>University of Maryland Urology Grand Rounds</i>  |
|      | BPH, A Review of Modern Treatments. <i>University of Maryland Urology Grand Rounds</i>   |
|      | Biochemical Workup of Incidentally Discovered Adrenal Mass. <i>Baylor College of Medicine</i>  |

### VOLUNTEER EXPERIENCE

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| 2013      | <b>Ladies Day for Refugee Women, Community Service Learning Grant recipient</b> , Developed series of interactive workshops on health education for refugee women on diet, sanitation etc |
| 2012      | <b>Medical Mission Trip to Dakar Senegal</b>  |
| 2010      | <b>Medical/Surgical Mission Trip to Guatemala</b>   |
| 2008-2010 | <b>AVID Tutoring</b> , tutored underserved high school students in Math and Science, College Station, TX  |

### PROFESSIONAL ORGANIZATIONS

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| 2016- Present | <b>American Urological Association (AUA)</b> – Resident Member |
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