



Rezūm treatment for BPE

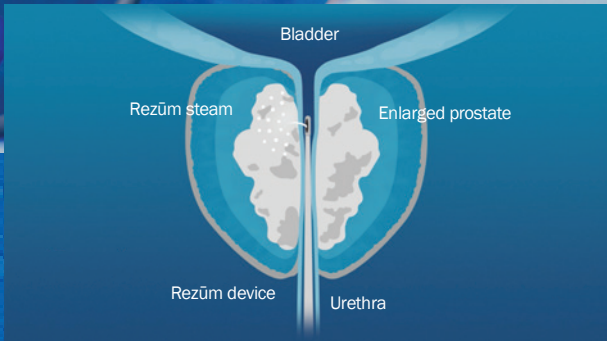
Rezūm is a new, revolutionary and minimally invasive treatment for BPE that uses water vapour to destroy the enlarged prostate. Using a specially designed device placed through the urethra, water vapour or steam is directly injected into the obstructing prostate tissue.

Each steam treatment releases a precise amount of sterile water vapour around the prostate cells. As the water vapour condenses, the heat destroys the prostate tissue and blood vessels in the treated area. Over time, the body reabsorbs the destroyed tissue, reducing prostate size and allowing the urethra to re-open.

The number of treatments delivered in the procedure depends on the size of the prostate, however full treatment usually takes less than half an hour.

Rezūm is considered a safe and effective procedure and is performed under general anaesthetic. Most men can go home on the same day as there is little bleeding during or after the procedure and overall recovery is much quicker than with conventional surgery. Most men also return to their normal activities within a week of having the Rezūm treatment.

Most importantly, Rezūm does not affect sexual or urinary function.



Rezūm benefits include:

- ✓ Low recovery times
- ✓ Little or no time off work
- ✓ No ejaculation side-effects
- ✓ Little or no bleeding allowing patients on 'blood-thinning' medications to safely undergo the procedure
- ✓ No need for daily prostate medication.

Talk to your doctor today to find out more about Rezūm

To arrange a consultation with Dr Dinesh Patel
Urological Surgeon, call (02) 8197 1900
or email reception@urologicalsurgeon.com.au



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Dr Dinesh Patel is an accredited
Rezūm procedure urologist.
Rezūm is funded by all private
health funds.

References: 1. Andrology Australia. Prostate enlargement or BPH. Available at <https://www.andrologyaustralia.org/prostate-problems/prostate-enlargement-or-bph/>. 2. Rezūm Product Information. Available at <http://www.rezum.com/>. 3. My Virtual Medical Centre. Enlarged prostate. Available at https://www.myvmc.com/diseases/enlarged-prostate-benign-prostatic-hyperplasia/#What_Is_. 4. National Health Service UK. Risks. Transurethral Resection of the Prostate. Available at <https://www.nhs.uk/conditions/transurethral-resection-of-the-prostate-turp/risks/>.

BENIGN PROSTATE ENLARGEMENT

and Rezūm Treatment





What is Benign Prostate Enlargement?

Benign Prostate Enlargement (BPE) also known as benign prostatic hyperplasia, is a non-cancerous enlargement of the prostate gland.

It is considered a natural part of the ageing process and becomes increasingly common as men get older. BPE usually begins in men in their late 30s or early 40s and increases significantly with age. Almost 50 per cent of men over the age of 50 and up to 90 per cent of men over the age of 80 will develop BPE.

Understanding BPE

While BPE is not considered dangerous, about 30 per cent of men will develop symptoms as their prostate enlarges. These symptoms may impact your daily activities and your quality of life. BPE symptoms can lead to sleep interruption and affect your ability to work, concentrate or socialise. Many men start to experience mild to moderate BPE symptoms in their late 40s or early 50s.

BPE symptoms

As the prostate grows, it obstructs the urethra, the tube that passes from the bladder through the penis, causing it to become narrower. This can make it more difficult to pass urine and may also lead to urine leakage or incontinence. Prostate obstruction also makes the bladder more irritable or overactive. Common symptoms of prostate obstruction include:

- A gradual weakening of your urinary flow
- Finding it hard to start passing urine
- Feeling your bladder hasn't emptied fully
- Needing to go to the toilet more often during the day
- Waking up several times throughout the night to go to the toilet
- An increased frequency and urge to pass urine suddenly
- An irregular urine flow.

Treating BPE

BPE is usually treated by lifestyle changes, taking medications or having surgery.

For men with mild prostate symptoms, lifestyle changes are recommended and include:

- Drinking less before bedtime
- Avoiding caffeinated drinks
- Avoiding excessive alcohol consumption.

If you have more severe BPE symptoms, medical treatment may be an option.

Medications can relax or shrink the prostate, reducing the obstruction and providing relief of urinary symptoms. Some medications can, however, cause reduced sex drive or sexual ability, so they should be avoided in men who wish to remain sexually active.

For men who prefer not to take medications, do not respond fully to medications, have more severe symptoms, or who would like a longer lasting treatment, surgery is the preferred option.

Conventional surgery for BPE widens the urethra by removing the central part of the prostate, either with electrical energy or laser. The most common surgery performed for BPE is called TURP.

While this surgery is very effective in relieving the obstruction, it also tends to have the most complications.

TURP surgery

In TURP (transurethral resection of the prostate) the obstructing prostate tissue is gradually shaved away using an electrical loop through the urethra.

TURP is a very effective operation and can provide excellent relief for many years, however, there are some disadvantages. Most patients need to stay in hospital for two to three nights after TURP and there is a significant recovery time of three to six weeks, during which you will need to avoid strenuous activities to reduce the risk of heavy bleeding.

In addition, about 80 to 90 per cent of men experience ejaculation problems after TURP, where semen flows back into the bladder rather than through the penis. While not a dangerous side effect, it can be distressing and adversely affect sexual enjoyment.