

## Rezūm benefits include:

- ✓ Faster recovery time
- ✓ Little or no bleeding allowing patients on 'blood-thinning' medications to safely undergo the procedure
- ✓ No need for daily prostate medication.

## Rezūm treatment for BPE

**rezūm** is a new, revolutionary and minimally invasive treatment for BPE that uses heated water to treat prostate blockage. A single-use, specially designed device is placed through the urethra and water vapour or steam is injected under direct vision 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 widen.

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 a very safe and effective procedure performed under general anaesthesia, as a day surgery or overnight admission. There is minimal bleeding compared to conventional surgery and the overall recovery is much quicker than with TURP or laser surgery. Most men can return to their normal activities within a week of having **rezūm**.

Most importantly, there are no expected sexual side-effects with **rezūm**.

## Talk to your doctor today to find out more about Rezūm

Dr Dinesh Patel is one of the most experienced **rezūm** surgeons in Australia. To arrange a consultation please call 02 81971900 or email [reception@urologicalsurgeon.com.au](mailto:reception@urologicalsurgeon.com.au)



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**rezūm** is funded by all Private Health Insurers in Australia

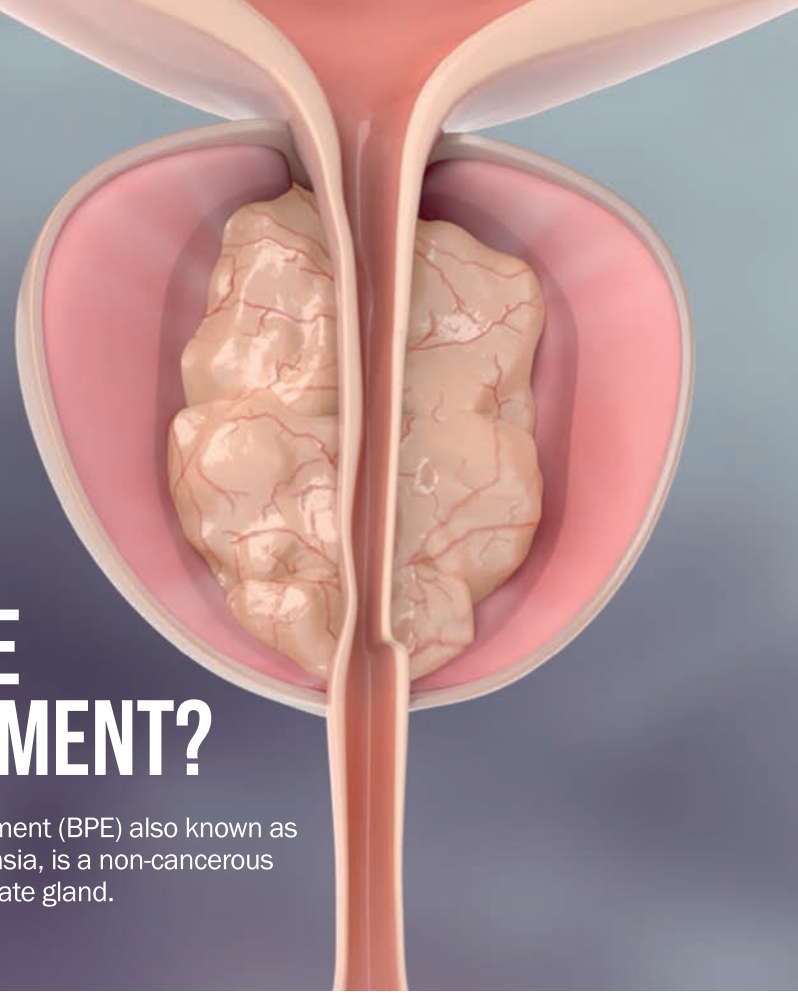
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# BENIGN PROSTATE ENLARGEMENT

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.