

DR MARTIN ELMES

Offering your patients advanced, high quality Urological Care on the Gold Coast.

Specialising in

BPH prostate surgery treatments: [Advanced laser Prostate HoLEP](#), [Water Vapour Steam Therapy & UroLift](#)

Robotic Prostate & Kidney surgery & Focal Laser Ablation (FLA)

Laser Kidney stone surgery



Wishing you a Merry Christmas and Happy New Year

In this edition of Men's Health Matters

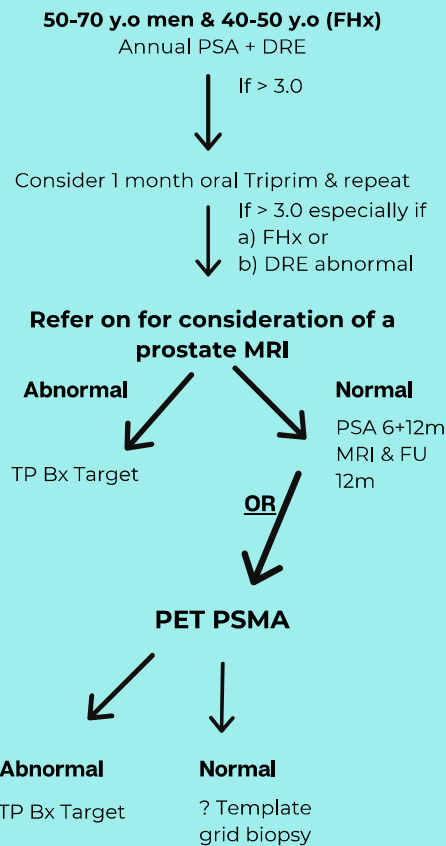
We will take a look at:

- Prostate Cancer Treatments available for your patients with Dr Elmes
- Focal Therapy treatment for Prostate Cancer
- Surgical Innovation GP Education evening success!



GOLD COAST UROLOGIST
DR MARTIN ELMES
 MBBS (MELB), FRACS (UROL. SYD)
 ROBOTIC & LASER UROLOGICAL SURGEON

PSA TESTING POLICY SUMMARISED



Prostate Cancer Treatments available for your patients with Dr Elmes

Dr Elmes offers patients advanced surgical intervention for their prostate Cancer Diagnosis. Below details the treatment options available with Dr Elmes.

ACTIVE SURVEILLANCE

Low volume low grade disease

ROBOTIC RADICAL PROSTATECTOMY +/- NERVE SPARE

Significant Cancer, patient fit & <75 y.o (ISUP ≥ 2)

RADIATION

Significant Cancer, patient unfit or > 75 y.o (ISUP ≥ 2)

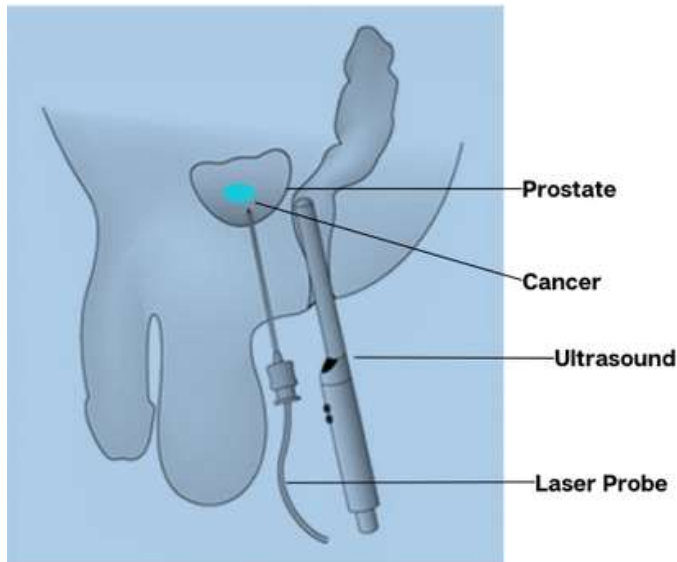
FOCAL LASER ABLATION

Solitary focus ≤ 10mm
 Intermediate grade PCa (ISUP 2 or 3)

Focal Laser Ablation Therapy for Prostate Cancer now offered by Dr Elmes

Focal therapy is for selective patients with localised prostate cancer who have a small area of intermediate grade cancer and are either not suitable for, or choose not to have more involved Robotic Radical Prostatectomy surgery or radiation.

The treatment involves targeting the tumour with **laser ablation** to destroy the cancerous cells. The patient is placed under general anaesthesia and laser sheath is positioned within the prostate via the perineum under ultrasound guidance. A laser probe, placed into the prostate via the laser sheath, generates heat and destroys cancer cells.



Focal Therapy Quick facts

- **Day Surgery 1-2hrs**
- **85% home catheter free**
- **90% cure rate**
- **Negligible incontinence**
- **Minimal Erectile dysfunction**

Surgical Innovations GP Education evening

Dr Elmes hosted the Surgical Innovation Conference at the Sheraton Grand Mirage Resort with fellow surgeons, Dr Sam Dowthwaite and Dr Danielle Wadley. The evening was a great success, with the room full of GPs joining us for the night. We were lucky enough to have the Da Vinci Robot brought in for the evening on display. This was an amazing opportunity for GPs to interact with the Robot and see just how good the Da Vinci Robot is for treating their patients. Keep an eye out for our upcoming GP events

