

**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

Laser Kidney stone surgery



**In this edition of Men's Health Matters**

We will take a look at:

- BPH red flags /warning signs
- HoLEP vs TURP
- The HoLEP evolution
- Register your interest in this years GP CPD Education at the Sheraton Grand Mirage Resort



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

**BPH ref flags & warning signs**

As men age it becomes more likely they will suffer Lower Urinary tract symptoms (LUTS) which may results in Benign Prostatic Hyperplasia (BPH). The prevalence of this progressive, non-cancerous disease is a very common and natural condition that occurs as a man ages. About 50% of men will suffer symptoms related to BPH as they get older and about 20% will need medical or surgical intervention for BPH.

Symptoms of BPH include;

- increased urge and frequency of urination
- nocturia (night time urination)
- difficulty stop and starting urination
- dribbling at the end of flow
- and the inability to completely empty your bladder

This condition, if left long term, may cause serious damage to your patients bladder and in some cases lead to life-long catheters.

**WATERWORKS WARNING SIGNS**  
**Urinary Tract Infection (UTI)**  
**Blood in urine**  
**Night time Urination > 1x/night**  
**Frequency > 3 hourly**  
**Urgency**  
**Incomplete emptying**

**Choosing the right procedure for your patient**

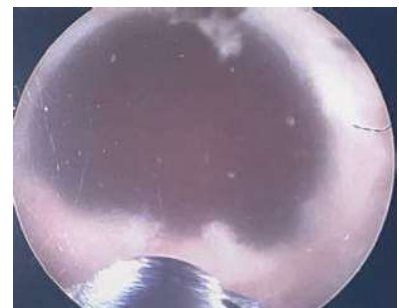
**HoLEP:** size independent, histology obtained

**UroLift: 80g or < :** Not suitable in patients with obstructing median lobe

**Rezum:** 30-80g with central zone and/or a median lobe enlargement, less risk *UroLift & Rezum primarily to preserve ejaculatory function*



**Before HoLEP showing the enlarged prostate with excess tissue obstructing urine flow**



**After the HoLEP. The obstructing prostatic tissue now removed and a clear passage for urine to flow**

**HoLEP vs. TURP**

Benign Prostatic Obstruction

**A Randomised Trial Comparing Holmium Laser Enucleation Versus Transurethral Resection in the Treatment of Prostates Larger Than 40 Grams: Results at 2 Years**

Liam C. Wilson<sup>1</sup>, Peter J. Gilling<sup>2,3,4</sup>, Andrew Williams<sup>5</sup>, Katie M. Kennett<sup>4</sup>, Chris M. Frampton<sup>6</sup>, Andre M. Westenberg<sup>7</sup>, Mark R. Fraundorfer<sup>8</sup>

- 60 pts - 30 each group
- Randomised
- 42 month follow-up
- HoLEP has less perioperative morbidity and produces superior urodynamic outcomes than TURP
- Reduced catheter times
- Reduced Hospital stay
- More tissue removed
- Urodynamically superior
- Re-operation rate 0% vs 6.7% (@ 2 years)

Journal of Endourology, Vol. 29, No. 3 | Transurethral and Lower Tract Procedures

**Effects of Holmium Laser Enucleation of the Prostate on Sexual Function**

José Placer<sup>1</sup>, Carlos Salvador, Jacques Planas, Enrique Trilla, David Lorente, Ana Celma, Miguel Ángel López, and Juan Morote

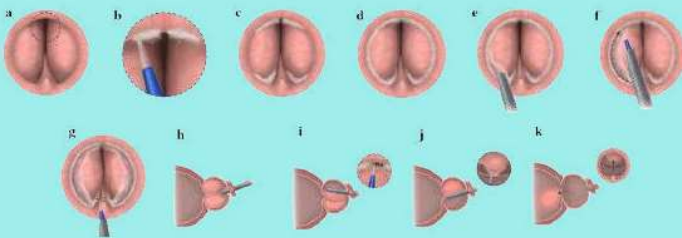
- Retrospective analysis
- 202 sexually active patients who underwent HoLEP
- 3 & 12m post-HoLEP assessments
- No significant differences between preoperative and postoperative IIEF scores

**HoLEP does not affect the overall sexual function of BPH patients: a prospective study**

Sung Han Kim<sup>1</sup>, Hyung-Kook Yang<sup>2</sup>, Hahn-Ey Lee<sup>3</sup>, Jae-Seung Paick<sup>2</sup>, Seung-June Oh<sup>3</sup>

- 60 pts
- Post-operative overall sexual function did not significantly change after HoLEP (P > 0.05)
- HoLEP did not influence overall sexual function, including erectile function. In addition, sexual satisfaction improved in proportion with the improvement of LUTS

**The HOLEP Evolution**



- 1st case 1998 - NZ Peter Gilling
- **3 lobe technique** ( three longitudinal incisions, by which the median lobe is removed, and subsequently, both lateral lobes are enucleated)
- **Enbloc - late mucosa release** --> higher urinary incontinence rates but faster operation
- **Enbloc - early apical release** --> vv low urinary incontinence 1/300
- **Enbloc - early apical release + virtual basket Laser** --> less bleeding, faster operation, SUI 1/300



**SHERATON  
GRAND**  
Mirage Resort Gold Coast

**GP CPD Education evening 2024**

**REGISTER NOW**



**WHERE: SHERATON GRAND MIRAGE RESORT**  
**DATE: Wednesday 14th August 2024**  
**RSVP: Limited spots available**  
**MARKETING@GOLDCOASTUROLOGIST.COM.AU**

**Presenters:**  
**Dr Martin Elmes - Urological Surgeon**  
**Dr Sam Douthwaite - ENT Surgeon**  
**Dr Danielle Wadley - Foot and Ankle Surgeon**