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1 Year Outcome of Transurethral Water Vapour Therapy (REZUM) in Catheter Dependent Patients with Benign Prostatic Hyperplasia

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Objective:

- To review the efficacy of Transurethral Water Vapour Therapy (REZUM) in catheter dependent patients with benign prostate hyperplasia (BPH) at 1 year post-operation

Rezum:

- Convective water vapour energy using radiofrequency (RF) energy
- Stream disperse rapidly through tissue lead to cell necrosis



Methods:

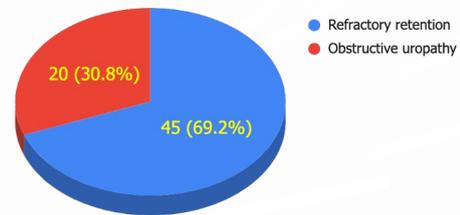
- From January 2022 to August 2022, patients with BPH related obstructive uropathy or refractory urinary retention were recruited and underwent REZUM
- Followed up in urology nurse clinic at postoperative 3-month, 6-month and 1-year
- Primary outcome
 - Catheter-free rate at the end of study



- Secondary outcomes
 - Uroflowmetry results
 - Need of BPH medication
 - Symptom scores
 - Prostate size

Patients:

- 65 patients underwent REZUM
 - Age range 56 to 92 years old (Mean 74 years old)
 - Prostate size 32 to 78cc (Mean 53cc)



- Median follow-up 365 days
- 6 passed away, 6 defaulted follow-up

Results:

Outcomes	Results	Remarks
Catheter free rate	95% (50/53 patients)	3 failed (1 obstructive uropathy, 2 refractory retention)
Mean reduction of PVR	581ml	95% CI -744 to -420, P <0.01
Free of alpha blockers	78%	
IPSS score	-7.7 points	95% CI -10.5 to -5.0, P <0.01
Quality of Life score	-1.5 points	P <0.01
Prostate size	-4.15 gram	95% CI -13 to +5, P = 0.38

Conclusion:

- REZUM is an effective treatment for catheter dependent patients with 95% remaining catheter-free in 1 year follow-up
- There are significant improvements in symptoms score and uroflowmetry results
- 78% patients no longer require alpha blockers

Reference:

- McVary KT, Rogers T, Roehrborn CG. Rezūm Water Vapor Thermal Therapy for Lower Urinary Tract Symptoms Associated With Benign Prostatic Hyperplasia: 4-Year Results From Randomized Controlled Study. Urology. 2019 Apr;126:171-179. doi: 10.1016/j.urology.2018.12.041. Epub 2019 Jan 21. PMID: 30677455.