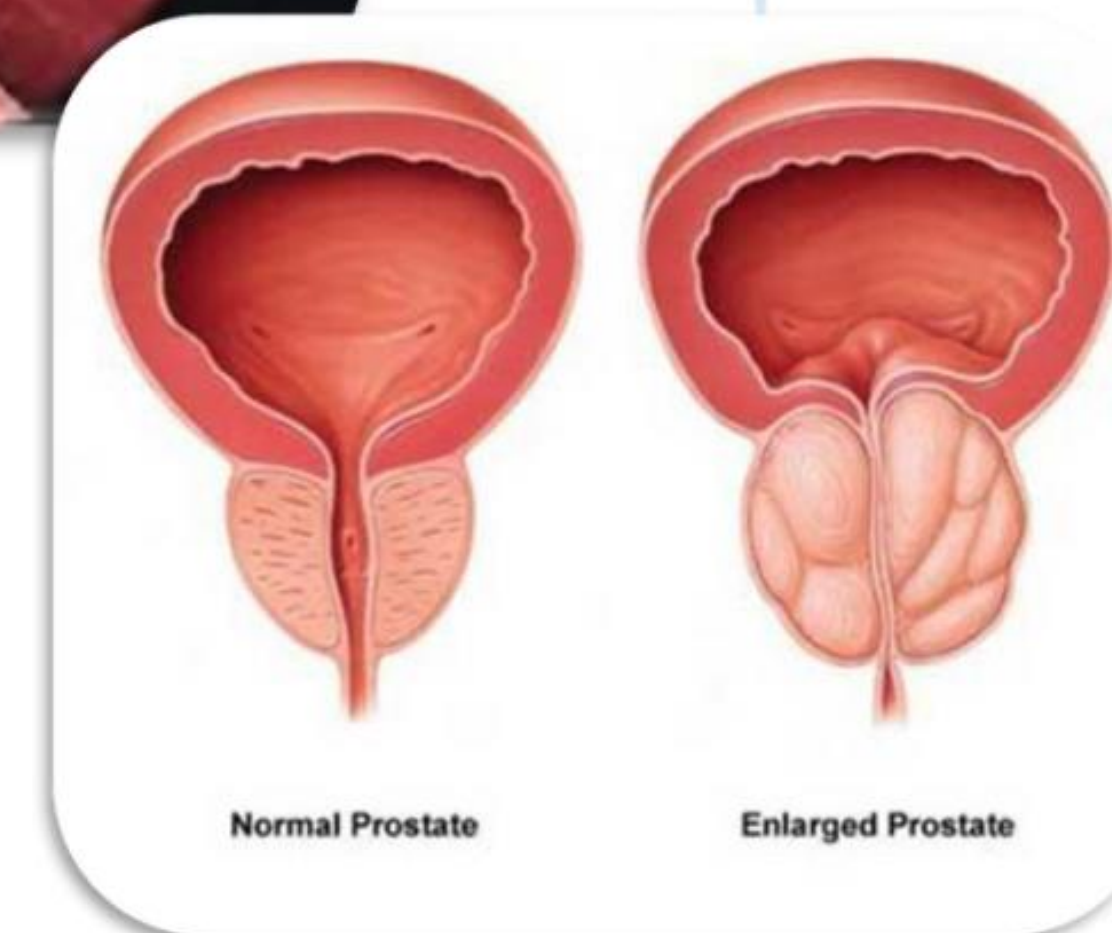


Abstract no.: MP 1-9



# EARLY CLINICAL OUTCOMES OF TRANSURETHRAL WATER VAPOR THERMAL THERAPY (WVTT) VS PROSTATIC URETHRA LIFT (PUL)

TP Chang, WPL Hung, S Chun, TF Wong, HL Wong, CF Tsang, TCT Lai, Y Na, BSH Ho, ATL Ng

Division of Urology, Department of Surgery, Queen Mary Hospital, The University of Hong Kong

## Objective

- Retrospective study
- Compared the early clinical outcomes of patients (*prostate 30-80cc*) having **water vapor thermal therapy (WVTT)** and **prostatic urethra lift (PUL)** during the **learning phase**.

## Patients & Methods

- Included patients with **WVTT** or **PUL** between 1/2020 to 12/2023 in Queen Mary Hospital and Tung Wah Hospital
- Retreatment**= restarting medication or receiving surgical management

## Results

- 85 patients (median age 67) = 57 **WVTT** (67.1%) + 28 (32.9%) **PUL**
- Similar *complication rate* (14.3% vs 10.7%,  $p=0.744$ )
- Comparable *length of hospital stay* ( $0.36 \pm 0.989$  vs  $0.73 \pm 0.447$  days,  $p=0.065$ )
- Overall **re-treatment rate** was 24.6% in **WVTT** and 46.4% in **PUL** ( $p=0.051$ )
- Surgical retreatment rate** in one year postoperatively was 3.5% and 14.3% respectively

## Conclusion

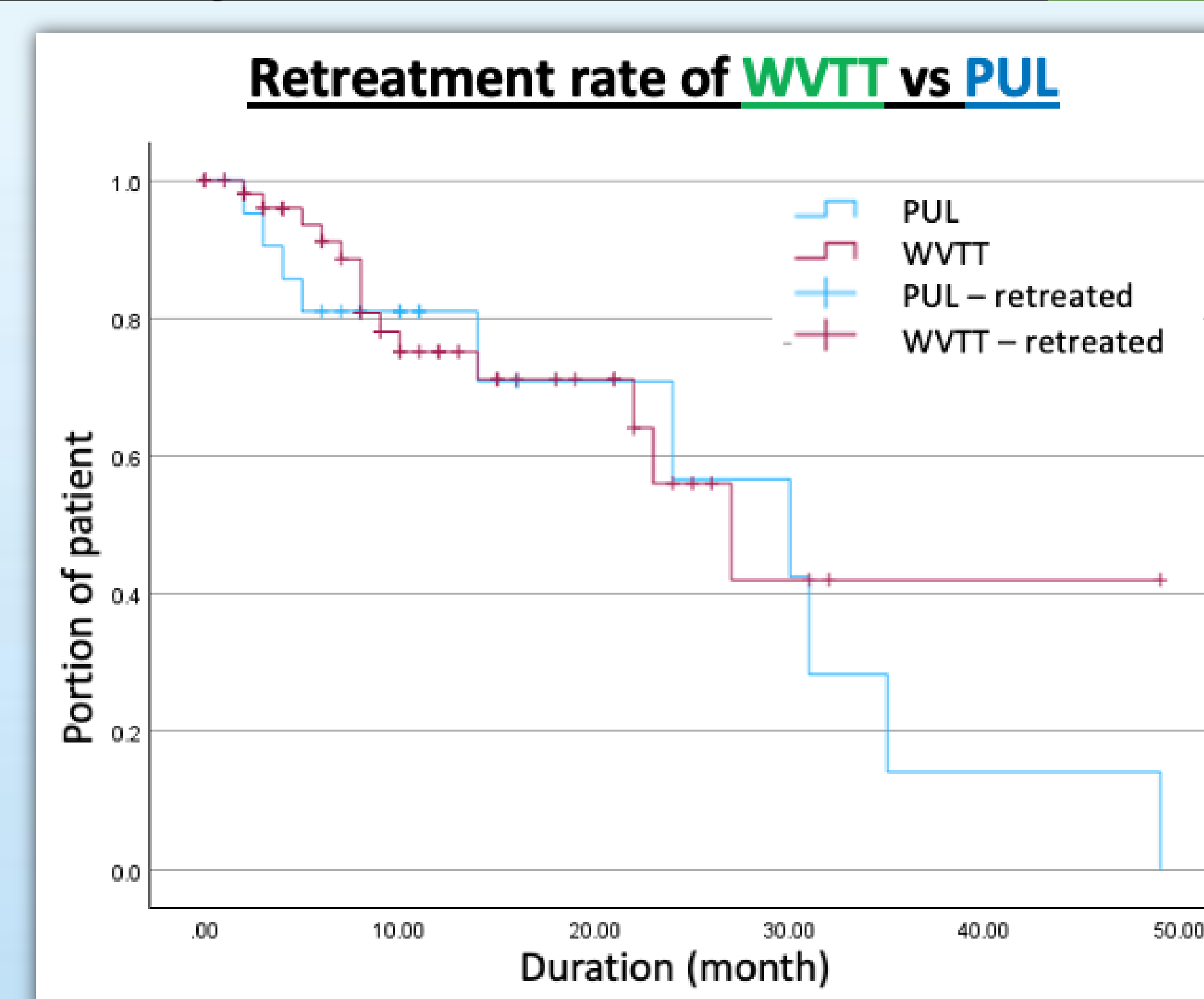
- Early clinical outcomes of **WVTT** and **PUL** are **comparable**.
- However, further BPH **re-treatment** was **not uncommon**. Patients should be counselled thoroughly preoperatively.

N = 85	WVTT	PUL	P-value
Number	57 (67.1%)	28 (32.9%)	
Age (Mean)	66.02	69.57	0.083
Prostate size (Mean, cc)	53.3	50.03	0.514

Table 1. Basic demographics of patients

N = 85	WVTT	PUL	P-value
Length of stay (days)	0.36 $\pm 0.989$	0.73 $\pm 0.447$	0.065
Post op. catheter duration (mean, days)	<b>9.58</b>	<b>0.64</b>	<b>&lt;0.001</b>
Operation duration (mins)	19.5	29.39	0.021
Complication	14.3%	10.7%	0.744
Pre- op flow rate	10.57	9.712	0.554
12m flow rate	14.062	11.269	0.139

Table 2. Early clinical outcomes of **WVTT** vs **PUL**



N = 42*	WVTT	PUL	P-value
Retreatment rate	24.6%	46.4%	0.051
Surgical re-tx rate	3.5%	14.3%	
Medical re-tx rate	21.1%	32.1%	

Table 3. Re-treatment rate of **WVTT** vs **PUL**