



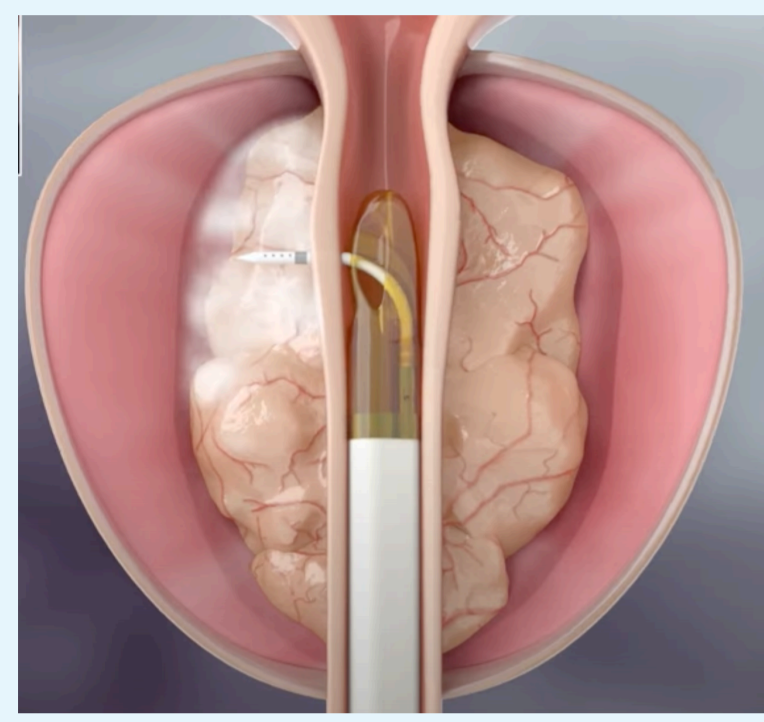
香港泌尿科學會
Hong Kong Urological Association

Transurethral Water Vapour Therapy (Rezūm) in Catheter-Dependent men Secondary to Benign Prostatic Hyperplasia: Two-Year Follow-Up Result in a Tertiary Urology Center

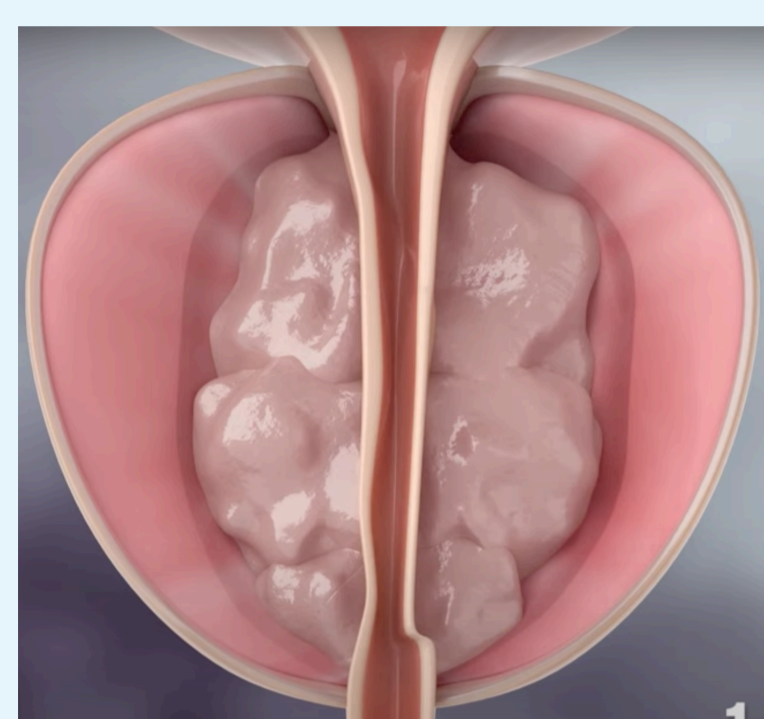
S W Yeung, H Chow, C H Ip, Y C Lam, TY Chu

Urology Division, Department of Surgery, Princess Margaret Hospital

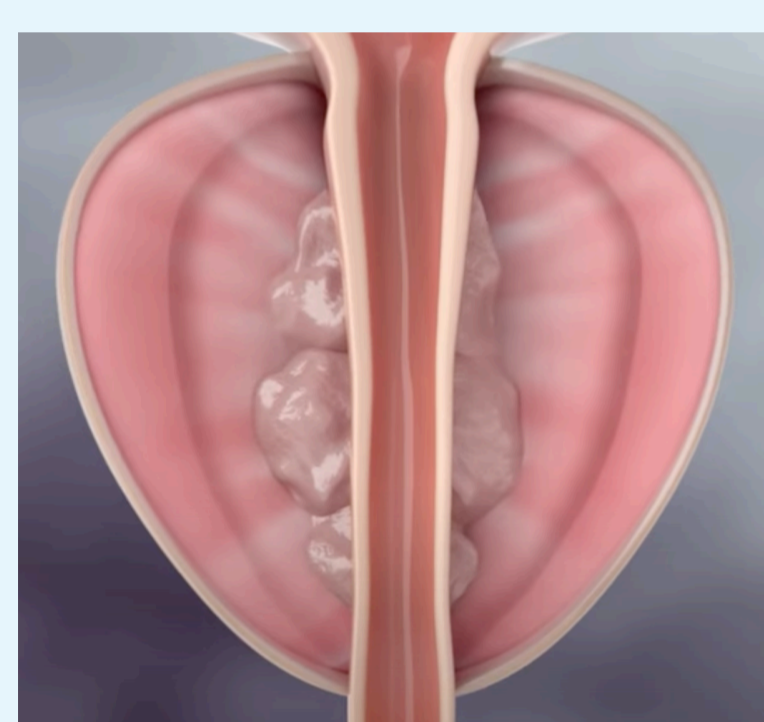
Transurethral Water Vapour Therapy (Rezūm):



Radiofrequency current is applied to an inductive coil heater to vaporize water.



Vapor is delivered into the transition zone of prostate via a vapor needle, in a fashion of 9-second bursts.



Water vapor condenses into water upon contact with body-temperature tissue, dispensing concentrated energy onto cell membranes and triggering instant cell necrosis.

Effectiveness of Rezum in Catheter-Dependent Patients

Study	Country	TWOC success rate
M Babar	US	88.9%
I A Khalil	US	85%
D Bassily	US	87.8%
A Wong	UK	100%
H Chow	Hong Kong	100%

Study Design

Retrospective review of post-op 2-year outcome of catheter-dependent patients who have Rezūm done in Princess Margaret Hospital during 1-8/2022

Primary Outcome:

Recurrence of urinary retention

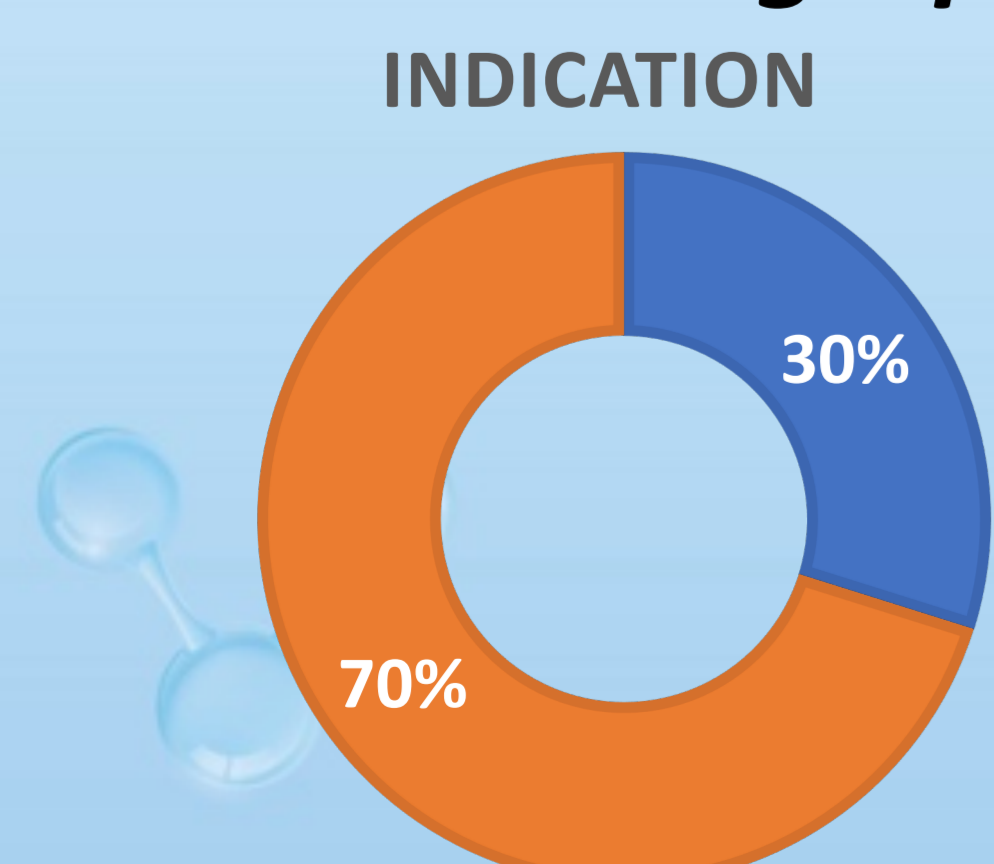
Secondary Outcome:

Voiding parameters

Use of alpha-blocker

Data was calculated with paired samples t-test with p-value < 0.05 as statistically significant.

Patient Demographics



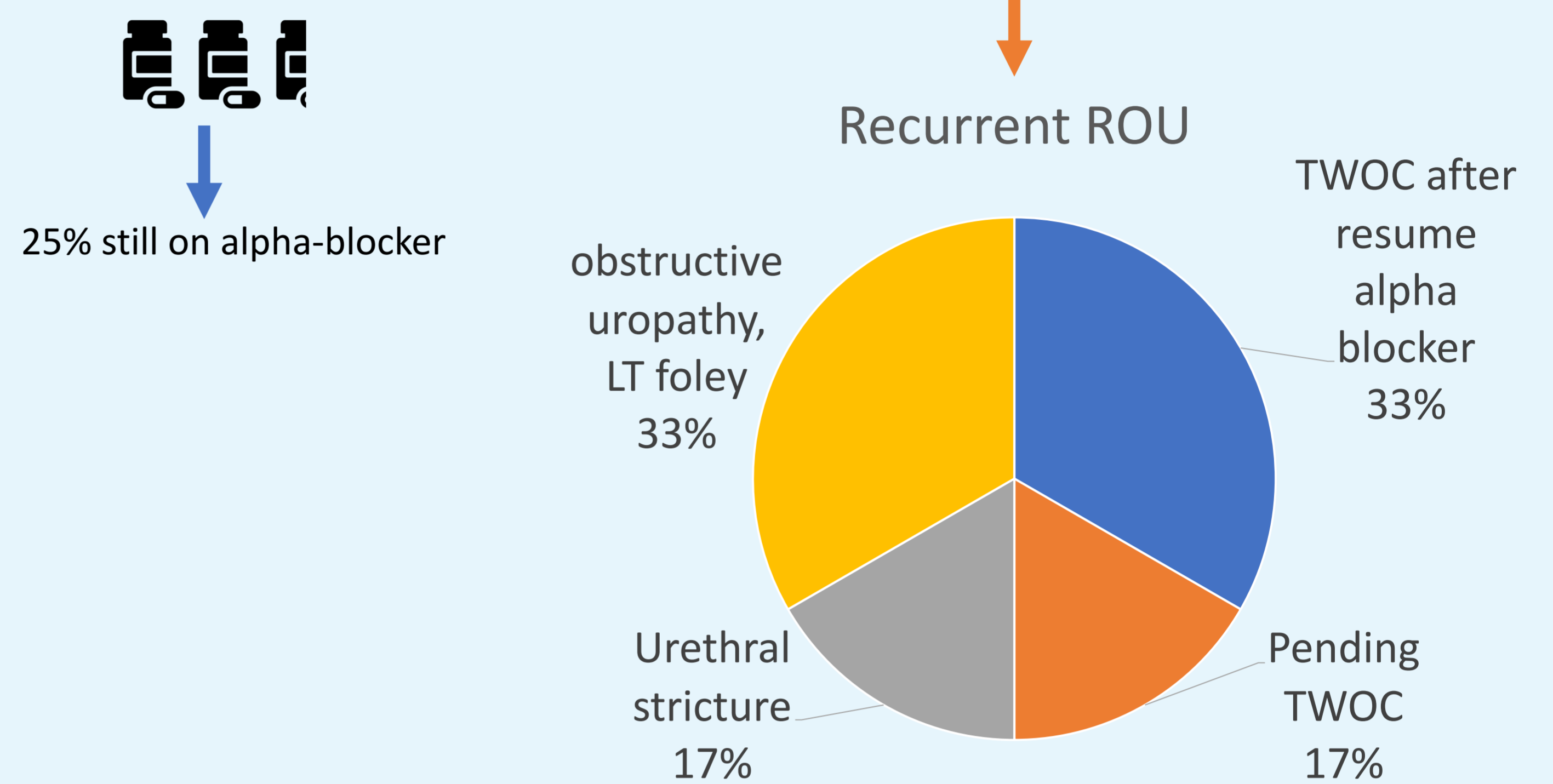
66 patients recruited
51 continued follow-up up till 8/2024 (77%)
Average prostate size: 53cc (20-78cc)

■ obstructive uropathy
■ refractory urinary retention

Results

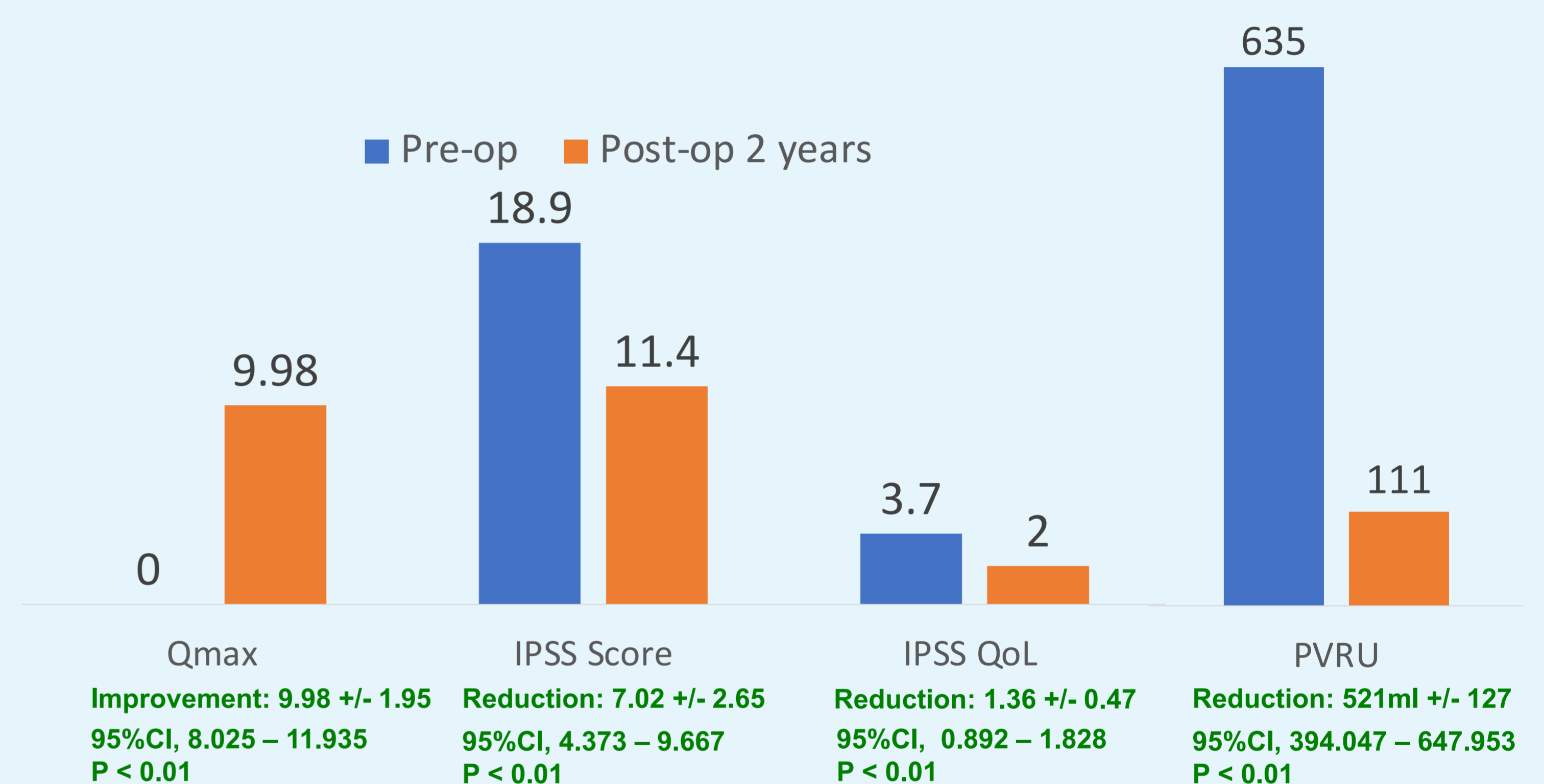


6/51 Patients developed recurrent urinary retention (11.7%)



25% still on alpha-blocker

Improvement of Voiding Parameters and IPSS Scores



Conclusion

Rezūm shows persistent effect for catheter-dependent patients up to 2 years post-op, with 88.3% of the patients remaining catheter-free, 75% remaining alpha-blocker free.

Statistically significant improvement of clinical parameters can be maintained at least to post-op 2 years.

Reference

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