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## Prospective study of clinical result of REZUM at CMC

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### Objective:

To evaluate the clinical outcome of REZUM in several parameters at CMC

### Patients & Methods:

13 patients had REZUM done in 2023 and were recruited for the study. Patients were followed up at 3<sup>rd</sup>, 6<sup>th</sup> and 12<sup>th</sup> months and had PSA, uroflowmetry, IPSS and TRUS prostate sizing checked in each follow up. Indication of REZUM includes LUTS, refractory retention of urine and obstructive uropathy. The mean number of vaporization treatment given was 6.7.

### Results:

The mean pre-operative TRUS prostate sizing was 56.4cc and the mean TRUS prostate sizing after REZUM is similar. The study shows there is improvement in the mean IPSS and uroflowmetry parameters. Among patients with LUTS, the mean IPSS goes from 28.5 pre-operatively to 5 post-operatively, while the mean maximum flow rate improves from 6.2ml/s to 12.2ml/s and mean post-void residual urine reduces from 140ml to 88.5ml. 5 out of 6 patients with refractory retention of urine were able to wean off Foley, while the remaining one patient may need further workup later. The single patient with obstructive uropathy was also able to wean off Foley.

### Conclusion:

REZUM shows a promising result in terms of improvement in patients' symptoms and objective parameters such as uroflowmetry. 86% of the patients who had obstructive uropathy or refractory retention of urine are able to void by themselves after the operation. However, a larger sample size is needed to establish a statistical significant outcome.

Patients with LUTS	Mean TRUS sizing	Mean IPSS score	Mean PSA	Mean uroflowmetry
Pre-op	56.4	28.5	5.64	6.2/176/140
Post-op (3-6m)	56.5	5	7.9	12.2/239/88.5

Patients with refractory ROU / obstructive uropathy	Catheter free	Mean uroflowmetry
Post-op	86%	16.4/373/126