



香港泌尿科學會
Hong Kong Urological Association

Abstract no.: MP. 2-12



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Treatment Outcomes of Transurethral Water Vapor Therapy (REZUM) for Catheter-Dependent Patients with Benign Prostate Hyperplasia: A 3 Year Experience in a Regional Hospital

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Objective

We aim to review the efficacy of Transurethral Water Vapor Therapy (REZUM) in catheter-dependent patients with benign prostate hyperplasia (BPH).

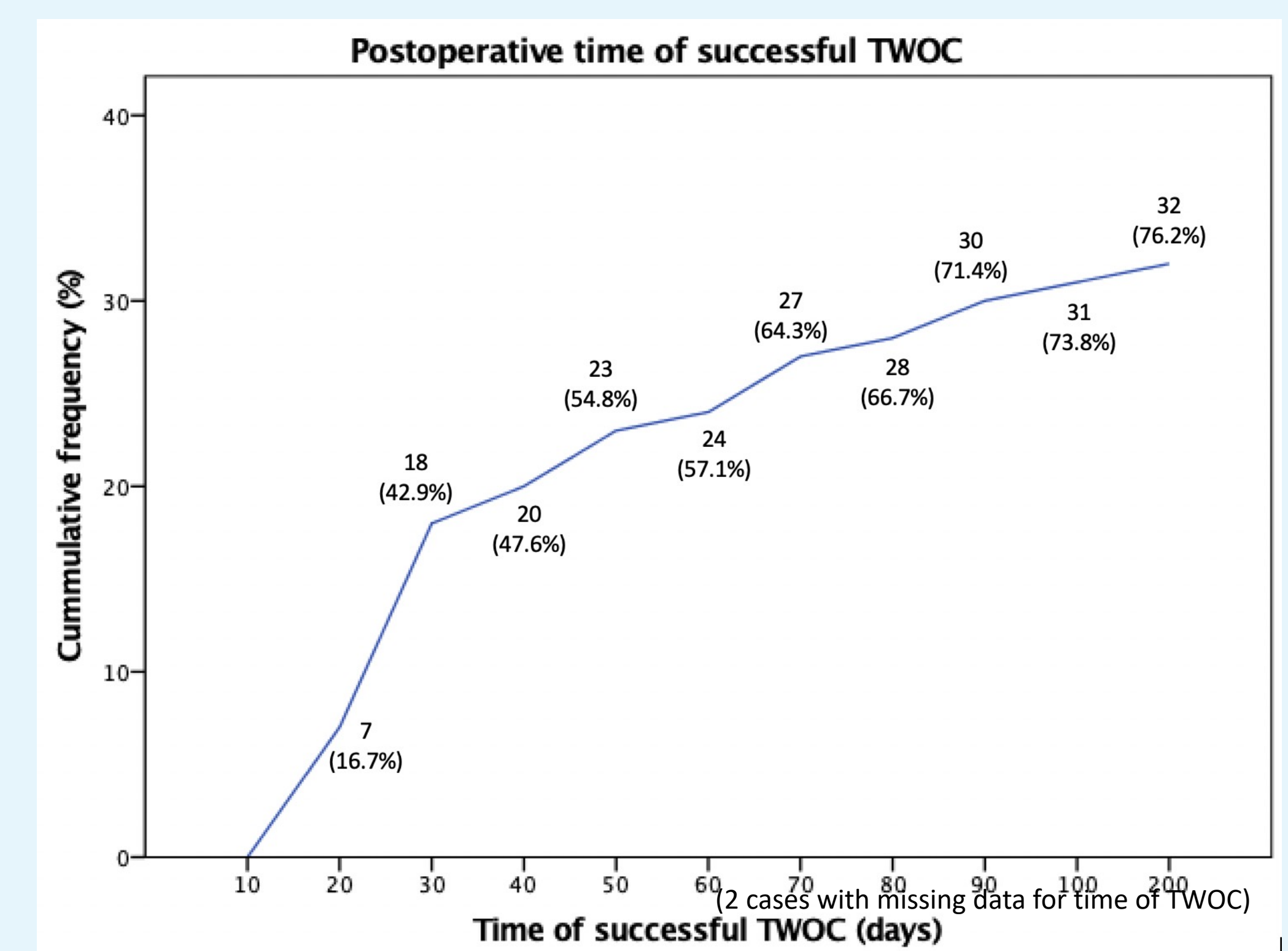
Patients and Methods

42 catheter-dependent patients with REZUM performed from May, 2021 to May, 2024 were retrospectively reviewed. The primary outcome was catheter-free rate. The secondary outcomes included improvement in International Prostate Symptom Score (IPSS), uroflowmetry results, prostate size, and complication rate.

Results

42 patients with median age of 80 years old (range 51-94) and median pre-operative prostate size of 49cc were analyzed. 57% patients (n=24) had obstructive uropathy and 43% (n=18) had refractory retention. REZUM was performed under local anesthesia in day surgery setting for all cases. After REZUM, 81% patients (n=34) remained catheter-free at a median post-operative 12-months interval (range 3 - 33 months). The median time of successful weaning of catheter was 28 days (range 12 - 194 days).

14 cases, with pre- and post-operative IPSS done, showed significant reduction of QoL score ($z=-2.456$, $p=0.01$) and statistically insignificant reduction of IPSS of median -3.5 and mean -3.73 ($z=-1.168$, $p=0.024$). 26 patients, with post-operative uroflowmetry performed, showed mean Qmax of 11.6ml/s (range 3 - 29ml/s) and mean residual urine of 52.3ml (range 0-140ml). 10 cases, with post-operative transrectal ultrasound sizing done at 6 months showed significant reduction ($z=-2.701$, $p<0.01$). The complication rate was 9.5% (n=4), with hematuria (n=2, 4.7%), epididymo-orchitis (n=1, 2.4%) or prostate abscess (n=1, 2.4%).



IPSS / QOL / TRUS Sizing Post-operative Changes Wilcoxon Signed Ranks Test				
	Mean reduction	Median reduction	z	Sig. (2-tailed)
Post-operative IPSS change	-3.79	-3.5	-1.168	0.24
Post-operative QoL change	-0.71	0	-2.456	0.01
Post-operative TRUS sizing change (cc)	-14.8	-22	-2.701	<0.01

Conclusion

REZUM remains a viable option for catheter-dependent patients with BPH, in particular patient with advanced age.

