

Abstract
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3-year Outcomes of Rezūm for Catheter-dependent BPH Patients in a Tertiary Hospital in Hong Kong

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Highlights of this study

- Catheter dependent patients
- 3-year follow up

Study design

- Single center, prospective cohort study
- Extension of previous paper published in 2024 analyzing same group of patients at 6-month follow-up in our center
- Rezūm performed between January and August 2022 in PMH

Results

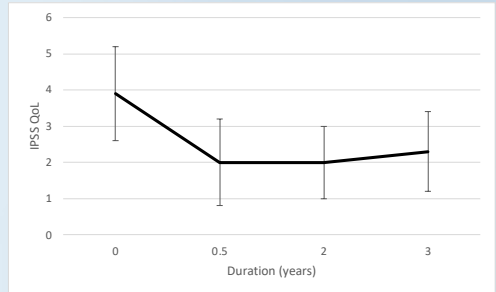
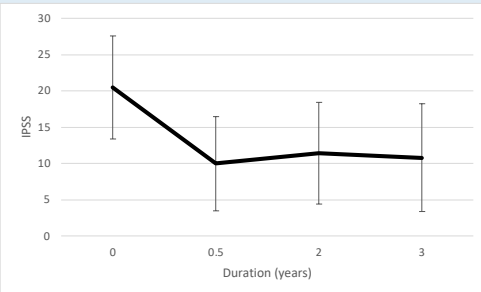
	Baseline (SD)	3 years (SD)	Paired difference (95% CI)	P value
IPSS mean	20.5 ± 7.3	10.9 ± 7.4	9.6 (6.9-12.3)	<0.01
IPSS QoL mean	3.9 ± 1.3	2.3 ± 1.1	1.6 (1.1-2.1)	<0.01

Patient Demographics

- 63 patients underwent Rezūm
- 23 defaulted follow-up
- 40 stayed in the study
- Patients recruited either suffered from obstructive uropathy or refractory retention of urine
- Mean age of 72 (range 54-90)
- Mean prostate size of 54.8cc (range 32.0-78.0)

Outcomes

- Mean IPSS, IPSS QoL, PVRU
- Catheter free rate
- Rate of re-treatment



- PVRU mean reduced by 479ml (from 565ml to 86ml, p <0.01)
- Catheter free rate was 100% (40/40) at 3 years
- Rate of re-treatment
 - 25% patients require medical treatment (alpha blockers or combination therapy)
 - No patient requires surgical re-treatment

Conclusion

Rezūm showed statistically significant improvement of clinical parameters with all patients remain catheter-free at 3-year post-operatively.

References

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