

#814 REZUM: Water vapor therapy in LUTS for benign prostatic hyperplasia. Is it a real alternative?

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Hypothesis / aims of study

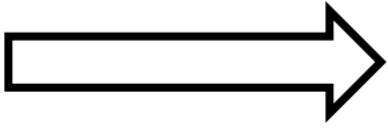
- REZUM™ water vapour ablation is an effective surgical therapy for the treatment of bladder outflow obstruction
- Application of a new minimally invasive technique in the treatment of BPH in selected patients, data analysis and description of results.

Study design, materials and methods

A retrospective observational analysis of 62 patients who received water vapor treatment between June 2021 and November 2023

Baseline patient characteristics	
n=	62
Follow-up (months)	14
Age (yr)	67 (45-85)
Prostate volume (cc)	39cc (19-73)
Baseline maximum flow rate (Qmax), (ml/s)	7.89 ml/s (4-18)
Baseline postvoid residual volume (PVR), (cc)	100cc (0-200)
Baseline International Prostate Symptom Score (IPSS)	20.3 (3-30)
Preoperatively treatment	
Alpha-blockers	29
Alpha-blockers + 5-ARIs	27
Indwelling catheter	10
Vapor treatments/punctions	5.3 (2-7)
Duration, (min)	31.3 (25-55)
Time of catheterization (days)	9.8 (7-30)

Results



Functional results of patients with at least 12 months of follow-up (n= 48)

Conclusions

- Water vapor therapy offers an improvement in all functional parameters
- It also improves the clinical situation of patients reflected in the IPSS score
- It is a safe procedure, with a low rate of complications and with the possibility of being performed as major outpatient surgery

Complications

- No intraoperative complications
- No cases of de novo erectile dysfunction
- Postoperative complications:
 - Acute urinary retention after catheter removal→ n=9 (14.5%)
 - UTIs→ n= 5 (8%)
 - Hematuria→ n= 5 (8%)
- No Clavien–Dindo ≥III
- 2 patients reported alterations in ejaculation

Retreatment:

- n= 2 (3.2%)
- 8 months→ Greenlight vaporisation

1.- Yalçın S, Tunç L. Indications, techniques, and role of new minimally invasive benign prostate hyperplasia surgical options. Turk J Urol 2020; 46(Supp. 1): S79-S91
2.- Cornu (Chair) J.N., et al. European Association of Urology Guidelines on non-neurogenic male low urinary tract symptoms (LUTS), incl.. benign prostatic obstruction (BPO). In: EAU Guidelines published at the 38th EAU Annual Congress, Milan 2023. Arnhem, The Netherlands.
3.- McVary, K.T., et al. Rezūm water vapor thermal therapy for lower urinary tract symptoms associated with benign prostatic hyperplasia: 4-Year results from randomized controlled study. *Urology*. 2019, 126: 171-179.