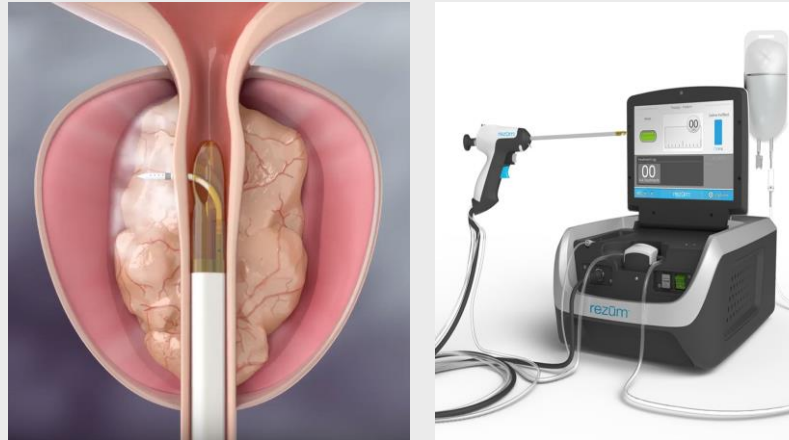


# Long-Term Outcomes of REZUM Therapy for BPH: One-Year Prospective Audit

## Background

- BPH affects up to 90% of men >90 yrs; major cause of LUTS & BOO.
- TURP is the gold standard, but with high complications
- REZUM: FDA-approved in 2015, minimally invasive water-vapour therapy to ablate prostatic tissue with minimal anaesthesia and outpatient facility.
- Effective for prostate <80cc, gaining global traction for its safety and efficacy.
- Aim: Post-operative outcomes of REZUM at our centre.

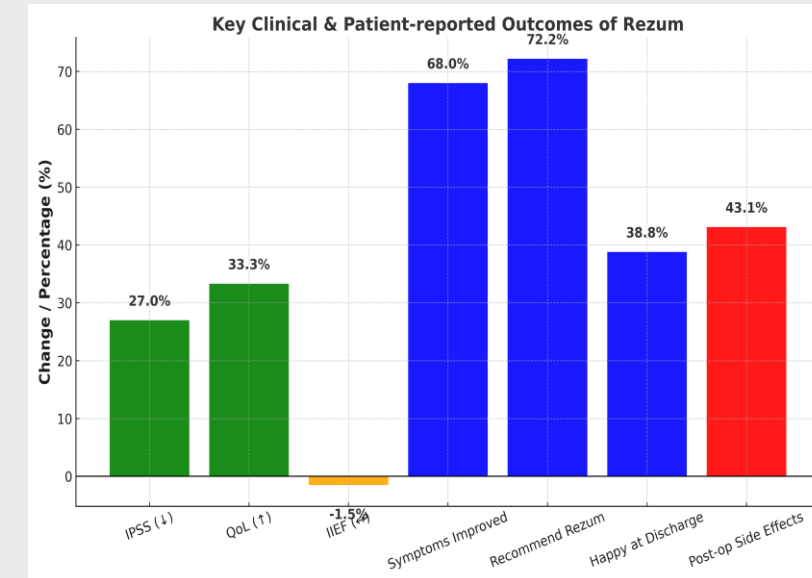


## Results

- IPSS : Improved from  $22.6 \pm 7.5$  to  $12.8 \pm 9.4$  ( $\uparrow$  68%)
- QoL  $\uparrow$  33.3% (most improved from score 5  $\rightarrow$  3)
- Erectile function  $\downarrow$  1.5% (minimal)
- Symptoms improved (LUTS): 68%
- Satisfaction: 72.2% would recommend, 38.8% satisfied at discharge
- Adverse events: UTI 15.3%, AUR 8.3%
- Retreatment rate: 10% at 1 year, Re-do REZUM 5 patients, TURP 1 patient.
- **82% Discharged with no ongoing LUTS**
- **Anesthesia:** GA (58.3%), Local (37.5%), Spinal (2.8%).

## Methods

- ✓ Design: Prospective Cohort Study
- ✓ Setting: Leicester General Hospital (Aug 2023–Aug 2024)
- ✓ N=73 (Age>40, BOO from BPH, patients who wanted to preserve their sexual function, unsuitable for long anaesthesia due to co-morbidities)
- ✓ Excluded: Prostate cancer, prostatitis, abscess
- ✓ Analysis: IBM SPSS v23



## Implications

REZUM provides durable symptom relief with fewer complications  
Suitable for patients unfit for TURP or prolonged anaesthesia  
Minimal impact on sexual function  
Outpatient feasibility makes it cost-effective

**Two LTC patients became catheter-free** post-REZUM; catheter duration should be tailored to individual factors (e.g., retention history, prostate size).

**Limitations:** small sample size, single-center design, short follow-up; future studies should include **urodynamic data** and **long-term outcomes**

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