

## THE EFFICACY OF HOLMIUM LASER ENUCLEATION OF PROSTATE (HoLEP) FOR PROSTATE LESS THAN 30 GRAMS

### Hypothesis / aims of study

Here the author report the efficacy of holmium laser enucleation of prostate (HoLEP) for prostate less than 30 grams.

### Study design, materials and methods

From May 2010 to December 2012, 300 consecutive patients treated with HoLEP were enrolled in this study. They were divided into the group with less than 30 grams of prostate volume (group I, n=25), and the group with 30 grams or more of prostate volume (group II, n=275). All patients were evaluated by digital rectal examination (DRE), transrectal ultrasonography (TRUS), serum PSA preoperatively. International Prostate Symptom Score (IPSS), peak urinary flow rate (Qmax), and postvoid residual urine (PVR) were documented preoperatively and 3 months postoperatively. The preoperative and postoperative 3 month results were compared in the 2 groups.

### Results

The mean prostate volume (grams) was 26.0 (group I) and 64.3 (group II), and the mean PSA was 0.78 (group I) and 3.7 (group II), respectively. Both groups (group I vs II) were comparable in terms of age(66.3 vs 68.1), pre-operative IPSS (19.7 vs 19.4), QOL score (3.9 vs 4.1), Qmax (ml/s; 12.2 vs 12.4), PVR (ml; 43 vs 59). At follow up, both groups (group I vs II) showed significant improvement IPSS (10.2 vs 9.8), QOL score (1.8 vs 2.1), Qmax (ml/s; 18.1 vs 19.2) and PVR (ml; 23 vs 32) ( $p<0.05$ , respectively) and these parameters were not significantly different between the groups after 3 months postoperatively ( $p>0.05$ ).

### Interpretation of results

### Concluding message

HoLEP showed statistical improvement of clinical parameters after 3 month operation in BPH patients with prostate less than 30 grams as well as 30 grams or more of prostate volume.

### Disclosures

**Funding:** none **Clinical Trial:** No **Subjects:** HUMAN **Ethics Committee:** Kosin University Hospital **Helsinki:** Yes **Informed Consent:** Yes