

MEN'S HEALTH MATTERS

ISSUE 1 • 2023

GOLD COAST UROLOGIST
DR MARTIN ELMES

Offering your patients leading
Urological care



In this edition of Men's Health Matters

- Which **Enlarged Prostate Surgery** is right for my patient
- The advanced high-powered Laser - **HoLEP** is the new gold standard for BPH
- Register now for our **GP EDUCATION EVENING** at the beautiful Gallura Italian restaurant



WHICH BPH TREATMENT IS RIGHT FOR MY PATIENT?

Determining if medical therapy or surgery is most appropriate is the first step here.

INVESTIGATIONS

- Urine analysis or MSU – blood or infection
- UEC
- Renal Ultrasound– gives information on prostate size, sometimes shape and importantly chronic bladder damage (trabeculation and diverticulae), incomplete emptying and also kidney damage
- PSA

We offer all Advanced
Minimally Invasive Prostate
Surgeries for your patients.

**BPH: HoLEP Laser, Rezum,
UroLift**

**Robotic Prostate & Kidney
Surgery at John Flynn
Private Hospital**

MEDICAL VS. SURGICAL

Medical therapy generally should be initiated before considering surgical therapy.

Surgical intervention is necessary in patients with urinary retention or infections

Choosing the right procedure for your patient:

HoLEP: size independent, histology obtained

UroLift: 80g or <, Not suitable in patients with obstructing median lobe

Rezum: 30-80g, ideally no medium lobe, minimal obstructive symptoms



THE HOLEP OUTCOME



BEFORE



AFTER

There are several short and long-term advantages that HoLEP has over older style procedures. These include:

- Far less bleeding
- No erectile dysfunction
- Lowest re-operation rate of all bladder outlet surgeries
- Catheter time and hospital stay halved
- Greater max flow rate
- Greater symptom improvement
- Protects the bladder and kidneys from chronic damage therefore avoid long-term catheters, infections and retention of urine
- Histological analysis of all tissue

UPCOMING GP EDUCATION EVENING

JOIN US FOR AN EVENING OF INTERACTIVE EDUCATION

**ADVANCED BPH LUTS SURGERY - HOLEP, LASER BNI,
REZUM, UROLIFT
ROBOT ASSISTED JOINT REPLACEMENT**

**CPD EVENT PRESENTED BY UROLOGICAL SURGEON DR MARTIN ELMES &
ORTHOPAEDIC SURGEON DR DAVID AGOLLEY**

Date: Thursday 11th May 2023 @ 6:00pm

**Where: Gallura Italian 1/20 Stuart Street,
Tweed Heads NSW 2485**

Register here : marketing@goldcoasturologist.com.au

Limited spots available



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