



# UROLOGICAL SURGEON DR MARTIN ELMES

## Men's Health Matters

ISSUE 3 | 2017

[www.goldcoasturologist.com.au](http://www.goldcoasturologist.com.au)

### WELCOME to the third edition of Men's Health Matters.

In this issue we take a look at the advanced and minimally invasive laser device known as **HoLEP** (Holmium laser enucleation of the prostate) that is successfully treating one of the most prominent male health concerns today, BPH (Benign Prostatic Hyperplasia). We will highlight what makes the laser device unique to other treatment options available and provide you with information on an important feature of the device - the **piranha morcellator**.

### IN THIS ISSUE OF MEN'S HEALTH MATTERS...

- Snapshot on BPH and treatment options available
- About the HoLEP device - features and technique
- What makes HoLEP different from other treatment options available
- The Piranha morcellator
- Announcing the launch of our sister website, **Prostate Clinic Australia** - a space for men to educate themselves about awareness, prevention and treatment of Prostate cancer
- Q&A with Dr Elmes

### SNAPSHOT

#### WHAT YOU NEED TO KNOW ABOUT BPH

In Australia, BPH affects approximately 50% of men between the ages of 51 and 60 and up to 90% of men over the age of 80.

#### Red Flags of BPH

- Hypocontractility
  - Incomplete emptying
  - Post void residual > 100ml
- Over activity
  - Frequency
  - Urgency
  - Nocturia > 1x
- Other
  - UTI
  - Macrohaematuria

#### Investigations

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

The latest and advanced procedures recommended for BPH treatment are UroLift and HoLEP which our rooms offer.

### HoLEP

An advanced minimally invasive technique for the treatment of BPH

HoLEP is the latest form of techniques in **lasers** and is designed to remove all the obstructive prostate tissue and minimise sexual side effects some patients may have suffered from older style procedures.

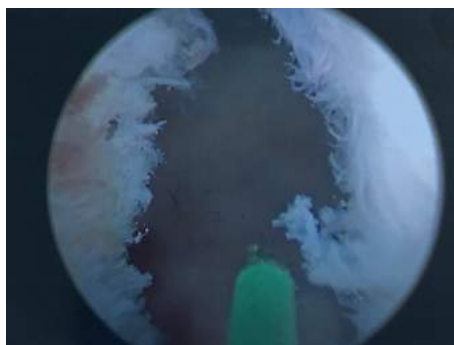
It is minimally invasive and follows the exact anatomical planes within a prostate with ultimate precision allowing complete resection of all adenoma (obstructing tissue) whilst preserving the outer capsule, erectile nerves and urethral sphincter.

The holmium laser penetrates just enough to precisely and quickly vaporize tissue without causing deeper thermal injury, coagulation necrosis or collateral damage.

- ✓ Less bleeding
- ✓ Lower chance of erectile dysfunction or incontinence
- ✓ Same maximal flow rate and urinary symptom improvement
- ✓ Importantly allows sampling of tissue to look for cancer
- ✓ Minimal reoperation rate



**Figure 1:** Before shot of a patient suffering with BPH clearly showing the narrowing of the urethra from excessive prostatic tissue



**Figure 2:** After shot showing the HoLEP laser clearing the obstructive prostate tissue and opening the urethra passage

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# HoLEP

What makes HoLEP different from other treatment options?

Some patient's prostates are too large, have an obstructing middle lobe, or severe symptoms and require more involved surgery. HoLEP is the best option here where Improvements in IPSS, Qmax values, and PVR volumes prove that the long-term surgical outcomes are excellent with this style of procedure.

Its short and long-term outcomes are superior to those associated with TURP and greenlight laser;

- Less bleeding
- Lower chance of erectile dysfunction or incontinence
- Same maximal flow rate and urinary symptom improvement
- Importantly allows sampling of tissue to look for cancer
- Minimal reoperation rate

A study by Wilson et. al (2006) compared HoLEP with transurethral resection of the prostate (TURP) for treatment of men with bladder outflow obstruction. The study found HoLEP has less perioperative morbidity and produces superior urodynamic outcomes than TURP showing that;

- HoLEP group had shorter catheter times and hospital stays
- More prostate tissue was retrieved in the HoLEP group
- HoLEP was urodynamically superior to TURP in relieving BOO

You can find some great video content of Dr Elmes performing HoLEP procedures on our website

<http://www.goldcoasturologist.com.au/videos>

## Announcing the launch of our sister website



Prostate Clinic  
Australia

This website has been designed to provide patients with detailed information on prostate cancer and associated urological conditions. Raising awareness about the condition through educational material on detection and the latest treatment options is the foundation of this site.

Early detection, precision MRI/Ultrasound fusion biopsy and Robotic prostatectomy, including erectile nerve sparing and post-operative erectile rehabilitation are areas covered on the website as well as the latest advanced minimally invasive options Dr Elmes can offer your patients for their treatment.

Be sure to check out and refer your patients to the website for more information: <https://www.prostatesurgeon.com.au/>

## The PIRANHA Morcellator

The PIRANHA tissue morcellator offers urologists a comprehensive, precisely coordinated system. The powerful performance of the PIRANHA Morcellation System provides a new experience for high speed cutting and suction.

The HoLEP procedure results in the obstructing adenoma enucleated and placed whole in the bladder. The morcellator removes the adenoma through powerful cutting force (16 g of adenoma tissue per minute) with the single-use rotation morcellator. The atraumatic, closed morcellator tip prevents any of the bladder-wall mucus membrane from being sucked up inadvertently.

- High speed ensures maximum cutting force – the route to short operating times
- Tissue is cut and not chopped
- Outstanding visualisation conditions by means of integrated irrigation channels
- Can be used without changing sheath
- Rotatable adapter allows it to fit in the outer sheath of a continuous irrigation sheath
- Particularly powerful, lightweight and quiet axial handle

## Q&A with Dr Elmes



Q. What is the difference between the HoLEP and UroLift procedures?

A.

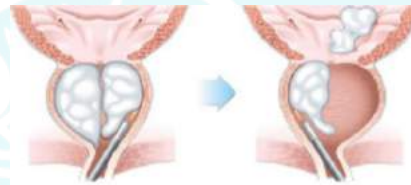


Figure 3: HoLEP – Removal of the enlarged prostate tissue with a laser resectoscope inserted through the urethra

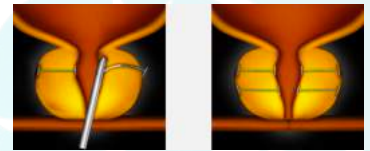


Figure 4: UroLift – Insertion of several small internal stitches into the prostate, compressing the tissue outwards widening the internal diameter of the urethra

- Adenoma enucleated
- Minimal ED risk BUT will result in retrograde ejaculation

1. Compresses adenoma
2. No cutting and bladder neck remains functional thus no risk of
  - ED
  - Stress incontinence
  - Retrograde ejaculation

Q. What other alternatives are there to treat BPH?

A.

Medications:

Flomaxtra (alpha blocker)

- 1 out of 3 patients respond
- Use if concerned re: Duodart sexual side effects

Duodart

- Respond but sexual side effects
  - o Reduced libido (5%)
  - o Erectile Dysfunction (5%)

Q. What are the main benefits of having a HoLEP procedure?

A.

- Protects the bladder and Kidneys from chronic damage therefore avoid:
  - o Catheters long term
  - o Infections and retention of urine
- Improves flow rate, significantly reduces the score (IPSS) and importantly enhances Quality of life

New Video content coming soon to our website! We have developed patient explainer videos to guide patients through their pre and post-operative journey and provide valuable information about procedures we offer.



Figure 5: The Phiranha device



Figure 6: The Phiranha in high-speed cutting force action

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