



# UROLOGICAL SURGEON DR MARTIN ELMES

## Men's Health Matters

ISSUE 1 | 2018

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

**WELCOME to the first edition of Men's Health Matters for 2018.** We hope you had a lovely Christmas and New Year. There is plenty install this year for Gold Coast Urologist and we are excited to continue working with you to assist your patients with their Urological needs.

This issue takes a closer look at our sister website, *Prostate Clinic Australia* as a source for patients to educate themselves on diagnosis, treatment and care for their prostate cancer concerns. We highlight the advancement in biopsy techniques with the utilisation of the **Artemis computer targeted fusion biopsy machine** for greater accuracy in detecting prostate cancer. The newest and most advanced surgical option known as **Robotic Radical Prostatectomy** for the treatment of patients with localised prostate cancer is also looked at.

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

- Discover our new sister website **Prostate Clinic Australia**
- **Artemis computer targeted Fusion Biopsy machine** – advanced accuracy of detecting prostate cancer
- The newest and most advanced surgical option for the treatment of prostate cancer – **Robotic Radical Prostatectomy**
- **Q&A** with Dr Elmes
- Our **new online patient explainer videos** – providing patients with excellent visual and informative content on the treatments and procedures we offer

### SNAPSHOT PROSTATE CANCER

- In Australia, prostate cancer is the most commonly diagnosed cancer in men, with 20,000 new cases diagnosed in Australia each year
- **PSA test:** provides patients their risk of having prostate cancer
- Dr Elmes recommends an annual PSA test for all men between 50 and 75 years and in specific high-risk circumstances men should be offered a test at 40.
- **mpMRI** – most precise imaging modality of prostate gland and will identify 80% of clinically significant prostate cancers
- The **Artemis device** – 3D ultrasound image and full colour model and fusion of real-time ultrasound with MRI.

### PROSTATE CLINIC AUSTRALIA



Prostate Clinic  
Australia

Gold Coast Urologist is pleased to offer GPs and patients another online source of information with our latest sister website, *Prostate Clinic Australia* – educating men on diagnosis and treatment options available for prostate cancer.

Prostate Clinic Australia is dedicated to raising awareness about prostate cancer as well as enlargement. Early detection, precision MRI/Ultrasound fusion biopsy and Robotic prostatectomy, including erectile nerve sparing and post-operative erectile rehabilitation are key areas the clinic is focused on.

The website walks patients through the diagnosis stage and treatment options available and what they may experience on their journey through prostate cancer. Be sure to have a look at our new site here [www.prostatesurgeon.com.au](http://www.prostatesurgeon.com.au)

### The Artemis Device Targeted Prostate biopsy technique

Artemis allows biopsy site tracking with 3D ultrasound image and full colour model and fusion of real-time ultrasound with MRI.

Artemis semi-automatically computes gland volume and boundaries. This enhances tissue structure visualisation for improved planning and guidance.

Artemis provides several imaging enhancements to standard 2D ultrasound:

- Greatly increases the ability to examine the prostate for abnormalities or suspicious areas which may need sampling
- Advanced needle navigation and tracking
- Sophisticated recording of actual biopsy sites sampled; sites can be revisited at any time
- View and overlay previous prostate gland volumes and biopsy locations

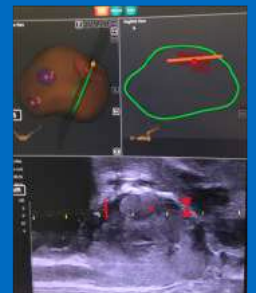


Figure 1: Artemis Image display

Ultrasound guided prostate biopsy is a 20-minute day procedure that uses ultrasound to create a video image of the prostate gland. This image, along with prostate examination and your MRI enables Dr Elmes to target his biopsies precisely and maximise prostate cancer detection if present.

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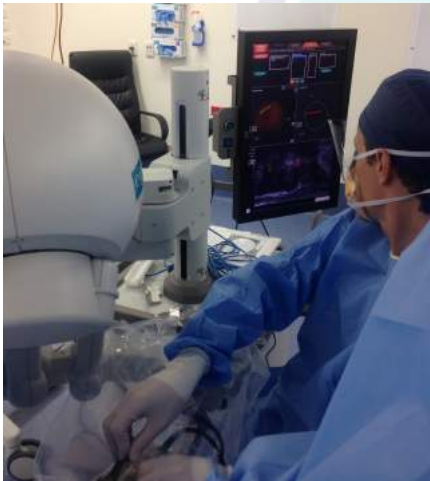
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**Q. What makes the Artemis device different from other diagnosis options?**

**A.** Previously, Urologists would blindly biopsy random areas of a prostate hoping to hit cancer. The advent of MRI has enhanced pre-op detection of likely prostate cancer to assist with biopsy focal areas of concern. However, the pre-op MRI had to be cognitively overlapped by the urologist with the intra-operative ultrasound with resultant intra-user error.

Artemis mitigates this human error and overlays the MRI with the ultrasound and pinpoints biopsy sites to enhance detection of clinically significant cancers.

## Robotic Assisted Laparoscopic Radical Prostatectomy (RALP)

Robotic Radical prostatectomy is the newest and most advanced surgical option for the treatment of patients with localised prostate cancer. Typically a patient who has undergone a radical prostatectomy using the da Vinci Surgical System can expect to leave hospital in just one to three days and return to normal activities within a week or two.

The da Vinci system enables Dr Elmes to operate the robotic instruments in a full range of motions, transforming hand movements into corresponding movements of the surgical instruments within the patient. The da Vinci robot comprises the surgeon's console and surgical cart. The robot only requires incisions of less than 1cm with one slightly larger to allow removal of the prostate, compared with an incision of up to 25cm for a traditional radical prostatectomy.



### Benefits of the da Vinci Robot

- Significantly less pain
- Less blood loss
- A shorter hospital stay
- A faster return to normal daily activities
- Quicker return to work
- Improved erectile nerve sparing



**Erectile nerve spare** – A nerve-sparing radical prostatectomy is ultimately designed to preserve a man's sexual function. The success rate in preserving sexual potency is dependent on a few factors – a man's age, the quality of his erection prior to the surgery, and the surgeon's skill and experience in protecting and preserving the nerves during the Prostate nerve-sparing operation. Dr Elmes' goal is returning a man to the way he was before the operation, cancer free, continent and potent. Experience is a key factor in the success of nerve sparing and Dr Elmes offers this specialised option for patients with confidence delivering successful outcomes for his patients.



## New Video content available on our website

We have developed new explainer videos about the treatments and procedures Dr Elmes offers which are now available on our websites. These have been designed to provide an additional go-to resource of information to enable patients to make an informed decision about their treatment and operative journey. There is loads of content available for you to view and share with real life patient stories included. Be sure to view content here <http://www.goldcoasturologist.com.au/videos>

We have some great GP events coming up soon. The AIM 2018 event will be held on May 17 and our UroLift education evening is happening on 14 June. Please email [marketing@goldcoasturologist.com.au](mailto:marketing@goldcoasturologist.com.au) to register for these CPD events.

For more information on the treatments and procedures we offer contact our rooms on (07) 5575 7922 or visit our websites <http://www.goldcoasturologist.com.au> <https://www.prostatesurgeon.com.au>

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