

UROLOGICAL SURGEON DR MARTIN ELMES

Men's Health Matters

ISSUE 1 | 2019

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WELCOME to the first edition of Men's Health Matters for 2019.

We have some exciting news this year with Dr Elmes introducing a new Laser device, **Cyber Ho 100**, to the John Flynn Hospital. The Holmium Laser device brings outstanding innovation for the treatment of BPH (Benign Prostatic Hyperplasia), with high effectiveness, safety and durability. This edition explores the key features of the device for BPH treatment as well as the laser's complete solution for stone treatment with the **Stone Vapour tunnel** capability.

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

- Snapshot on men's health
- Introducing the High Power Holmium Surgical Laser device - The Cyber Ho 100 System
- Q&A with Dr Elmes
- Events and important men's health dates in 2019



Cyber Ho 100 – the revolution in HoLEP surgery and stone treatment

Quanta System
LASER IN OUR DNA

The new Cyber Ho 100 device provides efficacy and flexibility with a unique multi-application laser platform to perform both Lithotripsy and HoLEP for patients.

Laser treatment for BPH is now fast becoming the gold standard for treatment due to its superior outcomes and lower morbidity. The advantages of laser treatment as opposed to TURP include:

- 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

The key features of the powerful Cyber Ho 100-Watt laser;

- **FAST CUTTING** - The limited depth of penetration, together with the fast tissue incision, results in precise cut without affecting surrounding tissues
- **RELIABILITY** - clinical outcomes of HoLEP have been widely investigated, with many clinical studies demonstrating its safety and effectiveness also in the long run
- **SIZE INDEPENDENT** - HoLEP overcome the limitations affecting other BPH techniques regarding prostate size
- **EFFECTIVE HEMOSTASIS** - the Holmium radiation is highly absorbed by water, allowing quick coagulation of bleedings
- **HIGH POWER** - Up to 105 W output, for fast quick incision, cutting down treatment time

SNAPSHOT – Men's Health KNOW THE FACTS

- Empirical evidence shows that life expectancy among men in Australia has raised slightly over the past decade
- Australian men have a life expectancy of approximately four years less than their female counterparts, and have a higher mortality rate from most leading causes of death
- Nearly 40% of men discuss health lifestyle concerns with a health professional, 20% rate their health as excellent, and survival rates for prostate cancer and testicular cancer in Australia are improving
- The data on Australian men's health also show higher rates of substance abuse, higher rates of suicide, and higher rates of mental health problems
- One in three Australian men will be diagnosed with cancer before their 75th birthday. Despite being more likely to be diagnosed with bowel cancer, only 37 per cent of eligible Australian men participate in screening programs. For all cancers, males have a lower five-year survival rate than women.

Men's Health - 2018, https://ama.com.au/position-statement/mens-health-2018#_edn26

Smith JA, Adams M & Bonson J, The Medical Journal of Australia (2018), Investing in Men's Health on Australia, <https://www.mja.com.au/journal/2018/208/1/investing-mens-health-australia>

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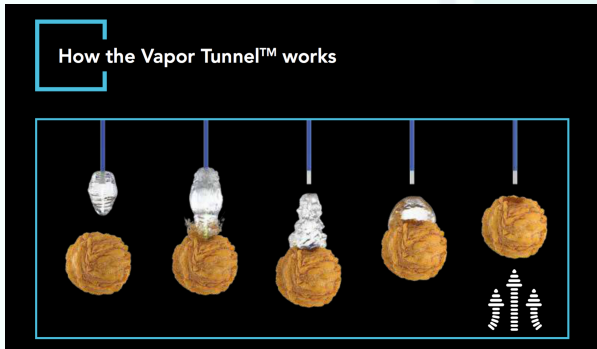
Stone Vapor Tunnel

CYBER HO 100 ADVANCED RETROPULSION CONTROL

The 100 W high-powered device offers exclusive **Vapor tunnel technology** for advanced retropulsion (backward) control.

The VAPOR TUNNEL (reduces stone retropulsion) effect allows stone ablation while holding the target in place, without inducing stone retropulsion. This results in easier treatment and due to less stone retropulsion it prevents time consuming fiber repositioning.

Watch this video to see stone retropulsion control →
<https://www.youtube.com/watch?v=gL0y7WhS3cA>



What is The Rezum System?

This is a new minimally invasive BPH treatment which uses stored thermal energy in water vapour (steam) to treat the extra prostate tissue that is causing symptoms such as frequency, urgency, irregular flow, weak stream, straining and nocturia.

HOW IT WORKS – Using a hand-held device, radio frequency energy is applied to a few drops of water to create vapour (steam). The water vapour is injected into the prostate tissue that is blocking the flow of urine from the bladder, where it immediately turns back to water, releasing the energy stored in the vapour into the cell membranes.

At this point, the cells are gently and immediately damaged, causing cell death. Over time, your body will absorb the treated tissue through its natural healing response.

Most patients see results 2-weeks post operatively with maximum benefits occurring within 3 months.

Q&A

With Dr Elmes

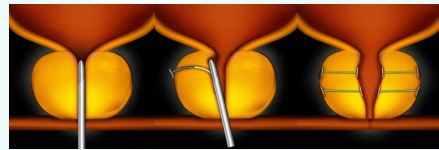
Q: How does the laser improve treatment outcomes in BPH surgery?

A: The high-powered holmium laser allows for:

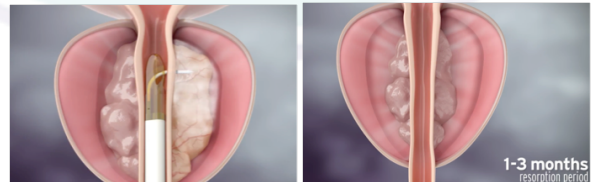
- Enucleation of all adenoma, therefore decreasing re-operation rate
- Only 0.3mm penetration depth results in precise cutting and reduced collateral damage to erectile nerves and urinary sphincter
- Improved haemostasis resulting in less returns to theatre/hospital with clot retention
- Allows for tissue histopathological analysis

Q: What other treatment options are available?

A: UROLIFT – internal prostatic compression sutures



REZUM – steam activated cell death



Both have **zero sexual side effects** so for men keen to preserve ejaculatory function these state of the art treatments are now available. These two procedures generally work best in prostates 30–60cc volume but have been utilised in larger prostates in certain circumstances where comorbidity precludes TURP or HoLEP.

EVENTS IN 2019...

Our annual **minimally invasive Surgical Advancements** dinner will take place in June. Invites will be sent out soon.

Dr Elmes will continue to make his GP visits next year to keep you up to date with everything Urology related.

Men's Health dates in 2019...

Men's Health Week 10th – 16th June: Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June. Dr Elmes can be heard on his regular **4CRB Talk back segments** during this week.

MOVEMBER: a moustache-growing charity event that raises funds and awareness for men's health, addressing some of the biggest health issues faced by men: prostate cancer, testicular cancer, and mental health and suicide prevention. Dr Elmes will be on **4CRB talk back** ready to answer any questions.

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>
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