

UROLOGICAL SURGEON DR MARTIN ELMES

Men's Health Matters

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www.goldcoasturologist.com.au

WELCOME to the first edition of Men's Health Matters. Gold Coast Urological surgeon, Dr Martin Elmes is pleased to introduce quarterly newsletters to provide you with the latest and most expert advice on Men's Health.



Dr Elmes has extensive experience in the field of Urology and provides a full range of high quality urological services for patients' needs with the use of advanced techniques and cutting edge equipment to perform procedures. With a newly designed practice located in the Gold Coast Surgical Hospital, Dr Elmes offers minimally invasive Robotic prostate and Kidney surgery, BPH treatments (Advanced laser prostate enucleation (HoLEP) & Urolift) and Erectile Dysfunction (needle-free

intracavernosal injections and penile prosthesis surgery) treatments. Our clinic is invested in patients' needs offering assessments, testing and follow up care.

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

- Snapshot on men's health concerns
- Treatments offered by Dr Elmes
- Know the facts about Benign Prostatic Hyperplasia (BPH)
- Introducing you to UroLift - the minimally invasive technique to treat your urinary symptoms
- What other alternative is available to treat urinary symptoms? HoLEP
- Q&A with Dr Elmes

SNAPSHOT MEN'S GROWING HEALTH CONCERNS

Growing concerns over men not completing a simple PSA test. Why is this important?

- Latest data shows a significant survival advantage with PSA screening and the number needed to diagnose to save one life is greatly reduced to earlier data.
- It is important to never forget more men die each year of prostate cancer than women die from breast or ovarian cancer combined.
- In the pre PSA era 90% of prostate cancer was found when locally advanced or metastatic resulting in bone fractures and kidney failure. Now with PSA testing 90% of prostate cancer is organ confined at diagnosis and is entirely curable.

TREATMENTS OFFERED BY DR ELMES' ROOMS



Gold Coast Urologist is pleased to offer patients leading specialist care operating at the John Flynn Hospital, Gold Coast Surgical Hospital, Pindara Private and the Tweed hospital. Dr Elmes offers the below specialised treatments for his patients:

- Robotic Surgery - Prostate and Kidney
- Advanced Laser - HoLEP and UroLift
- Waterworks issues
- Prostate cancer
- Kidney stones and Kidney cancer
- Bladder cancer
- Testicular cancers
- Erectile Dysfunction
- Vas reversal

What is Benign Prostatic Hyperplasia (BPH)?

BPH is a very common and natural condition that occurs as a man ages. **About 50% of men will suffer symptoms related to BPH as they get older and about 20% will need medical or surgical intervention for BPH.**

BPH is a benign enlargement or growth of the prostate gland. As the prostate surrounds the top part of the urethra, enlargement of the prostate makes the urethra narrower and puts pressure on the base of the bladder. Narrowing of the urethra can affect the passing of urine in a number of ways.

What are the **SYMPTOMS**? Many men with BPH will feel the need to urinate urgently, frequently and especially at night (nocturia). They may notice hesitancy, straining and a weak flow. In addition, dribbling after urination is a common symptom and the feeling that their bladder is not completely empty.

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What treatments are available for BPH?

There are a range of treatments available, each of which has benefits and possible side effects. Here at Gold Coast Urologist all of the latest and best techniques are on offer, however they need to be tailored to each patient based on their symptom severity caused by BPH, prostate shape and size, other medical conditions and obviously patient wishes.

Treatments Dr Elmes offers are highlighted below for BPH and your patients' prostate troubles.

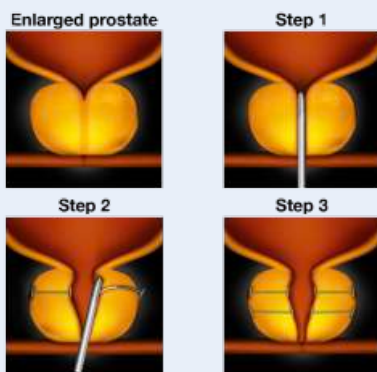
UROLIFT®

BPH Relief. In Sight.™

Urolift is a relatively new, minimally invasive technique designed to improve urinary symptoms caused by an enlarged prostate or BPH. Gold Coast urologist Dr Elmes, was one of the first surgeons in Queensland to perform it.

The procedure is carried out by inserting several small internal stitches into the prostate, compressing the tissue outwards and thus widening the internal diameter of the urethra. It does not involve cutting or lasering of any of the prostate tissue and as such results in a far better side effect profile:

- ✓ No Erectile Dysfunction
- ✓ No stress urinary incontinence
- ✓ No retrograde (backwards) ejaculation



UroLift procedure

Q&A with Dr Elmes



Q. Some men find that as they get older they find it harder to empty their bladder – should they be concerned?

A. A lot of men over the age of 50 and some even earlier struggle with their waterworks and in fact half the male population will have some issue with their waterworks throughout their life. If you are struggling and frustrated with the strength of your stream and having to **race to the toilet twice or more at night**, you need to realise it is not just the stress on yourself and partner but you need to understand that these symptoms are signs that could cause **chronic damage to your bladder or kidney** and men should **seek out help early rather than wait until they have irreparable damage to their bladder.**

Q. What can you actually do to help men in these circumstances?

A. Often benefits from some medications are limited. I offer men other alternatives. There are now a couple of procedures that I prefer to do on patients. One is known as **UroLift**. It is like a small prostatic splint which holds open their water pipe to encourage them to empty their bladder to completion and improve their symptoms – it is twice as effective as medications and allows patients to get back to work sooner as it avoids any side effects we may have seen with older style treatments. The other option I give patients is **laser enucleation** – it's the latest form of techniques in lasers and is designed to remove all the obstructive prostate tissue and again minimises sexual side effects some patients may have suffered from older style procedures.

Q. What are the consequences of not seeking medical advice if I have these symptoms?

Experiencing the symptoms of incomplete emptying, weak stream, dribbling when finished, straining to urinate and prolonged time to urinate may be bothersome. However, the “red flags” of frequency, urgency, and waking frequently at night are clear signs of an overactive bladder in addition incomplete emptying is a red flag for possible bladder failure (hypocontractility).

Q. What tests can be done to help?

Simple tests should include:

- 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.

HoLEP – Holmium Laser Enucleation of the prostate

Holmium laser enucleation is the state of the art, platinum standard of treatment for an enlarged and obstructing prostate. 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.

Its short and longterm outcomes are superior to those associated with TURP:

- ✓ 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



Removal of the enlarged prostate tissue with a laser resectoscope inserted through the urethra.

The holmium laser penetrates just enough to precisely and quickly vaporize tissue without causing deeper thermal injury, coagulation necrosis or collateral damage. Dr Elmes is one of the only providers of this advanced procedure in Australia and has pioneered its introduction into Queensland. Ensure to visit our website www.goldcoasturologist.com.au to see some great video content of Dr Elmes performing HoLEP and UroLift procedures as well as detailed patient brochures to download with more information on all procedures offered by Dr Elmes.

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