



Long-term patient-reported clinical outcomes and reoperation rate after photovaporization with the XPS-180W GreenLight Laser

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84 consecutive patients with symptomatic benign prostatic hyperplasia (BPH)

- Photoselective vaporisation of the prostate (PVP) undertaken using the GreenLight™ XPS laser system
- An unselected patient cohort – included patients with large prostate volumes (>100 cc)



At a mean follow-up of 57 months:

Patient-reported outcomes

| Outcome (mean) | Preoperative | 12 months | | 57 months | |
|----------------|--------------|-----------|----------|-----------|---------|
| IPSS | 19.9 | 3.9 | p=0.0001 | 5.9 | p=0.007 |
| ICS | 1.73 | 0.4 | p=0.14 | 0.6 | p=0.61 |
| IIEF5 | 12.5 | 12.3 | p=0.11 | 10.6 | p=0.001 |

IPSS, International Prostate Symptom Score (IPSS); ICS, International Continence Society score; IIEF5, International Index of Erectile Function short-form score



Low reoperation rates

Overall: 4.8%
Recurrent BPH: 2.4%



Significant and sustained decrease in PSA levels



Improved maximum flow rate (Qmax) at 12 months



**High long-term patient satisfaction:
80% at least mostly satisfied at 57 months**

Study overview – Calves et al, 2017

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Study objectives: To evaluate the long-term patient-reported clinical outcomes after photovaporisation of the prostate (PVP) with the XPS-GreenLight laser in patients with symptomatic benign prostatic hyperplasia (BPH).

Methods:

- A prospective, longitudinal study of 84 consecutive men undergoing PVP for symptomatic BPH (bothersome lower urinary tract symptoms) using the GreenLight XPS laser system between 2010 and 2012
- Single surgeon, single centre (Department of Urology, Centre Hospitalier Universitaire Régional de Brest, Brest, France)
- Patients with large prostate volumes (>100 cc) were not excluded
- Assessments:

| | |
|--|---------------------------------|
| International Prostate Symptom Score (IPSS) questionnaire | Maximum flow rate (Qmax) |
| International Continence Society (ICS) questionnaire | Prostate-specific antigen (PSA) |
| International Index of Erectile Function shortform (IIEF5) questionnaire | Post-void residual (PVR) volume |
| Transrectal ultrasound prostate volume | Reoperation rate |
| | Patient satisfaction |

Key results:

- Good and durable patient-reported clinical outcomes were observed in an unselected cohort of men who had undergone PVP using the GreenLight™ XPS laser system
- PSA levels declined postoperatively and remained low at a mean long-term follow-up of 57.4 months
- Reoperation rate was low and compared favourably with studies of other laser devices and transurethral resection of the prostate
- There was a high level of patient satisfaction with the clinical outcomes of PVP

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