

Publication Summary



# Real-world Early Outcomes and Retreatment Rates Following Water Vapour Ablative Therapy for Symptomatic Benign Prostatic Hyperplasia

Whiting D *et al.* *Eur Urol Open Sci.* 2022, Apr 7; [doi: 10.1016/euros.2022.03.006](https://doi.org/10.1016/euros.2022.03.006)

## BACKGROUND



- Rezūm™ water vapour ablation is an effective, minimally invasive surgical option for the treatment of lower urinary tract symptoms (LUTS) associated with benign prostatic hyperplasia (BPH)
- In the pivotal Rezūm II randomised study, Rezūm improved BPH symptoms and preserved sexual function through 5 years<sup>1</sup>
- However, real-world observations are needed to get insights into optimal patient selection and procedure durability

This study explores early real-world outcomes with Rezūm, Whiting and colleagues evaluated changes in urinary symptoms and surgical retreatment rate.

## METHODS

### Real-world prospective study



**461** patients with symptomatic BPH analysed



**Rezūm** (March 2017–January 2020) in 2 hospitals

### Objective

- To report early real-world outcomes and reoperation rates after Rezūm – including an analysis of retreatment rates – to gain an insight into optimal patient selection and procedure durability

### Key outcomes



Maximum flow rate ( $Q_{max}$ )  
Postvoid residual volume



International Prostate Symptom Score (IPSS)  
Quality of Life (QoL) score  
International Index of Erectile Function (IIEF-5) score



Surgical retreatment rates

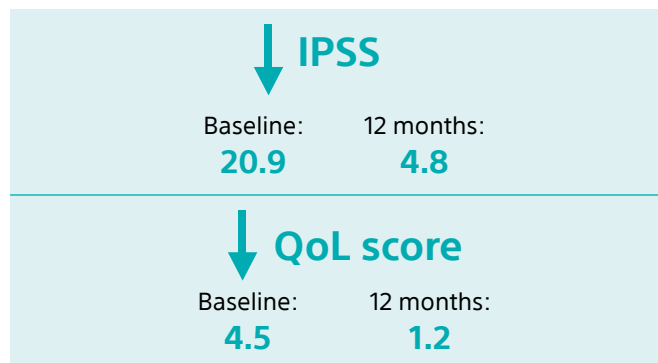
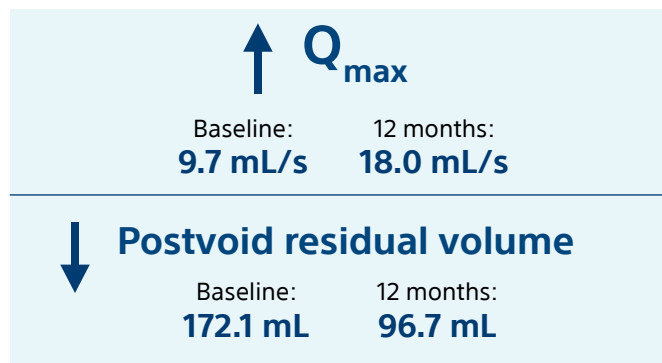
## RESULTS

### Patient characteristics following Rezūm therapy

Only **4.6%** of Rezūm-treated patients required retreatment in the follow-up period (mean 16.7 months)

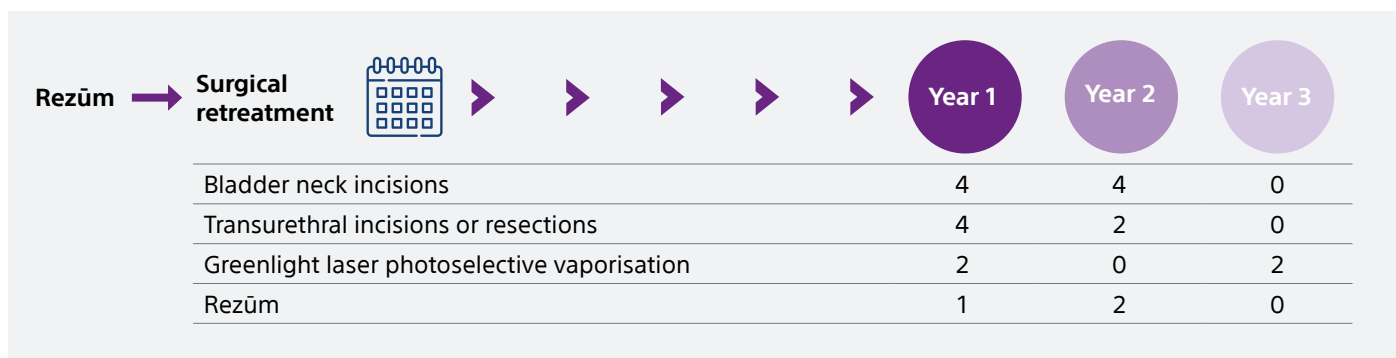
➤ Of the 32 patients who were performing intermittent catheterisation or had an indwelling catheter preoperatively, 25 patients were catheter-free after Rezūm therapy

### Significant improvements in uroflowmetry and patient-reported outcomes at 12 months\*



\*Data shown are mean values; p<0.0001 for all

### Retreatments performed since the initial Rezūm



## LIMITATIONS

- 6.9% of patients did not attend any follow-up visits
- No longer-term durability data on Rezūm therapy (mean follow up: 16.7 months)

## CONCLUSION

- This study demonstrates that the beneficial effects of Rezūm observed in the pivotal phase II study are transferable to a **real-world population** of patients with LUTS
  - Rezūm yielded **significant improvements** in symptoms and preserved sexual function
  - Rezūm demonstrated a **2.4% surgical retreatment rate** during the first year

## Reference

- 1 McVary KT, Gittelman MC, Goldberg KA *et al*. Final 5-year outcomes of the multicenter randomized sham-controlled trial of a water vapor thermal therapy for treatment of moderate to severe lower urinary tract symptoms secondary to benign prostatic hyperplasia. *J Urol*. 2021; **206**: 715–24.

Notes: Further studies must determine whether certain gland characteristics may predict a less favourable outcome.

The European Association of Urology guidelines state that it remains a technique under investigation and do not recommend under which circumstances it is most suitable. The UK National Institute of Clinical Excellence published a guidance with evidence-based recommendations on Rezūm for treating lower urinary tract symptoms secondary to benign prostatic hyperplasia. The guidance states that Rezūm can be considered for patients with moderate to severe LUTS (IPSS  $\geq 13$ ) and moderately enlarged prostate (between 30 and 80 mL).

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