

Do patients treated with water vapor therapy and meeting randomized clinical trial criteria have better urinary and sexual outcomes than an unselected cohort?

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Limitations of this report include:

The study is retrospective in nature and includes only a mid-term follow-up period, which limits the ability to establish causality and may miss longer-term outcomes or complications that could emerge over time.

Because the study involved multiple centers and surgeons, there was no standardized method used to assess ejaculatory function, potentially introducing variability in how outcomes were measured and reported across patients.

Conclusion:

Rezūm procedure showed a safe and effective profile independent of patients' characteristics such as prostate size, presence of indwelling catheter, antiplatelet/anticoagulant medications, and patients' comorbidities.

Disclaimers

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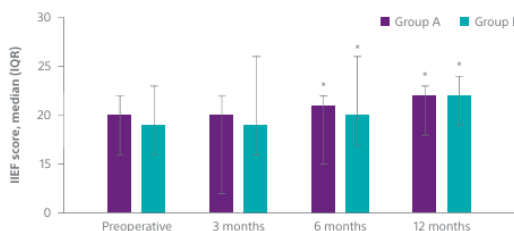
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This study compared the functional and sexual outcomes and safety profile of the Rezūm procedure between patients satisfying inclusion criteria for the five-year randomized controlled trial (RCT) and unselected patients in a large multicenter database in the European Union.

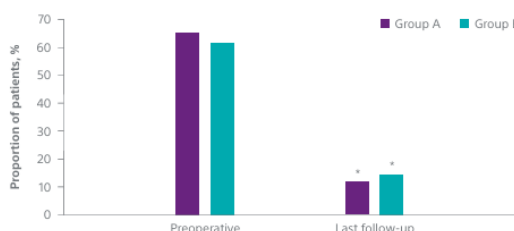
An evaluation of pre- and post-operative factors across 426 patients showed the statistical difference between patients who met the five-year RCT inclusion criteria (Group A, n = 232) and those who did not meet at least one of the criteria (Group B, n = 194).

- All urinary outcomes (IPSS, Qmax, PVR, prostate volume, QoL, and OAB-q-SF) improved at 3, 6, and 12 months and at the last follow-up, with no differences between the two groups.
- Low reintervention rates at latest follow-up (2.6% in Group A, 3.1% in Group B)
- At the last follow-up consultation, all patients remained catheter independent, with a significant ($p < 0.001$) decrease in prostate volume in both groups (Group A: 55 mL versus 34 mL; Group B: 80 mL versus 38 mL).
- The overall complication rate between groups was similar.

Sexual Function Outcomes



International Index of Erectile Function (IIEF) score was significantly improved at 6 months in both groups



Retrograde ejaculation was significantly reduced in both groups, with no differences between both groups

Full Article Reference:

[Do patients treated with water vapor therapy and meeting randomized clinical trial criteria have better urinary and sexual outcomes than an unselected cohort?](#)