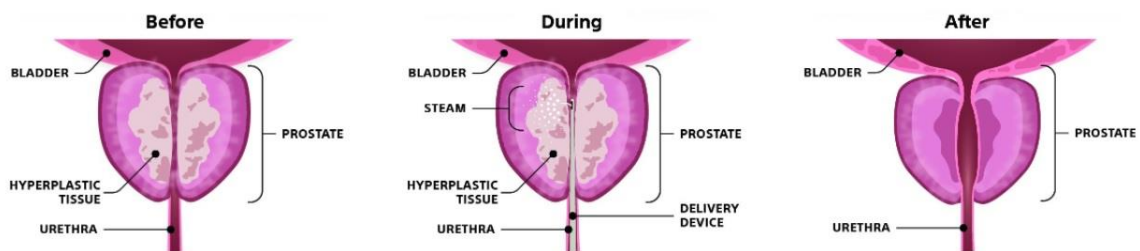


## **Rezūm Water Vapor Therapy for BPH (Benign Prostatic Hyperplasia)**

### ***What is Benign Prostatic Hyperplasia (BPH)?***

It is a condition of having an enlarged prostate and it is one of the most common conditions associated with aging men which includes bothersome lower urinary tract symptoms such as urine retention, slow urine flow, increased frequency, and urgency to pee, and even nocturia. Such symptoms affect one's quality of life by interfering with normal daily routine and sleep patterns. BPH affects around 50% of men by age 60 and by age 85, it reaches as high as 90%.

### ***How Does Rezūm Water Vapor Therapy Work?***



It is a non-surgical treatment that makes use of the natural energy stored in water vapor, or steam, to remove any excess prostate tissue that is pressing on the urethra. During the treatment, sterile water vapor is released throughout the targeted prostate tissue. When the steam contacts the prostate tissue, all the stored energy is released into the tissue. Over time, your body's natural healing response absorbs the treated tissue, hence shrinking the prostate. With the extra tissue removed, the urethra then opens, therefore reducing BPH symptoms. No incisions or any implants are required, and most patients can return to their regular activities within the next few days. Most patients begin to experience symptom relief as soon as two weeks' time, and the maximum benefit can be seen within three months' time.

### ***Suitable Candidates for Rezūm Procedure***

It is indicated for men with the following conditions:

- $\geq 50$  years of age with a prostate volume  $30\text{cm}^3 \leq 80\text{cm}^3$
- Does not adopt watchful waiting and lifestyle changes (Optional)
- Not in favor of taking any BPH medications,
- Not keen on other minimally invasive or surgical BPH procedures.
- Concerned about sexual function preservation and those who may be unable to undergo general anesthesia for a surgical procedure. (Optional)

### ***Benefits of Rezūm***

- Natural therapy without incisions or implants
- Ability to discontinue medications
- Preserves sexual function (erections and ejaculation)
- Fast day surgery procedure (< 15 mins)
- Possible to perform under local anesthesia
- Offers long-lasting results

### ***What you need to know about Rezūm Procedure***

Catheterization of a prostatic stent will be in place after the procedure to allow the prostate to heal. The catheter will then be kept for a period of 7 – 10 days. Patients will notice improvements in 1 – 2 weeks and achieve maximum benefit about 3 months post-procedure. As it's a natural therapy, therefore, healing takes some time, and the patient can enjoy its maximum benefit in about 3 months post-procedure.

However, there are some potential risks associated including but are not limited to painful or frequent urination, blood in the urine or semen, decrease in ejaculatory volume, urinary tract infection (UTI), inability to urinate or completely empty the bladder, urgent need to urinate, and need for short-term catheterization.