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# MALABAR HOSPITALS, KOZHIKODE

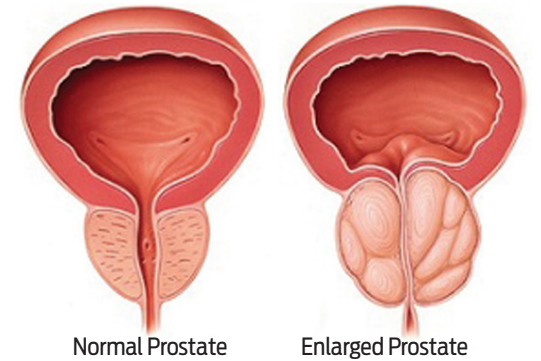
## Redefining Excellence in Urological Care

**U**nderstanding Prostate Surgery: When and How They Are Needed. Malabar Hospitals has established itself as a leader in urological treatments, offering state-of-the-art facilities backed up by a team of highly experienced urologists. The hospital is committed to

providing patient-centric, minimally-invasive treatments with a strong focus on preserving quality of life. With advanced diagnostic tools and cutting-edge technology, the urology department ensures precision, safety and optimal outcomes for patients. The prostate is a cru-

cial gland in the male reproductive system, and it is situated under the bladder surrounding the urinary passage (urethra). Its enlargement seen after middle age can sometimes lead to obstruction of urinary flow and severe complications. While medications are often the first line of treatment,

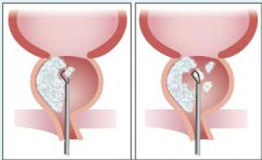
surgery becomes necessary when medical management fails or complications arise. In cases of large glands, particularly in patients with moderate to severe symptoms—patients with median lobe (gland bulging into bladder)—surgical intervention is often the best course of action.



## LATEST ADVANCES IN PROSTATE SURGERY

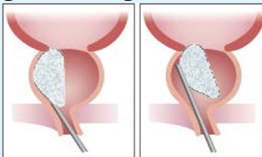
### 1. Traditional Endoscopic Surgery (TURP - Transurethral Resection of the Prostate)

Usually considered the gold standard for prostate surgery as has been proven during the last few decades, TURP is widely available and has a high success rate. It provides stable and reassuring outcomes for most patients. However, it comes with some risks, such as bleeding and low sodium in blood. Recovery typically requires 2-3 weeks of rest, and large glands cannot be safely tackled in one go with TURP



### 2. HOLEP (Holmium Laser Enucleation of the Prostate)

A newer, more advanced technique, HOLEP removes the gland using a laser more efficiently. It has several advantages over traditional surgery, including, Minimal bleeding, Faster recovery, more complete removal of gland. Effective for large glands beneficial for patients at high risk of complications. (cardiac, renal problems) Low risk of hyponatremia and fluid overload, compared to TURP



### 3. Newer Modalities in Prostate Treatment.

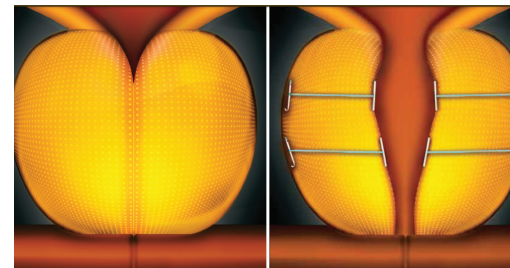
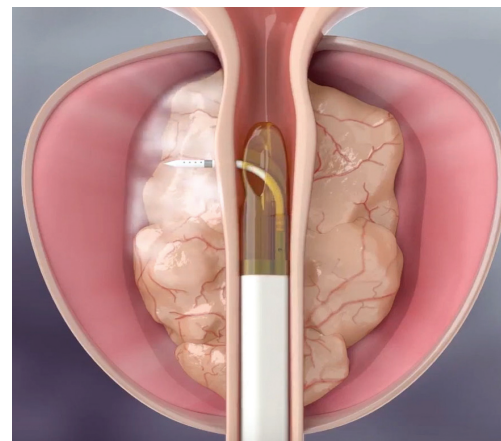
Many new modalities have come up for patients who are dissatisfied with medication but are reluctant to undergo surgery, particularly younger individuals or those at very high surgical risk. It acts as a medium term solution to manage symptoms while preserving sexual function.

### ● UROLIFT

The Urolift System is a breakthrough treatment that alleviates BPH symptoms by lifting and holding the enlarged prostate tissue away from the urethra, ensuring an unobstructed flow of urine. Unlike conventional surgical methods that remove or cut prostate tissue, UroLift uses small permanent implants to open the urethra. This procedure can be performed as a daycare procedure and does not require cutting, heating, or removing any prostate tissue.

Advantages of these procedures are Immediate results, Minimal rest period, No bleeding or leakage No sexual side effects, However implants which are imported do come at a cost

### ● REZUM



rarely, Prostate regrowth can occur over time, and the procedure is not suitable for all prostate shapes and sizes

It uses the inherent heat energy of steam to drive small needles into prostate via endoscope dash causing cell death and shrinkage of prostate it happens over 3 weeks to a few months. It is usually bloodless and has good results which lasts up to 5 years (in studies conducted abroad) It can be used effectively in glands up to 80 cc and is less costly compared to UROLIFT as there are no implants used.

Rezum is versatile in that it can be used in a variety of patients having various shaped prostate glands Patients may require catheter in the initial few days as gland swells due to edema which later goes away, mild burning feeling while passing urine is also common initially

### ● TUNA (Radiofrequency Ablation) Or RFA

Like REZUM it involves catheter-based treatment using radio frequency ablation via needles. It provides relief by selectively heating enlarged prostate tissue. But uneven heat dissipation can

lead to variable results.

### ● PAE (Prostatic Artery Embolisation)

Traditionally used as a life-saving procedure in cases of severe bleeding due to an enlarged prostate, PAE is particularly used for large glands and very high-risk patients unsuitable for surgery It is performed under local anaesthesia, through a vein making it a suitable option for very high-risk patients. However, it has a slow

improvement compared to surgery, and its outcomes are not always equivalent to surgical removal.

### Key takeaway points

Do not ignore prostate-related symptoms, as they can lead to severe complications. One type of treatment does not fit everyone; the choice of treatment should be based on patient expectations and medical comorbidities. Newer procedures are an option for younger patients wanting to preserve sexual functions and older high-risk patients, though it may not provide long-term results beyond 10 years. Each treatment option comes with its advantages and limitations, and the best approach should be tailored to the individual patient's needs and health status.

Disclaimer— This article has been published as a public health awareness regarding complications of BPH it left untreated and regarding latest advances in personalised treatment regarding prostate surgeries