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Tempo Bipolar RF Treatment for BPH: A Non-Surgical Approach

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Introduction and Objectives

TURP has remained the "gold standard" of surgical treatment for BPH. However, patients and doctors are seeking for alternative, less invasive outpatient procedures.

The purpose of BPH treatment is to alleviate the symptoms, together with reducing the prostate's size.

Nowadays, TUNA, microwave and RF treatment are used for outpatient treatment of BPH.

We decided to use Tempo Bipolar RF Therapy, and estimated the efficacy of this method.

Materials and Methods

45 men between the ages of 53-77 years participated in the study. The average prostate volume was 54cm³ (31.8–85.15). Average Qmax was 8.6 ml/sec (3.8–13.1), average Qav was 4.3 (1.3–8.1), average PVR was 59ml (0-210ml).

Every patient filled IPSS questionnaires, however, we didn't include those in the protocol, because all of them were subjective and discrepant.

All patients underwent a 1 hour treatment with Tempo, with temperatures between 48-55°C. The follow-up period was 6 months from treatment.

Results

Prostate volume (cm³): before – 54.0; 6 months after – 42.67 (27.6–73.7)

Qmax (ml/s): before– 8.6; after– 13.75

Qav: before – 4.3; after– 6.87

PVR (ml): before – 59.0; after– 25.11

The main complication was AUR, released with catheterisation of 24-72 hours.

Conclusions

Prostate volume reduced - 21%
Qmax increased - 60%
Qav increased - 60%
PVR reduced - 57%

These results are the evidence for the efficacy of Tempo Bipolar RF therapy for BPH. This method is a good and viable alternative for patients who are contraindicated for TURP or are unwilling to have surgery.

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