

### 363 Patient-Reported Outcomes Measures From 153 Men Treated with Water Vapour Thermal Therapy (Rezūm™) For Symptomatic Benign Prostate Hyperplasia

A. Rai, M.J. Connor, C.C. Khoo, D. Eldred-Evans, E.J. Bass, F. Hosking-Jervis, M.B. Tanaka, S. Agarwal, M. Winkler, H. Abboudi, T. El-Husseiny, H.U. Ahmed

Imperial College London, London, United Kingdom

**Background:** Transurethral water vapour treatment (Rezūm™) is a novel minimally invasive technique (MIST) for lower urinary tract symptoms (LUTS) secondary to benign prostatic hyperplasia (BPH). The aim of this study was to report patient-reported outcome measures (PROMS) and adverse events from patients treated with Rezūm™.

**Method:** Consecutive patients were retrospectively identified at a single tertiary centre. Exclusion criteria included a history of acute urinary retention, previous BPH surgery, prostate cancer or prostatitis. PROMS including International Prostate Symptom Score (IPSS), IPSS-quality of life (IPSS-QoL) and the International Index of Erectile Function (IIEF-5) were compared between baseline and at a single discrete follow-up period (Initial [4-6 months]; Early [7-12 months]; Medium [13-18 months]; or Late [ $> 18$  months]) using student's t-test (SPSS v26.0;  $p < 0.05$ ).

**Results:** 153 patients were included. IPSS, IPSS-QoL and IIEF-5 at baseline were 23.4 (SD 6.8), 4.8 (SD 3.7) and 14.9 points (SD 7.1), respectively. Paired PROMS were available at: Initial 20.2% (31/153), Early 43.7% (67/153), Medium 24.8% (38/153) and Late 11.1% (17/153) follow-up. Compared to baseline, all mean IPSS and IPSS-QoL reductions were significant ( $p < 0.05$ ). At medium follow-up, paired IPSS and IPSS-QoL reductions were significant at -14.2 points and -3.2 points ( $p < 0.0001$ ), respectively. There was no reported de novo erectile dysfunction. One patient required re-operation due to persistent symptoms, and one patient experienced postoperative urosepsis (Clavien-Dindo II).

**Conclusions:** Our findings demonstrate real-world data that water vapour therapy for BPH confers durable patient-reported improvements in most men, with preservation of patient-reported erectile function.