

What is BPH?

Benign Prostatic Hyperplasia (BPH) is an enlargement of the prostate gland affecting about 50–60% of men in their 60s, and up to 90% of men in their 70s and 80s.¹

This enlargement can compress the urethra, reducing the flow of urine from the bladder, and sometimes blocking it entirely.

The symptoms of BPH include:

- Urinary frequency
- Irregular flow
- Urgency
- Weak stream
- Straining
- Getting up at night to urinate.

Treating BPH

BPH affects more than 1.8 million men over the age of 50 each year in Australia.² Rezūm™ Water Vapor Therapy is a minimally invasive option designed to reduce BPH symptoms in men with an enlarged prostate.

Talk to your doctor to see if Rezūm™ Water Vapor Therapy is right for you

All treatments have inherent and associated risks. The Rezūm™ System is intended to relieve symptoms and obstructions, and reduce prostate tissue associated with BPH. It is indicated for men with a prostate volume $30\text{cm}^3 \leq 80\text{cm}^3$. The Rezūm System is also indicated for treatment of prostate with hyperplasia of the central zone and/or a median lobe. Potential risks include but are not limited to painful urination (dysuria), blood in the urine (haematuria), blood in the semen (haematospermia), decrease in ejaculatory volume, suspected urinary tract infection (UTI), and urinary frequency, retention or urgency. You should talk with your doctor about benefits and risks before moving forward with any treatment option.

*Dependent on individual clinical situation and healing response.

1. US National Library of Medicine National Institutes of Health: Reviews in Urology 2005; 7(Suppl 9): S3–S14. Benign Prostatic Hyperplasia: An Overview Claus G Roehrborn, MD, FACS <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1477638/> Accessed 11 February 2019.
2. Australian Bureau of Statistics 2016 Census QuickStats http://quickstats.censusdata.abs.gov.au/census_services/getproduct/census/2016/quickstat/036 Accessed 13 February 2019.
3. Roehrborn CG, Gange SN, Gittelman MC et al. Convective Thermal Therapy: Durable 2-Year Results of Randomized Controlled and Prospective Cross over Studies for Treatment of Lower Urinary Tract Symptoms Due to Benign Prostatic Hyperplasia. J Urol. 2017 Jun; 197(6):1507-1516. doi: 10.1016/j.juro.2016.12.045. Epub 2016 Dec 18.
4. McVary KT, Roehrborn CG. Three-year outcomes of the prospective, randomized controlled Rezūm system study: Convective radiofrequency thermal therapy for treatment of lower urinary tract symptoms due to benign prostatic hyperplasia. Urology. 111C (2018):1-9.

CAUTION: Indications, contraindications, warnings and instructions for use can be found in the product labelling supplied with each device.

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**A minimally
invasive treatment
for BPH**

Rezūm™ Water Vapor Therapy

BPH affects
50–60%
of men by age 60

and up to
90%
of men aged 70–80¹



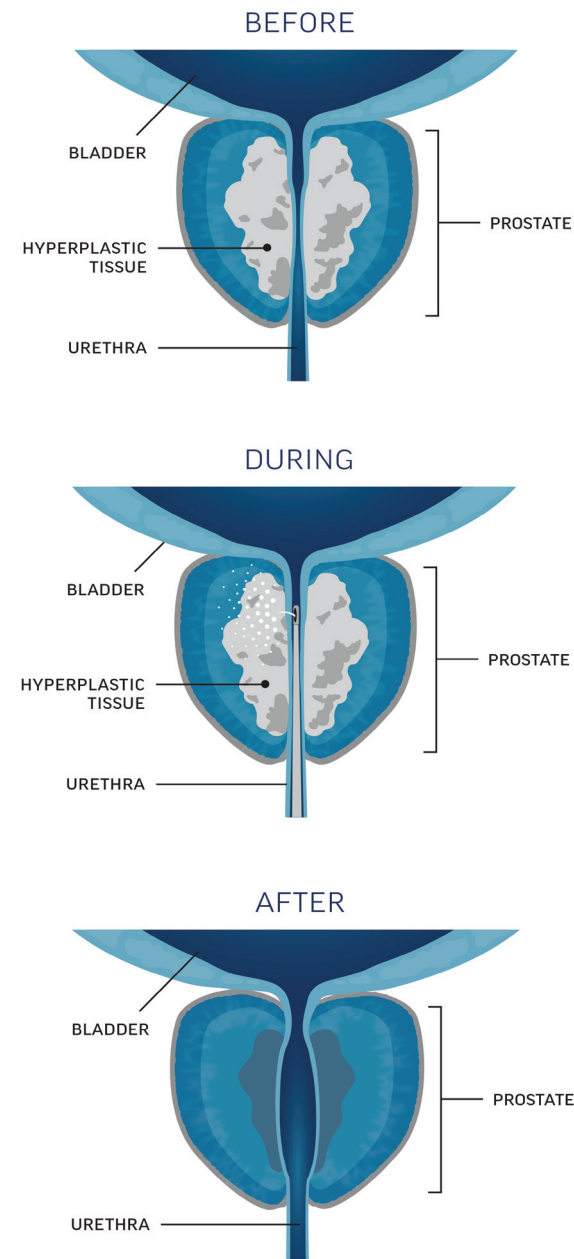
See the difference

Rezūm™ Water Vapor Therapy uses the natural energy stored in water vapour, or steam. It is a minimally invasive treatment available to relieve symptoms associated with benign prostatic hyperplasia, or BPH.³

During each 9-second treatment, sterile water vapour is released throughout the targeted prostate tissue. When the steam turns back into water, all the stored energy is released, causing the cells to die.

Over time, your body's natural healing response removes the dead cells, shrinking the prostate. With the extra tissue removed, the urethra opens, reducing BPH symptoms.

Most patients begin to experience symptom relief in as soon as two weeks, and maximum benefit may occur within three months. Patient responses can and do vary.⁴



The number of water vapour treatments varies depending on the size of the prostate. The procedure is done during one appointment. The images above are intended to show how the procedure works, not to provide an exact representation of patient results.

Ask your doctor if
Rezūm™ Water Vapor Therapy
is right for you

3 Simple Steps

The following is intended as a general overview, and your experience may differ. Please talk with your doctor about questions you may have about the procedure.

1. Before your procedure

- Your doctor may stop anticoagulants, or blood thinners, a few days to a week prior to your procedure.
- Antibiotics may be prescribed.
- Your doctor will discuss any pain medications that will be used.

2. Procedure day

- The actual procedure takes only minutes; however an overnight stay may be recommended for some patients. Your doctor will advise you on this.
- You will receive an anaesthetic during the procedure and your doctor may prescribe pain medication after the procedure.
- Plan to have a driver for your appointment, unless your doctor tells you that you can drive yourself home.

3. Resume your life

- After your procedure, continue oral antibiotics as prescribed by your doctor.
- Your doctor may recommend a catheter for a few days to ease urination during healing.
- Avoid activities that may irritate your prostate. Consult your doctor for specific recommendations.
- If you experience discomfort:
 - Take a mild pain medication, as recommended by your doctor
 - Try a warm bath or sitting on a hot water bottle
 - Consider temporarily removing caffeine, chocolate and alcohol from your diet.



Within a few days, you will most likely be able to resume normal activities* and most patients will experience noticeable symptom improvement in as soon as two weeks.³