



UROLOGICAL SURGEON
DR MARTIN ELMES
MBBS (MELB), FRACS (UROL. SYD)
ROBOTIC & LAPAROSCOPIC UROLOGICAL SURGEON

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DR MARTIN ELMES GOLD COAST UROLOGIST

SPECIALISING IN

Minimally invasive Robotic Prostate & Kidney surgery

Advanced BPH treatments: Laser prostate enucleation (HoLEP), Rezum water vapour steam therapy, UroLift

Erectile Dysfunction: Hidden needle Intracavernosal injections, Penile Prosthesis (no-touch technique)

TRAINING

Dr Elmes completed his Bachelor of Medicine and Bachelor of Surgery in 2000 having attained Dean's Honours and Dux of Physiology and Biochemistry. He completed his general surgical training at the Alfred, Austin and Western Hospitals in Melbourne.

His interest in Urology began in 2001 with residency and assisting surgically at a multitude of operations. He furthered his urological training with a Doctorate of Medicine investigating Prostate immunology and presenting multiple clinical papers at state, national and international levels.

He was awarded the prestigious Ronald John Gleghorn Scholarship from the University of Melbourne 2006 and the inaugural Rodney Syme Scholarship from the Department of Urology Austin Health 2007. Martin completed his advanced urological surgery training in Sydney having passed his fellowship exams with Distinction.

After attaining his FRACS (Syd) Dr Elmes spent a further year refining his subspecialty techniques. He was invited to complete a complex stone surgical fellowship under the tutelage of Australia's leading stone endourologist, Dr Raymond Ko. In addition he spent time with world experts in open and minimally invasive cancer surgery. Dr Elmes was the first Urological fellow to use the Da Vinci Si Robot in the state of the art theatre at Nepean hospital.

GP HINTS

PSA TESTING SUMMARISED

Screening: 50-75 y.o men: PSA + DRE annually offered

40-50 y.o men: PSA + DRE - median PSA <0.6 --> annual PSA & DRE from 50, if FHx or median PSA >0.6 --> biennial PSA + DRE

Refer: PSA > upper limit age specific, rising PSA >0.35ng/ml/year (if PSA 0-4), >0.75ng/ml/year (if PSA 4-10), DRE abnormal, young pt <50 +FHx (first degree relative diagnosed at <55) + median PSA > 0.6.

LUTS - LOWER URINARY TRACT SYMPTOMS

Overactivity - urge, frequency, nocturia, dysuria should be referred on

Causes: 1) Bladder outlet obstruction (BOO) - BPH, stricture, high bladder neck, PCa 2) Overactive bladder - BPH, TCC, TI, Neurological,

3) Under active bladder - BPH CVA, Neurological

DDx: urethral stricture, PCa, BN hypertrophy/contracture

Tests: MSU, Renal US, UEC, PSA

STONES

Renal /ureteric - regularly caused by dehydration

Bladder - majority caused by outlet obstruction. Almost all are treated by Laser/endoscopically

Tests: UEC/CA 2 + urate/PTH, MSU

CT KUB (US only if pregnant) +/- Xray KUB

CONSULTING AT

VARSLAKE SUITE 2 LEVEL 1, 2 LAKE STREET VARSALAKE 4227

PINDARA SUITE 8, LEVEL 1, PINDARA PLACE, 13 CARRARA STREET, BENOWA 4217

OPERATING AT

JOHN FLYNN PRIVATE HOSPITAL & PINDARA PRIVATE HOSPITAL