

UROLOGICAL SURGEON DR MARTIN ELMES

Men's Health Matters

ISSUE 2 | 2018

www.goldcoasturologist.com.au

WELCOME to the second edition of Men's Health Matters for 2018. This issue takes a look at the minimally invasive UroLift procedure for treatment of BPH. We also discuss a growing concern affecting Australian men today – Erectile Dysfunction (ED). This is a common problem affecting at least 1 in 5 men over the age of 40. The treatment options Dr Elmes offers can be found in this edition to help treat your patients.

IN THIS ISSUE OF MEN'S HEALTH MATTERS...

- Snapshot of **Benign Prostatic Hyperplasia (BPH) & Erectile Dysfunction (ED)**
- Doctors encouraging middle-aged Aussie blokes to consider their prostate – **MJA Insight article release**
- Minimally invasive **UroLift** BPH treatment
- **GP education evening** with Dr Elmes and Dr Hartley
- What treatments are available for my patients **Erectile Dysfunction concerns?**

SNAPSHOT

Red Flags of BPH

- Hypocontractility
 - Incomplete emptying
 - Post void residual > 100ml
- Overactivity
 - Frequency
 - Urgency
 - Nocturia > 1x
- Other
 - UTI
 - Macrohaematuria

Investigations

- Urine analysis or MSU – blood or infection
- UEC or renal function
- Renal ultrasound – gives information on prostate size, sometimes shape and importantly chronic bladder damage (trabeculation and diverticulae), incomplete emptying and also kidney damage
- PSA

Erectile Dysfunction

In an Australian study measuring self-reported erectile dysfunction in 108,477 men aged 45 years or older, the overall prevalence of erectile dysfunction was 61% (25% with mild erectile dysfunction; 19% with moderate erectile dysfunction; 17% with complete erectile dysfunction)¹.

1. Shoshany, O, Katz DJ & Love C. Much more than just prescribing a pill – Assessment and treatment of erectile dysfunction by the general practitioner, AFP Vol. 46, No.9 2017, 634–639.

Doctors encouraging middle-aged Aussie blokes to consider their prostate

MJA Insight article to highlight consequences of nation's most common prostate disease

Be sure to read a new article released by MJA Insight highlighting prostate issues are a fact of life for men, with age increasing prostate-related symptoms.

“Men experience varying symptoms of BPH with different degrees of bother, including increased frequency and urgency of urination both day and night, difficulty starting, maintaining and finishing urination. They may also experience urine infections or urinary retention,” – Dr Martin Elmes, Gold Coast.

READ THE FULL ARTICLE HERE -> <https://bit.ly/2MWoszt>

And watch the recent Channel 7 news story with Dr Elmes and one of our real patient success stories of BPH here -> <http://www.goldcoasturologist.com.au/>

UROLIFT®

BPH Relief. In Sight...

Urolift is a relatively new, minimally invasive technique designed to improve urinary symptoms caused by an enlarged prostate or BPH. Gold Coast urologist Dr Elmes, was one of the first surgeons in Queensland to perform it.

The procedure is carried out by inserting several small internal stitches into the prostate, compressing the tissue outwards and thus widening the internal diameter of the urethra. It does not involve cutting or lasering of any of the prostate tissue and as such results in a far better side effect profile:

- ✓ No Erectile Dysfunction
- ✓ No stress urinary incontinence
- ✓ No retrograde (backwards) ejaculation

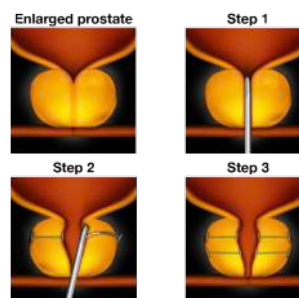


Figure 1: UroLift procedure

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UroLift IPSS results

With the use of the IPSS score system we have monitored patient progress from pre-treatment to post operative stages of their UroLift procedure.

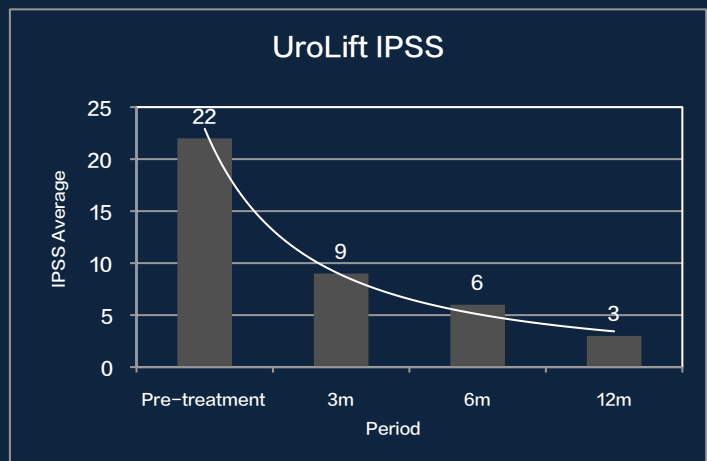
Average Age 67 yrs

Pre-treatment – 53 patients recorded with average IPSS score of 22

3 months post op – 53 patients recorded with a reduced average of 9

6 months post op – 38 patients recorded with an average of 6

1-year post op – 18 patients recorded (to date) with an average of 3



Minimally Invasive Surgical Advancements Dinner with Dr Elmes & Dr Hartley

Our annual GP education evening was a great success. We had an excellent turnout of GPs who took this opportunity to learn more about advancements in minimally invasive surgical treatments for Urological Conditions and Hip & Knee Surgery.

There was loads of information shared on the night as well as some delicious food. A big thanks to the GPs that joined us at the Little Truffle. Hopefully we will see you next year. Also a big thanks to our UroLift team for hosting the night and Dr Hartley presenting alongside Dr Elmes.



ARE YOUR PATIENTS STRUGGLING WITH ERECTILE DYSFUNCTION?... EDSAustralia can help

Dr Elmes has a range of treatment options available for men struggling with Erectile Dysfunction. Tailored to suit each stage of ED, EDSAustralia provides the complete package and service for super-specialised tailored erectile rehabilitation ranging from lozenges, injection therapy and state of the art penile prosthesis.

- **Lozenges:** RAPID is an oral administration lozenge containing a combination of sildenafil and phentolamine for a more effective treatment of mild ED
- **Injection therapy:** Dr Elmes offers Needles or Hidden Needle devices as a more comfortable option. Depending on the patient's severity of ED, Dr Elmes tailors the medication to each patient to ensure strong performance.
- **Xiaflex injections:** administered over a series of injections for treatment of Peyronie's disease, a condition marked by penile curvature, indentation, and loss of penile length (with or without pain) upon erection. Dr Elmes also offers surgical treatment for this condition.
- **Penile Prosthesis:** for men resistant to oral and injection therapy, Dr Elmes offers this procedure with confidence for a permanent solution. Dr Elmes has returned from New York where he observed a number of complex Penile Prosthesis cases with leading, globally recognised Urologist, Dr Francois Eid.



New Video content available on our website

We have developed new explainer videos about the treatments and procedures Dr Elmes offers. These videos have been designed to provide additional information to help patients make informed decisions about their treatment and operative journey. There is loads of content available for you to view and share with real life patient stories included. Be sure to view content here <http://www.goldcoasturologist.com.au/videos>

For more information on the treatments and procedures we offer contact our rooms on (07) 5575 7922 or visit our websites <http://www.goldcoasturologist.com.au> <https://www.prostatesurgeon.com.au>

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