HKUMed introduced and carried out Asia's first Water Vapour Thermal Therapy for Benign Prostatic Hyperplasia (BPH)

港大醫學院引入並完成亞洲首宗水蒸氣熱力治療手術以治療良性前列腺增生症

記者招待會 : 2020年6月16日

Press Conference: 16th June 2020



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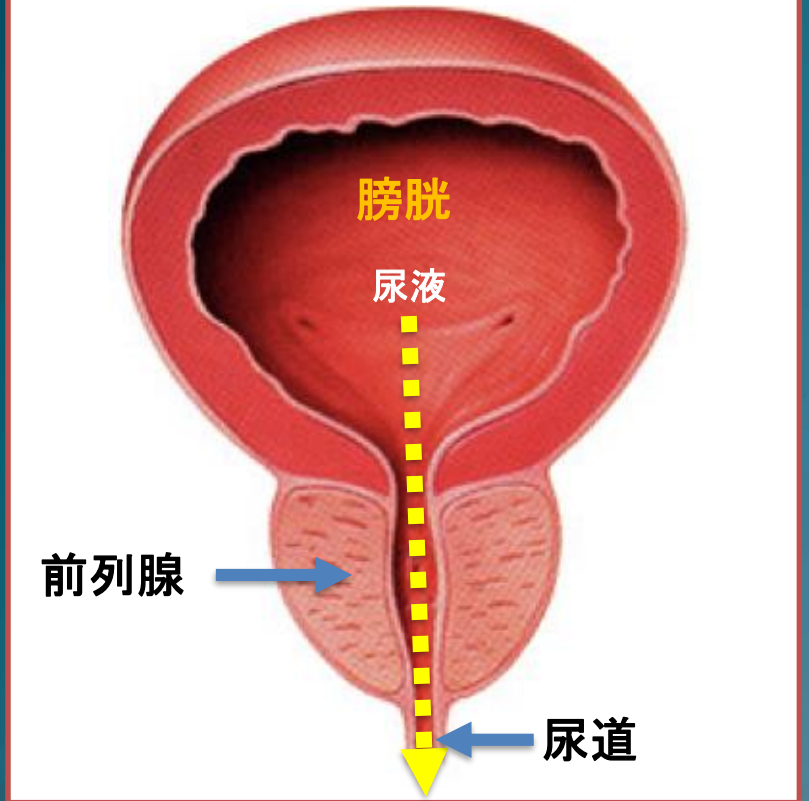
Chief of Division of Urology

Honorary Clinical Associate Professor

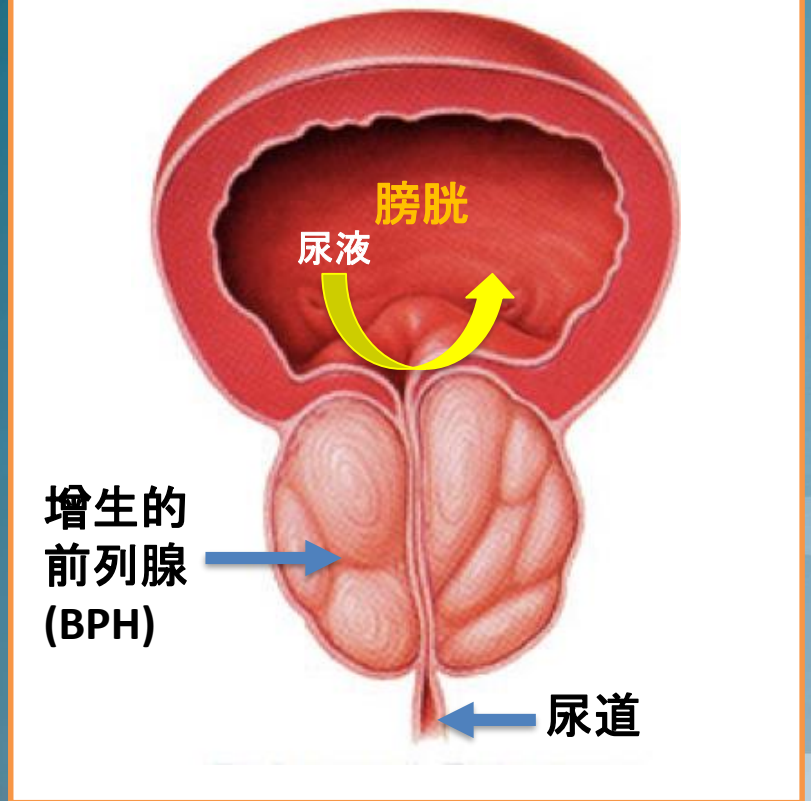
Department of Surgery, HKUMed

男性如何排尿？ How do men urinate?

正常的泌尿系統 Normal

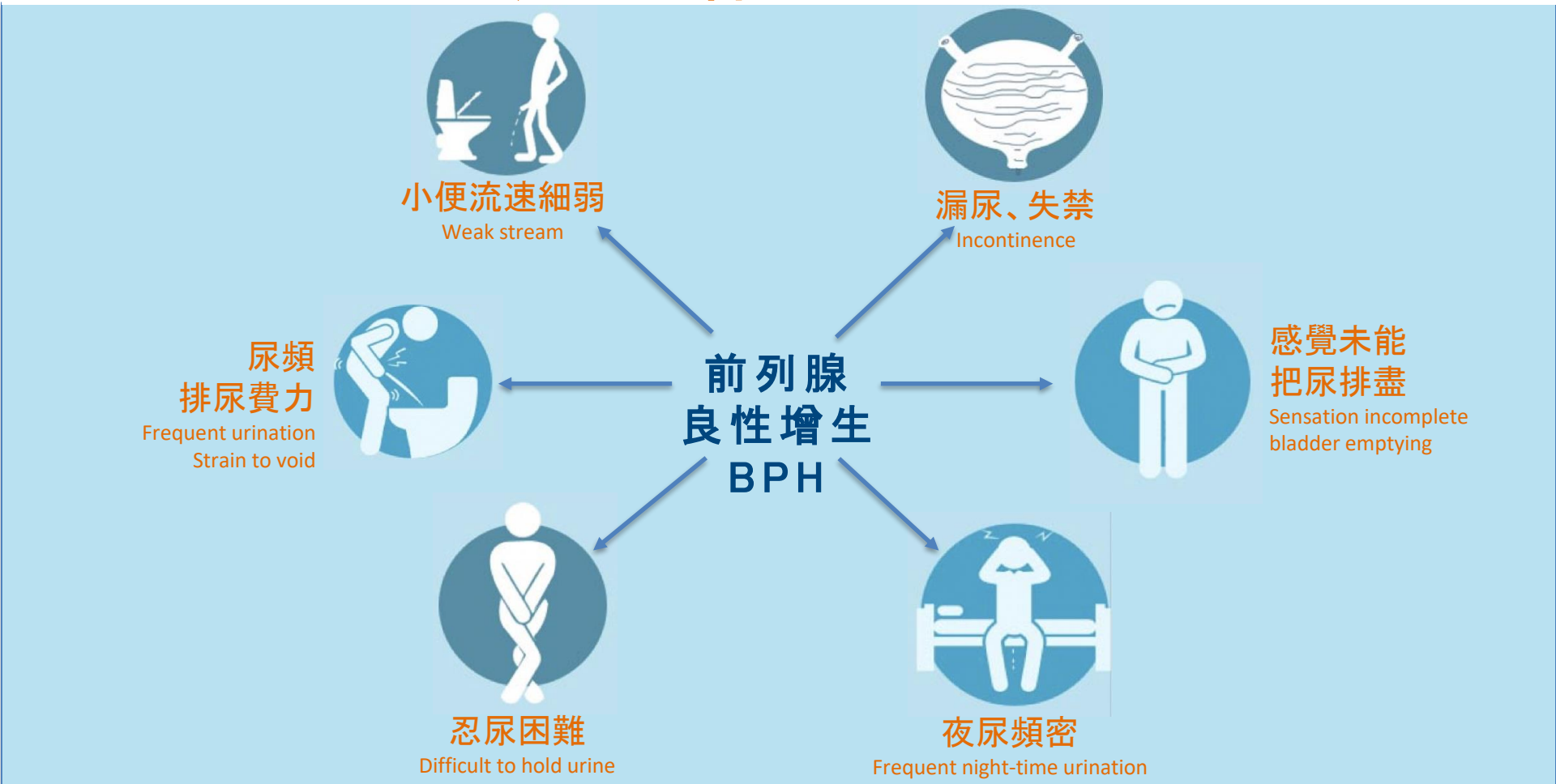


前列腺良性增生（肥大）BPH

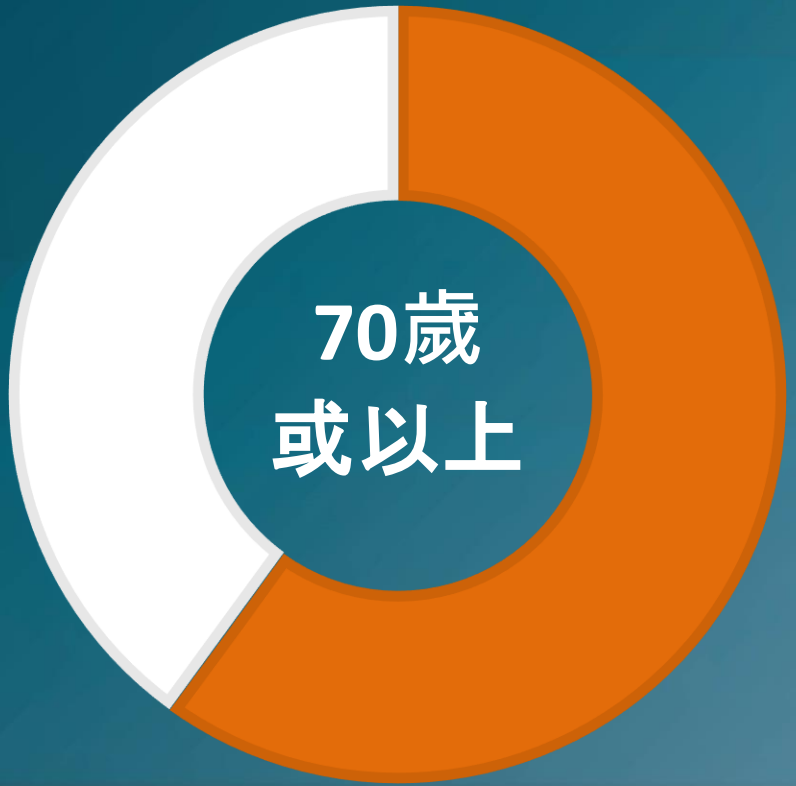


前列腺良性增生帶來的問題？

BPH Symptoms



前列腺良性增生在香港有多普遍？ How common?



大約六成70歲或以上的男性華人受前列腺良性增生困擾

Approximately 60% of Chinese men over 70 years old effected by BPH

**Wang et al Sci Rep 2015*

生活模式改變
Lifestyle Modification

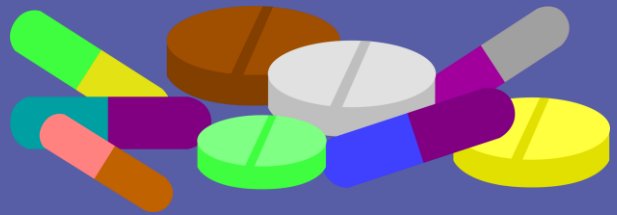


Fluid Management



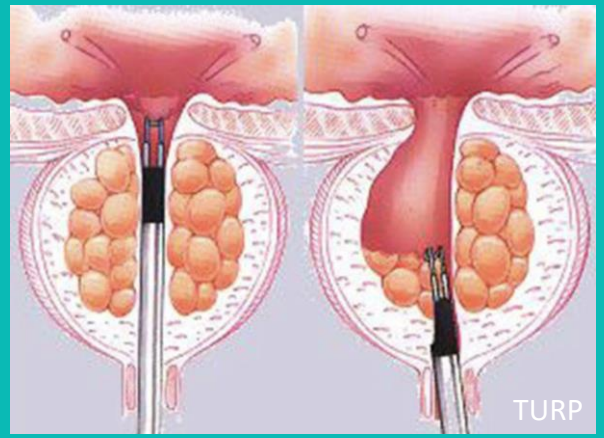
Dietary Changes





藥物治療 Medication Treatment

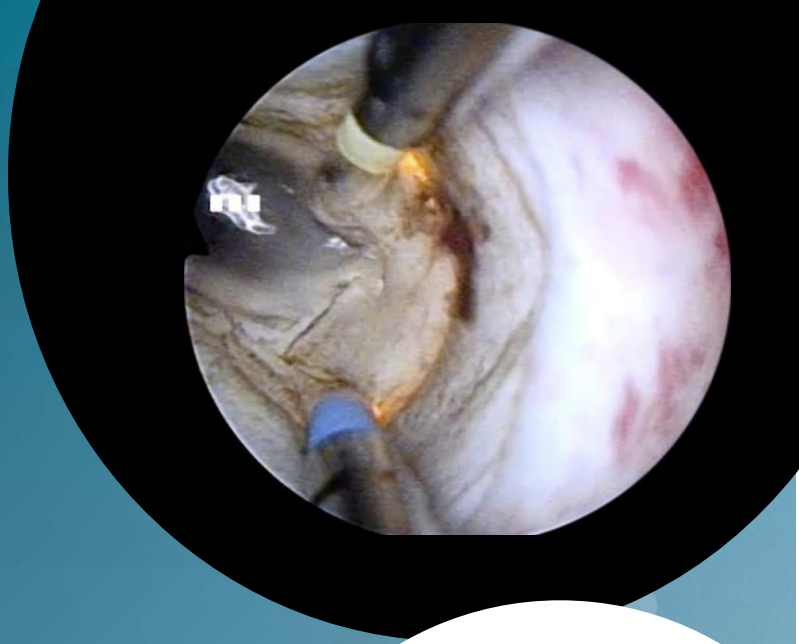
手術 Surgery



經尿道前列腺電切手術
TransUrethral Resection of Prostate (TURP)

經尿道前列腺電切手術(TURP)

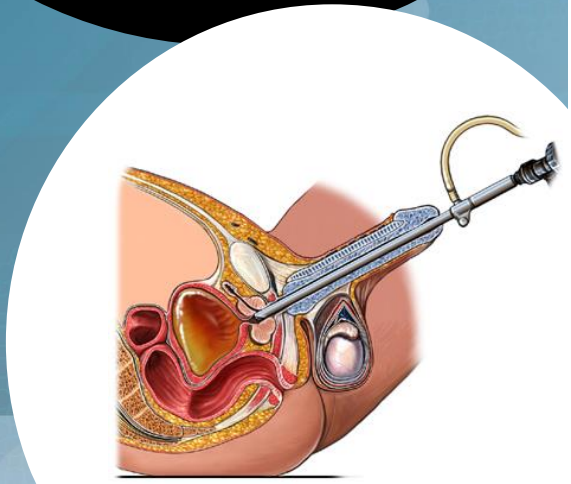
前列腺良性增生的傳統治療方法



1930年代始沿用至今
Established since 1930s

成效好
Good outcome

復發(再治療)率低
Low retreatment rate

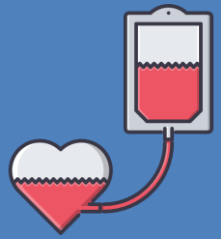


經尿道前列腺電切手術的弊病

Problems with TURP



需要半身或全身麻醉
General or Spinal Anaesthesia



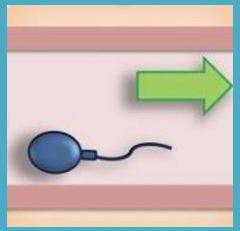
出血並需輸血風險
Bleeding requiring transfusion



平均留院 2-4日
2-4 days Hospitalization



持續失禁風險
Persistent incontinence



逆行射精
Ejaculation Dysfunction



術後6星期內需限制日常活動
Restricted activities for ~6 weeks



水蒸氣熱力治療手術

Water Vapour Thermal Therapy







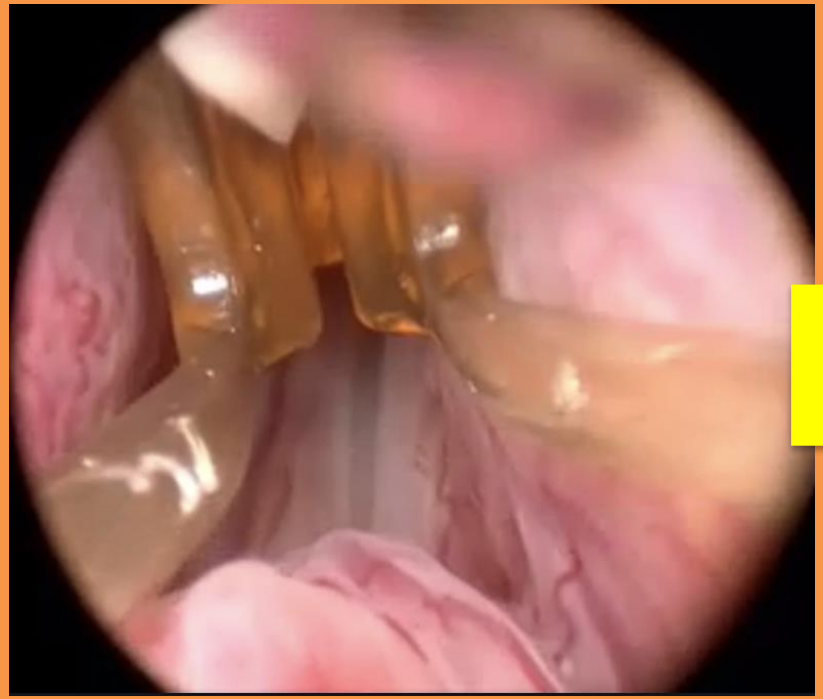
水蒸氣熱力治療如何運作？ How does Water Vapour Thermal Therapy Work?



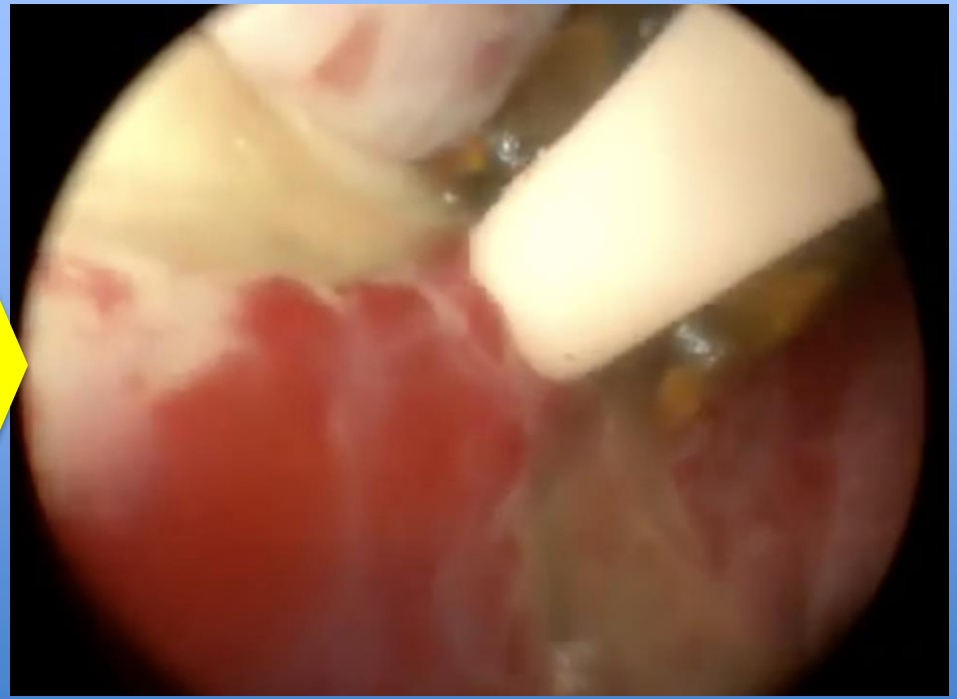


水蒸氣能量 (WAter Vapour Energy - WAVE) 對流原理

水蒸氣熱力治療如何運作？ How does Water Vapour Thermal Therapy Work?



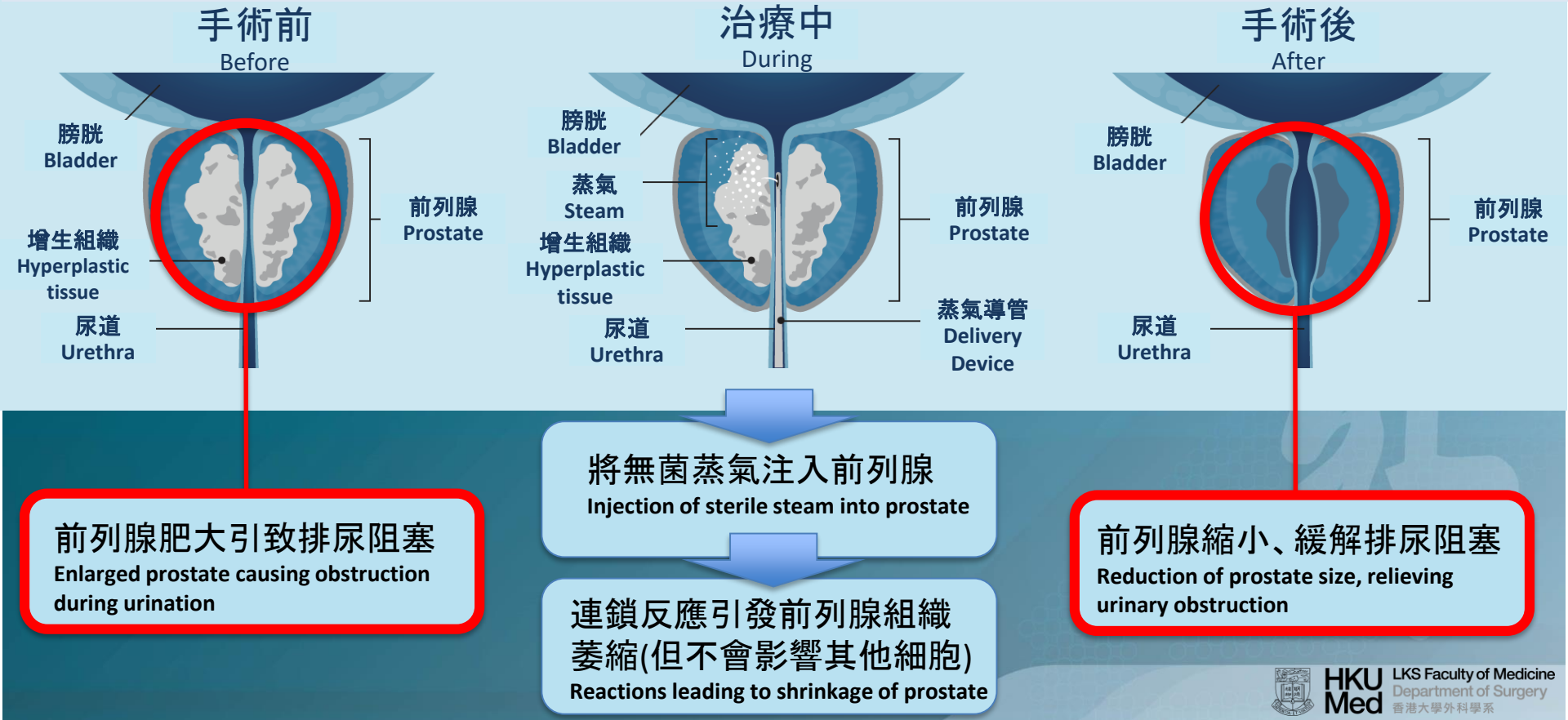
內窺鏡(直徑約匙孔大)找出增生前列腺組織
Endoscopic identification of enlarged prostate



以針刺於前列腺內注入蒸氣
Needle puncture and injection of steam

水蒸氣熱力治療如何運作？

How does Water Vapour Thermal Therapy Work?



水蒸氣熱力治療功效如何?

Does it work?



135名受試者 (Patients)
15個研究中心(Units)

療效持久	成效穩定	
需要再次治療的比率僅 Retreatment Rate 4.4%	國際前列腺症狀評分 (IPSS) 10.1 點 (46.7%)	生活質素影響 (QoL) 2.0 點 (42.9%)
	最大尿流速 (Qmax) 4.2 毫升/秒 (49.5%)	前列腺增生影響指數 (BPHII) 3.5 點 (52.2%)

再治療比率
Low retreatmer

尿流速改善
Improved urine flov

患者主觀的症狀及生活質素改善
Subjective symptom and quality of life improvement

ry et al UROLOGY 2019

為何選擇水蒸氣熱力治療？

Why Water Vapour Thermal Therapy?

- 可在局部麻醉或鎮靜下進行
  Can be done under sedation or local anaesthesia
- 可於手術後即日出院
  Can be discharged on day of operation
- 療效良好
  Good results
- 安全、極少嚴重併發症
  Excellent safety profile
- 保留射精能力
  Preserves ejaculatory function
- 無須擔心術後失禁
  No incontinence risk
- 手術時間短
  Short procedure time
- 需再治療的可能性低
  Low re-treatment rate

港大醫學院臨床經驗

HKUMed Experience

港大醫學院首次在亞洲為前列腺良性增生病人進行水蒸氣熱力治療

HKUMed successfully carried out the first Water Vapour Thermal Therapy for patients with BPH in Asia



港大醫學院臨床經驗

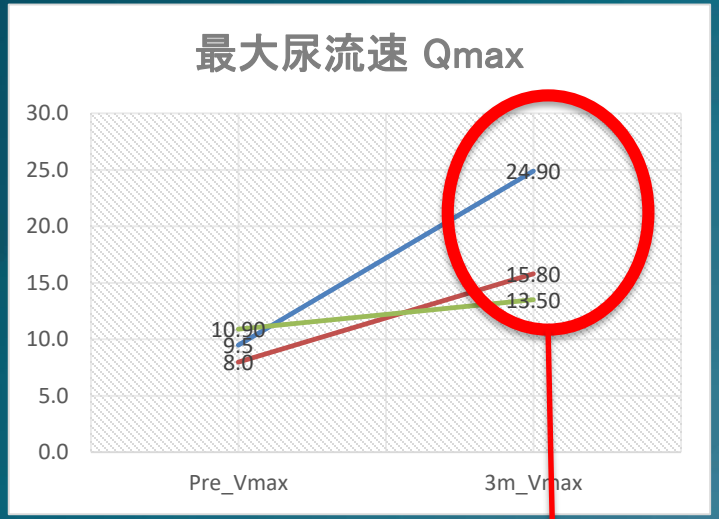
HKUMed Experience

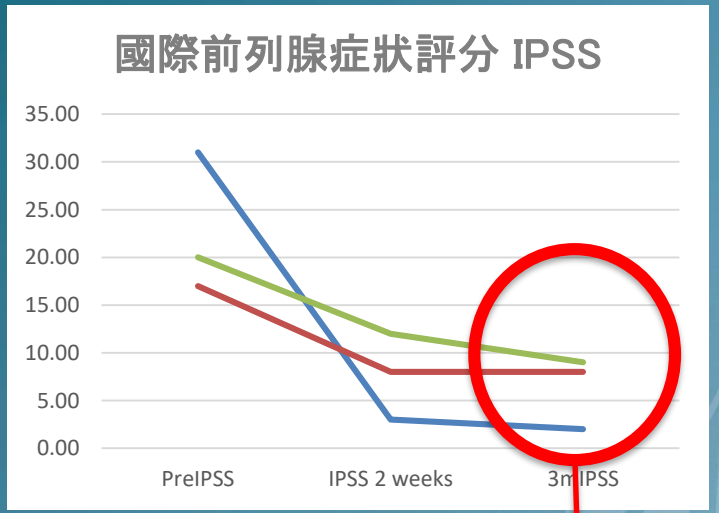
No	年齡 Age	治療前 前列腺體積 (g) Pre-Treatment Prostate size (g)	手術後3個月 前列腺體積 (g) Prostate size at 3 months (g)	改變百分比 Change in prostate size
1	62	67.00	40.60	**39%**
2	63	98.00	50.20	**49%**
3	71	130.00	90.00	**31%**

前列腺體積的縮減百分比
Change in prostate size

港大醫學院臨床經驗

HKUMed Experience





明顯改善尿流速
Obvious improvement in urine flow

減少患者因泌尿症狀感到的主觀困擾
Reduction in symptom bother

港大醫學院臨床經驗

HKUMed Experience



完全保留射精能力

No Ejaculatory Dysfunction

不影響性能力

No impact on erectile function

總結

Conclusion

- 港大醫學院成功在亞洲引入嶄新的超微創手術水蒸氣熱力治療手術以治療良性前列腺增生症
  New minimally-invasive surgical treatment for BPH (Rezum) successfully introduced to Asia at HKUMed
- 良好療效及安全
  Good efficacy and safe
- 毋須全身或半身麻醉的日間治療程序
  Can be done as day case under minimal anaesthesia
- 治療副作用遠優於傳統療法
  Less side effects than convention treatments

模擬手術過程示範
Demonstration of the surgical procedures

答問環節
Question & Answer