

Holmium Laser Enucleation of the Prostate (HoLEP) Improved Men's Health

Introduction and Objective: There is not holmium laser enucleation of the prostate (HoLEP) only by improvement only for an urination symptom postoperatively. We paid attention to that, and I noticed that I improved a collection of urine function and, in addition, improved well-being of the patient. We studied about bladder function improvement and sexual function improvement by HoLEP.

Materials and Methods: In Teikyo University urology, we began HoLEP in October, 2006. There were 181 patients with BPH (median 69 y.o. range: 53-88) who were treated with HoLEP until August 2010. Measurements of the perfusion of the bladder, uroflowmetry, MRI of the prostate and the bladder were performed before and 3 months after the operation. Perfusion of the bladder was measured by a laser tissue blood flowmeter, OMEGAFLO (Tokyo, Japan). We performed a questionnaire (IPSS, QOL, IIEF5) and the testosterone (total testosterone, free-testosterone) measurement for preoperation continuously.

Results: Mean IPSS improved from 20.1 ± 8.1 (pre-op) to 5.8 ± 5.0 (post-op) ($p=0.00$), and scores for storage symptoms decreased from 10 ± 5.2 to 2.4 ± 2.5 ($p=0.01$) significantly. Uroflowmetry significantly improved from 7.34 ± 3.4 ml/s to $17; 9 \pm 9.8$ ml/s ($p=0.00$). Perfusion of the bladder increased significantly at the trigone (pre: 10.48 ± 7.57 ml/min, post: 20.65 ± 10.87 ml/min, $P=0.0005$), the right wall (pre: 11.36 ± 7.23 ml/min, post: 18.63 ± 8.62 ml/min, $p=0.0059$), the left wall (pre: 11.63 ± 6.78 ml/min, post: 17.09 ± 6.45 ml/min, $p=0.0108$) after the operation. Comparison of MRI pre- and post-HoLEP showed the marked expansion of peripheral zones. The testosterone value increased in postoperative significance. IIEF5 was improved after HoLEP significantly.

Conclusion: The HoLEP admitted that a storage symptom was improved as well as improvement of an urination symptom. In bladder blood flow improvement patients, there were a storage symptom and voided volume, and improvement of a bladder function was suggested. It is reported that prostatic hypertrophy is connected with depression and degradation of sexual action. For a notable point, HoLEP is postoperative, and improves the well-being of the patient. We examined its influence on sexual activity characteristics of HoLEP and a rise of male hormone value. HoLEP was postoperative and recognized serum testosterone value, a rise of improvement of IIEF5, and potency suggested amelioration of male sex mechanism. HoLEP showed a sign of improvement in a collection of urine symptom as well as improvement of an urination symptom, and improvement of a bladder function was suggested. In addition, it is expected by bladder blood volume, serum testosterone value, improvement of IIEF 5 value when it is a male anti-ageing operation.