

## WHO IS SUITABLE FOR REZUM TREATMENT (REZUM THERAPY)?

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Men experiencing symptoms of prostate enlargement (BPH):

Weak urine stream

Difficulty emptying the bladder

Stop/start urine flow

Straining to begin urination

An increased need to urinate (urinary frequency)

Interrupted sleep because of the need to urinate often

Men who have symptoms of an enlarged prostate and want a safe and effective minimally-invasive solution

Men who do not wish to use, or wish to stop the use of daily medications for treatment enlarged prostate (due to side-effects, cost or inconvenience)

Men who want to improve their quality of life to the standard that it was before the onset of enlarged prostate (BPH) symptoms

## WHAT ARE THE ADVANTAGES OF REZUM TREATMENT?

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Rezum treatment is a simple, safe, minimally-invasive and effective procedure with minimal downtime, to treat the bothersome symptoms of enlarged prostate (BPH)

Rezum treatment is proven to work safely and effectively and has been endorsed by the American Urological Association in the latest guidelines on treatment of enlarged prostate (BPH)

There are over four years of data from US studies that attest to the efficacy, durability and reproducibility of the procedure

Rezum treatment eliminates the need for lifelong use of costly medications

Rezum treatment provides relief from enlarged prostate symptoms in as soon as a few weeks

'Down time' after surgery is minimal and return to work and normal activities is possible as soon as 24-48 hours afterwards

Rezum treatment has minimal risk of retrograde ejaculation or sexual dysfunction compared to traditional surgery

## HOW IS REZUM TREATMENT PERFORMED?

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Rezum treatment is performed under general anaesthesia

It involves the use of a small telescope (cystoscopy)

Rezum treatment is performed using a small handheld device to deliver radiofrequency-generated water vapor to the enlarged prostate (BPH) in the form of steam

There are no skin incisions involved

In appropriately selected patients it may take as little as 10 minutes to complete the procedure, with only very minor pain or discomfort.

## WHAT TO EXPECT AFTER REZUM THERAPY PROCEDURE?

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Rezum treatment can be performed as a day surgery but some patients stay in hospital overnight  
Most patients will require a urethral catheter for 3-5 days because of prostate swelling (patients with a large prostate may require longer)

In most cases normal activities can be resumed after 24-48 hours

During the initial 4-6 weeks after Rezum treatment, you may experience symptoms of mild discomfort when urinating, an increased need to urinate, and/or blood in the urine or semen

Maximal improvement may occur 3 months or more following the procedure

## REZUM THERAPY PROCEDURE OUTCOMES

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Most patients will notice an improvement in their urinary flow, pressure and bladder emptying as early as 2 weeks after Rezum Therapy

Bladder symptoms of urinary frequency, urgency and nocturia (getting up at night to pass urine) tend to take longer (up to 3 months) to improve

Preservation of normal sexual function is achieved in the majority of patients following Rezum treatment

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