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Latest Green-Light Laser Effective for Large Prostate Volumes

REUTERS HEALTH INFORMATION

NEW YORK (Reuters Health) Dec 19 - The latest GreenLight photoselective vaporizing laser improves the urinary symptoms of benign prostatic hyperplasia (BPH) even in men with larger prostates, researchers say.

"The key feature of the new 180-W XPS laser is faster speed of lasing and higher energy application," the authors explain. All eight of them acknowledge receipt of honoraria from American Medical Systems, the manufacturer of the GreenLight laser systems. Five of the authors are on the company's medical advisory board.

They say the previous 80-W and 120-W versions of the GreenLight laser system were considered too slow by some operators for reducing large prostate volumes (>80 mL). The new GreenLight 180-W XPS laser, which uses a new MoXy liquid-cooled fiber, delivers 50% more energy with a larger laser beam area, the researchers reported online December 1st in European Urology.

Dr. Alexander Bachmann, at University Hospital Basel, Switzerland, and colleagues at seven centers in the U.S., Europe, and Australia evaluated the performance of the XPS laser in 201 men with BPH. Prostate volume was greater than 80mL in 25.8% of the patients, between 40 and 80 mL in 47.9%, and less than 40 mL in 26.3%.

The average lasing time rose almost linearly from 13.4 min for prostate volumes less than 20 mL up to 61.8 min for volumes greater than 120 mL, the data indicate.

Intraoperative complications included impaired visibility due to bleeding in 10% and capsule perforation in 3.5%, the team reports.

During a mean follow-up of 5.8 months, all functional outcomes except residual volume improved significantly, according to the report. The International Prostate Symptom Score improved from 19.6 at baseline to 9.6, the maximum flow rate increased from 8.4 to 21.0 mL/sec, and PSA dropped from 5.5 to 2.0 ng/mL.

During the first three months, 11% of patients had mild dysuria and 3% had urinary tract infections, but no one reported de novo erectile dysfunction, Dr. Bachmann and colleagues report.

"Due to the 180-W higher power and the increased fiber durability, handling of the XPS procedure is easier and appears more efficient in terms of tissue removal," they conclude.

However, they add, "Functional follow-up of a significantly larger number of patients with longer follow-up is needed to draw a final conclusion."

SOURCE: http://bit.ly/v9VSoM

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