

# IPSWICH FIRST IN NEW PROSTATE TREATMENT



In an Ipswich first, Nuffield Health Ipswich Hospital has announced a new treatment for prostate enlargement as an alternative option to surgery. Working with Consultant Urologists Mr George Yardy, Mr Robert Brierly and Mr Gautam Banerjee, Rezum treatment for benign prostatic hyperplasia (BPH) is now available for private patients in the area.

Urinary problems in men, such as poor stream, sudden urgency to go to the toilet and frequent urination overnight are often caused by benign prostatic hyperplasia (BPH – blockage due to non-cancerous enlargement of the prostate). The impact of this varies from inconvenience to embarrassment to daytime tiredness due to sleep disturbance. There are treatments available for this problem including medications and surgery. Tablets can relax or shrink the prostate to relieve blockage, but side effects include dizziness and sexual problems.

The conventional operation for male urinary difficulties is transurethral resection of the prostate (TURP) surgery. This involves “boring out” the prostate under general anaesthetic using an instrument introduced through the urethra (water pipe) to remove up to half of the prostate from the inside. This is a very effective and established operation which significantly improves BPH and provides long term relief of symptoms but requires a hospital stay of two or three days. Men must also take things easy during the recovery time of around four weeks and there can be problems with blood in the urine and sexual problems including altered ejaculation.

Mr George Yardy, Consultant Urologist explains, “Rezum (“water vapor therapy” or “prostate steam treatment”) is an exciting new option for BPH that is less invasive than alternatives, with less disruption to your life, short recovery time and minimal side effects. It is administered under sedation or a short general anaesthetic and the procedure only takes a few minutes which enables you to go home the same day. The Rezum system precisely delivers water vapour through the urethra to specific areas of tissue within the prostate which subsequently shrink away. A catheter may be required for a short time afterwards, but you will recover quickly from the treatment as urinary difficulties gradually improve as the steam takes effect. You can return to normal activities in only a few days. It is very unlikely to cause any problems with sexual function – such as difficulties with erection or ejaculation. Rezum offers treatment for what are the embarrassing

side-effects of BPH with no need for traditional surgery for many men”.

## Who is Rezum treatment suitable for?

Men choose prostate steam treatment because it requires only a short hospital stay, with quicker recovery than other alternatives and no effect on sexual function. They may feel that their urinary difficulties are satisfactorily controlled with medication but decide to undergo Rezum, so they do not need to take tablets indefinitely. Some men may not be suitable for Rezum due to the size or shape of their prostate, but the eligibility criteria are less restrictive than those for some of the other minimally invasive prostate procedures available and no permanent prostate implants are required.

Approved by NICE (National Institute for Health and Care Excellence – the British regulatory body for medical treatments) in recognition of its safety and efficacy, Ipswich is one of the first few Nuffield Health Hospitals providing Rezum treatment.

## Consultant Urologists at Nuffield Health Ipswich Hospital



**Mr George Yardy**  
Consultant Urologist

Mr Yardy undertook research into prostate cancer at the Weatherall Institute of Molecular Medicine, Oxford, and trained in urology in Cambridge and Norwich. He has an established practice performing a wide range of urological procedures. His specialist interests are in testing for prostate cancer (including multiparametric MRI scanning and transperineal prostate biopsy), prostate surgery (including Rezum), microsurgical vasectomy reversal, and female bladder problems (including urinary infection and bladder Botox injections).

Mr Yardy has private clinics throughout the week.



**Mr Robert Brierly**  
Consultant Urologist

Mr Brierly completed his training in South London Training scheme (Guys and St Thomas's / Brighton) and New South Wales, Australia. His private practice covers male and female urinary disorders, prostate problems including enlarged prostate and prostate cancer and urinary tract infections as well as bladder cancer, bladder / pelvic pain, and kidney stones and general adult urology.

Mr Brierly holds weekly private clinics on Monday afternoons and Friday mornings.



**Mr Gautam Banerjee**  
Consultant Urologist

Mr Banerjee is the lead clinician in Urology and education supervisor for Urology at East Suffolk and North Essex NHS Foundation Trust. Prior to taking up this position, he received extensive training both in the UK and India, in all aspects of urological surgery. He has a wide experience in treating both common and complex urological problems.

Mr Banerjee holds weekly private clinics on Tuesday mornings.

Call us on 01473 851 960 for information on how to book a private appointment with a Consultant Urologist.  
[www.nuffieldhealth.com/ipswichhospital](http://www.nuffieldhealth.com/ipswichhospital)

Nuffield Health Ipswich Hospital offers a comprehensive range of urology and men's health services, with rapid access to experts in diagnostic and imaging services and physiotherapy for advice and treatment.