



# Holmium Laser Enucleation of the Prostate for the Treatment of Benign Prostatic Hyperplasia: a Safe and Effective Treatment Option in our Elderly Patients

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## Abstract

**Purpose of Review** Treatment of lower urinary tract symptoms attributed to benign prostatic hyperplasia (BPH) can present a surgical dilemma for elderly patients, especially in those with multiple comorbidities. The purpose of this paper is to review recent publications on this topic and highlight the benefits of holmium laser enucleation of the prostate (HoLEP) in such patients.

**Recent Findings** HoLEP is a safe and effective treatment option for patients with BPH of any age with any prostate size. It is superior to many other BPH treatment options. It can be safely completed in those on anticoagulants, in the re-treatment setting for recurrent symptoms, in those with concurrent prostate cancer, and in patients with various types of bladder dysfunction.

**Summary** HoLEP is a safe and effective treatment option for elderly patients with BPH.

**Keywords** Benign prostatic hyperplasia · Lower urinary tract symptoms · Minimally invasive · Urology · Elderly

## Introduction

Benign prostatic hyperplasia (BPH) is one of the most common causes of lower urinary tract symptoms (LUTS) in aging men. The condition is characterized by hyperplasia or increased number of prostatic stromal and epithelial cells with resultant growth and increased size of the prostate gland. Although prostatic size does not necessarily correlate with the degree of patient symptoms, gland growth can lead to impingement of the urethra and bothersome LUTS in some patients [1]. LUTS attributed to BPH affects more than 20% of men in the USA between 30 and 79 years of age, and the prevalence increases as patients age with almost 80% of men 80 years and older being affected by the condition [2, 3].

Geriatric adults are the most common patients to seek treatment for BPH symptoms; however, they present a unique population that requires special considerations. As patients age, not only are they at increased risk for BPH, but they are also more likely to have additional medical comorbidities. These comorbidities can limit our ability to safely prescribe some medications such as alpha-blockers in those with upcoming cataract surgery, as well as limit the availability of certain surgical options, especially for those who are on anticoagulation. Although there is a wide array of available surgical options for the treatment of BPH, Holmium Laser Enucleation of the Prostate (HoLEP) is a superior surgical treatment option for our elderly patients. The aim of this review is to provide an overview of HoLEP and highlight its use and its benefits in older males.

This article is part of the Topical Collection on Underserved Populations

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## Trigger for Surgery

The majority of patients with LUTS attributed to BPH initially elect for medical management, which is typically prescribed by their primary care provider. However, when bothersome symptoms persist despite maximal medical therapy or patients desire to avoid or stop taking daily medication, patients are commonly referred for formal urologic evaluation and to discuss potential surgical treatment options [4]. In our



# Endourologic Use Of The Holmium Laser

**Todd R. Tams, Clarence A. Rawlings**

A red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the authors' names.



## **Endourologic Use Of The Holmium Laser:**

**Endourologic Use of the Holmium Laser** Demetrius H. Bagley, Akhil Das, 2001      **Holmium Laser: Endourological Applications** Narmada P. Gupta, 2004 The aim is to define the basic techniques and review the literature briefly on the current status of such applications as are covered in each chapter The authors have covered practical aspects such as instruments used access techniques laser settings surgical technique and pitfalls      **Smith's Textbook of Endourology** Arthur D. Smith, 2007 Endourology is a dynamic subspecialty involving closed controlled manipulation within the genitourinary tract In the past decade the creative efforts of many urologists radiologists and engineers have vastly expanded endoscopic technique to the great benefit of patients with stones obstruction cancer diverticula cysts adrenal disease varices and diseases of the bladder This definitive text addresses every aspect of endourologic procedure including methods of access operative techniques complications and postoperative care The reader is taken step by step through cutaneous surgery ureteroscopy extracorporeal shock wave lithotripsy laparoscopy and lower urinary tract procedures The principles and function of state of the art endourologic instruments are outlined for each procedure The authorship reads like a Who's Who in endourology The breadth and depth of their experience is evident throughout the text      **Smith's Textbook of Endourology** Glenn Preminger, Gopal H. Badlani, Louis R. Kavoussi, 2012-03-12 Accompanying DVD ROM in pocket at front of v 1 contains video clips referenced in the text DVD ROM label      *Difficult Cases in Endourology* Ahmed Al-Kandari, Mahesh Desai, Ahmed A. Shokeir, Ahmed M. Shoma, Arthur D. Smith, 2012-10-24 The book will serve as on demand reference for consultation when one is faced with such special scenario in the field of endourology It's easy to read and easy to understand format should give an easy access to all chapters right from the beginning so there is no need to read previous chapters for understanding the current one Furthermore it will serve as a textbook for problem oriented approach which will be an interesting and attractive method of teaching      **Endourology** Uday Patel, Kenneth M. Anson, Khurshid Ghani, 2005-12-20 Endourology A Practical Handbook is an accessible practically orientated book dealing with aspects of endoscopic and percutaneous assessment management of diseases of the upper urinary tract With an easy to follow format using bullet key points the text pays particular attention to difficult navigational and technical points which are emphasized and explained using line drawings Practical Dos and Don'ts lists are also highlighted in text boxes where relevant Extensively illustrated and easy to use this handbook is aimed at trainee and practicing urologists and is also of interest to urology nurses general surgical trainees and radiologists      Clinical Pediatric Urology A. Barry Belman, Lowell R. King, Stephen A. Kramer, 2001-11-15 The fourth edition of this internationally acclaimed seminal textbook on the subject of clinical pediatric urology is completely updated World renowned experts in the field present state of the art developments in all areas of clinical pediatric urology from diagnosis to treatment and from theory to practice Clinical Pediatric Urology is clinical in orientation and practical in presentation covering every illness diagnostic method and appropriate treatment in pediatric



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*Campbell-Walsh Urology E-Book* Alan J. Wein, Louis R. Kavoussi, Alan W. Partin, Craig A. Peters, 2015-10-23 Internationally lauded as the preeminent text in the field Campbell Walsh Urology continues to offer the most comprehensive coverage of every aspect of urology Perfect for urologists residents and practicing physicians alike this updated text highlights all of the essential concepts necessary for every stage of your career from anatomy and physiology through the latest diagnostic approaches and medical and surgical treatments The predominant reference used by The American Board of Urology for its examination questions Algorithms photographs radiographs and line drawings illustrate essential concepts nuances of clinical presentations and techniques and decision making Key Points boxes and algorithms further expedite review Features hundreds of well respected global contributors at the top of their respective fields A total of 22 new chapters including Evaluation and Management of Men with Urinary Incontinence Minimally Invasive Urinary Diversion Complications Related to the Use of Mesh and Their Repair Focal Therapy for Prostate Cancer Adolescent and Transitional Urology Principles of Laparoscopic and Robotic Surgery in Children Pediatric Urogenital Imaging and Functional Disorders of the Lower Urinary Tract in Children Previous edition chapters have been substantially revised and feature such highlights as new information on prostate cancer screening management of non muscle invasive bladder cancer and urinary tract infections in children Includes new guidelines on interstitial cystitis bladder pain syndrome uro trauma and medical management of kidney stone disease Anatomy chapters have been expanded and reorganized for ease of access Boasts an increased focus on robotic



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