

First time in Malwa

100 Watt Holmium Laser

Are you Suffering from
Enlarged prostate ?



HoLEP

Holmium Laser Enucleation of Prostate

**Don't Allow your
Kidney Stone Pain
to trouble you**



**Urinary Stones are
known to be one of
the most painful
medical conditions**



Adesh Institute of Medical Sciences and Research

NH-7, Barnala Road, BATHINDA (Pb.)



The prostate gland is a male sex organ, situated below the urinary bladder and encircling the urinary passage or urethra. As the age advances, this organ grows in size and constricts the urinary passage. Almost 60% of males at 60 years of age would be suffering from enlarged prostate. Technically it is called benign enlargement of prostate or BPH. When an elderly man starts spending more time in the bathroom rather than the bedroom at night, due to frequency and difficulty in passing urine, then it may be presumed that he is suffering from an enlarged prostate gland.

What is BPH?

Enlargement of the prostate could be benign or malignant. An expert urologist should be able to differentiate between benign and malignant enlargement of the prostate on the basis of clinical examination along with simple investigations like ultrasonography and blood levels of PSA.

What are the symptoms of an enlarged prostate?

Only about two-thirds of the patients would have any

symptoms pertaining to enlarged prostate.

These symptoms comprise of

- Increased frequency of urination.
- Hesitancy in passing urine.
- Sense of incomplete evacuation of urinary bladder.
- Urgency to pass urine and occasionally loss of control over urination.

All these make the act of voiding a frustrating experience. In addition to causing inconvenience to the individual enlarged prostate can cause back pressure on the Kidneys leading to their failure.

What are the treatment options of BPH?

BPH can be managed medical or surgically. If benign enlargement of prostate (BPH) is diagnosed at an early stage, medical treatment is quite effective for relieving the symptoms and retarding its further growth. However, if diagnosed at a later stage, minimally invasive surgical treatment is required. Until last decade, Trans Urethral Resection of prostate, popularly known as TURP, had been the treatment of choice. However, this has a few shortcomings in the



form of excessive bleeding and life threatening electrolyte imbalance. To overcome these complications, Holmium Laser technology (HoLEP) has been developed to treat enlarged prostate in a bloodless manner.

What is Holmium Laser Treatment?

HoLEP is the next generation surgical alternative to TURP (Transurethral Resection of the prostate) for the treatment BPH symptoms. This operation involves the Telescopic removal of obstructing prostate tissue using a laser and Temporary insertion of catheter. A small flexible fibre delivers laser energy to the prostate.

How is it different from existing procedures?

As may be evident by the above description, Laser treatment of prostate has several advantages.

- The procedure is Virtually bloodless when compared to the existing TURP and blood transfusion is very rarely required, even during the treatment of very large glands.
- HoLEP is the procedure of choice in high-risk patients, as in patients with heart problems on blood thinners.
- The period for which the patient needs indwelling catheter is around 24 hours and hence the patient may be sent home the subsequent morning.
- The hospital stay is reduced to 2 to 3 days as compared to 4 to 6 days with TURP.
- Early discharge from hospital is an



indicator of quicker recovery and earlier resumption of usual productive work.

Is it right for me?

Although individuals results may vary, in a clinical study many patients experienced significant relief from their enlarge prostate (BPH) symptoms. Talk to you doctor today to find out it HoLEP procedures is right for you.

Will I have to go under anaesthesia?

HoLEP is typically performed with the patient under general anaesthesia.

How long will the surgery last?

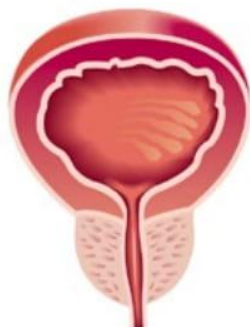
The procedure may be completed in an hour or less. The surgical time depends on the size of your prostate, the amount of prostate removed, the surgical technique and the power of the laser used by your doctor.

What results can I expect?

With Holmium Laser Therapy patients experience immediate symptom relief, little if any bleeding and can go home with a couple of days.

Is the procedure safe?

Comprehensive studies show that the Holmium laser is ideal and safe for treating BPH. The American, European, British and Australian urology associations recommend HoLEP as the first choice surgical treatment of BPH.



Normal Prostate



BPH

Evaluate Yourself

Patient Name	Date	Circle the number that best applies to you					
		not at all	less than 1 time in 5	less than half the time	about half the time	more than half the time	almost always
1. Incomplete Emptying Over the last month how often have you had a sensation of not emptying your bladder completely after you finish urinating?		0	1	2	3	4	5
2. Frequency During the last month, how often have you had to urinate again less than two hours after you finished urinating?		0	1	2	3	4	5
3. Intermittency During the last month, how often have you stopped and started again several times when you urinate?		0	1	2	3	4	5
4. Urgency During the last month, how often have you found it difficult to postpone urination?		0	1	2	3	4	5
5. Weak Stream During the last month, how often have you had a weak urinary stream?		0	1	2	3	4	5
6. Straining During the last month, how often have you had to push or strain to begin urination?		0	1	2	3	4	5
		None	1 Time	2 Times	3 Times	4 Times	5 or More Times
7. Nocturia During the last month, how many times did you most typically get up to urinate from the time you went to bed until the time you got up in the morning?		0	1	2	3	4	5
Add the score for each number above, and write the total in the space to the right SYMPTOM SCORE = 1-7 MILD 8-19 MODERATE 20-35 SEVERE TOTAL _____							



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Advanced laser technology to Cure Enlarged Prostate Is Here

Lumenis High Power Holmium Laser, a revolution in laser technology, is a minimal access, painless treatment for your enlarged prostate

- Minimal blood loss
- Significantly reduce catheter time
- Faster recovery
- Clinically proven technique
- Recommended by American, European and Australian urology associations for treatment of BPH.
- Significantly reduced nursing time
- Significantly reduced hospital stay
- Durable procedure
- Any Size of Prostate Can Be Removed
- Painless Treatment
- Strong Clinical Evidence



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**“Don’t
Allow your
Kidney Stone
Pain
to trouble you”**



ARE YOU EXPERIENCING

- Strong and sudden urge to urinate
- Difficulty in starting to pass urine (hesitancy)
- Needing to urinate two or more times per night
- Slowed or delayed start of the urinary stream
- Dribbling after urination
- Incomplete emptying of bladder
- Feeling of burning sensation while passing urine
- Straining to urinate



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What is a kidney & how is the kidney stone formed?

Kidneys are bean-shaped organs, each about the size of your fist. They are located near the middle of your back, just below the rib cage, one on each side of the spine. The Kidneys are sophisticated trash collectors. Every day your kidneys process about 200 quarts of blood to sift out about 2 quarts of waste products and extra water. The wastes and extra water become urine, which flows to your bladder through tubes called ureters. Your bladder stores urine until you go to the bathroom.

A kidney stone is a solid piece of material that is formed in a kidney out of substances in the urine. Kidney stone may be as small as a grain of sand or as big as a pearl. stone are even as big as golf balls. Stones may be smooth or jagged. They are usually yellow or brown.

A stone may stay in the kidneys or break loose and travel down the urinary tract. A small stone may pass all the way out of the body without causing too much pain

A larger stone may get stuck in the ureter, the bladder, or the urethra. A problem stone can block the flow of urine and cause great pain.

What causes Kidney Stones?

A person with a family history of Kidney stones, may be more likely to develop stones. Urinary tract infections, Kidney disorders such as cystic kidney diseases, and certain metabolic disorders such as hyperparathyroidism are also linked to stone formation.

Other causes of kidney stones are hyperuricosuria, which is a disorder of uric acid metabolism, gout, excess intake of vitamin D, urinary tract infections, drinking less fluids and blockage of the urinary tract. Certain diuretics commonly called water

pills and calcium-based antacids may increase the risk of forming kidney stones by increasing the amount of calcium in the urine .

What are the symptoms of kidney stone?

Many Kidneys stones don't move and are too small to cause any symptoms. However, if a kidney stone causes a blockage, or moves into your ureter, you may:

- Have severe pain or ache on one or both sides of your back
- Get sudden spasms of excruciating pain- this usually starts in the back below your ribs, before radiating around your abdomen, and sometimes to your groin and genitals
- Have bloody or cloudy urine
- Feel sick or vomit
- Feel a frequents urge to urinate, or a burning sensation during urination
- Get fever and chills

Diagnosis

If a doctor suspects Stones, diagnosis is usually confirmed via a special CT scan, an ultrasound or a special X-ray test.

Treatment Options

Specialists evaluate each patient's need for stone treatment, and recommend measures to prevent additional stones from forming. Watchful waiting is the most common treatment. As most stone are small enough to pass on their own. Your doctor may recommend a variety of treatment options depending on type and locations of stones. Your doctor will recommend a treatment course that best fits with your individual situation and disease.

Extracorporeal shock wave Lithotripsy (ESWL)

This procedure is the usual treatment to remove stone about 1 centimeter or smaller. The stones are shattered by way of applying external shocks. The fragmented stones pass through the Urine. Some stones may not shatter completely and may require further treatment. Most patients resume normal activity in a few days , but it may take months for all stone fragments to pass.

Percutaneous Nephrolithotomy (PCNL)

If the kidney stone is very large, a surgeon may remove it through a small incision in the back, using a nephroscope. The procedure, percutaneous nephrolithotomy, is performed using general anesthesia. Patients usually stay in the hospital for one to two days, with additional recovery time of one to two weeks.

Ureteroscopic Stone Removal

This procedure is used to remove stones that are lodged in a ureter and is usually performed on an outpatient basis while the patient is sedated with general or local anesthesia. The surgeon passes a small ureteroscope through the bladder into the ureter upto the stone. In some cases, the surgeon will shatter the stone using a laser or a technique called electrohydraulic lithotripsy.

Why Lumenis Holmium Laser Surgery?

Lumenis Holmium Laser fragments all kinds of Stones irrespective of size, color, composition and location. These Lasers benefit both you and your doctor. This unique device allows your doctor to break stones into dust. For YOU it offers multiple benefits:

- Gets rid of stones in a single treatment sitting
- Faster healing times
- Less post operative pain



If you are suffering from these symptoms you may have Renal Stones

- Sharp, cramping pain in the back and in the area of the kidney
- Intense radiating pain in the lower abdomen that may spread to the groin
- Other symptoms can include
 - Abnormal urine color
 - Nausea
 - Blood in the urine
 - Vomiting
 - Fever
 - Chills

If you are facing any such problems, ask for
Laser treatment with Lumenis Holmium Laser



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**“Urinary Stones
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Do Not Suffer Pain

Ask for Lumenis Laser Procedures

- Suitable for all kind of stones
- Laser reaches "difficult to reach areas" with ease
- Faster healing time
- Instant stone free patient
- Ideal for high risk cardiac and anticoagulated patients
- No migration of stones



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Dust your stone with the magic of Lumenis Holmium Laser Lithotripsy

- Literally transforms stones into dust
- Greater than 95% success with single treatment
- Instant stone free patient
- Faster healing time
- Laser reaches “Difficult To Reach Areas” with ease
- Works well on stones irrespective of compositions and locations



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