

## Aquablation vs. holmium laser enucleation of the prostate for benign prostatic hyperplasia: a 150-patients prospective comparative multicenter study

MANUSCRIPT SUMMARY | Quintas et al., 2024

### OBJECTIVES

Compare the safety and efficacy of Aquablation therapy against holmium laser enucleation (HoLEP).

### DETAILS



Spain



150



Multi-Center



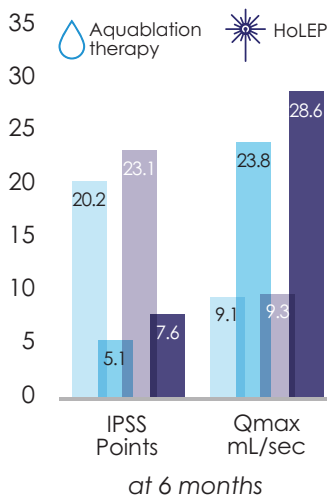
AB: 72mL  
HoLEP: 82 mL

### METHODS

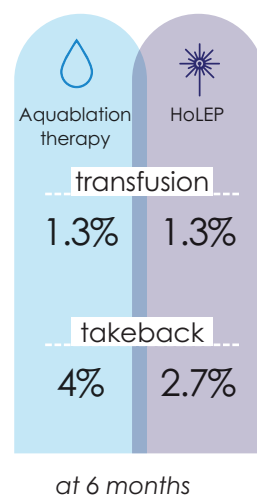
- Prospective comparative, non-randomized, multi-center assessment from July 2021-2023
- Assessment of 150 patients - 75 Aquablation therapy and 75 HoLEP
- Primary outcomes - change in IPSS, quality of life, Qmax, PVR, and PSA
- Secondary outcomes - transfusions, continence, ejaculatory function & erectile function

### RESULTS

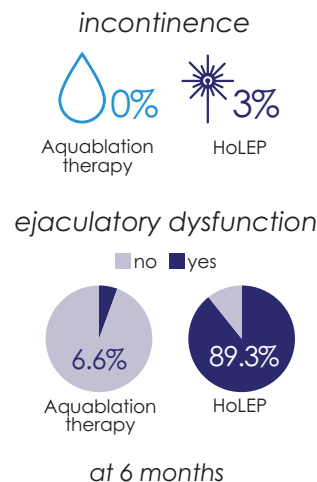
#### efficacy



#### safety



#### functional



#### durability



### AUTHOR CONCLUSIONS

Both **HoLEP** and **Aquablation** seem **effective and safe at six months** for the treatment of patients with BPH-related LUTS. Urinary functional outcomes, social urinary continence, and blood transfusion rate **do not appear to differ significantly** between these techniques. However, **Aquablation is associated with a significantly lower ejaculatory dysfunction** rate than HoLEP.