Hampshire Hospitals leads the way with new prostate treatment

Hampshire Hospitals NHS Foundation Trust has become the first Trust in Britain to carry out an exciting new procedure that could improve the lives of thousands of men.

Rezum is a new treatment for the common problem of enlargement of the prostate, which can cause men a number of issues. It can be carried out under local anaesthetic and has less impact on quality of life than the conventional alternatives.

Hampshire Hospitals’ consultant urologist, Mr Richard Hindley, recently became the first surgeon in Britain to carry out a Rezum procedure and is excited about the opportunities that the treatment presents.

He said: “I am delighted that we are now able to offer men in Hampshire this treatment, which can ease the problems caused by an enlarged prostate quickly and with few side effects.”

Rezum injects small amounts of steam directly into the prostate, killing some of the benign tissue. The gland then shrinks as it repairs itself, relieving men of symptoms caused by an enlarged prostate, which include difficulty passing water as well as needing to visit the toilet more frequently and with more urgency.

Mr Hindley added: “70 per cent of men over 70 and half of men over 50 suffer some symptoms due to an enlarged prostate. Until now, we have treated this with medication until it got to the point where we had to carry out a fairly big operation to ease the problems.

“Rezum is a very quick procedure and patients can be discharged the same day. It is also a non-invasive treatment, meaning there is much less chance of it having side effects, improving quality of life overall.”

David Livie was one of the first patients to receive Rezum treatment at Basingstoke and North Hampshire Hospital. The 63-year-old had been on medication for three years but his symptoms were getting worse. His prostate is still in the process of healing, but he’s already noticed a real difference.

“I’m already finding going to the toilet much easier and I’m waking up much less in the night,” Mr Livie said. “Before the procedure, I was having to get up two or three times every night. Now I only have to get up once and there have been nights when I’ve been able to sleep right through.

“I was really pleased not to need a big operation. I had the procedure on a Thursday and by the Saturday I was well enough to walk 10 miles. I was back to work on the Monday and there have been no real side effects.

“I would certainly encourage other men to ask whether Rezum treatment might be suitable for them. I think it could make a real difference to a lot of people.”

Mr Hindley will speak about his work at Hampshire Hospitals as part of the Trust’s AGM, which is taking place at the Ark, Basingstoke and North Hampshire Hospital, from 5.30pm on Tuesday 18 July.
PHOTOS:
Rezum 1 – (l-r) Consultant urologist Mr Amr Emara, theatre nurse Becky Cave and consultant urologist Mr Richard Hindley with the Rezum equipment
Rezum 2 – Consultant Urologist Mr Richard Hindley carrying out a Rezum procedure

Notes to Editors

1. Hampshire Hospitals NHS Foundation Trust provides hospital services to a population of approximately 600,000 people in Hampshire and parts of West Berkshire.
2. HHFT has around 6,000 staff and a turnover of £353 million a year.
3. HHFT delivers one hospital service across multiple locations including its own hospitals, Andover War Memorial Hospital, Basingstoke and North Hampshire Hospital and Royal Hampshire County Hospital in Winchester. It also provides outpatient and assessment services from Bordon and Alton community hospitals.
4. As a Foundation Trust, HHFT is accountable to the local community through a system of local ownership with members and elected governors. HHFT has around 18,000 staff and public members. Foundation Trusts are free from central government control and can reinvest any surplus to develop clinical services. They are authorised and regulated by NHS Improvement, an independent regulator.

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