

Robotic Radical Prostatectomy

Robotic Assisted Laparoscopic Radical Prostatectomy (RALP).

Robotic prostatectomy is the newest and most advanced surgical option for the treatment of patients with localised prostate cancer. Typically a patient who has undergone a radical prostatectomy using the da Vinci Surgical System can expect to leave hospital in just one to three days and return to normal activities within a week or two. Depending on your occupation you can expect to return to work between 1 and 4 weeks.

Dependant on the cancer position within the prostate as determined by MRI and biopsy results, either one or both erectile nerves are spared by Dr Elmes.

Erectile nerve sparing

A nerve-sparing radical prostatectomy is ultimately designed to preserve a man's sexual function. The success rate in preserving sexual potency is dependent on a few factors – a man's age, the quality of his erection prior to the surgery, and the surgeon's skill and experience in protecting and preserving the nerves during the Prostate nerve-sparing operation.

Dr Elmes' fellowship in one of Sydney's largest teaching hospitals was the first in NSW with robotic training. He has furthered his robotic training in both prostate and kidney surgery in Hong Kong and under the tutelage of some of the Australia's most advanced and technically adept robotic surgeons.

Dr Elmes' goal is returning a man to the way he was before the operation, cancer free, continent and potent. Experience is a key factor in the success of nerve sparing and Dr Elmes offers this specialised option for patients with confidence delivering successful outcomes for his patients.



Dr Martin Elmes

With over 10 years of expertise in the field of Urology, Dr Elmes provides a full range of high quality urological services for patients needs with the use of advanced techniques and cutting edge equipment to perform procedures. Dr Elmes is highly qualified in the field of urology having completed extensive surgical training throughout Melbourne and Sydney. His main interests in the field include minimally invasive Robotic prostate & kidney surgery, BPH treatments

(Advanced laser prostate enucleation (HoLEP) & UroLift) and Erectile Dysfunction (needle-free intracavernosal injections and penile prosthesis surgery). Dr Elmes is dedicated to teaching and training today's medical students, junior doctors and surgeons to ensure there is continuous development in the field of Urology.



Prostate Clinic Australia

Specialist Prostate treatment and care

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Procedure date:	
Procedure location:	

Time to be advised by rooms the week prior to procedure date

Dr Martin Elmes
Gold Coast Urologist

About Prostate Clinic Australia

Prostate Clinic Australia is focused on providing specialised care for patients suffering with prostate cancer and associated urological conditions. Offering specialist treatment for men's health, we are passionate about educating and creating awareness about the condition, providing medical research and the best treatment available. We aim to ensure patients receive detailed and precise information on treatment and post care options.

Prostate Clinic Australia is dedicated to raising awareness about prostate cancer as well as enlargement including:

- Early detection
- Precision MRI/Ultrasound fusion biopsy
- Robotic prostatectomy including erectile nerve sparing and post-operative erectile rehabilitation

Urological Surgeon Dr Elmes, uses the latest technologies including the da Vinci Robot, advanced lasers (HoLEP) and UroLift to offer super specialised cutting edge techniques in order to maximise treatment benefit and minimise risk.



Why don't men get tested?

Many men avoid check ups through fear, embarrassment or worries about loss of manhood although a simple check-up is the best preventative measure you can take. Offering assessments with testing and follow up care, Prostate Clinic Australia takes into account age, family history, physical examination, prostate specific antigen (PSA), and MRI findings to ensure a thorough check up and continuous monitoring is provided to our patients.

WHAT IS PROSTATE CANCER?

Are you a man between the age of 40 – 75yo, who is concerned about your health and wellbeing?

Does your wife or partner nag you to get a "mens check-up"?

Prostate cancer is the most common cancer in males with about 1 in 5 men diagnosed with prostate cancer in their lifetime. Prostate cancer will kill 1 out of 5 of those diagnosed. This equates to over 3,000 men dying from prostate cancer each year in Australia.



Prostate cancer is cancer that begins in tissues of the prostate gland. Located just below the bladder and in front of the rectum, the growth of abnormal cells can multiply in an uncontrolled way and spread outside the prostate into nearby or distant tissues.

How is prostate cancer detected?

Prostate cancer is an insidious disease. Symptoms and signs of prostate cancer are often only very late. **Detecting prostate cancer early** on is with a simple blood test called **PSA** and a **prostate examination**, either of which could save your life. Early detection is key, don't wait until it's too late.

Risk factors?

As an age dependant disease, the chance of developing it increases with age. Prostate cancer is rare in men younger than 40, but the chance of having prostate cancer rises rapidly after age 50. About 6 in 10 cases of prostate cancer are found in men older than 65. Prostate cancer seems to run in some families, which suggests that in some cases there may be an inherited or genetic factor. The risk increases again if one or more male relatives have prostate cancer. Risks are also higher for men whose male relatives were diagnosed when young.

DIAGNOSIS?

PSA – Prostate Specific Antigen

A simple blood test provides each individual patient their risk of having prostate cancer.

Prostate examination

The Prostate is situated in close proximity to rectum. This allows ability to feel the posterior (or back half) of your prostate and detect possible cancers.

Multiparametric MRI Prostate

This is a highly specialised radiological test that allows unparalleled pictures of an individuals prostate, pelvic lymph nodes and neighbouring structures.

This is utilised by Dr Elmes to:

- Allow computer targeted biopsies if a lesion is found
- Closely surveil a patient with a low grade prostate cancer with less need for subsequent prostate biopsies
- Decide about precise erectile nerve sparing operations

Computer targeted Artemis MRI/Ultrasound fusion prostate biopsy

There are many ways to biopsy a prostate. Methods vary in accuracy and safety. Urologists in the past used to biopsy the prostate via the rectum, however this can lead to small but real risk of severe infection/sepsis. Dr Elmes routinely biopsies all his patients transperineally (or across the skin) which is much safer.

Advantages of Transperineal Biopsy technique

- Increased prostate coverage
- Increased accuracy
- Less chance of requiring a second biopsy
- Less risk of serious infection (<0.5%)

Artemis is a device which allows biopsy site tracking with 3D ultrasound image and full colour model and fusion of real-time ultrasound with MRI.

Artemis semi-automatically computes gland volume and boundaries. This enhances tissue structure visualisation for improved planning and guidance greatly increasing the ability to examine the prostate for abnormalities through the advanced needle navigation for tracking.