

John Flynn Private Hospital

Part of Ramsay Health Care

[Menu](#)

News

New laser device to speed up recovery for men

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Men suffering from kidney stones or enlarged prostates now have access to a new minimally invasive treatment at John Flynn Private Hospital.

The treatment uses a 100-Watt high-powered Cyber Holmium Laser, which follows the exact anatomical plane in a prostate with ultimate precision.

Urologist Dr Martin Elmes said: "It is a really unique device which is delivering some really positive outcomes for patients."

The laser can offer two treatments including Lithotripsy- which is the removal of kidney stones - at a faster rate.

It can also help to perform Holmium Laser Enucleation (HoLEP) for patients suffering from an enlarged prostate (known as Benign Prostatic Hyperplasia, or BPH).

"There is minimal bleeding because there is less cutting, a much quicker recovery time, minimal re-operation rate, lower chance of erectile dysfunction and lower symptom bother," Dr Elmes said.

In Australia, the prevalence of both conditions increases with age.

BPH is the most common cancerous prostate disease, affecting 50 per cent of men between 51 and 60 years old and 90 per cent of men over the age of 80.

"Men experience varying symptoms of BPH with different degrees of bother, including increased frequency and urgency of urination, difficulty starting, maintaining and finishing urination. They may also experience urine infections," Dr Elmes said.

The procedures can be performed on men of any age who suffer from either kidney stones or BPH.

So far, more than 50 men have undergone treatment at the hospital using the new laser and the outcomes have been positive.

