

# A META-ANALYSIS OF TRIALS OF TRANSURETHRAL NEEDLE ABLATION FOR TREATING SYMPTOMATIC BENIGN PROSTATIC HYPERPLASIA

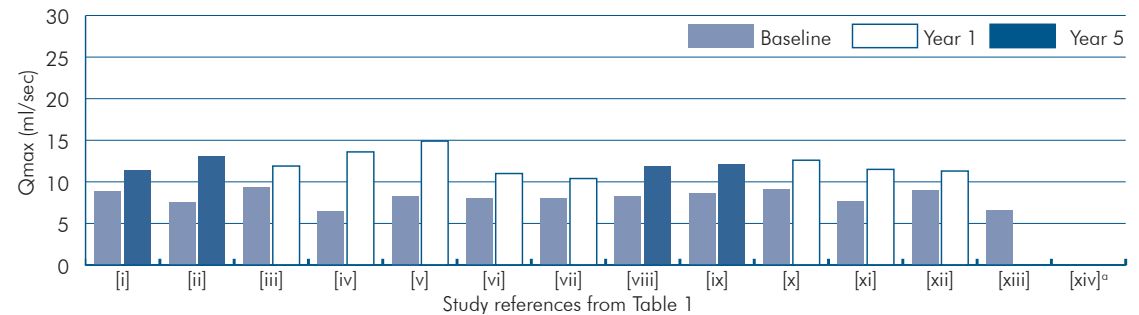
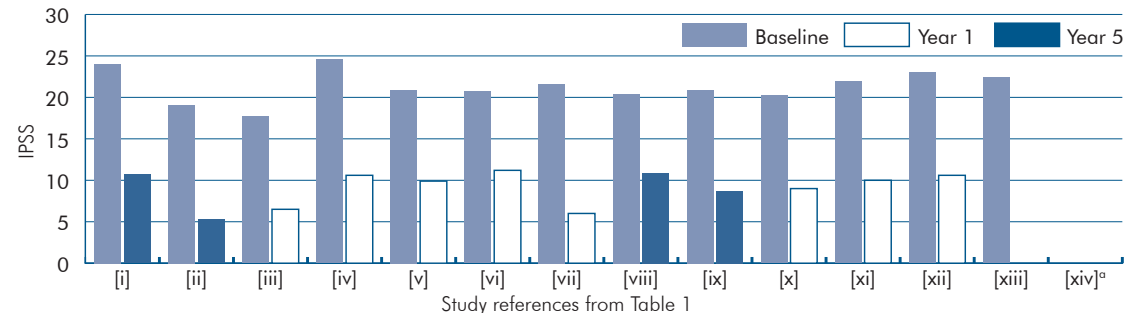
BOYLE P, ROBERTSON C, VAUGHAN D, FITZPATRICK JM BJU INT 2004;94:83-88

Study	No. of Patients	Follow-Up (yrs)	Comparator arm
Hill <i>et al</i> 2004 <sup>i</sup> (R)	65	5	TURP (n = 56)
Chandrasekar and Virdi 2001 <sup>ii</sup> (R)	76	5	TURP (n = 76)
Schatzl <i>et al</i> 2000 <sup>iii</sup> (NR)	15	1	TURP (n = 28)
Ramon <i>et al</i> 1997 <sup>iv</sup> (NR)	100	1	
Kahn <i>et al</i> 1998 <sup>v</sup> (S)	45	1	
Namiki <i>et al</i> 1999 <sup>vi</sup> (S)	33	1	
Naslund <i>et al</i> 2000 <sup>vii</sup> (S)	48	1	
Bergamaschi <i>et al</i> 2000 <sup>viii</sup> (S)	204	5	
Zlotta <i>et al</i> 2003 <sup>ix</sup> (S)	188	5	
Medtronic 2003 <sup>x</sup> (S)	102	1	
Murai <i>et al</i> 2001 <sup>xi</sup> (S)	98	1	
Rosario <i>et al</i> 1997 <sup>xii</sup> (S)	71	1	
Steele & Sleep 1997 <sup>xiii</sup> (S)	47	1	
Apostolos <i>et al</i> 2002 <sup>xiv</sup> (S)	157	<sup>a</sup>	

<sup>a</sup>mean follow-up 29 months

**Table 1. Studies included in the meta-analysis**

Table constructed using data from Boyle *et al*. BJU Int;94:83-88 © 2004, with permission from Blackwell Publishing.



## COMMENTARY

- This meta-analysis on 1244 patients confirms that RF therapy for BPH is an effective therapy for men with symptomatic BPH, including those with severe symptoms.
- Mean improvement in IPSS from baseline was 12.1 points and for Qmax, 5.1 ml/sec.

- Improvement in IPSS and Qmax was significant at 1 year, and this improvement was maintained through to 5 years.
- It can be concluded that RF therapy is an effective minimally invasive therapy that is an attractive alternative to surgery and to long-term medical therapy.

Indications: Prostiva RF Therapy is indicated for the treatment of symptoms due to urinary outflow obstruction secondary to benign prostatic hyperplasia (BPH) in men over the age of 50 with prostate sizes between 20cc and 50cc.

Adverse Events: Side effects may include obstruction, bleeding, pain/discomfort, urgency, frequency and urinary tract infection.

Caution: Federal law (USA) restricts this device to sale by or on the order of a physician. For a listing of indications, contraindications, precautions and warnings, please refer to the System User Guide. Prostiva is a registered trademark of Medtronic. Urologix is the legal distributor of Prostiva RF Therapy products.

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