

# Frequently Asked Questions

## You've got questions, and we've got answers

### What is BPH?

Benign prostatic hyperplasia (BPH) is an enlargement of the prostate gland affecting about 50% of men by age 60, and up to 90% of men by age 85.<sup>1</sup> This enlargement can compress the urethra, reducing the flow of urine from the bladder, and sometimes blocking it entirely. The symptoms of BPH include:

- Urinary frequency
- Irregular flow
- Urgency
- Weak stream
- Straining
- Getting up at night to urinate

### What is Rezūm Water Vapor Therapy?

Rezūm Water Vapor Therapy is a minimally invasive procedure that uses the natural energy stored in a few drops of water to treat the excess prostate tissue causing BPH symptoms. So, you can get back in the game quickly. No need to be in the hospital. And no need to continue taking costly BPH medications.

### Who may benefit from Rezūm Therapy?

Clinical studies show that many men living with BPH experience symptom relief with Rezūm Water Vapor Therapy.<sup>2</sup> Rezūm Therapy is indicated for men  $\geq 50$  years of age with a prostate volume  $30\text{cm}^3 \leq 80\text{cm}^3$ . It's an option for those who've given up on watchful waiting and lifestyle changes, men who've stopped or don't want to start taking BPH medications, or men not interested in other minimally invasive or surgical BPH procedures.

### Is Rezūm Therapy right for me?

The best way to find out is by talking with your doctor to determine if Rezūm Water Vapor Therapy is a good treatment for you based on your symptoms and treatment goals. Start by taking our [BPH Quiz](#). Then bring a printout of the results with you to your appointment. Need to find a doctor who specializes in Rezūm Water Vapor Therapy? Use our [specialist finder](#) to locate one near you.

### How much does Rezūm Therapy cost?

Cost depends on your insurance company and your benefit package. While more and more plans cover Rezūm Water Vapor Therapy, it's always a good idea to discuss any deductibles or out-of-pocket costs with your doctor's office up front. However, there is no guarantee of insurance coverage for a particular procedure or product. It is the responsibility of the patient to contact their insurance provider for specific coverage information.

### Do I have to go to the hospital for Rezūm Therapy?

Since Rezūm Water Vapor Therapy is a minimally invasive procedure, it can be performed in a doctor's office, clinic or other outpatient setting.<sup>3</sup>

### How painful is it? Will I need to be sedated?

Most patients report relatively minor discomfort during the procedure.<sup>1,2</sup> Rezūm Water Vapor Therapy can be performed under oral sedation or local anesthesia and doesn't require general anesthesia.<sup>3</sup> Your urologist will discuss your options for maximizing your comfort during the procedure.

### How quickly will I notice improvements?

Clinical studies show that most men experience symptom relief as soon as 2 weeks after the treatment, and improvements continue for up to 3 months.<sup>1,2</sup> Patient responses can and do vary.

### How soon can I return to regular activities?

Clinical studies show that most men return to regular activities within a few days.<sup>1,3</sup> Your urologist will discuss this with you and make personal recommendations.

### How long do the improvements last?

Current clinical studies demonstrate sustained symptom improvement out to 4 years and studies are ongoing to determine longer term patient outcomes.<sup>2</sup>

### What are the risks?

All treatments have inherent and associated risks. The Rezūm System is intended to relieve symptoms, obstructions, and reduce prostate tissue associated with BPH. It is indicated for men  $\geq 50$  years of age with a prostate volume  $30\text{cm}^3 \leq 80\text{cm}^3$ . The Rezūm System is also indicated for treatment of prostate with hyperplasia of the central zone and/or a median lobe. Potential risks include but are not limited to painful urination (dysuria), blood in the urine (hematuria), blood in the semen (hematospermia), decrease in ejaculatory volume, suspected urinary tract infection (UTI), and urinary frequency, retention or urgency. You should talk with your doctor about benefits and risks before moving forward with any treatment option.

### Can Rezūm Therapy cause erectile dysfunction?

There are no reports of new erectile dysfunction as a result of Rezūm treatment. Based on data from the Rezūm pivotal and post, US FDA approved clinical studies, ejaculatory function was preserved; however, men with BPH are at higher risk for other potential urinary/ejaculatory challenges and there is a possibility that an underlying condition may surface following treatment with the Rezūm System.<sup>3</sup> Be sure to talk with your urologist about your individual health situation.

[Learn more at rezum.com](https://www.rezum.com)

\*Dependent on individual clinical situation and healing response.

#### REFERENCES

1. Barry M, Roehrborn C. Management of benign prostatic hyperplasia. *Ann Rev Med.* 1997 Feb;48:177-89.
2. McVary KT, Rogers T, Roehrborn CG. Rezūm water vapor thermal therapy for lower urinary tract symptoms associated with benign prostatic hyperplasia: 4-year results from randomized controlled study. *Urology.* 2019 Apr;126:171-9.
3. McVary KT, Gange SN, Gittelman MC, et al. Minimally invasive prostate convective water vapor energy ablation: A multicenter, randomized, controlled study for the treatment of lower urinary tract symptoms secondary to benign prostatic hyperplasia. *J Urol.* 2016 May;195(5):1529-38.

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