Chemoablation of the Prostate with Dehydrated Ethanol for the Treatment of BPH

presented at the
5th International Consultation on BPH
Paris, France • June, 2000

Presented by Joseph V. DiTrollo, M.D.
UMDNJ - New Jersey Medical School - Newark, New Jersey USA
Introduction and Objectives:
Dehydrated ethanol has been shown to cause tissue lysis and nerve blockade in the prostate. When injected into the prostate and confined to that tissue, it is a safe, inexpensive, and effective treatment for prostatic obstruction.

Methods:
With the utilization of the Injectx endoscopic device, 16 patients who have documented outlet obstruction, secondary to BPH between 25-100 grams in size, were treated by transurethral multiple injections of dehydrated ethanol. No more than a total of 25 cc of ETOH were injected at up to five injection sites in the prostate under IV sedation. Post-treatment patients had Foley catheter drainage for 48-72 hours and were evaluated for urine flow and AUA Symptom Scores at 1 month, 3 months, and 6 months. Post-op ultrasound volume studies were done at 3 months.
**Summary of Clinical Experience**

**Baseline**

**16 Men with BPH**

- **Age:** 67 years (50 to 80)
- **AUA Score:** 22.4 (13 to 35)
- **Uroflow Qmax:** 5.7 ml/sec (0 to 9)
- **Prostate Size:** 48 gm (22 to 75)

**Dr. DiTrolio**

**ETOH Injection Post - Procedure**

- **Catheter Use:** 3.6 days
- **Narcotic Analgesics:** None
- **UTIs:** None
- **Retrograde Ejaculation:** None
- **One Patient Underwent TURP Subsequently**

**Dr. DiTrolio**

**ETOH Injection 1 - Month Follow-Up**

- **AUA Score:** 10.3
- **AUA Score Decrease:** 55%
- **Qmax:** 8.5 ml/sec
- **Qmax Increase:** 46%

**Dr. DiTrolio**

**ETOH Injection 3 - Month and 6 - Month Follow-Up**

- **AUA Score:** 3 Months: 5.6, 6 Months: 6.0
- **AUA Score Decrease:** 3 Months: 72%, 6 Months: 70%
- **Qmax:** 3 Months: 11.7 ml/sec, 6 Months: 12 ml/sec
- **Qmax Increase:** 3 Months: 98%, 6 Months: 100%
- **Prostate Size:** 3 Months: 23.3 gm, 6 Months: ----
- **Prostate Size Decrease:** 3 Months: 52%, 6 Months: ----

**Dr. DiTrolio ETOH Injection Procedure**

**ETOH Injection AUA Score**

**ETOH Injection Procedure Qmax**

**Dr. DiTrolio ETOH Injection Procedure Prostate Size by TRUS**
Results:

Pre- and post-op comparisons of AUA Symptom Scores, urine flow, and ultrasound studies for prostate volume were evaluated. Patients showed doubling of urine flow, 52% reduction in prostate volume, and a greater than 50% reduction in AUA Symptom Scores. All patients tolerated the procedure well with minimal discomfort, no pain management requirement, no post-operative infections, and a willingness to repeat the procedure again, should it become necessary in the future. All patients were treated in the outpatient setting.

Conclusion:

We offer this simple, inexpensive treatment format for mild-moderate BPH. This procedure is easily duplicated and is mastered rapidly by the average urologist.