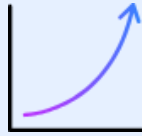


The VAPEUR randomised controlled trial compared Rezūm™ Water Vapour Therapy to combination medical therapy (alpha-blocker + 5-ARI) in sexually active men with persistent symptoms after failed alpha-blocker treatment.

Key findings at 1 year include:



Superior LUTS symptom relief

At one year, Rezūm™ demonstrated superior lower urinary tract symptom (LUTS) relief compared to combination drug therapy (mean difference between therapies, -4.6 points; $p=0.0004$), as measured by the International Prostate Symptom Score (IPSS).



Preservation of sexual function

Sexual function, assessed using the Male Sexual Health Questionnaire (MSHQ), remained stable in patients treated with Rezūm™, while a decrease was observed in the combination drug therapy group.



A differentiated procedural risk profile

Rezūm™ was associated with procedure-related adverse events typical of a minimally invasive intervention (40% treatment-related adverse events), most of which resolved within the first year (92.5%). Combination drug therapy was associated with 27.6% treatment-related adverse events, with 59.5% resolving by one year. In the secondary endpoint composite, there was no statistically significant difference between groups. Notably, surgical retreatment occurred in 1.3% of patients treated with Rezūm™ compared to 9.2% to combination therapy, and worsening of IPSS by ≥ 4 points occurred in 2.7% versus 13.2%, respectively.

What this means for clinical practice

Data from the VAPEUR study support use of Rezūm™ Water Vapour Therapy as a potential first-line alternative to combination drug therapy after alpha-blocker failure, helping inform treatment sequencing decisions in the BPH care pathway.