Antegrade Ejaculation Preserving Technique with Green Light XPS

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Introduction & Objective
• Retrograde ejaculation is one of the most common complication BPH surgery
• up to 70% of cases
• Objective: analize the results of Ejaculatory sparing technique (EST) with Green Light XPS.

Methods
• 2016 - 2018, 117 patients
• Anatomical vaporization, with 3 lobe technique “U” shape incision preserving 1 cm. proximal to the veru montanum
• Incisions were made using 120 Watts
• Vaporization of dissected prostate 180 Watts
• Bladder neck was widely opened
• Male Sexual Health Questionnaire (MSHQ-EjD Short Form) for assessing ejaculatory dysfunction (EjD).
• 43 questionnaires completed
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Results: Median age 67 y (48-85) . Median prostate size 57 g. (19 - 177 gr) . Antegrade ejaculation (AE) was found in 37 (86%). Of them 29 (78.4%) had antegrade eyaculation all the time or most of the time and 8 (21.6%) had AE about half of the time or less than a half of time. Strength, 22 (59.4%) had as strong as it always was or a little less, 11 (29.7%) had somewhat less strong or much less strong and 4 (10.8%) had none AE. Volume 18 (48.6%) had as much as it always was or a little less, 15 (40.5%) had somewhat less that it used to be or much less than it used to be and 4 (10.8%) had none AE. About bother or satisfaction, for those patients with AE the average rate was 1.08. and for those without AE the average rate was 3.2 (0 means No problem with ejaculation and 5 extremely bothered)
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Using a preserving antegrade ejaculation technique with Green Light XPS, antegrade ejaculation was found in most of treated patients which had a strong impact in quality of life.