



EastWestUrology  
ADELAIDE

HOW WE WORK AND  
WHAT MAKES OUR  
PRACTICE **DIFFERENT.**

**NICK BROOK**  
UROLOGIST

We have a practice of three senior urologists – Nick Brook, Mark Lloyd and Dan Spernat, and Louise our practice nurse consultant. The group is small enough to provide a personalised service, but large enough to offer many years of combined experience to your patients.

The service is **Friendly, Accessible** and based on **Best Available Clinical Evidence**. We provide a rapid access service regardless of insurance status, with private care or referral to the public system as patients wish. We have a wide range of consulting sites to suit patients.

We believe in extensive patient education and as well as broad written information, provide a YouTube channel (@NickBrook) with over 40 videos on procedures and conditions for patients to access. This can be accessed at this QR code:



# BPH TREATMENTS

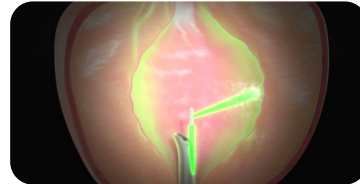
**Our practice offers a range of contemporary treatments for BPH/LUTS.**

Greenlight laser offers advantages over traditional TURP in terms of reduced perioperative complications, length of catheter time and hospital stay, whilst being as effective as TURP.

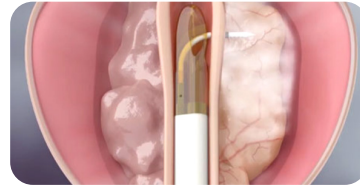
Urolift and Rezum are newer treatments that have advantages for certain population groups and are effective if patients are carefully selected.

All patients are carefully assessed with IPSS symptom score, bladder diary, bulk-billed non-invasive urodynamics and an assessment of prostate size and post-void residual. These variables help tease out bladder issues from prostate causes, and are also predictive for LUTS progression based on large studies.

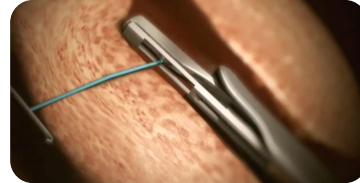
**Greenlight Laser  
Ablation**  
BPH/LUTS



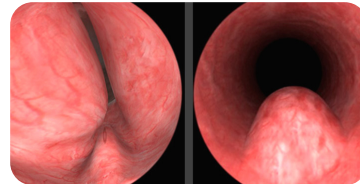
**Rezum Water  
Vapour Therapy**  
BPH/LUTS



**Urolift**  
BPH/LUTS (small  
prostates)



**TURP**  
BPH/LUTS



**Percutaneous tibial  
nerve stimulation**  
Overactive Bladder



## RAPID ACCESS NO-SCALPEL VASECTOMY

If patients have completed their family and are looking for a reliable and permanent form of contraception, vasectomy may be the right choice for them. It is a minor procedure and avoids long term hormonal treatments in females.

The procedure can be performed under local anaesthetic, or with sedation as well if preferred. Patients can usually return to work the next day.

Nick Brook is a dual fellowship trained urological surgeon who undertakes vasectomies at Ashford Hospital and Glenelg Day Surgery.

[www.eastwesturology/vasectomy](http://www.eastwesturology/vasectomy)








# ROBOTIC ASSISTED PROSTATE AND KIDNEY SURGERY

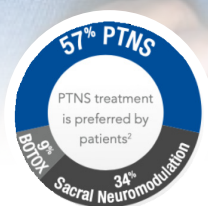
A/Prof Nick Brook is a high volume robotic surgeon, and has undertaken intensive hands-on advanced robotic clinical training fellowships in Aalst, Belgium (with one of the world's most experienced prostate cancer robotic surgeons) and at the Royal Free in London, the highest volume robotic kidney cancer centre in Europe.

The fourth-generation robot that is used at Ashford and Calvary Adelaide Hospitals offers advanced 3-D high definition vision with magnification, minimally invasive arms with instruments that exactly copy the surgeon's wrist and finger movements in real time.

Advantages over traditional open and keyhole surgery are shorter hospital stay, less post-operative pain, less blood loss, and lower complication rates.



## PERCUTANEOUS TIBIAL NERVE STIMULATION FOR PATIENTS WITH OVERACTIVE BLADDER




**An excellent option for patients suffering from urinary urgency, frequency, and/or urge incontinence.**

- Outpatient peripheral tibial nerve neuromodulation
- Effective in both women and men with OAB
- Low-risk with few contraindications and no severe adverse events
- Up to 80% patient response
- Initially 12 treatments of 30 minutes
- PTNS is bulk billed at EastWestUrology

**PTNS candidates include those:**

- too old and/or frail for other therapies
- experiencing insufficient response to drugs
- who want a non-drug, non-surgical option

Other treatments for overactive bladder we offer include intravesical botox and sacral nerve stimulator implantation.



**Louise** is our practice nurse consultant who has expertise in management of overactive bladder.



**NICK BROOK**  
Urologist with EastWestUrology

## AREAS OF UROLOGICAL PRACTICE

- PSA management
- BPH/LUTS medical and surgical treatment including laser, Urolift, Rezum
- UTI and haematuria assessment
- Kidney stone surgery and biochemical management
- Vasectomy and vasectomy reversal
- Robotic surgery, brachytherapy.
- Robotic, open, and laparoscopic urology cancer surgery
- Software fusion prostate biopsy
- Erectile dysfunction and incontinence
- Urodynamic investigation and female incontinence
- PTNS and Botox management for overactive bladder
- Urinary tract infection management
- MRI-guided prostate biopsy
- Bladder cancer management
- Retroperitoneal lymph node dissection for testis cancer



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## PROFESSIONAL QUALIFICATIONS

- Bachelor of Science - Physiology (1st Class Hons) University of London
- Master of Science - Biochemical Pharmacology Uni of Southampton
- Bachelor of Medicine, University of Southampton
- Doctor of Medicine, University of Leicester
- Fellow of the Royal College of Surgeons (Urology)
- Fellow of the Royal Australasian College of Surgeons (Urology)

## PROFESSIONAL MEMBERSHIPS

- Fellow of the Royal College of Surgeons (Urol)
- Fellow of the Royal Australasian College of Surgeons (Urol)
- ANZ Urological and Prostate Cancer Trials Group
- Society of Urological Oncology
- American Urological Association
- European Association of Urology
- Urological Association of Asia

## ABOUT A/PROF NICK BROOK

Nick is a consultant urologist with operative private practice at Calvary North Adelaide, Calvary Adelaide, Ashford and Burnside Hospitals, and Glenelg Day Surgery. Nick consults at North Adelaide, Mt Barker, Stirling and Glenelg. He was appointed consultant urologist at the Royal Adelaide Hospital in 2009 and is an Associate Professor in Surgery at the University of Adelaide.

Nick undertook a urological cancer fellowship at the Princess Alexandra Hospital in Brisbane from 2008-2009, and holds Fellowships of both the UK (FRCS Urol) and Australasian (FRACS Urol) Colleges of Surgeons, a Doctor of Medicine higher degree by research (MD) and has extensive basic science training (Bachelor of Science and Master of Science degrees).

He is trained in all aspects of adult urology and has a special interest in urological cancers. He has wide experience in the management of prostate, kidney, bladder and testicular cancer, including minimally invasive robotic surgery for prostate and kidney cancer. Nick recently spent a six-month, full-time sabbatical clinical fellowship in Europe undertaking advanced robotic prostate and kidney surgery.

Nick is also a high-volume robotic and open cancer surgeon, and performs brachytherapy for prostate cancer, so is able to offer patients all current options for urology cancer treatment. His research interests encompass novel treatments for prostate and kidney cancer, and he is heavily involved in the ANZ Urological Trials Group and was the lead urologist on a number of clinical trials based at the Royal Adelaide Hospital. He has published extensively in peer-reviewed journals, was the Director of Urological Cancer at the RAH Urology department, and established and chaired the urological cancer multidisciplinary team there.

## CONSULTING SITES

- Calvary North Adelaide Hospital
- Glenelg PartridgeGP
- Mount Barker Medical Clinic
- Stirling Central Health Clinic

## CONTACT DETAILS

### A/Prof Nick Brook

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