

USI-WZ NEWSLETTER

APRIL 2026





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★ USI - WZ COUNCIL MEMBERS



Dr. Ajay Bhandarkar
President



Dr. Ashish Rawandale Patil
Past President



Dr. Suhas Salpekar
President Elect



Dr. Rajesh Kukreja
Hon. Secretary



Dr. Sushil Rathi
Hon. Treasurer



Dr. Ajit Sawant
Secretary Elect



Dr. Sadashiv Bhole
Treasurer Elect



Dr. Vilas Sabale
Council member



Dr. Abhijit Patil
Council member



Dr. Prashant Darakh
Council member



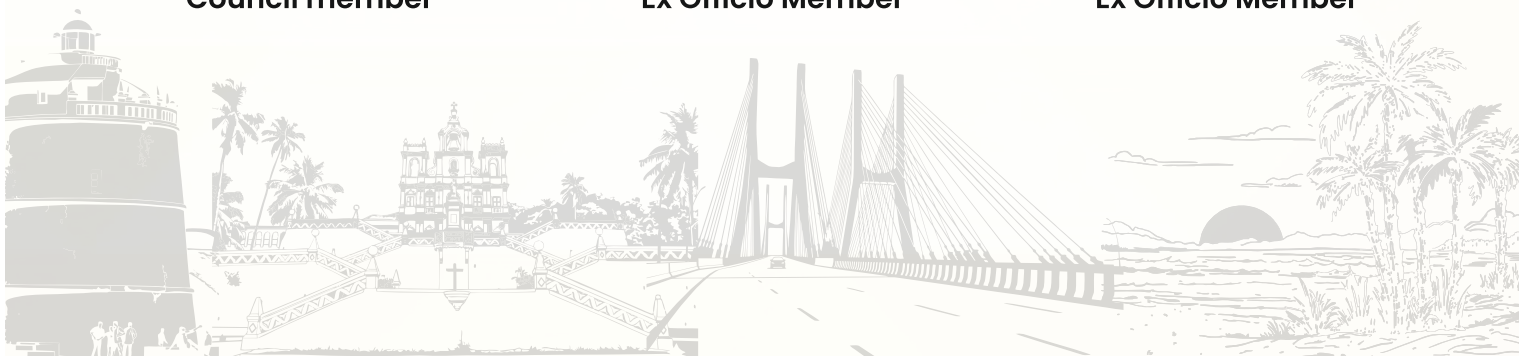
Dr. Vishwas Kulkarni
Council member



Dr. Rohit Joshi
Ex Officio Member



Dr. T B Yuvaraja
Ex Officio Member





MESSAGE FROM THE DESK OF PRESIDENT, SECRETARY



HON. SECRETARY

DR. RAJESH KUKREJA



PRESIDENT

DR. AJAY BHANDARKAR



Hello dear Friends and Respected Seniors,
Greetings from the Council, USIWZ.

It is wonderful to see such a packed and vibrant upcoming academic calendar for the USI-WZ! Reaching 530 registrations for the 36th annual WZUSICON with six months still to go is a milestone achievement and speaks volumes about our member's enthusiasm. The scientific grid is ready and the detailed planning is in process with all the experts and convenors of the different sessions.

Here is a summary of the upcoming schedule and key updates for the members :

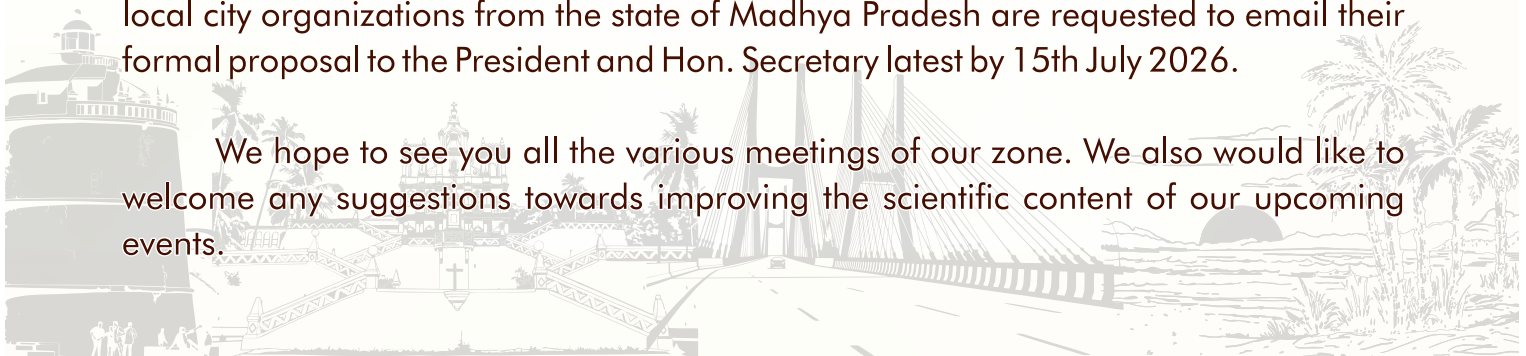
Upcoming Events & Academic Calendar -

1. WZ-RECON | Live operative workshop on reconstructive urology
Jabalpur | 27-28 June
2. WZ-SONOCON | Semi-live event on ultrasonography applications
Anand | 31 July - 1st August
3. 36th WZUSICON | Annual Conference | Goa | 8-11 October
4. International Tour | Scientific & Leisure Program (August) | Bali | 10-16 August

Important Announcements :

1. Abstract Submissions for WZUSICON: Submissions opened on 15th April. Please note that due to the high volume of postgraduate participation and time constraints, the council will only be accepting the top 120 abstracts.
2. International Tour Update: Due to the geopolitical situation in the Gulf and the proximity of Georgia to the conflict, the WZ-OVERSEASCON to Georgia has been cancelled. The zone has pivoted to a new program in Bali this August.
3. The detailed registration processes and program specifics for all the meetings can be found in the latest newsletter. The registration links for all the meetings are present on our website (<https://www.usiwz.in/>).
4. Please visit the website into the members area and verify your details (email, mobile and membership number) as we would be starting the election process in a few months time. Any difficulty, please contact any of the council members or our website coordinators : Varsha (+91 9767312270) or Mr. Abhijit Kulkarni (+91 7058999777).
5. The Council of the Urological Society of India – West Zone (USIWZ) invites applications to host the 38th Annual Conference of the society. As per the rotational policy, it is the turn of Madhya Pradesh state to host this prestigious event. Interested local city organizations from the state of Madhya Pradesh are requested to email their formal proposal to the President and Hon. Secretary latest by 15th July 2026.

We hope to see you all the various meetings of our zone. We also would like to welcome any suggestions towards improving the scientific content of our upcoming events.



★ MESSAGE FROM EDITOR



DR. PRASHANT DARAKH
Editor, WZ Newsletter

Respected Seniors and dear friends,
I am very much pleased to present to you all the second edition of USI-WZ newsletter for the month of April 2026.

This edition highlights the update on Successful webinar on a very important and useful topic and that is "Slides to standing ovation" which was recently conducted by Conveyors Dr. Ajit Sawant and Dr. Vishwas Kulkarni.

I would like to thank Dr. Pankaj Maheshwari for sharing his Academic wisdom in the article Holmium vs Thulium Vs TFL and Dr. Sachin Bote for sharing his financial wisdom in the article Financial Wisdom In Global Uncertainty.

This edition in addition shares Guidelines for membership and abstract submission along with jam packed academic calender of USI-WZ in coming months to come .Hope to see you all soon.

Wishing you all good health, happiness and success in the days ahead. Thank you once again for your trust and co-operation.



★ WELCOME NEW MEMBERS



CATEGORY	NAME	DATE
Full Member	Dr. Saurabh Thakkar	15/12/2025
Full Member	Dr. Uday Chandankhede	15/12/2025
Full Member	Dr. Shoubhik Chandra	01/01/2026
Full Member	Dr. Abhinav Singh	08/01/2026
Trainee Member	Dr. Pratik Gond	31/01/2026
Trainee Member	Dr. Maithili Kunte	10/02/2026
Full Member	Dr. Suvit Jumde	16/02/2026
Full Member	Dr. Ashish Gavade	02/03/2026
Full Member	Dr. Surendra Kumar Prajapati	19/03/2026
Full Member	Dr. Nikita	21/03/2026



★ HIGHLIGHTS OF USI-WZ WEBINAR



WZ-USI had webinar on 9 th April 2026, on how to make presentations in scientific forum “ Slides to Standing Ovation “. WZ-USI esteemed faculty made expert talks on various topics in scientific presentations. Dr. Nanjapa spoke on “ Making of power pt presentation, Dr. Mulawkar gave talk on Video presentations and Dr. Abhijeet presented “ Role of AI in ppt presentation.

Dr. Sabnis spoke on scientific data in presentation and Dr. Pankaj Joshi told how to make international presentations.

All the topics were well appreciated by the audience. The webinar was very informative and interesting and was well attended by post graduates and consultants. WZ-USI council brought this well crafted programme on new topics and will continue to bring such programmes in future too.

The recording of this webinar is uploaded on you tube channel of WZUSI ,those interested can still watch it there .

YouTube channel link where all can log in and see.

<https://www.youtube.com/@westzoneusi>

- Convenors of Webinar -

Dr. Ajit Sawant

Dr. Vishwas Kulkarni



★ UPCOMING USI-WZ EVENTS "SAVE THE DATES"



RECON 2026
JABALPUR, MADHYA PRADESH
Rebuilding Lives Through Reconstruction

MID-TERM
CONFERENCE OF USIWZ AT JABALPUR

IN ASSOCIATION WITH
DEPT OF UROLOGY NSCB MEDICAL COLLEGE
UROLOGICAL SOCIETY OF JABALPUR

BLOCK YOUR DATE
27-28 JUNE, 2026

Scientific Sessions
Live Surgery Workshop

Cultural Night & Sightseeing Gala Dinner

REGISTRATION OPEN FROM
30 JAN FRIDAY / 2026

REGISTRATION DETAILS (INCLUDING GST)

FACULTY OR DELEGATE REGISTRATION	- RS 2500/-
PG REGISTRATION	- RS 1500/-
ACCOMPANYING PERSON REGISTRATION	- RS 1500/-

CONTACT US FOR MORE
Phone no. - 94254 05826 ,94243 14043 | Email - reconjbp26@gmail.com
Venue - N.S.C.B Medical College , Jabalpur , M.P.

UROLOGY SOCIETY OF GUJARAT

UROLOGICAL SOCIETY OF INDIA - WEST ZONE

WZ SONOCON 2026
@ Anand - Gujarat

Block your dates: 1st – 2nd August 2026

Register for the Ultimate USG workshop of the year"

Hosted by :
Urology Society of Gujarat

Under aegis of
Urological Society of India West Zone (USIWZ)

★ UPCOMING USI-WZ EVENTS REGISTER NOW



36TH ANNUAL CONFERENCE OF THE UROLOGICAL SOCIETY OF INDIA WEST ZONE

8-9-10-11 October 2026

Venue:
The Grand Hyatt Bambolim Goa

+91 9822104848 | wzusicon2026@gmail.com | https://usiwz.in/wzusicongoa/

★ REGISTRATIONS



Category	1-11-2025 to 31-03-2026	1-04-2026 to 30-06-2026	1-7-2026 to 30-09-2026	01-10-2026 onwards
DELEGATE	INR 12,000	INR 15,000	INR 17,500	INR 20,000
ACCOMPANYING PERSON	INR 9,500	INR 12,000	INR 12,000	INR 15,000
POST GRADUATE	INR 9,500	INR 9,500	INR 9,500	INR 12,000

[Click Here](#)
Delegate Registration

[Click Here](#)
Accompanying Person Registration

[Click Here](#)
Post Graduate Registration

Note

- Registration Charges are inclusive of 18 % GST.
- Registration is not transferable.
- Registration Charges allow Entry to Conference Venue including Trade area and Conference Meals.
- PG Registration is allowed strictly with a Certificate from Head of Urology Department.
- Refund of Registration charges will be allowed on Case Basis. A request should be sent to wzusicon2026@gmail.com.
- Cancellation Charges will apply as Follows Till 31st March 2026: 100% Refund except GST Charges.
- 1 April to 31 July 2026: 50% Refund except GST Charges.
- 1 August 2026 onwards: No Refund.

★ GUIDELINES FOR ABSTRACT SUBMISSION



36th ANNUAL CONFERENCE OF UROLOGICAL SOCIETY OF INDIA WEST ZONE

8th-11th October 2026
Venue : The Grand Hyatt, Goa

ABSTRACT SUBMISSION

Opens on 15th April 2026

ABSTRACT SUBMISSION GUIDELINES

- **Abstract Format:** Only Moderated e-Poster or Video formats are accepted.
- **e-Poster Abstracts:** Top 18 abstracts (based on average of scores of three reviewers) will be selected for **Podium Presentations**. Others will remain in the **Moderated e-poster** category.
- **Title Limit:** Maximum of 225 characters.
- **Abstract Length:** Limited to 350 words (excluding title, author names, and institution).
- **Body of the Abstract/video:** It should not contain the names of the authors or the institution.

SUBMISSION DEADLINE

- **Abstract Submission Deadline 15th May 2026**
- **Final Video Submission:** Final edited 5 minute video must be submitted along with abstract; no changes after submission.
- **Final e-Poster Submission: 15th September 2026.**

FOR ANY QUERY, PLEASE CONTACT

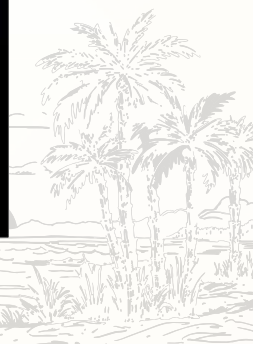
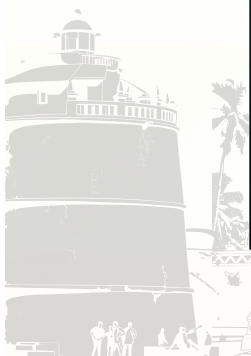
Dr. Abhijit Patil - 77100 35383
Council Member

Dr. Prashant Darakh - 99725 90000
Council Member

Dr. Rajesh Kukreja - 98266 11100
Hon. Secretary - USIWZ

Dr. Ajit Sawant - 98331 12612
Secretary Elect - USIWZ

For online abstract submission, log on to:
www.usiwz.in



★ GUIDELINES FOR ABSTRACT SUBMISSION



36th ANNUAL CONFERENCE OF UROLOGICAL SOCIETY OF INDIA WEST ZONE

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Abstract Submission for Prize Papers @ WZUSICON 2026

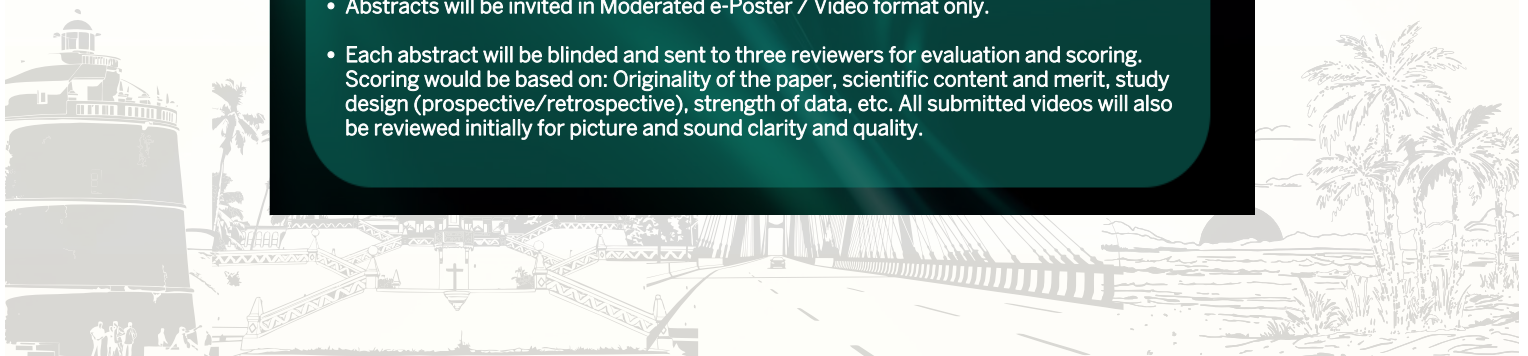
- Abstracts for prize paper presentation are invited for the 36th annual conference of USIWZ being held at Goa on 8th-11th October 2025.

GENERAL INSTRUCTIONS

- All abstracts must be the original, unpublished work of the authors, with all listed authors (maximum six) having significant contribution to the completion of the work. All abstracts for any form of presentation must follow the described guidelines.
- Submission should be made electronically on the [official website: https://www.usiwz.in](https://www.usiwz.in)

ABSTRACT SUBMISSION GUIDELINES

- Submission of an abstract constitutes the author's commitment to present the abstract as accepted.
- All expenses associated with the preparation and presentation of the abstracts are the responsibility of the author/presenter.
- All presenters must register for the conference and should be a member of the Urological Society of India (any zone, any category). Members from other zones will, however, not be eligible for the prize.
- Abstracts of the accepted papers will be printed in the abstract book verbatim. It is the responsibility of the submitting author to ensure the abstract is in perfect order with no errors in spelling or grammar, as revisions will not be accepted. Abstracts will not be corrected.
- Authors must ensure error-free text.
- Each presenter will be allowed to present only two papers in total. Members who fail to present a paper after acceptance will be debarred from presentation for one year. The paper should not be repeated in different formats like Podium/Poster/Video.
- Abstracts will be invited in Moderated e-Poster / Video format only.
- Each abstract will be blinded and sent to three reviewers for evaluation and scoring. Scoring would be based on: Originality of the paper, scientific content and merit, study design (prospective/retrospective), strength of data, etc. All submitted videos will also be reviewed initially for picture and sound clarity and quality.



★ GUIDELINES FOR ABSTRACT SUBMISSION



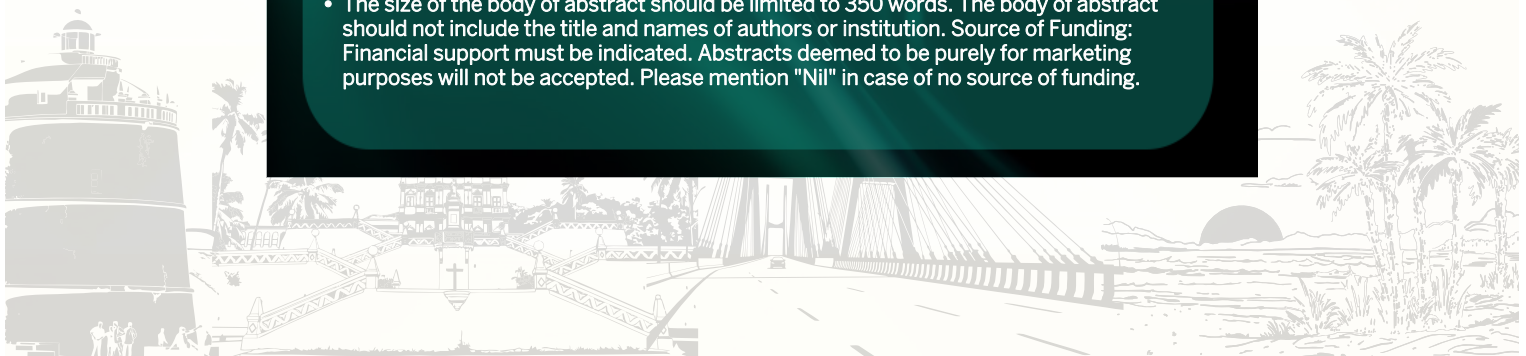
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- e-Poster abstracts: The top 18 poster abstracts (with the maximum marks) would be selected for moderated Podium Presentations. The remaining accepted poster abstracts will continue in the moderated e-poster category.
- Video abstracts: Submission of the final edited video (5 min) is mandatory with the abstract. Once submitted, no changes would be allowed in the video.
- Deadline: Abstracts must be submitted online before **15 May 2026**. Once the online window closes at the deadline, no abstract submission requests will be granted.
- Notification of acceptance or rejection of the abstracts and further details of presentation will be mailed to the corresponding author before **30th June 2026**. Make sure that, your email address is properly mentioned in your details.

PREPARATION OF ABSTRACTS

- Abstract category: Authors must select an appropriate category from the provided list. This would ensure that your presentation is in the appropriate scientific session.
- Title: The title should clearly define the topic and contain no abbreviations. The title should not be in all capital letters. Please use title case. **The title should not be more than 225 characters.**
- Authors: List the primary author's full name, followed by the other authors' names. Completely spell out the names of all authors using full first name, middle initial and last name. (Please maintain consistency in author's names on multiple abstracts to avoid duplication in the Author Index.) How the authors' names appear in the system is how they will appear online and in the published program.
- Enter the name of Institution and the city.
- Body of Abstract: The abstract should be informative and detailed. The body **MUST** contain four separate paragraphs:
 - a) Introduction and Objective
 - b) Methods
 - c) Results
 - d) Conclusions.
- The size of the body of abstract should be limited to 350 words. The body of abstract should not include the title and names of authors or institution.
- The size of the body of abstract should be limited to 350 words. The body of abstract should not include the title and names of authors or institution. Source of Funding: Financial support must be indicated. Abstracts deemed to be purely for marketing purposes will not be accepted. Please mention "Nil" in case of no source of funding.



★ GUIDELINES FOR ABSTRACT SUBMISSION



36th ANNUAL CONFERENCE OF UROLOGICAL SOCIETY OF INDIA WEST ZONE

8th-11th October 2026
Venue : The Grand Hyatt, Goa

- Conflict of Interest and Disclosure Statement: All authors must disclose conflicts of interest. Please mention "Nil" in case of no conflict of interest.
- Video abstracts: The final edited video must be submitted along with the abstract.
- The video should not exceed 5 minutes.
- Name the video file with your Abstract Title. Videos must be uploaded prior to the submission deadline in order to be considered for review. Please upload the video on YouTube and submit the link of the same only.
- All videos must be in the final format and in MP4 format with Minimum resolution 720p, preferably 1080p.
- The video must be blinded for review; no author names, patient names, affiliations, or faces should be visible.
- Drug names: Use generic drug names only.
- Abbreviations: Standard abbreviations may be used without definition. Nonstandard abbreviations should be kept to a minimum and placed in parentheses after the first use of the word or phrase.

ABSTRACTS REVISION / WITHDRAWAL

- Abstract Revisions: Abstracts may not be revised or resubmitted after the submission deadline.
- Abstract Withdrawal: Please submit abstract withdrawal requests in writing by 31st July 2026. If the request is received after this date, it may not be possible to exclude from planned program and abstract book.
- Change of Presenting Author: Please submit requests in writing by 31st July 2026. After this date, changes will no longer appear in the Abstract Book and the scientific program. Requests for changes to presenting author may be accepted only if the new presenting author is already listed on the original submission as a co-author. The new presenting author must have already registered for the conference.



★ GUIDELINES FOR ABSTRACT SUBMISSION



36th ANNUAL CONFERENCE OF UROLOGICAL SOCIETY OF INDIA WEST ZONE

8th -11th October 2026
Venue : The Grand Hyatt, Goa

FINAL SUBMISSION

- Video: Submission of the final edited video (5min) is mandatory with the abstract. Once submitted, no changes would be allowed in the video.
- E-Poster: The final e-Poster would need to be submitted as a power point slide (single slide as it would appear on the e-monitor) latest by 15th September, 2025. All the e-posters would be compiled into a e-poster booklet and circulated online and uploaded on the official website of USIWZ for better viewership.

ABSTRACTS CATEGORIES

- Please select any one category for each abstract when submitting the abstract.
- Urolithiasis BPH
- Uro-oncology
- Pediatric Urology
- Andrology
- Reconstructive Urology
- Transplantation
- Female Urology Infections Miscellaneous
- Infections
- Miscellaneous

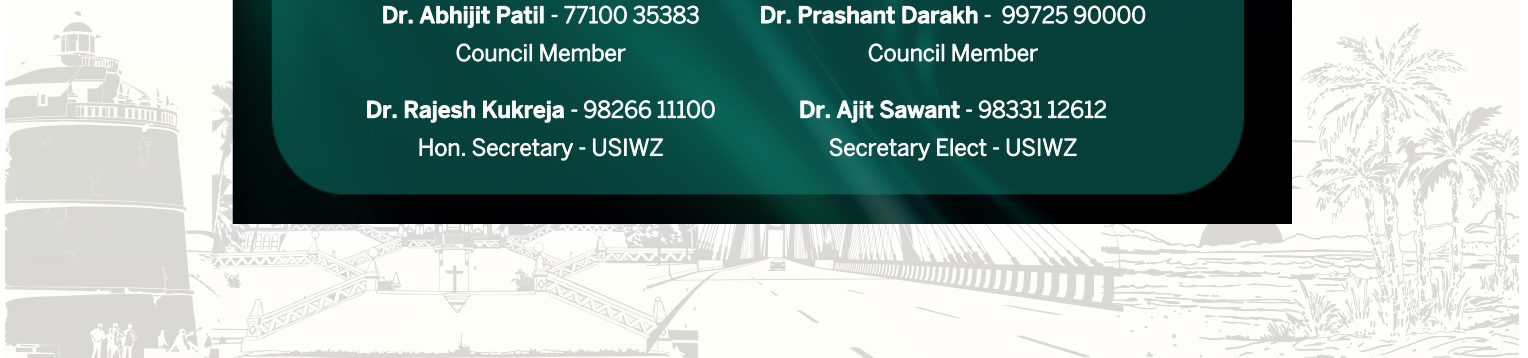
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Council Member

Dr. Prashant Darakh - 99725 90000
Council Member

Dr. Rajesh Kukreja - 98266 11100
Hon. Secretary - USIWZ

Dr. Ajit Sawant - 98331 12612
Secretary Elect - USIWZ



USIWZ membership application guidelines

1. Why should every one become a member?

1. Only full members have voting rights are a part of decision making in the society
2. You need to be at least a trainee member to be eligible for presentation in our zonal conference or any events and to be eligible for a prize category

2. For applying for trainee membership

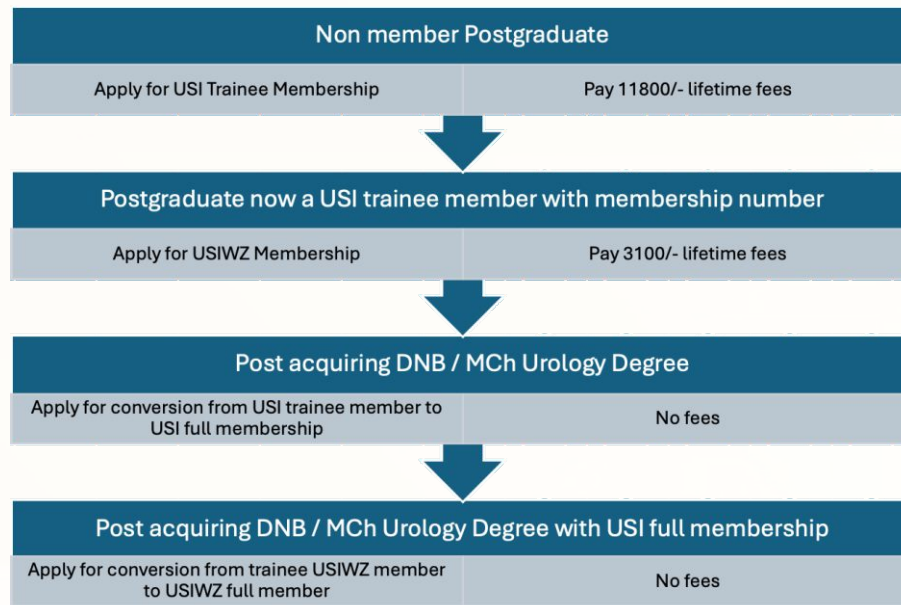
1. The trainee needs to apply first to the parent body USI through the website. The documents needed are: Duly completed membership form, Copy of last completed degree and a letter from HOD stating that the applicant is pursuing the MCH/DNB course, Payment receipt of INR 11800/- and Photo ID (DL, Aadhaar, Voter Card etc). You can submit these documents and your membership online at <https://usi.org.in/registration/registration.php>. For offline mode, you need to pay the fees online and download the form from the same website and send the filled form with all the needed documents and proof of payment to Mr Navneet by WhatsApp (+91 98979 21138) or email at usicentraloffice1@gmail.com.
2. The postgraduate student would receive the membership certificate with the membership number from the USI office in 2-3 days time.
3. Once you receive the membership number from the USI office, you should apply for the trainee membership of the zone online at https://www.usiwz.in/Trainee_member_usiwz_membership_form. You need to pay an online fees of 3100/- for the same. You would get a receipt of the same.

3. For conversion from trainee membership to full membership:

1. You need to submit a photo ID along with duly filled application form (download from USI web site). Send it by mail to usicentraloffice1@gmail.com or WhatsApp to (+9198979 21138).
2. You have to be full member of USI before applying for full membership of USIWZ. USIWZ council will confirm your full membership status of USI before awarding full membership of USIWZ. The USI approves new memberships in every council meetings.

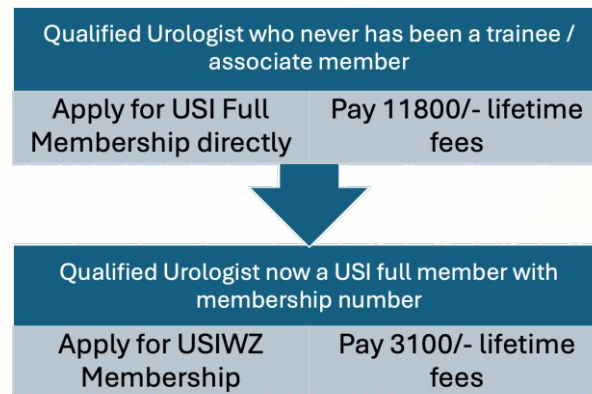


★ USI-WZ MEMBERSHIP APPLICATION GUIDELINES



4. Applying for a full membership without being a trainee member:

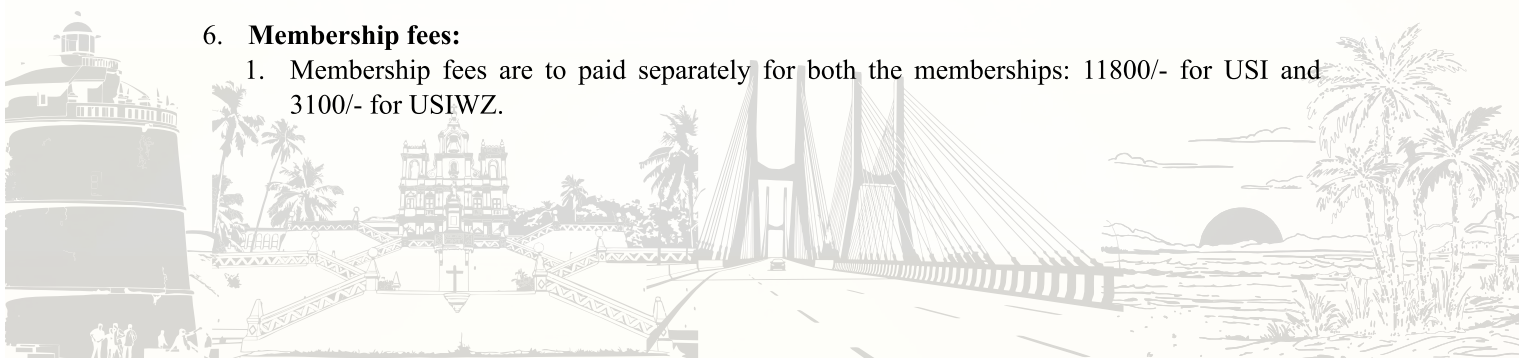
1. If you are applying for a full membership directly after getting your Urology degree and have never been a trainee member, you can do so. Again you would first apply for the full membership of the parent USI body through the online or offline mode as a trainee member would do. Only difference would be that you would need to submit a copy of your MCh or DNB Urology degree. Once you become a full member of the USI central body, you can now apply for the zonal membership through the zonal website.



5. **Voting rights:** Once a full membership is approved, the new member automatically becomes a voter as his photo ID is already submitted. You need to be a full member of the USI central body to be eligible for voting in USI elections. Similarly you need to be a full member of the USI central body and the Zone (USIWZ) for being eligible for voting in USIWZ elections.

6. Membership fees:

1. Membership fees are to paid separately for both the memberships: 11800/- for USI and 3100/- for USIWZ.



★ USI-WZ MEMBERSHIP APPLICATION GUIDELINES



2. Fees for each body are paid only once and not again when converting from trainee member to full member.
7. **Approval of membership:** New memberships are approved officially in the council meetings and need not wait for AGM. The AGM needs to be informed only. The zonal council confirms the membership status of the central USI before approving the zonal membership.
8. **Shifting Zones:**
 1. If a full member from another zone shifts to west zone, & applies for full membership of west zone, he needs to submit a letter from his previous zone that his category is changed to associate membership in that zone. Only then he is eligible to become full member of west zone.
 2. You can be a full member of any one zone only. You can become associate member of other zones if you desire so.
9. **International members:**
 1. These members are citizens of other nations who are otherwise eligible to become members of USI. They can become international member of WZ. They do not have voting rights.

Please note: USI membership application can be done online and offline. USIWZ membership application can be done only through online mode through the website.





APPLICATION TO HOST ANNUAL CONFERENCE OF USI-WZ - 2028



Urological Society of India West Zone (USIWZ)

(Public trust registered according to Bombay Public Trust act of 1950)



President
Dr. Ajay Bhandarkar
presidentusiwz@gmail.com

Hon. Secretary
Dr. Rajesh Kukreja
secretaryusiwz@gmail.com

Hon. Treasurer
Dr. Sushil Rathi
wztreasurer1@gmail.com

Past President
Dr Ashish Patil

President Elect
Dr Suhas Salpekar

Secretary Elect
Dr Ajit Sawant

Treasurer Elect
Dr Sadashiv Bhole

Council Members: Dr. Vilas Sabale, Dr. Abhijit Patil, Dr. Prashant Darakh, Dr. Vishwas Kulkarni

Ex Officio Members: Dr. Rohit Joshi, Dr. TB Yuvaraja.

Call for Applications to Host the 38th Annual Conference of USI – West Zone

The Council of the Urological Society of India – West Zone (USIWZ) invites applications to host the 38th Annual Conference of the society.

As per the rotational policy, it is the turn of Madhya Pradesh state to host this prestigious event.

◆ Interested local city organizations from the state of Madhya Pradesh are requested to email their formal proposal to the President and Hon. Secretary, indicating:

Tentative dates - Preferably in the 1st week of October 2028

Proposed venue with Venue details


Accommodation logistics

Travel connectivity and logistics

The Council will review all applications, initiate discussions with applicants, and shortlist proposals. The final decision will be taken during the Annual General Body Meeting 2026, at Goa after a formal presentation by the interested Organising Committee.

Please mail your applications to: secretaryusiwz@gmail.com

 Last date for submission: 31st July 2026

 For procedural guidelines and further information, please contact the President or Hon. Secretary directly.

President : Dr Ajay Bhandarkar

Hon Secretary: Dr Rajesh Kukreja

Communication Address: Dr. Rajesh Kukreja
Mob: +91 98266 11100 Email: drkukrejarajesh@gmail.com
Urocare Hospital, EC 72-73, Ring Road (Service Lane), Scheme 94C, Indore 452010.

★ ARTICLES BY MEMBERS



Title : **Holmium vs Thulium Vs TFL :**

Is There a Clear Winner for AEEP?

Author : **Dr. Pankaj N. Maheshwari**

Institute : Fortis hospital Mulund, Mumbai, India.

Address for Correspondence : Department of Urology,
Fortis hospital Mulund, Mulund West, Mumbai - 400 080, India.

Email: dr.maheshwaripn@gmail.com

Word count : 1000

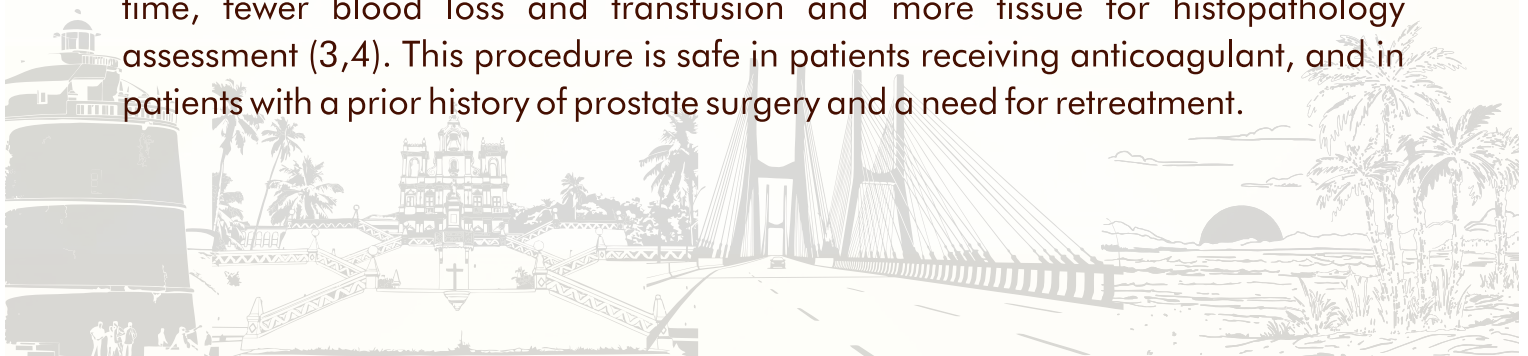


Laser enucleation of the prostate has become the dominant size-independent guideline-approved surgical option for benign prostatic obstruction. Holmium laser enucleation (HoLEP), long established in 1996 by Peter Gilling and Mark Frondorfer, is the benchmark for anatomical endoscopic enucleation of prostate (AEEP). Over the last decade there is ample literature to support, that compared to TURP, AEEP provides a greater and long lasting improvement in IPSS, PVR and Qmax (1). More prostate tissue is removed with a lower drop in haemoglobin, shorter catheterisation time and shorter length of hospitalisation.

AEEP also provides comparable functional outcomes to open prostatectomy. This is indeed the new standard of the surgical management for BPH. The question now is, do we still agree that 'Enucleation is Enucleation is Enucleation', irrespective of the energy source used.

The non-holmium laser options for AEEP are, thulium based lasers- the continuous wave thulium laser, pulsed thulium laser or thulium fiber laser. Other lasers like diode & green-light are also being used for AEEP. Would these lasers, with their differing tissue interactions and physics and quality of first-pass hemostasis, have a variable impact on intra-operative visibility, ease of learning, surgical procedure time, catheterization time, safety, and ability to perform the procedure as a day case (2).

HoLEP has stood the test of time as holmium laser due to its cavitation bubble and plasma, can dissect between the adenoma and capsule and provide complete adenoma enucleation while maintaining good tissue identification. HoLEP is a size-independent treatment option that provides shorter hospital stay and catheterization time, fewer blood loss and transfusion and more tissue for histopathology assessment (3,4). This procedure is safe in patients receiving anticoagulant, and in patients with a prior history of prostate surgery and a need for retreatment.



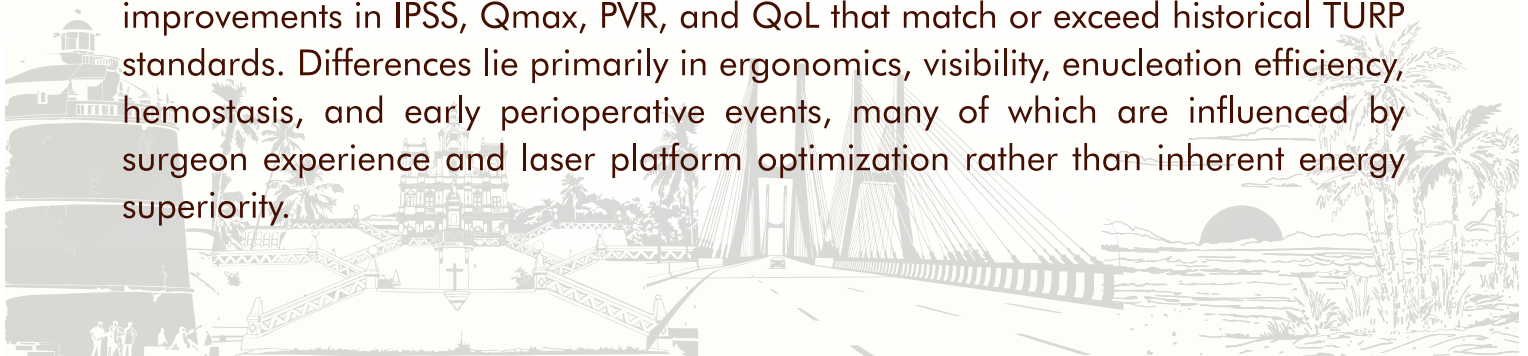
In contrast, thulium laser has a poor plasma dissection but a better cutting and coagulation capability. It works as a contact laser and has significant charring hence sub-optimal tissue identification. AEEP by thulium laser provides equivalent results to HoLEP. Thulium fiber laser (TFL) has emerged as attractive alternative with the purported benefits of smoother cutting, improved hemostasis, greater precision, and a potentially shorter learning curve. However, whether these newer technologies offer clinically meaningful advantages over HoLEP remains a matter of ongoing investigation.

ThuFLEP has demonstrated promising results across multiple clinical settings, including medium to large glands. In the retrospective comparative study (5), ThuFLEP achieved postoperative improvements in IPSS and Qmax comparable to TURP in prostates above 80G. Notably, quality-of-life improvement was superior in the ThuFLEP cohort, although operative time was significantly longer and overall complication rates higher. Early incontinence was more frequent after ThuFLEP, though differences levelled out by three months. These findings highlight that while ThuFLEP matches standard outcomes, its perioperative profile may be influenced by surgeon expertise and early learning-curve effects.

Larger comparative datasets offer broader perspective. A comprehensive network meta-analysis including 38 trials across five enucleation technologies (6)—HoLEP, ThuLEP, PKEP, DiLEP, and ThuFLEP—found no significant differences in operative safety, complication profiles, or long-term outcomes. While HoLEP and ThuLEP tended to have shorter operative and enucleation times, ThuFLEP showed advantages in QoL and PVR reduction at 12 months. The analysis suggests that despite theoretical differences in energy behavior, clinical differences remain small.

A unique strength of TFL technology recognized across several studies, is its potential for a gentler learning curve. Its superficial penetration depth, reduced fiber degradation, and greater cutting and coagulation precision may help early adopters transition more easily to enucleation. This was highlighted by Bulut et al.(7), who observed that operative time plateaued after 20 cases in a new enucleation surgeon's first 60 ThuFLEP cases.

Across all available evidence, a unifying theme emerges: functional outcomes between HoLEP, ThuFLEP, and ThuLEP are consistently comparable, with improvements in IPSS, Qmax, PVR, and QoL that match or exceed historical TURP standards. Differences lie primarily in ergonomics, visibility, enucleation efficiency, hemostasis, and early perioperative events, many of which are influenced by surgeon experience and laser platform optimization rather than inherent energy superiority.



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Is there a clear winner?

Based on current evidence, no laser modality demonstrates categorical superiority in clinical outcomes. What the literature hints at is:

- HoLEP remains the size-independent gold standard due to its long track record, reproducibility, and well-established training pathways.
- For large adenoma (>80G) HoLEP should be the first choice laser. Pulsed thulium laser would also be acceptable. Although TFL can also be used, it would have a disadvantage due to longer procedure time. The PSA drop after AEEP would be more than 80% with holmium and thulium but low with greenlight and TFL.
- For smaller adenoma (<30G) KTP vaporization may have an advantage but all lasers can be used.
- Patients on anti-platelet and anti-coagulant medications: PVP would probably be the safest. TFL would have an advantage due to brilliant hemostasis. Thulium and holmium can also be used.
- Older patients : type of laser would not make a difference.
- With regards to sexual function, all AEEP would lead to retrograde ejaculation without compromising the erections.
- Day-care AEEP is possible with all lasers but TFL may have an advantage due to its better hemostasis.

So how does one choose the laser for AEEP? HoLEP is difficult to learn but can be used for all prostate sizes and for other urologic indications. Thulium laser enucleation is an easy procedure, may avoid morcellation, but will need holmium for lithotripsy. TFL is good for moderate sized adenoma (< 80G), in patients with bleeding risk and has a smoother learning curve.

Whatever the energy source used, it is important that we switch to AEEP!!



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FINANCIAL WISDOM IN GLOBAL UNCERTAINTY

Periods of geopolitical tension (wars, conflicts, sanctions, market volatility) can create uncertainty, but historically markets continue to function and long-term investing still works.

The key principle is risk management and diversification, not stopping investing completely.

1. First Principle : Do NOT stop investing completely Instead follow

- Diversification
- SIP to continue
- Liquid cash – for emergency or investment during fall

2. During uncertainty, money should be spread across asset classes. Asset Suggested Allocation Equity (stocks/mutual funds) 40–50% Debt funds/bonds/ FD 20–30% Gold 10–15% Real estate 10–20% Cash / emergency fund 6–12 months expenses Allocation depends on age, income stability, and risk tolerance.

3. Continue SIP in Mutual Funds

For most people SIP (Systemic Investment Plan) in Mutual Funds is the safer approach. Advantages during volatility :

- rupee cost averaging
- buying more units when markets fall
- removes emotional timing

During Uncertainty can allocate more into Large cap funds, Index funds, ETF or Flexi cap funds instead mid cap and small cap funds .

4. Increase Gold allocation slightly like GOLD ETF, Physical gold like gold coins, biscuits etc.



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5. Keep Emergency Cash

During uncertain times, liquidity is extremely important.

Keep Emergency Funds for 6–12 months expenses in:

- Savings account
- Liquid funds/Arbitrage funds
- Short FD

This prevents forced selling of investments during market crashes.

6. Sectoral Rotation : focus on strong sectors

Wars and geopolitical tension often benefit certain sectors.

Examples :

- Defense
- Energy
- Commodities
- Cyber security
- Infrastructure

Indian companies linked to defense may gain if global tensions rise.

7. Avoid Overexposure to One Country or Sector

Example risks:

- oil price spikes
- sanctions
- supply chain disruptions

Therefore diversify across:

- Indian equity
- Global equity funds
- Gold
- Debt

8. Avoid Panic Selling

War headlines can trigger emotional reactions.

Example :

During the Russia-Ukraine conflict (Russian Invasion of Ukraine):

- markets fell initially
- recovered in months

Investors who stayed invested performed better.



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9. Debt and Safe Instruments

Increase allocation to stable instruments like:

- Government bonds
- Debt mutual funds
- Bank fixed deposits

Indian government bonds are relatively stable.

10. Long-Term Investors Should Think 10–20 Years

Equity is still the best asset for long term wealth creation.

Short-term wars rarely affect long-term economic growth.

11. Simple Strategy

A Simple safe portfolio could be :

40% Equity mutual funds (SIP)

25% Debt funds / FD

15% Gold

10% Real estate

10% Cash / liquid fund

Review once per year, not every day.

Patience, Discipline and Faith are important to withstand market uncertainty -

Dr. Ram Ghute (Wealthcon Founder)

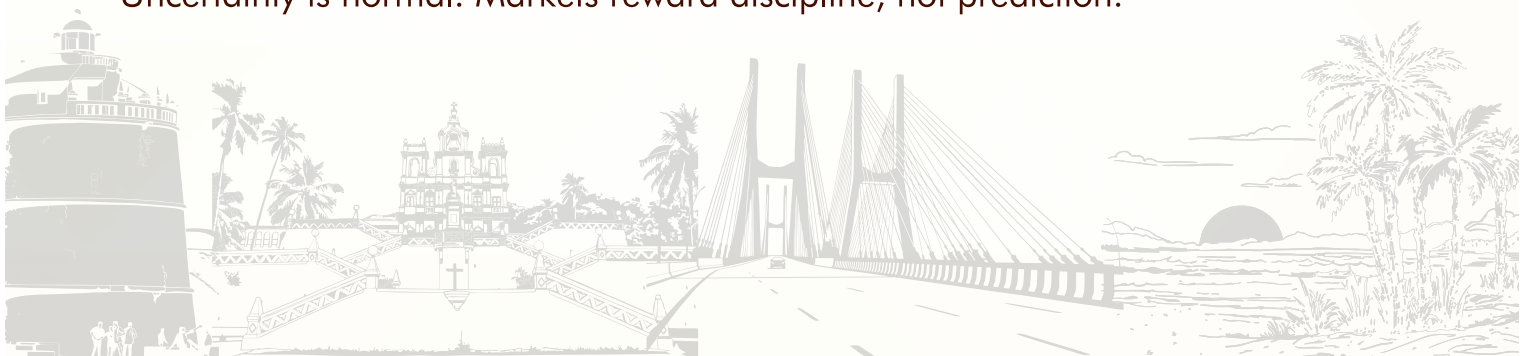
12. Biggest Mistakes During Uncertainty

Avoid :

- ✗ Stopping SIPs
- ✗ Selling equity during fall
- ✗ Putting all money in gold
- ✗ Speculating in commodities
- ✗ Trading frequently based on news

Key Rule :

Uncertainty is normal. Markets reward discipline, not prediction.



★ ACHIEVEMENTS BY WZ-USI MEMBER



Dear Friends,

It is our proud privilege that our zone member Dr. Shabbir Husain from Jabalpur (MP) got 1st position in Prize video session competition held at FUSICON 2026, Kolkata this month. He presented his video on the topic -Endoscopic VVF Repair - My technique which was well appreciated by audiences.

We Congratulate him. WZ Council.



DR. SHABBIR HUSSAIN

