

By Zala Kerle

An interview with Nobuo Peter Okui, MD, PhD, President Uro-Gyn.net Health Care Coop, Director of the Anti-aging Society of Urology and the Association of Anti-aging Medicine, Japan

About Nobuo Peter Okui, MD, PhD

Dr. Okui received his PhD in Medicine from the Graduate School of Medicine, University of Tokyo in 1999 and completed his clinical fellowship in Urology in 2000 (University of Tokyo Hospital) and Obstetrics and Gynecology in 2001 (Harvard Medical School, Brigham and Women's Hospital). He is a nationally recognized Urogynecology physician who practices at Yokosuka Urogynecology and Urology Clinic in Yokosuka City, voted annually as the top Urogynecology hospital in Japan. In 2010 Dr. Okui became chairman of the medical corporation Uro-Gyne-Net. He has also worked as an Established Part-time Professor at Teikyo University Hospital in Yokyo and at Dokkyo University in Saitama.

As an expert on sex hormones and their influence on athletic performance, Dr. Okui is an adviser for the 2020 Olympic Games. He has received a number of awards and recognitions and has been selected as a principle speaker & representative of Japan for the World Meeting of the International Society for Sexual Medicine to be held in 2020.



“Delicate treatments that cannot be resolved with surgery have now become possible”

Why did you decide to start using laser technology in your practice?

I have performed about 800 urinary incontinence and pelvic organ prolapse surgeries annually. However, due to the recent increase in the side effects of polypropylene mesh, we decided to adopt a new treatment method as soon as possible and disseminate it to Japan.

How does using a laser benefit your practice? Has your practice grown since introducing laser technology to your patients?

I think that Fotona's laser device has given new treatment options to patients with genitourinary syndrome of menopause (GSM). In other words, if the risk to the whole body is high, we cannot perform traditional urinary incontinence surgery or pelvic organ prolapse. Moreover, in order to avoid insertion of an artificial mesh, a new treatment method that can be used in combination with the Manchester method and LAZ method is necessary. In that respect, the Fotona Laser is in a good position.

What are the benefits of having two lasers, Er:YAG and Nd:YAG, in one device?

We believe that having multiple modes with two wavelengths has expanded the device's suitability in our organization. We also expect future developments and expansion of the range of indications using both wavelengths.

What are the main benefits of using a laser for your patients?

Delicate treatments that cannot be resolved with surgery have now become possible. GSM, for example, has subtle troubles that are difficult to understand. In this regard, Fotona's laser instruments are compatible with that treatment.

Would you recommend Fotona laser systems to beginner laser users, experienced practitioners or to both? Why?

I would recommend Fotona's laser systems to everyone, from beginners to advanced users. Recently, in Japan, we have started educational support for Fotona's urinary incontinence laser, mainly through seminars at the Antiaging Urology Association.

The laser promotes blood flow and cell synthesis without changing the morphology. In that respect, as well as being a low risk treatment, it has a high return.



Where do you see laser gynecology in 10 years' time?

Since surgery is an act of changing the form of an organ, it is considered a high risk treatment, but also with high return. Things like Fotona's laser systems are considered anti-aging. The laser promotes blood flow and cell synthesis without changing the morphology. In that respect, as well as being a low risk treatment, it has a high return.

In addition to running a successful practice you also lecture at important international conferences and meetings. What are your plans for the near future?

In the World Meeting of the International Society for Sexual Medicine, to be held in Japan in 2020, I was elected as a representative of Japan as the Principle Speaker. Of course, gynecological laser treatment will be an important theme. We sincerely look forward to welcoming everyone from all over the world to join the Japanese convention.

Fotona's laser device has given new treatment options to patients with genitourinary syndrome of menopause. In other words, if the risk to the whole body is high, we cannot perform traditional surgery.

