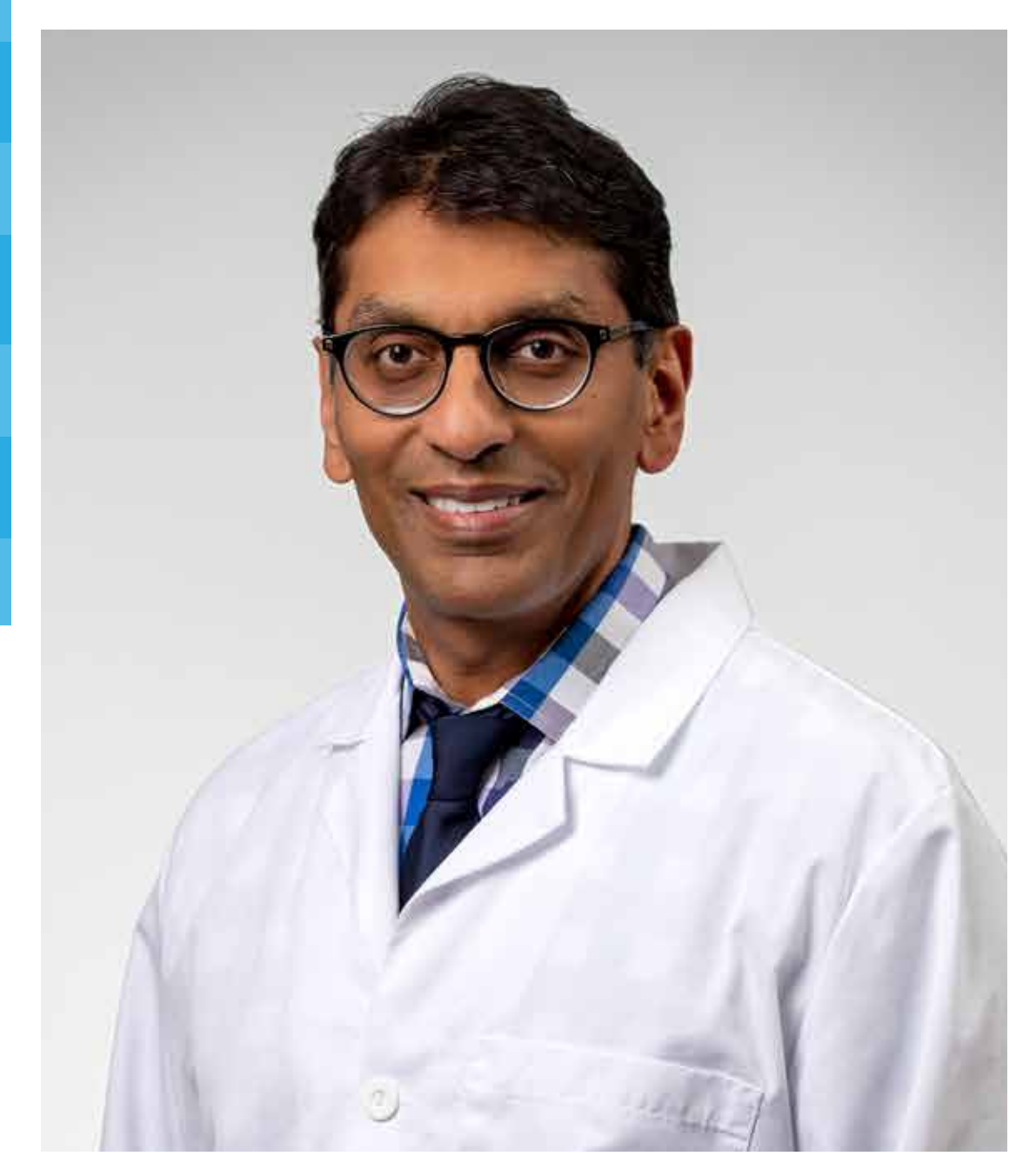


ASK THE HIFU EXPERT

About Non-Invasive Prostate Cancer Treatment



Rush Patel, MD

Urologist Rush Patel, MD of Central Ohio Urology Group

answers questions about prostate cancer and discusses HIFU, a revolutionary non-invasive, outpatient treatment option.



What is prostate cancer?

Prostate cancer is a disease in which normal cells in a man's prostate gland change and grow uncontrollably, forming a mass called a tumor.

How common is prostate cancer?

According to the American Cancer Society, there will be 164,690 new cases of prostate cancer diagnosed in 2018. It is the most common non-skin cancer among men and approximately 2.9 million men in the US count themselves as prostate cancer survivors.

What types of treatments do you offer men with localized prostate cancer?

My consultation for localized prostate cancer is a thorough and exhaustive review of all relevant and accepted treatment options including:

- active surveillance
- proton beam
- cryosurgery
- brachytherapy
- external beam radiation
- robotic and open prostatectomy
- and of course HIFU

What is HIFU?

HIFU, which stands for high intensity focused ultrasound, is the focusing of sound waves to create heat at a specific point called the focal point. This heat effectively destroys the targeted tissue. HIFU was cleared by the FDA for prostate ablation in October 2015 although it has been available outside the United States for more than 10 years for the treatment of localized prostate cancer and benign prostatic hyperplasia (BPH) or prostate enlargement.

Who qualifies for HIFU?

While only a physician can determine if you qualify for HIFU or not, typically men with a prostate gland of less than 40 grams with localized prostate cancer (tumor has not spread outside of the prostate gland) may be candidates for HIFU. The other information that physicians usually look at to determine if you qualify for HIFU is a PSA of 20 or less and a Gleason score of 7 or less.

What are the benefits of HIFU as a treatment for localized prostate cancer?

HIFU offers patients the desired risk/benefit ratio of outstanding cancer cure rates and minimized risk of debilitating side effects often associated with other prostate cancer treatments. In addition, unlike other treatments, if HIFU should not be completely successful it is the only option that can be repeated and does not eliminate other treatment modalities.

Benefits of HIFU over traditional prostate cancer treatments

Outpatient, 1-4 hour procedure	No Blood Loss	Radiation Free
Quick Recovery Time	Return to normal lifestyle within a few days	Low risk of erectile dysfunction and incontinence

How does HIFU work?

The Sonablate®, a state-of-the-art medical device that uses HIFU, obtains real-time ultrasound images of the prostate and surrounding areas.

From these images, the doctor precisely defines the treatment zones in order to safely destroy the targeted tissue.



Transducer in probe acquires images of the prostate



Physician plans or maps out which tissue to target



Small lesions are created in the prostate at the focal point. This is repeated until all targeted tissue is destroyed.