

# **Ablatherm® HIFU Fact Sheet**

## **WHAT IS THE PROSTATE?**

The prostate is a chestnut shaped gland surrounding the urethra at the base of the bladder. It is located in front of the rectum. The function of the prostate gland is to produce the major part of the seminal liquid, which is used as a means of transportation of sperm.

## **WHAT IS PROSTATE CANCER?**

Prostate cancer occurs when clusters of cells within the prostate grow uncontrollably. The exact cause remains unclear. Cancer detected early is usually confined to the prostate gland and the disease is often curable (rates of 90% or better) using surgery, radiation or Ablatherm® HIFU. Cancer that has spread to distant sites such as lymph nodes or bones is considered metastatic and is generally not curable by any modality.

## **WHAT IS ABLATHERM® HIFU?**

Ablatherm® HIFU is a procedure where the temperature inside the prostate is raised to 85° Celsius using a focused ultrasound beam. A probe is placed in the rectum after spinal, or epidural, anesthesia has been administered. This probe emits a beam of high intensity focused ultrasound. At the point where the ultrasound is focused (focal point), the sudden and intense absorption of the ultrasound beam quickly raises the temperature, which destroys targeted cells. By using computer imaging of the prostate it is possible to move the focal point in a systematic way that allows for complete destruction of all prostate tissue. The treatment takes from 1 to 3 hours depending upon the size of the prostate and is usually performed on an outpatient basis.

## **IS ABLATHERM® HIFU A PROVEN THERAPY?**

In 1989, three prestigious European research groups united in their efforts and initiated a project to develop an efficient and non-surgical treatment for localized prostate cancer. After ten years of development, the Ablatherm® HIFU was approved for treatment in Europe. At present the Ablatherm® HIFU is being used throughout Europe, England, Russia, and Asian countries. To date, *thousands of patients have been treated successfully in many European centers and throughout the world.*

## **WHAT DO THE CLINICAL STUDIES SHOW?**

A European study of 137 patients demonstrated that 93% of patients had negative biopsies and 87% had PSA levels of less than 1, five years after Ablatherm® HIFU. Similar results have been published from Lyon, France, where patients were examined more than 5 years following treatment. It should be noted that according to this data, about 1 patient out of 10 (9.8%) needed additional treatment after Ablatherm® HIFU.

## **HOW DO PATIENTS INQUIRE ABOUT AND ARRANGE FOR TREATMENT?**

For additional information about Ablatherm® HIFU, go to [www.hifu.ca](http://www.hifu.ca).