

TREATING prostate cancer with LESS risk of SIDE EFFECTS

COVER story

HIFU is a non-invasive, radiation-free treatment that gets men back to their normal lifestyle quickly

Prostate cancer is a very common disease. In fact, about 1 in 9 men will be diagnosed in his lifetime. The good news is that it is also very treatable, especially if diagnosed early.

The even better news is that there is now a treatment for prostate cancer that is non-invasive and has a low risk of common side effects such as erectile dysfunction and urinary problems. The treatment is called HIFU, which stands for High Intensity Focused Ultrasound and one of the most experienced HIFU physicians is based right here in Burlington.

Dr. Michael Wolff of Alamance Urological has partnered with HIFU Prostate Services to offer his patients HIFU in order to give them the options of an effective treatment with fewer side effects and quicker recovery.

WHAT IS HIFU FOR PROSTATE CANCER?

HIFU is a one-time, out-patient procedure that uses ultrasound energy, or sound waves, to heat and destroy tissue in the prostate. It is radiation-free and studies show that the risk of side effects, such as erectile dysfunction and urinary incontinence, are significantly lowered with HIFU compared to side effects from surgery (radical prostatectomy) or radiation.

"I have been treating patients with HIFU since 2007 and have been pleased with the results," says Dr. Wolff.



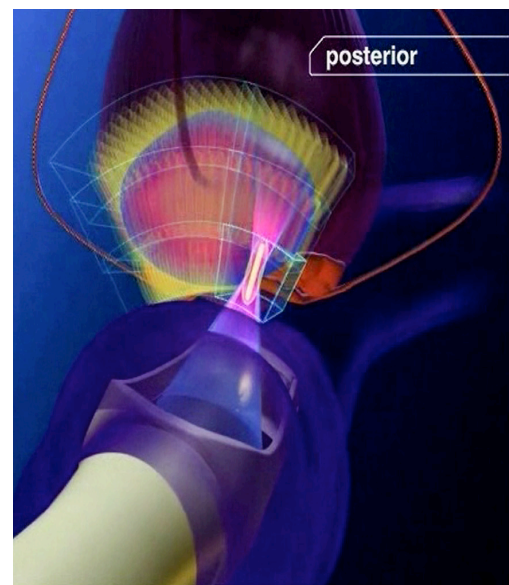
Photography courtesy of Katie Smith Photography

DR. MICHAEL WOLFF
Alamance Urological

"Many of my patients have been cancer-free for over 10 years and have returned to normal lives. Prostate cancer treatment should be a bump in the road and not *the end of the road*."

Charles Martin, one of those men who had HIFU for prostate cancer over 10 years ago, is grateful that Dr. Wolff was his urologist at the time he was diagnosed.

"I was lucky Dr. Wolff was already my urologist and I was very comfortable with him and his expertise in HIFU," says Martin. "My main concerns before HIFU were impotency and incontinence as there is a high incidence of these with other treatments, but my concerns were



unfounded, as neither occurred with HIFU."

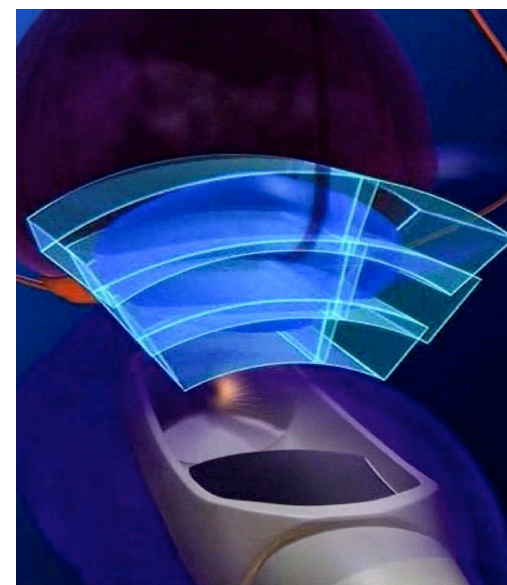
Martin continued on to say, "When I found out I had prostate cancer I was presented with my options: radioactive seed implants, surgery and HIFU. After researching different factors, such as a return to normalcy, recovery time and cost, HIFU was easily the best option for me. Before my HIFU treatment, Dr. Wolff provided me with information, such as literature and a video, which thoroughly explained the procedure. He also went over the treatment and answered all of my questions."

HOW DOES HIFU WORK?

HIFU is delivered using a medical device called the Sonablate, which is made up of a computer console, a transrectal probe and chilling unit. The probe contains transducers which emit ultrasound energy that provides an image of the prostate, but can also be focused to a central point where the temperature is raised rapidly, which causes cell destruction. This works the same way that sunlight can be focused through a magnifying glass to burn a hole in a leaf.

FEWER SIDE EFFECTS

The Sonablate has special features that allow physicians to visualize the exact location of the nerves near the prostate that are responsible for helping maintain sexual function. Since doctors have the ability to see these nerve bundles, they can avoid them, and therefore men have lower risk of erectile dysfunction.



Additionally, studies have shown that men who have HIFU for prostate cancer are less likely to have issues with urinary incontinence, or the ability to control their bladders.

"Until HIFU was approved by



Ultrasound waves are focused at tissue in the prostate to kill it without damaging other areas around the prostate

the FDA in the United States in 2015, radiation and surgery were the main treatments used to treat prostate cancer," Dr. Wolff explains. "Unfortunately, urinary incontinence and erectile dysfunction occur frequently after these treatments. For this reason, many men fear the thought of being diagnosed with prostate cancer even more. Many of my patients chose HIFU because they have friends and family members who have experienced these life-changing complications and they don't want to face the same fate."

RECOVERY AFTER HIFU

HIFU is an outpatient procedure which typically takes 1-3 hours, depending upon the size of the prostate. After a brief recovery at the treatment center, patients return home to recover more comfortably and often return to their normal lifestyle after just a few days.

"Patients rapidly return to their normal lives following HIFU. Men are often able to go out to dinner the day of the procedure and return to most activities a few

COVER story continued →

days later,” says Dr. Wolff.

Unlike with radiation and surgery, if for some reason there is a recurrence of prostate cancer, HIFU does not exclude patients from having any other treatments. This also means that, while not common, HIFU may be repeated if necessary. If a man chooses to have HIFU, he is not limiting himself and can pursue other treatment options down the road.

“The biggest benefit of HIFU, in my opinion, is the fast recovery time and a return to normal,” says Martin. “My advice to any man diagnosed with prostate cancer is to look at all of the options and decide which is best for him, but I would strongly suggest HIFU if he is a candidate. If a friend or family member was diagnosed I would definitely recommend HIFU and Dr. Wolff, as I feel that the procedure and Dr. Wolff most likely saved my life.”

WHO QUALIFIES FOR HIFU?

While only a physician can determine whether or not you qualify for HIFU, 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.

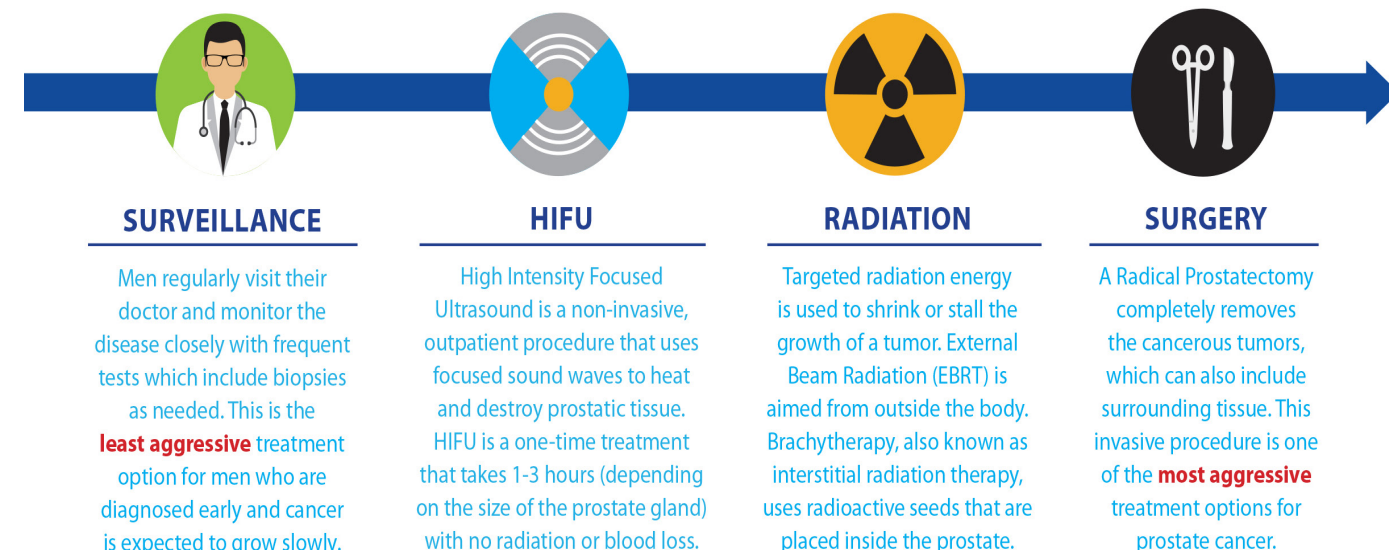
Focal HIFU

Focal therapy, often referred to as a “male lumpectomy,” is a general term for a variety of non-invasive techniques for destroying small tumors inside the prostate while leaving the gland intact and sparing most of its normal tissue.

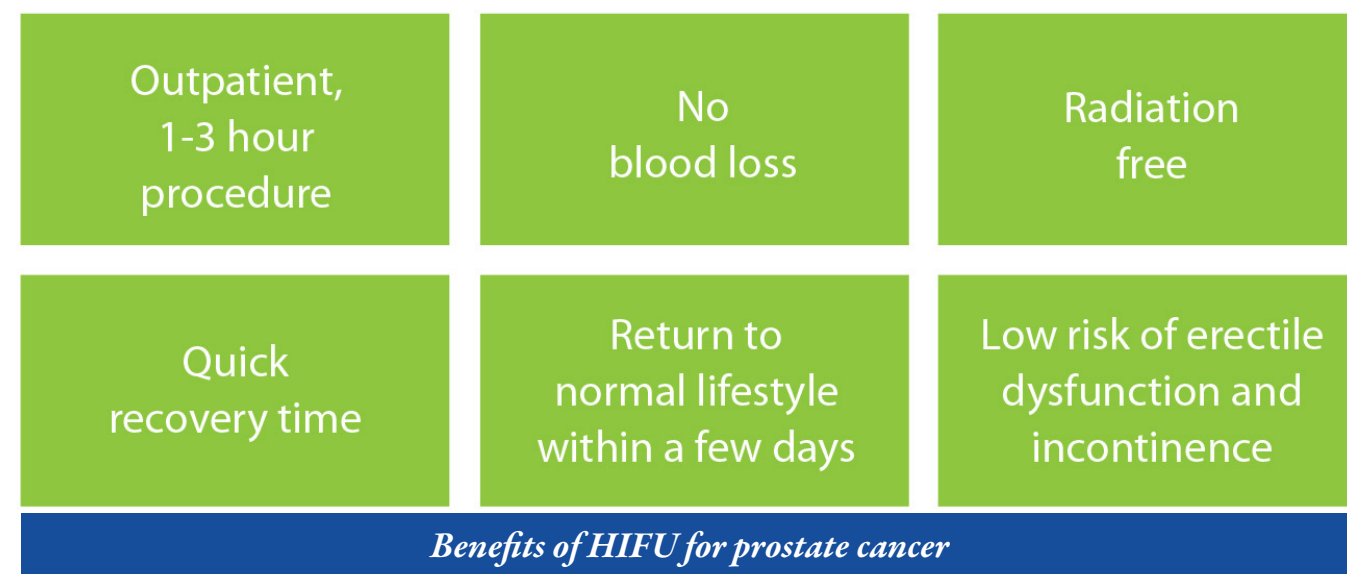
“HIFU is perfectly suited to offer patients focal treatment,” says Dr. Wolff. “If a small tumor is present in the prostate, that tumor can be treated without damaging the normal portion of the prostate gland. Focal treatment allows a very rapid return to normal activities and avoidance of erectile dysfunction and urinary incontinence.”

Advanced imaging techniques allow doctors to pinpoint exactly where in the prostate the tumor is located. By utilizing multi-parametric MRI and UroNav fusion biopsies, doctors are able to target the tumor within the prostate, leaving healthy tissue unharmed.

“Many of my patients have been cancer-free for over 10 years and have returned to normal lives,” says Dr. Wolff.



The Prostate Cancer Treatment Spectrum shows a scale of aggressiveness for prostate cancer treatments



WHERE IS HIFU AVAILABLE?

HIFU is currently available at several locations throughout North Carolina.

Anyone interested in learning more about HIFU or speaking with a physician should contact HIFU Prostate Services at 1-877-884-HIFU (4438)



Non-Invasive Cancer Treatment

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