



**CoreTherm**

EVIDENCE-BASED TREATMENT FOR BPH

Patient information

# CoreTherm<sup>®</sup> thermal therapy for benign prostatic hyperplasia (BPH)



This factual material has been produced by ProstaLund AB  
and has been medically reviewed by:

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## Information about CoreTherm®

Each person with symptomatic enlargement of the prostate is unique. CoreTherm® makes it possible to adapt the treatment to suit You.

This brochure relates to thermal therapy with CoreTherm®, and describes what you can expect before, during and after CoreTherm® treatment.

For further information, please read about CoreTherm® at [www.coretherm.com](http://www.coretherm.com) or call ProstaLund's patient phone line at +46 (0)46-12 09 04 (open weekdays 8:00 to 17:00).

You can also ask your doctor or contact nurse for more information and assistance.

**Please write the phone number of your healthcare contact for CoreTherm® here:**

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Towards the end of this brochure, you will find a glossary of terms to help you. Words included in the list are marked in *italics*.



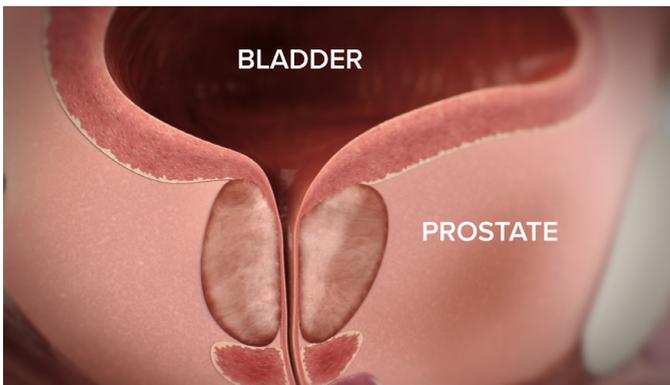
# BPH - benign prostatic hyperplasia

Benign prostatic hyperplasia (*BPH*) can cause pronounced difficulty urinating.

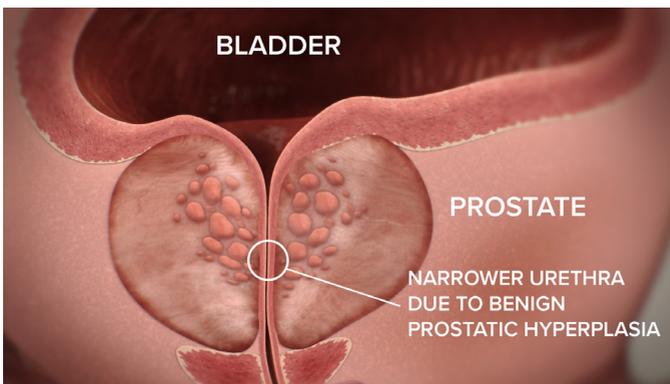
About half of all men over the age of 50 and up to 80% of men over the age of 80 suffer from urinary problems related to BPH.

BPH is not a form of cancer, but if left untreated it can lead to serious damage to the bladder and/or kidneys with permanent impairment.

## Normal prostate gland



## Benign prostatic hyperplasia



## What does CoreTherm® involve?

CoreTherm® involves thermal treatment of the prostate gland using microwaves. The method is a *minimally invasive* treatment designed for patients suffering from BPH.

The treatment, which is performed under *local anaesthesia*, takes about 10 minutes. The entire visit takes about an hour from start to finish. This includes preparations, treatment and information.

The results are as good as surgical treatment requiring hospitalisation. In addition, CoreTherm® results in fewer complications than surgery.

## Preparations at home prior to treatment

Take your regular medicines the morning of the treatment, unless told otherwise by your doctor.

Your doctor will prescribe the medicines you need to take before and after the treatment.

## Treatment day

### **Before coming to the doctor's office**

Eat a light meal before coming to the doctor's office. It's a good idea to have something in your stomach before the visit. We recommend that you wear comfortable clothing.

### **Preparations at the doctor's office, including local anaesthesia**

Your groin area will be washed with an antibacterial soap. Your *urethra* will be filled with local anaesthetic gel, which will be kept in place using a soft penis clamp. Local anaesthesia will be applied to the prostate gland using an anaesthetic catheter. You may feel a slight sting during the injection. Thanks to use of local anaesthesia, the treatment is quick and painless. The local anaesthetic catheter will also drain your bladder.

### **Treatment catheter and temperature measurement**

After the local anaesthesia has been administered, the *treatment catheter* is inserted into the urethra. A temperature feedback and monitoring device will be inserted into your rectum. An additional temperature monitoring device will be fastened around the base of your penis. These temperature monitoring devices ensure your safety during treatment.

” If you have had a reaction to “dental anaesthesia” previously, it is important to inform the medical staff about this.

## Treatment with CoreTherm®

The CoreTherm® treatment takes about 10 minutes. The temperature in the prostate gland is monitored in the treatment computer. Blood flow and treatment effect are continuously calculated to control the treatment.

During the procedure, the doctor will be monitoring eight safety temperature sensors – three in the prostate, three in the rectum, one in the treatment catheter, and one under the urethra around the penis. All to ensure the procedure is safe and effective.

### **Experiences during CoreTherm® treatment**

A slight sensation of heat is normally felt during the treatment. Near the end of the treatment (usually 2–4 minutes before the treatment time is over), you may feel an intense urge to urinate. We can assure you that this is just a false alarm since your bladder was emptied before the treatment began. Any sensation of heat or urge to urinate will disappear as soon as the treatment ends.

Treatment will stop automatically if the temperature in the prostate (at the base of the penis or in the rectum) reaches the preset safety levels. The doctor or nurse will adjust the heat output and “customise” the treatment to your individual needs.

After the treatment, the treatment catheter and temperature monitoring devices will be removed. A conventional *urinary catheter* will then be inserted.

## **Catheter after CoreTherm®**

Thermal therapy causes tissue damage and swelling of the prostate gland. The swelling could persist for several weeks and then gradually reduce.

Because this makes it more difficult to urinate initially, a catheter will be inserted after the treatment to provide relief. This catheter will be needed for 3 to 4 weeks (in some cases longer), depending on factors such as prostate size, bladder function, and the need for a catheter prior to treatment. Intermittent self-catheterisation (ISC) can be resumed and replace the conventional catheter after a period of healing from the CoreTherm® treatment.

Your doctor/nurse will decide what is best for You and provide you catheter instructions.



## The period after CoreTherm®

### **What to expect after CoreTherm®**

You can normally go home immediately after treatment. Plan to stay home from work and take it easy for a few days. Avoid heavy lifting and intense physical activity. It will take a few days for the urethra to get used to the urinary catheter. There may be some irritation with burning and an urge to urinate, but this normally disappears after a few days.

Your doctor will prescribe medicine to reduce your discomfort after the treatment. *Antibiotics*, anti-inflammatory agents and medicine to suppress the urge to urinate are often prescribed. After treatment, keep your groin area clean with the help of lukewarm water and a hand-held shower.

Visible blood in the urine may be seen off and on for several weeks after treatment. Pieces of tissue may also come out when the catheter is removed. There may be secretion around the opening of the urethra. This is completely normal and harmless, and usually disappears over time.

In all other respects, live your life as usual. But, avoid cycling for 1–2 months after treatment.

### **To keep in mind after CoreTherm®**

In case of fever, chills, severe bleeding, blockage in your catheter, nausea, vomiting, or you feel generally poor, seek medical attention from a doctor/hospital immediately for assessment of your condition. However, these symptoms are uncommon.

” Avoid heavy lifting and intense physical activity after the treatment.

## Return visit

### **Return visit to remove the catheter**

When it is time to remove your catheter, you will receive an appointment at your urologist or your medical centre. Instructions will be given to you by the healthcare staff.

Catheter users are always at risk of developing a urinary tract infection. Urine cultures and even targeted antibiotic regimens are therefore common. Symptoms from the urinary tract will eventually go away after treatment and removal of the catheter.

### **Post-treatment checks**

After about 3–4 months, you may be called in for a return visit to your *urologist*. It may be that the treatment has not achieved full effect. For patients with an overactive bladder, it takes longer to reach the symptom-free stage.

The huge improvement will come gradually over the weeks and months that follow. Most experience a significant improvement, usually week by week, over the first three months. So, be prepared to look forward to a quality of life that gets better and better over time.

” Several studies have shown a significant and long-term improvement of BPH symptoms after CoreTherm® thermal therapy.

## Frequently asked questions

### **How does CoreTherm® work?**

CoreTherm® uses heat to remove the extra tissue that blocks urine flow in men with benign prostatic hyperplasia (BPH). CoreTherm® uses unique, patented technology that enables continuous monitoring of the temperature in the prostate and customisation of the treatment.

### **Is the treatment painful?**

The treatment is performed during a visit to the doctor's office. Prior to treatment, you will be prescribed medicines to prevent pain and the urge to urinate. The urethra will be numbed with local anaesthetic gel. Local anaesthesia will be injected in four places in your prostate via a special catheter. The treatment is then painless. However, during the treatment you may feel an urge to urinate and some sensation of heat. Additional medicines to relieve any discomfort can be prescribed. If urination urgency increases, contact your doctor to rule out urinary tract infection.

### **Will my sexual function be affected?**

The ability to have an erection is normally not affected. Reduced or dry orgasm may occur in 30–40% of men after treatment. If you do not have difficulties achieving an erection prior to treatment, then you can expect this to be true afterwards as well.

### **Is CoreTherm® a proven method?**

CoreTherm® is evidence-based treatment according to evaluation by Swedish, European and American authorities and specialist organisations (*SBU, FDA, EAU and AUA*). CoreTherm® has been evaluated in a number of studies, and has been compared in studies with TURP (transurethral resection of the prostate) and open surgery (total removal of prostate through surgery).

### **Is CoreTherm® effective in the long term?**

Several studies have shown a significant and long-term improvement of BPH symptoms after thermal therapy. CoreTherm® can give you and your loved ones the results you've been hoping for.

## IMPORTANT INFORMATION

CoreTherm® is a safe and effective treatment that involves very little risk of complications. But, as with all medical procedures, it can lead to complications and side effects in rare cases.

**Contact your doctor/nurse if you experience any of the following:**

- Inexplicably high fever or chills – it may be a sign of an infection
- Heavy bleeding
- Blockage in your catheter
- Severe pain – regardless of when and where it comes from

” Several studies have shown a significant and long-term improvement of BPH symptoms after CoreTherm® thermal therapy.

## Glossary

**Antibiotics:** Medicine used to treat or prevent infection.

**Treatment catheter:** A soft, pliable tube that is inserted into the bladder through the urethra and contains a sensor to monitor the temperature in the prostate and a microwave device to apply the treatment.

**BPH:** Benign prostatic hyperplasia (also known as benign enlargement of the prostate or enlarged prostate) is a non-cancerous enlargement of the prostate that can cause pressure on the urethra, making it difficult to empty the bladder.

**Urinary catheter:** A soft, pliable tube which carries urine from the bladder to a urine collection bag or a valve that you open to empty the bladder during a visit to the toilet.

**Local anaesthesia:** Medicine that is injected or applied directly to the skin or mucosa to produce numbness in a specific area.

**Minimally invasive:** Treatment through a natural body opening, such as the urethra. Treatment that does not require hospital resources, general anaesthesia or spinal anaesthesia.

**Urethra:** The tube in the penis through which urine is passed from the bladder.

**Urologist:** Doctor who specialises in the urinary tract and male genitalia.

**SBU:** Swedish Agency for Health Technology Assessment and Assessment of Social Services

**FDA:** U.S. Food and Drug Administration

**EAU:** European Association of Urology

**AUA:** American Urological Association

**ProstaLund AB** is a Swedish company with its head office in Lund. The company has been active since the early 1990s and operates in the medical technology field.

ProstaLund develops and sells equipment for the treatment of benign prostatic hyperplasia based on patented, personalised thermal therapy known as CoreTherm®.

More than 50,000 men have undergone treatment with CoreTherm®.

The method is currently being used in hospitals and doctor's offices in Sweden and around the world.

Read more at [www.coretherm.com](http://www.coretherm.com)



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