



Focal cryotherapy

a nerve-sparing treatment for early-stage prostate cancer

Focal cryotherapy uses advanced techniques to destroy only the portion of the prostate affected by cancer.

With increased use of prostate specific antigen (PSA) testing, many younger men diagnosed with early-stage prostate cancer feel they are not ready for aggressive treatment options such as radiotherapy or prostatectomy. However, they also find “watchful waiting” (monitoring of the disease with no immediate treatment) unacceptable. Focal cryotherapy for prostate cancer is a compromise chosen by an increasing number of men.

Focal cryotherapy follows the same principles as standard prostate cryotherapy. It is a minimally **invasive procedure (no surgical incisions) with a short hospital stay and fast recovery time.** However, focal cryotherapy only freezes a portion of the prostate as opposed to the entire gland.

Focusing on the affected area allows doctors to **preserve other regions of the prostate – in particular the nerves associated with potency** (the ability to obtain and maintain an erection suitable for sexual intercourse).



“ Focal cryotherapy is an exciting development in the management of men with prostate cancer. For selected patients with cancer confined to one part of the prostate gland, focal cryotherapy offers a minimally invasive, precise treatment with minimal quality-of-life side effects. The place of focal therapy in the management of prostate cancer is likely to develop extensively in the coming years.

Professor Damian Greene
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For more information, please visit www.prostate-cancer-institute.com

Focal cryotherapy is a relatively new technique but **initial evidence supports that most men receiving the treatment remain potent and only a very small percentage become incontinent** (lose the ability to control their urine flow).^{1,2,3,4} Impotence and incontinence are considered the two most common complications associated with any prostate cancer treatment.

It is important that patients understand that focal cryotherapy may only be a temporary solution. Because focal cryotherapy focuses on a specific area of the prostate, at least half of the gland will go untreated. This may mean that small, developing tumors are not destroyed.

All patients undergoing focal cryotherapy should have very regular follow-up care to carefully monitor any changes. If a tumor is found in the future, the patient will need to undergo additional treatment.

Focal cryotherapy does not exclude any treatment options for the future – including a repeat focal cryotherapy or whole-gland prostate cryotherapy. The patient will likely enjoy an uninterrupted quality of life from the first treatment to possible further treatment, if required.

Recovery from focal cryotherapy, including the time needed to keep a urinary drainage catheter in place after the procedure, is a matter of just a few days.

Focal Cryotherapy: Results From Initial Studies	Study 1¹	Study 2²	Study 3³	Study 4⁴
Number of patients	31	25	48	77
Mean follow-up (months)	70	28	54	24
Disease-free survival	93% ^a	84% ^b	94% ^a	73% ^c
Potency preservation	89%	71%	90%	93%
Continence preservation	100%	100%	100%	100%

1. Bahn et al. Endourology (2006)
2. Lambert et al. Urology (2007)
3. Onik et al. Urol Oncol (2008)
4. Truesdale et al. Cancer Journal (2010)

- a: Stable PSA (ASTRO Definition)
 b: Stable PSA (Nadir+1)
 c: Stable PSA (Phoenix Definition)