



# Day Surgery Focal Therapy

## FOR PROSTATE CANCER

Localised prostate cancer management presents a challenge to the patient and Urologist with radical prostatectomy and radiation therapy being the most common form of management. However, the desire for minimally invasive treatment with a low risk of side effects with disease control remains. Focal Cryotherapy may be able to fulfil these criteria.

Focal Cryotherapy uses advanced techniques to destroy only the portion of the prostate affected by cancer. This is done by passing fine needles in to the prostate with the patient under a general anaesthetic to the area of cancer and freezing only that area to kill the cancer cells.

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. 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.

Many older men in whom there are increased risks of side-effects may also prefer this treatment to the more aggressive forms of treatment to obtain control of the disease.

Focusing on the affected area allows doctors to preserve other regions of the prostate – in particular the nerves associated with potency which allows the man to obtain and maintain an erection suitable for sexual intercourse. Also, control of

urine is maintained because that area is outside the area of treatment.

Focal Cryotherapy is carried out in day surgery so that the patient goes home at the end of the day with a catheter in place for a few days. The patient will likely enjoy an uninterrupted quality of life from when he is first treated.

Because Focal Cryotherapy only freezes a portion of the prostate as opposed to the entire gland the patient will require follow up monitoring in case there is any development of prostate cancer in the untreated part of the gland. If that occurs then the patient may require additional treatment.

Focal cryotherapy does not exclude any treatment options for the future – including a repeat focal cryotherapy or whole-gland prostate cryotherapy.

Over the last six years patients have been able to undergo this procedure through Cairns Urology which is the only Urology practice making this treatment available on a regular basis in Australia.



**DR NEIL GORDON**  
*Urologist*  
*Urological Surgeon at Cairns Urology*  
*M.B.B.S (Melb)*  
*F.R.C.S (Glasg) F.R.C.S Ed*  
*F.R.A.C.S., F.I.C.S*



### Focal Cryotherapy

- A compromise chosen by an increasing number of men
- Only freezes a portion of the prostate as opposed to the entire gland
- Carried out in day surgery
- Does not exclude any treatment options for the future

98 Spence Street  
Cairns, QLD 4870, Australia

PO Box 7787  
Cairns, QLD 4870, Australia

**P** (07) 4041 0700  
**F** (07) 4041 4007

reception@cairns-urology.com.au  
www.cryotherapy.com.au

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