

Enlarged Prostate?

**What you should know about
ProstaLund CoreTherm®
Minimally Invasive Treatment**



Index

What is BPH.....	3
Terms to know.....	4
Benefits of ProstaLund CoreTherm treatment.....	5
How the ProstaLund treatment works.....	6
Frequently asked questions.....	7
What a Patient Says.....	10
Check your BPH Symptom Score.....	11

Do you have a frequent need to empty your bladder? Does it disrupt your sleep? Do you have difficulty urinating, a slow or interrupted urinary stream, or the inability to empty your bladder completely?

You could be like half the men over 50 who suffer from abnormal urinary flow caused by an enlarged prostate pressing against the urethra. It's called BPH. It stands for "benign prostatic hyperplasia". It is not life threatening. However, it is very threatening to your quality of life.

And you don't have to live with it. Regain control and improve your life. Now there is a solution without surgery or a lifetime of medication and related possible side effects.

What is BPH?

BPH Symptoms

BPH, benign prostatic hyperplasia, is a non-cancerous enlargement of the prostate gland that obstructs the flow of urine from the bladder. BPH affects millions of men over 50 years of age. Frequent trips to the bathroom, loss of personal freedom such as avoiding travels etc. are typical symptoms of BPH.

The prostate is located at the base of the male bladder. When you empty the bladder, urine passes through a tube in the prostate and out of the body. BPH causes that tube to narrow, making it harder and harder to empty the bladder.

The symptoms are:

- Frequent urination, especially at night
- Sudden and instant need to urinate
- Need to strain or push to urinate
- Pain or burning sensation
- Weak stream
- Dribbling or leaking
- Feeling that your bladder never completely empties

Easy to Diagnose

Your doctor can easily determine if you have BPH and help you decide if ProstaLund CoreTherm treatment is right for you. A chart is located in the back of this brochure to help you evaluate your BPH symptoms.

Treatment options

Before the ProstaLund CoreTherm microwave procedure, patients were forced to choose between invasive surgery, less effective heat treatments or drug therapies. The ProstaLund CoreTherm procedure offers a unique and simple solution to BPH related problems because it combines the effectiveness of surgery with the safety and ease of a truly minimally invasive treatment.



Terms to know

- **Benign prostatic hyperplasia (BPH)**

A non-cancerous enlargement of the prostate that obstructs the flow of urine

- **Catheter**

A thin, flexible tube inserted through the penis to drain urine from the bladder

- **Impotence**

Failure to have an erection

- **Incontinence**

Inability to control or hold back urine

- **Minimally Invasive Treatment**

Treatment that is less invasive and easier to perform than surgery

- **Prostate**

A gland, part of the reproduction system, located at the base of the male bladder. The urinary tube (urethra) passes through the prostate

- **Retrograde ejaculation**

Ejaculation where semen travels up the urethra towards the bladder instead of outside the body

- **Treatment catheter**

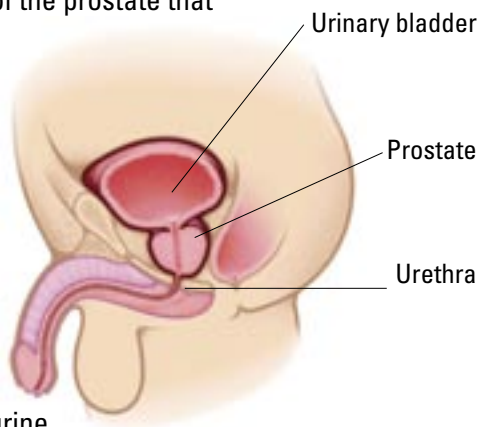
A flexible tube inserted through the penis to deliver microwave heat to the prostate

- **Urethra**

The tube that carries urine from the bladder and out of the body

- **Urinary Bladder**

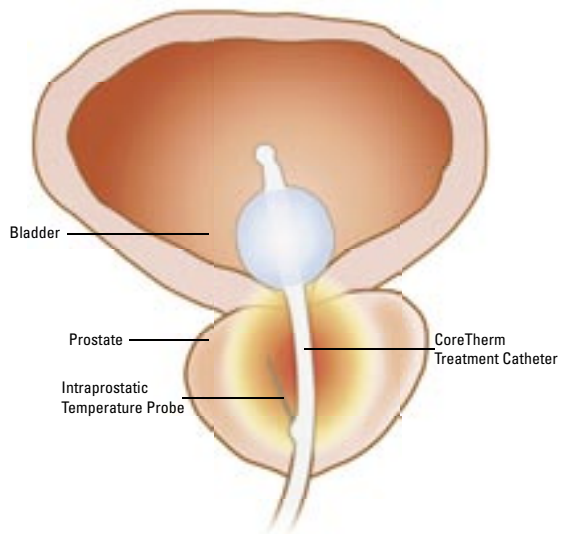
A muscular sac located in the lower abdomen where urine is stored



Benefits of ProstaLund CoreTherm treatment

ProstaLund CoreTherm treatment is a safe and effective treatment for BPH. Many thousands of men worldwide have chosen this minimally invasive way to treat their BPH. Benefits include:

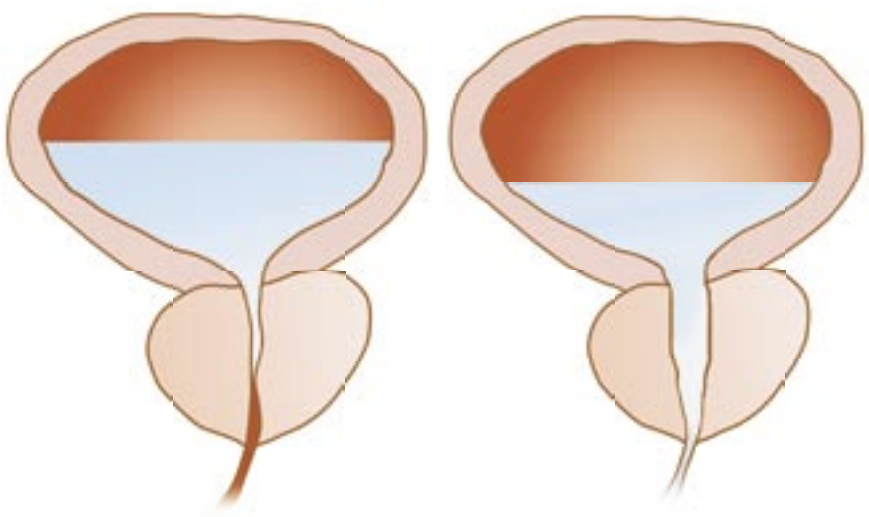
- Relief from BPH symptoms
- Same efficacy as surgery
- Very short procedure time
- Performed in the office or outpatient setting - no hospitalization
- Covered by Medicare and most other insurance providers
- Few side effects
- Requires only local anesthesia



The CoreTherm device to the left. To the right is the treatment catheter that delivers microwave heat to the prostate.

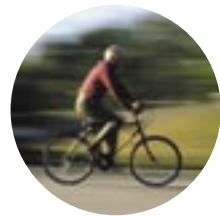
How the ProstaLund CoreTherm treatment works

The CoreTherm device delivers microwave heat directly into the prostate by using a special treatment catheter. The treatment causes the urethral tube in the prostate to widen so that urine is passed easier. Unlike all other microwave devices, ProstaLund CoreTherm monitors the temperature in the prostate constantly throughout the procedure so that the physician can tailor the treatment for each patient. It's not a coincidence that CoreTherm has significantly better clinical outcomes in the long run than any other microwave device.



Before treatment

After treatment



Frequently asked questions

How do I know if the CoreTherm treatment is right for me?

BPH patients choose ProstaLund CoreTherm treatment for many reasons. Some find that daily medication prescribed for BPH is ineffective, inconvenient or too expensive. Others are concerned about the possible side effects of a surgical procedure such as TURP (Transurethral Resection of the Prostate).

Is the CoreTherm treatment effective long-term?

Yes, the durability of the procedure is unparalleled based on five year follow up. The data comes from a FDA-controlled, multicenter study comparing ProstaLund CoreTherm and the surgical procedure TURP.

What will happen during the procedure?

Your physician will insert the treatment catheter through the urethra to deliver microwave heat into the prostate. A temperature sensing probe is inserted into the prostate tissue to control the treatment. Temperature sensors are also placed in the rectum and around the penis for safety reasons.



How long does the procedure take?

According to recent studies the treatment generally takes from 10 to 30 minutes but can vary depending on how your tissue responds to the microwave heat.

Do I need anesthesia?

A numbing gel is inserted into the urethra, but you will not need to have general or spinal anesthesia. Numbing medicine may also be injected directly into the prostate gland itself. Talk to your doctor about specific medication in your case.

How many CoreTherm procedures have been performed?

Thousands of patients have been safely treated using the ProstaLund CoreTherm device.

Will I feel any pain during the procedure or afterwards?

You may feel a moderate or strong urge to urinate during the procedure, but this should go away. This is a false urge, as your bladder has been emptied before the CoreTherm catheter was inserted. This is an expected response to the procedure. Some patients have described an uncomfortable sensation of heat, which they describe as more annoying than painful. Your urologist may also recommend that you take a pill to help you relax before the procedure begins.



After the procedure you may have some mild discomfort such as urgency to urinate for a week or so. This can be managed with mild pain medication and anti-inflammatory drugs.

Is this a recommended treatment for BPH?

Yes, the CoreTherm treatment is one of the few recommended Minimally Invasive Treatments in the AUA (American Urological Association) Guideline on Management of BPH.

Will I have to spend the night in the hospital?

No. Patients can go home the same day unless you have other medical conditions that your doctor feels may need to be watched overnight.

How soon can I expect my BPH symptoms to go away?

Generally it takes a few weeks before you start noticing definitive improvements. You will continue to notice improvements over the next several months. Individual results will vary. Most patients resume their normal activities directly after treatment but you should avoid heavy exercise during the first two weeks.

Is the procedure safe?

Yes, the procedure is safe. The instruments used in CoreTherm contain several important safety features. For example, the device constantly measures temperature in the treatment area and automatically shuts off if unforeseen events should occur. The device also measures the temperature in other areas for added safety.

Will I still be able to have sex?

If you are sexually active now, you can look forward to remaining so.

Is catheterization required after the procedure?

To have lasting relief, one must treat the cause of the symptoms – i.e. the enlargement itself. The CoreTherm treatment aims to reduce the prostate size by 30%. During an intermediate period for about a week after treatment the prostate is swollen and will pressurize the prostatic urethra and you will need a catheter to drain the bladder. This time will vary from patient to patient.

Where is the procedure performed?

CoreTherm treatment can be performed right in your physicians' office, or in an outpatient setting.

What are the side effects of CoreTherm procedure?

CoreTherm treatment is proven to be safe and effective; however, some side effects have been reported. The major side effects reported in the FDA controlled clinical study of CoreTherm were urinary urgency, urinary retention, urinary tract infection, and hematuria (blood in the urine), generally of short duration. Your doctor can explain the potential side effects, including how they compare to other treatments in more detail.



What a Patient Says



“The doctor told me that this was a treatment that would be much faster and easier than a regular surgery and that I would not have to stay in the hospital. Of course I accepted such an offer! Since then I have never had the slightest problem with my prostate. I am my old self again!”

For more information about the CoreTherm procedure you can visit our website, www.prostalund.com. There you can also find scientific peer review articles about the CoreTherm such as:

1. Wagrell L; Schelin S; Nordling J; Richthoff J; Magnusson B; Schain M; Larson T; Boyle E; Duelund J; Kroyer K; Ageheim H; Mattiasson A: Three Year Follow-Up of Feedback Microwave Thermotherapy versus TURP for Clinical BPH: A Prospective Randomized Multicenter Study. *Urology* 64, 698 -702, 2004.
2. Gravas S; Laguna MP; De La Rosette J: Efficacy and Safety of Intraprostatic Temperature-Controlled Microwave Thermotherapy in Patients with Benign Prostatic Hyperplasia: Results of a Prospective, Open Label, Single-Center Study with 1-Year Follow-Up. *J of Endourology*; 17, 425 – 430, 2003.
3. AUA Practice Guidelines Committee. AUA guideline on management of Benign Prostatic Hyperplasia (2003). *Chapter 1: Diagnosis and Treatment Recommendations 2003: 170(2): 530-547.*
4. David RD, Grunberger I, Shore N, Swierzewski SJ 3rd. Multicenter initial U.S. experience with CoreTherm-monitored feedback transurethral microwave thermotherapy for individualized treatment of patients with symptomatic benign prostatic hyperplasia. *J Endourol.* 2004 Sep;18(7):682-5.
5. FDA consumer information about CoreTherm <http://www.fda.gov/cdrh/mda/docs/p010055.html>



Check your BPH Symptom Score

Do the test by selecting the answers that most closely match your experience in the past month. Write the corresponding number (0 to 5) to the right and add them to get the total score from questions 1 - 7.

	NOT AT ALL	LESS THAN 1 TIME IN 5	LESS THAN HALF THE TIME	ABOUT HALF THE TIME	MORE THAN HALF THE TIME	ALMOST ALWAYS	YOUR SCORE
1. Incomplete emptying Over the past month, how often have you had a sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5	
2. Frequency Over the past month, how often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5	
3. Intermittency Over the past month, how often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5	
4. Urgency Over the past month, how often have you found it difficult to postpone urination?	0	1	2	3	4	5	
5. Weak Stream Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5	
6. Straining Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5	
	None	1 Time	2 Times	3 Times	4 Times	+5 Times	
7. Nocturia Over the past month, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	0	1	2	3	4	5	
TOTAL SCORE							
	DELIGHTED	PLEASED	MOSTLY SATISFIED	MIXED Approx. 50/50	MOSTLY DISSATISFIED	UNHAPPY	TERRIBLE
Quality of Life due to Urinary Symptoms If you were to spend the rest of your life with your urinary condition just the way it is now, how would you feel about that?	0	1	2	3	4	5	6

The test, devised by The American Urological Association, AUA, provides a standardized measurement of the patient's subjective problems.

- 0 – 7 points Mild symptoms
- 8 – 19 points Moderate symptoms
- 20 – 35 points Severe symptoms



ProstaLund Inc.
5161 Overland Avenue
Culver City, CA 90230
Phone: (866) 917 1919
E-mail: support@prostalund.com
www.prostalund.com