

• **noninvasive therapy**

HIFU

A Targeted Noninvasive Therapy for Localized Prostate Cancer

A diagnosis of prostate cancer can be terrifying, but today there are less invasive treatment options, such as high-intensity focused ultrasound (HIFU), that can help ease your mind as you begin the treatment process. Here are a few things to know about HIFU prostate cancer treatment.

WHAT IS HIFU?

HIFU uses ultrasound waves to heat and destroy areas of cancerous tissue on the prostate. It is one of the least invasive treatments available since there are no incisions or other harmful drugs or radiation required.

WHO IS A CANDIDATE FOR HIFU?

HIFU is an excellent treatment option for men who have recurrent prostate cancer because it is non-ionizing and can be repeated and used after other treatment options have failed. It also is a very effective treatment for patients with cancer that is localized, in other words – it has not metastasized outside of the prostate. Of course, every case is different, so all treatment options should be thoroughly discussed before determining that HIFU is a viable course of action.

WHAT ARE THE BENEFITS OF HIFU?

HIFU is beneficial for many patients because it does not subject the patient to surgery, chemotherapy or radiation. When compared to those other traditional treatments, HIFU significantly reduces the risk of impotence from 80 percent to 2 percent and incontinence from 20 percent to 0.4 percent.

The procedure is an outpatient procedure and can take as little as one hour, which means a patient does not have to stay in a hospital overnight. Local anesthesia is used and recovery time in the medical facility usually is only an hour or two. There are very few side effects and complications with HIFU. If additional treatments for prostate cancer are necessary, HIFU treatments will not prevent a patient from receiving those treatments.

Dr. George Suarez, a board-certified urologist and director of International HIFU Centers, developed the first HIFU system and has successfully treated over 2,500 prostate cancer patients with the non-invasive treatment.



To learn more about HIFU, contact the leading expert who has performed the most cases in the world, Dr. George Suarez, director of International HIFU Centers, at 305-274-7144 or visit hifumedicalexpert.com

