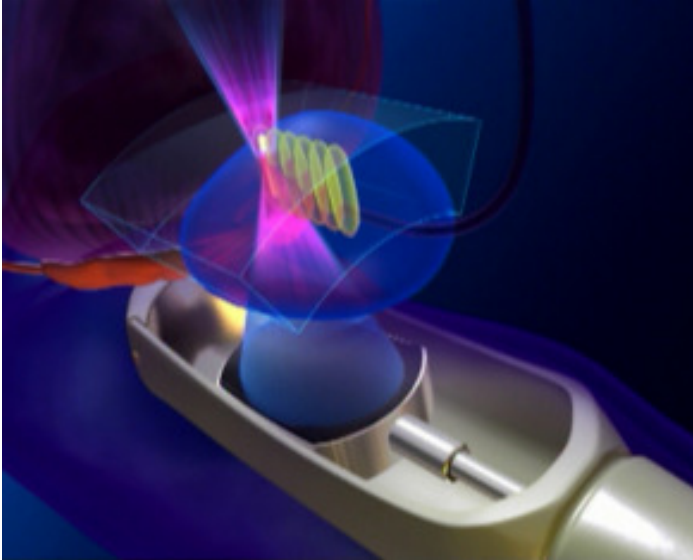


## High intensity focused ultrasound (HIFU) against prostate cancer: New software improves therapy



*As with a concave mirror, the ultrasound is focused on the centre of the tumour and destroys the malignant cells there.*

**The Heidelberg Clinic for Prostate Therapy is regarded as the only clinic throughout Germany that has specialized exclusively in minimally invasive prostate therapy procedures. For more than six years, a team of urologists led by Dr. med. Joachim-Ernst Deuster has been treating the prostate carcinoma with high intensity focused ultrasound (HIFU). Thanks to new software, treatment is now even shorter and less invasive than before.**

If prostate cancer is diagnosed, one of the first questions relates to the right therapy. Radical surgery, radiation – including with implanted radioactive seeds – or hormone therapy are usually offered as conventional procedures. Radical surgery usually involves serious side effects – incontinence and impotence are possible.

With the Sonablate 500 ultrasound treatment device, therapy is extremely gentle and practically free of side effects. In contrast to networks of medical practices, the Heidelberg Clinic for Prostate Therapy is a competence centre that deals exclusively with prostate diseases. An experienced urologist or prostate expert is always available as a contact person for the patient, around the clock - every day.

Treatment with ultrasound is extremely gentle and can also be recommended for high-risk patients. An ultrasound transducer is inserted in the rectum of the lightly anesthetized patient. This emits ultrasound waves of four megahertz. The sound penetrates the tissue without injury. As several sound waves can be emitted simultaneously, which converge in a focal point as in a concave mirror, the targeted area is heated by up to 100° Celsius. The cancerous tissue is mortified. The computer-controlled ultrasound focal point moves through the entire tumour. With the new software, the transducer can cover an even greater prostate area, reduce the rate of the pulsed ultrasound waves and further reduce the overall treatment time.

The therapy lasts just a few hours, and the patient can leave the clinic after a short hospital stay. "The greatest advantage of our treatment method is that most of our patients retain their sexual potency," says urologist Dr. Deuster, one of the pioneers of the procedure in Germany, who was the first to use the HIFU method with the Sonablate 500 in Germany at the Heidelberg Clinic for Prostate Therapy in 2002. Since then, more than 600 men have successfully undergone this modern, minimally invasive therapy at the clinic.

## A word from the editor

The first issue of the Prostate Newsletter was published some while back now, and a second issue is due. We were surprised at the feedback – we receive numerous inquiries and subscription requests every day. With over 500 postal subscribers and more than 1100 email subscribers, almost 100 of which are from English-speaking countries, we can rival a trade journal. The high access figures for the website also underline a growing desire for competent, specialist information about minimally invasive prostate therapy. We are happy to meet this demand and hope you find the information in the second Prostate Newsletter of interest.

Dr. J.-E. Deuster

Because a minimally invasive therapy also goes hand in hand with a minimally invasive diagnosis, a procedure is used - in partnership with Dr. U. Kübler's laboratory in Munich - that avoids a prostate biopsy. The method is based on the principle of the polymerase chain reaction (PCR), which not only identifies the existence of cancerous cells in the blood, but also determines their number and characteristics.

## A cancer diagnosis every minute

A patient is diagnosed with cancer almost every minute in Germany: With 436,000 new cases and 208,000 deaths per year, we have achieved a sad record. The most common cancers among men are prostate cancer (PCa) with 58,570 and colon cancer with 37,250 cases; among women, it is breast cancer (57,230) and colon cancer (36,000). These figures were issued recently by the Deutsche Krebsgesellschaft (German Cancer Society).

[www.krebsgesellschaft.de](http://www.krebsgesellschaft.de)

## The number of the day



Another new high was recently achieved at the Clinic for Prostate Therapy: More than 1800 patients suffering from a benign prostate hyperplasia (BPH) have now been treated with the greenlight laser. As a result, the clinic has the most experience in using the gentle greenlight laser in Germany, and probably in the world. The new Greenlight Power Laser, with 120 watt performance, has been successfully used here since the beginning of 2007. A good 500 patients have experienced the new technology, which can be applied for practically any

## Charming and calm under pressure

Jutta Edelmann has been an integral part of the clinic since the early days and has held the organizational reins for a good 20 years. She is always cheerful and her warmth and friendliness are an absolute must in today's hectic clinic life. When she goes diving with her husband and daughter, the destination could be Australia or Cuba but the priority is sun, sea and plenty of opportunity to recharge the batteries. Perhaps something will come of the marathon training too – after all, the bosses are setting a good example in that respect.



## Stamina required

It's no news to the physicians at the Clinic for Prostate Therapy that sport and health are closely related, but it is important to inform patients of this fact. For years, therefore, the head of the clinic Dr. J.-E. Deuster (left) has been promoting the Rhein-Neckar running group ([www.lauftreff-rhein-neckar.de](http://www.lauftreff-rhein-neckar.de)) and is setting a good example with colleague Dr. T. Dill (2nd left); In 2008 they once again successfully completed the very demanding Heidelberg half marathon, which is a challenge even for well-prepared runners with its 21.1 km and approx. 400 meters altitude.



*Success in the Heidelberg half marathon 2008: Members of the Clinic for Prostate Therapy after crossing the finish line.*

## We're moving

The Clinic for Prostate Therapy will be moving to its new home in the newly founded Heidelberg Medical Center,



Bergheimer Straße 56a, on November 1, 2008.

38 comfortable, modern patient rooms cover an area of 425 square meters and the spacious diagnosis and treatment rooms with a specially developed color and design concept maximize patient comfort. The large roof terrace provides a view across Heidelberg's old town and castle. Telephone and fax numbers and email address will stay the same.

## A dialog between color and form



For years, the Heidelberg Clinic for Prostate Therapy has provided exceptional artists from the Rhine-Neckar region with a podium for their works. Artist Eva Petersen is currently exhibiting her works in the clinic with the theme "A dialog between color and form". The exhibition had a high-profile opening.

The works will be on show until October 24, 2008 and is open on Wednesdays from 1 – 5 p.m. and Fridays from 1 – 4 p.m., entrance free.

## PROSTATE NEWS

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