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**TUNA Therapy Combats Benign Prostatic Hyperlasia**

**By ARA Content**

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by: **ARA Content**

(ARA) – With age, most men's prostates grow larger, resulting in irritating problems associated with urination. Benign prostatic hyperplasia (BPH) is a common condition affecting the prostate. It is a non-cancerous enlargement of the prostate that restricts the flow of urine from the bladder. Millions of men worldwide are affected by BPH, but fewer than five percent are receiving treatment. Fifty percent of men older than 50 and 80 percent of men older than 80 have some symptoms of BPH. This condition is the most common non-cancerous form of cell growth in men. While there is no definitive cause of BPH, factors that contribute to the condition include aging, hormones and growth factors.

Though BPH is not life threatening, it can lead to a reduced quality of life, causing discomfort, inconvenience, sleep disruption and embarrassment. BPH was traditionally treated by a method called Transurethral Resection of the Prostate (TURP). This involves inserting a scope into the urethra and removing a section of the obstructing prostate tissue. It involves surgical risks but remains a "standard."

Medication is also available to help treat BPH. Some relax the neck of the bladder while others shrink the prostate. These medications are effective, but not as effective as surgery. Within the past decade, a number of minimally invasive techniques have been developed to treat BPH. Transurethral Needle Ablation (TUNA) is one such technique that has fewer side effects than other minimally invasive laser or microwave treatments. The side effect profile also compares favorably to TURP.

With Medtronic TUNA Therapy, a catheter is inserted into the urethra and two small needles are deployed into the obstructing prostate tissue. The needles emit radio frequency (RF) energy directly and precisely into the prostate, causing thermal ablation of the obstructing tissue while protecting the urethra and adjacent structures from damage. This procedure is associated with few side effects and adverse events. Possible side effects from the TUNA procedure include obstruction, bleeding, pain/discomfort, urgency, frequency and urinary tract infection.

## TUNA Therapy Combats Benign Prostatic Hyperlasia

"TUNA offers men a much more attractive option to surgery when first-line medications fail," said Dr. Michael J. Naslund, associate professor of urology and director of the Maryland Prostate Center at the University of Maryland.

TUNA Therapy provides long-term relief of BPH symptoms in a single treatment. It is performed as an outpatient procedure in a urologist's office. It typically takes less than an hour to perform and most patients require local anesthesia. Most patients return to normal activities within 48 hours. TUNA Therapy is affordable and cost effective. It is covered by most private health plans and Medicare approved the procedure for in-office reimbursement on Jan. 1, 2000.

The procedure received marketing clearance from the U.S. Food and Drug Administration in 1996 for the treatment of symptoms due to urinary outflow obstruction secondary to benign prostatic hyperplasia (BPH) in men older than 50 with prostate sizes between 20 and 50 cc. Since its introduction, more than 33,000 TUNA procedures have been performed worldwide.

"Even with medications, I was still living my life around where the nearest bathroom was located — it was embarrassing and distressing," said David Schachnovsky, who underwent a TUNA procedure performed by Dr. Naslund. "I felt surgery was the only way I would get relief, so my doctor explained the available options. Now I'm back taking long walks on the beach with my wife. My life is normal again, which is a fantastic feeling."

The best protection against prostate problems is to have regular medical check-ups that include prostate exams. Symptoms of BPH include a frequent urge to urinate, difficulty urinating and the dribbling of urine.

Medtronic, Inc. (

), headquartered in Minneapolis, is the world's leading medical

technology company, providing lifelong solutions for people with chronic disease. More information about Medtronic Urology is available online at

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**The Prostate, What YOU Don't Know Could Kill You**

**By Jeff Cuckson**

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## TUNA Therapy Combats Benign Prostatic Hyperlasia

"Prostate cancer is a major killer of men! How is it then that in a poll 96% of men knew nothing at all about the prostate gland. Prostate Cancer is the most common diagnosed cancer in the USA and UK. Next to lung cancer it is the second leading cause of cancer death in men in the USA."

Women know more about men's health than men do themselves and that's a fact. Why is that? Is it because we find it hard to discuss these things? Is it because it's not macho! From the time that we are young, we are taught that boys have to act tough and shouldn't cry. You must have heard the saying "Big Boys don't cry!"

Most of us carry this thought process into adulthood and feel by showing concern for our health, it will be seen as a male weakness. I am guilty of that myself.

I know when my prostate troubles began, I knew absolutely nothing about the prostate. I was one of the 96%. Mainly because it didn't cross my mind that I'd ever have any problems.

In addition, the prostate is in a "private" area, and it wasn't something I wanted to examine. Many people, including myself, feel uncomfortable talking about the prostate, since the gland plays a role in both sex and urination.

I have had prostate troubles, survived a cancer scare and watched my sister die from Cancer. Believe me, when I say that when you think you are going to die, it concentrates your mind on what is really important. Suddenly your priorities get focused.

Due to my prostate troubles, I became interested in learning about the prostate and how it affected my health.

I cried the day they took a biopsy and I cried with relief the day I was told it was benign. I cried many times as I watched my sister die.

I got so frustrated having to get up every night 3–4 times due to my prostate troubles and then finding I couldn't get back to sleep.

What is prostate cancer?

Prostate Cancer develops by the growth of cancerous cells within the prostate gland. Prostate cancer occurs when some of the cells that make up the prostate gland escape from the normal controls on their growth and start to divide, grow and spread in an uncontrolled manner. In its advanced form, it can produce the same symptoms as BPH. (Benign Prostatic Hyperplasia)

Warning Signs

Early prostate cancer often does not cause symptoms. When symptoms of prostate cancer do occur, they may include some of the following problems:

A need to urinate frequently, especially at night; Difficulty starting urination or holding back urine;

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Inability to urinate; Weak or interrupted flow of urine; Painful or burning urination; Painful ejaculation; Blood in urine or semen; and/or Frequent pain or stiffness in the lower back, hips, or upper thighs.

Any of these symptoms may be caused by cancer or by other, less serious health problems, such as BPH or an infection (Prostatitis). Only a doctor can tell the cause. A man who has symptoms like these should see his family doctor . Do not wait to feel pain; early prostate cancer does not cause pain.

These are two other main prostate problems

1) BPH – (Benign Prostatic Hyperplasia) is the abnormal growth of benign prostate cells. In an enlarged prostate , the prostate grows larger and pushes against the urethra and bladder, blocking the normal flow of urine. BPH is often the result of prostatitis.

2) Prostatitis refers to prostate inflammation and infection, which can be brief or long–lasting, mild or severe symptoms can include frequent, urgent and painful urination, erectile problems or pain during ejaculation.

Prostatitis is rampant in the US, affecting at least 80% of American men. Most is without major symptoms. Prostate enlargement, called Benign Prostatic Hypertrophy (BPH) is often the result of prostatitis.

### Treatment for Prostate Cancer

The treatment given for prostate cancer depends on how advanced or widespread the disease is. If the cancer is small and only present within the prostate gland, it is possible to treat it with

surgery (radical prostatectomy) radiotherapy (either external beam radiotherapy or brachytherapy) hormone therapy

I sincerely hope that this article can be of use to you, your partner, someone in your family or indeed a close friend.

Health to me is both physical and mental. The two cannot be separated. May I leave you with what I regard the finest bits of advice for life

\*\*\*\*\* If I were asked to give what I consider the single most useful bit of

advice for all humanity it would be this: Expect trouble as an inevitable part of life and when it comes, hold your head high, look it squarely in the eye and say, "I will be bigger than you. You cannot defeat me." .....Ann Landers \*\*\*\*\*

I wish you perfect health and piece of mind in all that you do .

Jeff Cuckson

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