

# TRANSURETHRAL MICROWAVE THERMOTHERAPY (TUMT)

Transurethral Microwave Thermotherapy (TUMT) solves the problem of an enlarged prostate without the need for drugs, needles, anesthesia or a hospital stay. The single non-surgical treatment can be performed in the comfort of your urologist's office or in a hospital outpatient setting. More than 100,000 patients worldwide have been treated with the TUMT.

A few years ago the only way to treat enlarged prostate was with a lifetime regimen of drugs or major surgery. While these treatments can be successful, they both have disadvantages.

- **Drug Therapy:** Several medications are available to treat the symptoms of an enlarged prostate and can be an effective choice for many men. However, drugs may not always work, and side effects include impotence, headache, dizziness, and fatigue. The medication must be taken daily for life and over time, the cost can become a large expense.
- **Surgery:** Surgery is typically very successful in treating an enlarged prostate. However, it carries the risks associated with anesthesia and recovery time can be lengthy. Surgery does involve additional risks, including the possibility of postoperative pain, discomfort and bleeding, urinary incontinence, retrograde ejaculation, and impotence.

Clinical studies show that TUMT produces significant relief without the risks associated with more invasive surgery or the side effects that drug therapy can cause. TUMT does not require hospitalization, anesthesia or the long recovery time some surgical patients must face. TUMT has been shown to be more cost effective than other treatments, costing a fraction of the thousands of dollars some patients spend on a lifetime of drug therapy. Medicare and other insurance carriers cover the procedure.

## How TUMT Works

The treatment uses a specially designed antenna inside a catheter that directs heat deep into the prostate to safely destroy enlarged tissue. At the same time cool water is circulated inside the catheter to protect the urethra from the heat generated by the microwave energy. The result of the treatment is shrinkage of the prostate to relieve pressure on the urethra to reduce your BPH symptoms.

## What to Expect Before TUMT Treatment

- You will need to have a physical examination with a urologist trained in performing the treatment. He will explain the treatment to you in detail and answer any questions you may have.
- Your urologist will provide specific pretreatment instructions such as reducing fluid intake or modifying your diet the day of treatment.

## What to Expect During the Treatment

- TUMT is performed in the urologist's office or in the outpatient department of a hospital. You will be awake during the entire procedure. The treatment itself generally takes between 30 minutes to an hour although you should allow 2 to 3 hours for the entire office visit.
- You will be positioned on a treatment bed in a comfortable position. You may be able to watch television, read a book, or listen to music while the treatment is being done. While you may experience some discomfort during the procedure, the staff will do their best to make you as comfortable as possible. You may be given medication to help you relax before beginning the treatment.
- To start the procedure, your urologist will insert a flexible catheter into your urethra and position it in the prostate. A soft balloon catheter will then be placed in your rectum to monitor rectal temperatures during the procedure.
- Once the treatment begins you may experience some discomfort such as:
  - Bladder spasms
  - The sensation of having to empty your bladder
  - The sensation of needing to have a bowel movement
  - A warm or burning sensation in your abdomen
  - A burning sensation at the end of the penis
  - Pressure in the rectum

- The nurse and urologist will make you as comfortable as possible during the procedure.

#### **What to Expect After the Treatment**

- Arrange in advance for someone to drive you home after the treatment. You may not drive if you receive narcotics.
- Because the tissue surrounding the urethra may be irritated after the treatment, you may go home with a urinary catheter in place. This allows urine to drain from your bladder while the swelling and inflammation goes away. Generally, the catheter is in place for 2 to 5 days.
- You may notice a pinkish discharge in your urine or around the catheter - this is normal.
- Some men are uncomfortable for a few days after the procedure and may experience a few side effects from the treatment such as:
  - Soreness in the lower abdomen
  - Urgency even after the catheter is removed
  - Frequent urination

#### **How the Healing Process Works**

- You may notice no change in your BPH symptoms immediately after the treatment. However, your body is actively working to heal itself. In the 6 to 12 weeks after treatment, your body will gradually reabsorb the tissue treated with TUMT, and your enlarged prostate will get smaller. As your prostate shrinks, the pressure on your urethra decreases and your BPH symptoms will be reduced. The shrinkage may continue for several months.
- Most men start to see improvement in symptoms in 6 to 12 weeks, although this varies with the individual.