

Patient Stories Press Book July 2008

Ablatherm®



Robotic HIFU®

Going the extra mile for your patients

GESUNDHEIT

Kaum Komplikationen, weniger Nebenwirkungen, bessere Chancen auf Heilung

„Schall-Skalpell“ gegen PROSTATAKREBS

Der Kampf gegen Prostatakrebs ist ein Dauerkrieg. Die meisten Patienten werden erst im fortgeschrittenen Stadium diagnostiziert. Dann stehen sie vor der Entscheidung, ob sie sich einer Operation unterziehen wollen. Doch die Operation ist mit erheblichen Risiken verbunden. Eine Alternative ist die HIFU-Therapie. Sie ist eine schonendere Methode, die die Prostata zerstört, ohne die Harnblase zu verletzen. Die Erfolgsrate ist hoch, und die Nebenwirkungen sind minimal. Die HIFU-Therapie ist eine vielversprechende Option für Patienten mit Prostatakrebs.

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TIVES HEILEN

Prostatat Krebs! Ultraschall rettete mir das Leben

Ich bin ein Prostatakrebspatient. Ich habe mich einer Operation unterzogen. Die Operation verlief gut. Ich bin heute wieder gesund. Ich danke dem Ultraschall, der mich gerettet hat. Ich bin heute wieder gesund. Ich danke dem Ultraschall, der mich gerettet hat.

Der Ultraschall ist ein wichtiges Instrument in der Diagnostik von Prostatakrebs. Er ermöglicht es, die Größe und die Lage der Prostata zu bestimmen. Er ist auch ein wichtiges Instrument in der Therapie von Prostatakrebs. Er ermöglicht es, die Prostata zu zerstören, ohne die Harnblase zu verletzen.

KATZEN GESUNDHEIT

Die gute Nachricht der Woche

Prostatat Krebs - Ultraschall hilft, wenn andere Methoden versagen

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GESÜNDER LEBEN

Krebs

Den Zellen auf der Spur

Hightech Ein Allheilmittel gibt es noch nicht, doch viele kleine Fortschritte machen Krebskranken neue Hoffnung.

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Fried Klaffke interview

May 2008

Fried Klaffke (65):

"After the prostate cancer had come back,
ultrasound saved my life"

HIFU-therapy gives new hope to patients with relapse

Prostate cancer - one of the most common forms of cancer (58.000 incidences per year) in men above the age of 60. Fried Klaffke (65) had to battle the disease even twice. He is cured today - a new high-tech therapy destroyed the tumor for good. "And that even though I had had irradiation before", says the retiree.

It was just a normal routine check-up back then on 13 December 2001. But the result was devastating: During Fried Klaffkes's prostate examination it was discovered that his PSA-value was extremely high! "At first, that didn't tell me much", says the former chemical engineer from Adendorf, which is close to Lüneburg. But when he got further information from the internet, he did start to feel a little uneasy: "A value of 4 can already be an indicator for cancer. But mine was 49!" The tissue sample taken by the urologist a few weeks later confirmed the suspicion: prostate cancer.

"It was a huge shock", recalls his wife Rosa Marie (63), who was born in Spain. "But whining doesn't help." Fried even managed to see a positive side in his condition: "Normally, with values as high as mine, one already has metastases in the bones. But in my case, the cancer had not spread yet. Therefore, I was lucky that things had not turned out worse." He conducted research on the internet to gather information about possible cures. One thing became clear very quickly: An operation was out of the question. "I don't know anyone who did not have some sort of permanent problems afterwards." Instead, he opted for irradiation with prior hormone treatment. This had a decisive advantage:

If there had already been tiny metastases that could not be detected during the examination, these would also be destroyed by the radiation. "The treatment was also comfortable and painless; I could work and carry on with my normal everyday life."

Everything went well at first - after about two months of daily irradiation, the PSA-value had gone down to 0.5. "That was a great relief, of course", recalls Rosi Klaffke. But it did not last long. In the course of the following years, the values went up again and medications brought about only short-term effects. It became really serious. "We tried to pull ourselves together and to reassure each other", says Mrs. Klaffke. But the couple also knew: An operation is no longer an option after irradiation. "But without further treatment I might not have had more than five years to live", says Fried Klaffke.

Eventually, his urologist sent him to Dr. Dietrich Pfeiffer at the Asklepios-Clinic in Hamburg-Barmbek. Here, prostate cancer is treated with a modern method - with highly intensive focused ultrasound, in short HIFU. The urologist has been working with this "scalpel of sound" since 2002 and has already conducted over 300 treatments.

"The method, which can also be applied as an initial therapy against prostate cancer, has a number of advantages", explains the senior physician. "There are no cuts or operation scars, bleeding does not occur, and the patient can go back home after three to five days." Another important aspect is that the treatment can be repeated. "If there should be a new tumor, it is possible to treat it again with HIFU - and afterwards all other treatment options are still there. In the cases of operation and irradiation, it is not possible to repeat the treatment."

Dr. Pfeiffer explained to the Klaffkes how the therapy works:

An ultrasonic probe with a width of approx. 2 cm is inserted through the rectum prior to the procedure with which the exact treatment area is calculated. In the next step, that same probe releases highly intensive ultrasound which is focused directly on the tumor, thereby boiling the affected tissue, so to speak, because the temperatures within the focus area are between 85 and 95 degrees Celsius. Since it is possible to work within a range of millimeters, the surrounding, healthy tissue remains largely unaffected and side effects such as incontinence and impotence can very often be avoided. The destroyed tissue is partly released through the urethra and partly turned into connective tissue.

The success rates are also rather convincing for Fried Klaffke: 90 percent of the patients had a PSA-value below 1 six months after the HIFU treatment, 68 percent were cured after five years, and therapy

was only repeated in 32 percent of the cases. "That sounded really good." Fried Klaffke had his appointment on 3 January 2006. "I was not exactly cheerful on New Year's Eve", he smiles. He demanded a sleeping injection before the procedure, because he didn't want to be conscious during the surgery. "But then I woke up too soon. I saw the doctors standing in front of the monitors: They were operating me without even touching me."

The next day, Rosi and their two daughters (today 31 and 36) visited him. "I already got up then to go for a coffee with my three girls." He did not have any pain, but only sat on an inflatable lifesaver-shaped cushion. He was released after three days and took the train back to Lüneburg. "At the station I treated myself to a glass of champagne", he says. "I had earned it."

Today, Fried Klaffke is well again. His PSA-value is below 0.1 and therefore hardly measurable. He is top-fit and enjoys his hobbies: riding his motorcycle, cooking and going to the gym. He sees his urologists for check-ups every three months. "And I have already recommended HIFU to some of my acquaintances", he says.

Rosi Klaffke is glad that her husband has made it through all this so well. "But such a disease is also an opportunity to think about what we do with our time", she says. "Often you get so angry over little things, when, actually, most things take care of themselves. Fried's illness has made us more aware of how fast life can come to an end. And that one should really enjoy every minute of it."

The costs for the operation in connection with a hospital stay are paid by public health insurance providers. More than 40 hospitals all over Germany already offer the HIFU-method. Information: www.hifu-planet.de or free hotline 0800 5090805.