

**An addition to the spectrum of therapy with gentle methods:  
Dual laser beam maintains potency**



*At the start of the treatment a probe is inserted upwards through the urethra. Infrared light ablates the proliferative tissue in a gentle manner. The bladder can now again be voided without hindrance and painlessly.*

**In the treatment of benign prostatic hyperplasia (BPH) the clinic has recently started to use a novel laser method that is directed primarily at middle-aged patients for whom it is important to retain complete ejaculation even after treatment for their prostate disorder. This demands an extremely accurate and precise treatment of the prostate by laser, one that has now been made possible thanks to the so-called Evolve Dual Laser method developed by the German company Biolitec based in Jena.**

The laser operates in the infrared range, using the two wavelengths of 1470 and 980 nanometers (nm). This has the advantage that an optimal absorption is achieved in hemoglobin. The proliferative prostate tissue is swiftly and effectively ablated and the free off-flow of retained urine is completely restored. The patient experiences relief directly following the treatment and no longer feels the constant and uncomfortable urge to urinate. There is virtually no loss of blood and the surrounding tissue is spared. The invisible infrared laser beam is led through a specially shaped glass-

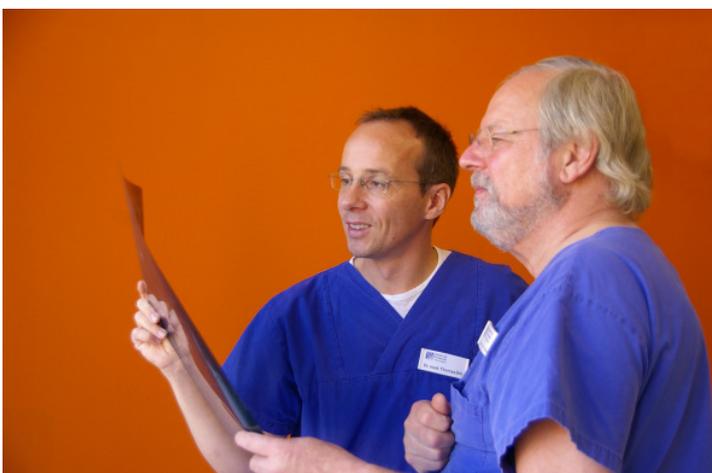
fiber light conductor directly to where it is needed. Here, the smoothed tip of the instrument comes into contact with the tissue and hence achieves an extremely high degree of ablation compared with conventional laser methods. The Dual Laser ensures that the structures within the prostate which enable ejaculation are spared. Thus, for the very first time there is now a method available that in most cases enables natural ejaculation to be maintained. In particular, middle-aged men between 40 and 50 years of age suffering from BPH who may still have the wish to sire children can draw new hope from the Evolve Dual Laser method. The new treatment method is also suited for high-risk patients, since there is no longer any need for strong anesthesia, and any anticoagulation medication that these patients are often obliged to take can be discontinued a short time after the treatment.

With this new laser method, the Heidelberg-based special clinic continues to extend its leading position in the international field, since there is hardly any other medical institute that can draw on such a wealth of experience, gained in such a high number of patients, as the Clinic for Prostate Therapy. Patients with a prostate larger than 80 grams can also be treated with the routine Greenlight laser method, one that has become more or less a gold standard in state-of-the-art urological clinics, yet still demands a very high measure of experience.

**A word from the editor**

It's now become a tradition for us to publish PROSTATE NEWS in the autumn. With a print circulation of over 21,000 copies and about 2000 electronic online subscribers, we have long since achieved the dimensions of major medical journals. We do not know exactly how many readers download PROSTATE NEWS directly from our website [www.prostata-therapie.de](http://www.prostata-therapie.de); the number of replies, however, makes it clear that the need for information is enormous. With this, the fourth issue of PROSTATE NEWS, we wish to feed this need with a wealth of interesting topics. We wish you lots of informative reading. Yours

Dr. J.-E. Deuster



Urologists Dr. Deuster (right) and Dr. Dill (left) examine an x-ray image prior to an Evolve Dual Laser procedure.

## No sleeping on the job...

“A job involving psychological care, medical nursing, and buttering bread rolls” – this is pretty much the way to describe the job of night nurse Michaela Korn. Nothing can throw her off her stride – and certainly not a sudden



inability of a patient to go to the toilet in the middle of the night, not the worries of patients' wives, and definitely not special wishes for breakfast. Michaela Korn is someone who's always there to listen to problems and come up with a solution. “I used to be in charge of an entire day-nursing team. That shows you what it takes”, says the resolute head nurse of the ward in a self-confident tone; after all, at the end of the standard working day, when her colleagues have left the clinic and everything has become quiet, she's the boss. She alone decides what has to be done, for example if one of the on-call urologists has to be summoned or not. Due to the gentle and low-risk forms of treatment for prostate disorders, this is a very rare case – but the necessity can't be completely ruled out. Above all else, it's become clear that it's not so much the consequences of the prostate therapy that cause problems as the need to deal with secondary disorders such as diabetes and hypertension. And it's here that Michaela's many years of experience as a night nurse at the university clinic come into play.

“There's a broad variety of patient types– one wants to be mollicoddled, another literally needs to be taken by the hand to relieve his fear of the night,” says Michaela Korn about her job. “The thing that is called for is to radiate an atmosphere of security.” This applies for the car mechanic from Munich just as much as it does for the bodybuilder from Hamburg, or even the sheikh from Saudi Arabia who has come to the Prostate Clinic for treatment.

She does her rounds through the floors of the clinic several times each night, looking after the patients, replacing the drip, or sometimes having to make a

lavage. The qualified head nurse can't even think about sleep on her shift – at the very most she can browse in a thriller before she has to start preparing breakfast shortly before dawn. After all, the clinic's freshly brewed Italian coffee has almost legendary status.

## From player to sponsor

The football team of the Blau Weiß Neckargemünd sports club can delight in having a new, high-quality outfit: the Clinic for Prostate Therapy has donated a new set of team garments for the first men's team: the chic training suits and tops in the characteristic blue of the club now bear the name of their sponsor. Thomas Dill, himself an active team player and



Co-Managing Director of the clinic, says with a gleam in his eye: “OK, we're not quite up to first-division standards as a soccer team, but there's a lot of space above us to move up into.” Also on board this partnership is the sports shop run by Hansi Flick from Bammental, who gave the team a proper discount on the new outfit.

## Open House 2011

Following the overwhelming success of our Patient Open House in 2009, the plans for the next Patient Open House in 2011 are already well underway. Again there will be a number of lectures as well as the opportunity for an intensive exchange of experience and a tour of the clinic in the Heidelberg-Bergheim Medical Center (:medZ). The lectures will start



at 10:00am on Saturday, 26 March 2011, in the congress section of the NH Hotel Heidelberg, Bergheimer Straße 91 (directly across the street from :medZ). Subscribers to the PROSTATE NEWS will be sent a separate invitation.

## Reinforcement for the team

Dr. Martin Löhrr has been a member of the urology team for a number of months now. After his course of study of medicine, Dr. Löhrr spent his year of practical internship at German universities and at the University of Stellenbosch in South Africa, and now – after working at the urological clinics in Darmstadt, Salzgitter, and Frankfurt – he has taken up his position in Heidelberg. Dr. Löhrr possesses additional qualifications in the area of andrology – a branch of medicine concerned with male diseases equivalent to that of gynecology for women – and also in the field of medical tumor therapy and x-ray-diagnosis of the urinary tract.



## Browsing through the archives

### PROSTATE NEWS issue 03

“More room for minimally invasive prostate therapy”

### PROSTATE NEWS issue 02

“New software improves therapy”

### PROSTATE NEWS issue 01

“Greenlight laser for gentle prostate therapy – a gold standard in urology?”

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## PROSTATE NEWS

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