

Alternative diagnostic and therapeutic methods for prostate disorders

Biopsies and surgery are often unnecessary

Urologists Dr. Thomas Dill and Dr. Martin Löhr should know what they're talking about – as the new directors of the Heidelberg Clinic for Prostate Therapy, they have been using alternative diagnostic methods for many years in cases where there is a suspicion of prostate cancer. These methods offer clear benefits over the classic biopsy. Yet this painful procedure continues to be used throughout Europe. In conversation with the PROSTATE NEWS editorial team, both doctors explain why this is still happening and what advantages can be gained from the alternative methods of diagnosis and treatment.

PROSTATA NEWS: What's the procedure in conventional clinics when the PSA level is elevated?

Dr. Dill: In most clinics, the usual practice is to carry out a biopsy. The medical guidelines state that in the case of an elevated PSA level, a biopsy should be carried out without further investigation. This is a real shame, because this intervention prevents other diagnostic approaches from being an option. The biopsy affects the organ in such a way that hardly any other comprehensive diagnostic investigation can be subsequently carried out.

Does it therefore make sense to pursue other diagnostic options before a biopsy is carried out?

Dr. Löhr: This is where we will advise the patient – because an elevated PSA level does not automatically mean cancer. This differs from patient to patient. Thanks to image-guided procedures such as high-resolution ultrasound and elastography, we are better able to detect and assess the individual situation of the patient.

Does the combination of these methods make a biopsy completely unnecessary?

Dr. Dill: It can certainly mean that a very large number of biopsies can be avoided if these methods reveal that the elevated PSA level is due to another cause, such as a benign enlargement or inflammation of the prostate. And, if the suspicion of cancer is substantiated, then as a rule a large number of biopsies can also be



avoided thanks to the image-guided procedures, as we no longer need to puncture the areas which are shown to be healthy. We can restrict ourselves to the focal point that requires treatment.

And if prostate cancer is diagnosed - should an operation to remove the prostate definitely be recommended?

Dr. Löhr: No. Most tumours can be treated without surgery in an extremely gentle and equally effective manner using ultrasound – without patients having to suffer from side-effects such as impotence or without their sex lives being adversely affected on a permanent basis. Here our best experiences have been with the Sonablate 500, a device which uses intense and bundled ultrasound to destroy the tumour. State-of-the-art equipment can even monitor the success of the treatment in real time, also using ultrasound.

And if you detect a benign enlargement without a tumour?

Dr. Dill: In this case we use our XPS Green light Laser. The Laser enables us to reduce the volume of the prostate, so that patients are once again able to pass water without any problem.

Urologist Dr. Thomas Dill (on the left) and Dr. Martin Löhr (on the right) are succeeding Dr. Joachim-E. Deuster, the pioneer of gentle prostate therapy.

With the laser procedure most patients are back on their feet again immediately after the treatment and can return home the next day.

A word from the team

We are delighted to present the latest issue of PROSTATE NEWS – which is in fact our fifth edition. What's also new is that we – Dr. Thomas Dill and Dr. Martin Löhr – have both been running the Heidelberg Clinic for Prostate Therapy since summer 2011. The pioneer of gentle prostate therapy, Dr. Joachim Deuster, has handed the clinic over to us, knowing full well that we will continue to pursue the path of gentle prostate diagnosis and gentle treatment methods that he himself established. We would like you to accompany us on this journey and hope you find this edition both interesting and informative.

Kind regards

Dr. Thomas Dill & Dr. Martin Löhr

Hi-tech laser with 180 watts

Technology does not stand still when it comes to the urological equipment used in gentle prostate therapy. And Dr. Thomas Dill and Dr. Martin Löhr are well



aware of this. For this reason, the latest generation of GreenLight XPS Laser has been in use in the Heidelberg Clinic for the last eighteen months. Ever since its introduction, these two pioneers in gentle prostate therapy have given more than 400 patients suffering from a benign enlargement of the prostate a piece of their former quality of life back.

The new lasers not only mean shorter treatment and recovery times, but also hope. This is because they enable the doctors to treat prostate volumes of more than 100 millilitres. A volume that had rarely been able to be treated using previous green light laser technology. The hi-tech laser has a power output of 180 watts, which means that the laser can function at twice the speed and much more effectively than conventional laser equipment. This means even less stress

for the patient – not least because the procedure takes just 30 to 60 minutes and is much more gentle than any conventional surgical method.

In the case of the GreenLight XPS Laser, a green light with a wavelength of 532 nanometres is guided through the urethra via a flexible optical fibre to the inside of the prostate. The offending prostate tissue is vapourised and urine can immediately flow freely again.

Thanks to this new technology and the many years of experience that both these urologists have gained in using the green light laser, the risk of permanent incontinence and impotence is extremely low.

"The XPS Laser is helping us to progress further along the path of gentle prostate therapy," explains Dr. Löhr, adding that, for this reason alone, it is his duty to pursue the numerous innovations in the field of treatment methods. "It is also an emotional moment when patients write to us a few days after laser treatment to tell us how their previous quality of life has been restored," says Dr. Dill. The comments left in the guest book on the clinic website (www.prostata-therapie.de) provide a touching tribute to this.

New addition to the team

If you visit us here at the clinic, then you're sure to meet Kateryna Rikhter. Since the end of last year, she has been managing the reception team in her charming and friendly manner, and is responsible for overall patient management. And it's all working out perfectly. She is a qualified translator for Russian and English and helps patients from all over the world to coordinate their appointments. Even though she originates from Lugansk (Ukraine), she speaks excellent German without any hint of an accent. Her many years of professional experience in the international field and her established expertise in organising treatment, mean that she is always able to support the patients in a caring and understanding manner in all issues relating to their treatment.



New Clinic DVD

As announced on the website, the new DVD on the Prostate Therapy Clinic is now available. It shows the most important diagnostic and treatment options, as well as the typical procedures carried out at the clinic. It is available for a nominal charge of €12.00 from the clinic or can be ordered via the order/contact form on the website. The film can also be viewed online free of charge in the patients' media centre on the website.

Internet Tip

You can also find us on the social networks: on Facebook the ever-growing community of people interested in issues relating to the prostate can share opinions and find out the latest news from the clinic; on YouTube you can watch the latest videos from the clinic and in the guest book on our website you can read the comments made by our patients.



In this way, the clinic has opened up new communication channels and extended the opportunities for dialogue between the clinic and its patients. All links are easy to access via the Start Page on the clinic's website. If you have a Smartphone you can scan the QR code on the right hand side of the Start Page and this will take you immediately through to the clinic website. Why not join us!

Sport is good for you

The Rhein-Neckar running group (www.lauftreff-rhein-neckar.de) is a fine example of both consistency and endurance. The same can be said about the past and present sponsors: the Heidelberg Clinic for Prostate Therapy. Thanks to the sponsorship from the clinic, the runners will once again be able to take part in a whole host of marathons, triathlons and cycling events in 2012.



And this of course also includes the annual running seminar on 30th September 2012 in Heidelberg. Endurance sports aren't just fun, they're also the best and most inexpensive way of keeping fit.

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