A word from the team

There are many kinds of prostate disease and even more options for diagnosis and therapy. Here at the clinic, we have made it our mission to carry out both the diagnosis and the treatment in a manner which is as gentle as possible for the patient. This approach not only places as little strain as possible on the body, but it also enables patients to return to work and pursue their leisure activities and even sport just a few days after treatment. The patient is able to start enjoying the benefits of a new quality of life directly after the treatment has taken place. Depending on the life situation and symptoms, a whole diversity of treatment methods can be considered. Together with our patients, we discuss diagnosis, treatment and of course aftercare. We understand how important this is for our patients and we always dedicate a great deal of time to discussing these matters with you.

In the new edition of PROSTATAT NEWS we'll be presenting the most important news from the clinic and we will of course be introducing our new colleague, urologist Saskia Thieme-Martens.

Once again, we hope you'll find this edition both interesting and informative.

Kind regards

Dr. Thomas Dill & Dr. Martin Lühr
The accurate and gentle diagnosis of prostate cancer

Using a special combination of two state-of-the-art imaging procedures, in the diagnosis of prostate cancer the Clinic for Prostate Therapy has succeeded for the very first time in increasing the accuracy of the biopsy to such a significant extent that the removal of only a minimal number of tissue samples is necessary.

"Every year more than 63,000 men in Germany alone develop prostate cancer!", explains Dr. Martin Löhr with concern, as prostate cancer is the third most common cause of cancer death in men. "This makes a reliable diagnosis all the more important, so that the cancer can already be treated in a targeted manner in the early stages,"

"The information gained from ultrasound and magnetic resonance imaging enables tumours to be located with great precision; this means that a very high accuracy rate can be achieved despite a smaller number of biopsies."

adds the expert for prostate disease. However, the standard procedures for diagnosing prostate cancer are often too hasty and anything but reliable. For urologist Dr. Thomas Dill one thing is clear: the majority of classic punch biopsies are often too inaccurate and anything but reliable. "We only carry out an MRI-guided biopsy when specific results confirm the suspicion of cancer. This form of biopsy has a hit rate of 90 percent. Through the combination of information obtained from the magnetic resonance imaging (MRI) procedure and the ultrasound scan, it is possible to precisely locate the areas where cancer is suspected. The puncture procedure can be undertaken with the utmost precision using a biopsy needle template. As a result of the high hit rate and reliability of the diagnosis, only a few tissue samples need to be removed and this places hardly any strain on the body. In addition, the puncture procedure takes place via the perineum and no germs from the rectum can cause blood poisoning."

This diagnostic precision means that the cancer therapy can be restricted specifically to the areas affected. Areas that are free from tumours can remain undisturbed. In this way, the prostate tissue is not damaged in an unnecessary manner either by treatment or diagnosis and the functions of the prostate can be preserved.

DKFZ Charity Run

The Heidelberg Clinic for Prostate Therapy was represented by two teams in the charity run organised by the internationally renowned German Cancer Research Centre ("Deutsches Krebsforschungszentrum" or "DKFZ") for short).

Both the team from the clinic and the team from the Rhein-Neckar running group sponsored by the clinic, had no trouble completing the run.

Saskia Thiem-Martens was born in Darmstadt and studied Medicine at the Johann Wolfgang Goethe Universität in Frankfurt. She completed her practical year at the Klinikum Darmstadt, an academic teaching hospital of the universities of Frankfurt and Heidelberg-Mannheim. During her time as a junior house officer ("Arzt im Praktikum"), she worked at the institute for pathology there, as well as in the urology clinic and also for a further two years after that. She gained several years of experience at the Chirurgische Klinik I in the field of general, visceral and thoracic surgery, before moving to the Klinikum Aschaffenburg in the autumn of 2007 as a specialist registrar. Here she successfully passed the examination to become a specialist in the field of urology in 2013. This mother of two has been working at the Clinic for Prostate Therapy since July 2013.

Clinical YouTube Channel

Our "ProstataTherapie" YouTube channel is definitely worth checking out as Rhein-Neckar Television ("RNF") visited us here in the clinic and filmed an interesting report, which was also shown many times on public television. The whole report can be seen on YouTube - and is of course free of charge. We've also added a lecture by Dr. Thomas Dill from the 16th Conference of the Gesellschaft für Biologische Krebsabwehr e.V., and the recording of this can also be found on YouTube. Take a look: www.youtube.com/user/ProstataTherapie