

**ARE BPH MEDICATIONS  
WEIGHING YOU DOWN?**

**THINK OUTSIDE  
THE PILLBOX**



**PROSTIVA® RF THERAPY**

A non-surgical in-office treatment that provides long-term relief from BPH symptoms and urinary obstruction without the side effects and high cost of chronic BPH medication.

***Safe, Effective & Durable***

**UROLOGIX®**

**DON'T SETTLE  
FOR TAKING DRUGS  
THE REST OF YOUR LIFE...**

## **THERE IS ANOTHER OPTION**

Are you tired of taking drugs every day? Is your medication not giving you the results you had hoped for? Are you experiencing bothersome side effects such as sexual dysfunction?

Well, if so, you are not alone. 48% of patients on BPH drugs do not have clinically significant symptom improvement<sup>1</sup> and many patients on drug therapy will experience sexual side effects such as impotence.<sup>2</sup> Millions of men just like you are realizing that there is another way. Prostiva<sup>®</sup> RF Therapy provides a safe, effective and durable treatment option to relieve the symptoms of enlarged prostate, also known as benign prostatic hyperplasia, or BPH. The best part is that the treatment can be performed in less than an hour in the comfort of your doctor's office.

So, what are you waiting for? Talk to your doctor today about Prostiva<sup>®</sup> RF Therapy and take the first step to freedom from a lifetime of daily medication.



*"No medicine comes without side effects and I was experiencing some sexual performance issues related to my BPH medication. I am so glad that I had the procedure done so I could get off those medications and get back to a normal life."*

John, RF Therapy patient\*

# WHAT IS PROSTIVA® RF THERAPY?

Prostiva® RF Therapy is a safe, effective, in-office treatment which uses precisely targeted low-level radio frequency (RF) energy that produces heat to reduce the excess prostate tissue. After the treatment, the prostate tissue will shrink, allowing the patient to urinate more normally. The treatment should result in a significant improvement from bothersome symptoms such as the frequent need to urinate during the day and night, a sense of urgency to urinate, and low urine flow.<sup>3</sup>

## PROSTIVA® RF THERAPY OFFERS:

- a convenient treatment completed in your doctor's office in less than an hour.
- a minimally invasive treatment which can be done with local anesthesia as well as an oral medication to help you relax.
- a quick return to normal activities often within a few days of treatment.<sup>4</sup>
- progressive improvement of urinary symptoms for 8 to 10 weeks following treatment.<sup>5</sup>
- clinically proven results which typically last up to 5 years.<sup>3</sup>
- few reports of side effects.<sup>3</sup>
- a treatment which is covered by Medicare, as well as many private insurance companies.

**MOST IMPORTANTLY, PROSTIVA® RF THERAPY MAY FREE YOU FROM A LIFETIME OF DAILY MEDICATION.**

*“Life after the procedure has been great – it is like returning to normal. It’s made me feel young again.”*

Gerry, RF Therapy patient\*

# YOUR BPH SYMPTOM SCORE

TO CHECK YOUR BPH SYMPTOM SCORE, COMPLETE THE FOLLOWING SEVEN QUESTIONS BASED ON YOUR EXPERIENCE OVER THE PAST MONTH

(Circle your answers and record your score in the right column)

## WHAT YOUR SCORE MEANS

**0 to 7 = Mild Symptoms**

**8 to 19 = Moderate Symptoms**

**20 to 35 = Severe Symptoms**

Regardless of your final score, If you are experiencing issues with urination or dissatisfied with your BPH medications, ask your urologist how Prostiva® RF Therapy can help.

## UROLOGIX® BPH SYMPTOM SCORECARD

	<i>not at all</i>	<i>less than 1 time in 5</i>	<i>less than half the time</i>	<i>about half the time</i>	<i>more than half the time</i>	<i>almost always</i>	<i>your score</i>
<b>1</b> Over the past month, how often have you had the sensation of not emptying your bladder completely after you finished urinating?	0	1	2	3	4	5	
<b>2</b> Over the past month, how often have you had to urinate again less than two hours after you finished urinating?	0	1	2	3	4	5	
<b>3</b> Over the past month, how often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5	
<b>4</b> Over the past month, how often have you found it difficult to postpone urination?	0	1	2	3	4	5	
<b>5</b> Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5	
<b>6</b> Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5	
	None	1 time	2 times	3 times	4 times	5+ times	
<b>7</b> Over the past month, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	0	1	2	3	4	5	

**Total Score:**



*“I didn’t want to start taking BPH medications for the rest of my life due to cost factors and the risk of side effects”*

Eric, RF Therapy patient\*

## COMMON QUESTIONS

The following are answers to common questions often asked by men considering Prostiva® RF Therapy. Please ask your doctor any specific questions you have about your individual medical care.

### IS PROSTIVA® RF THERAPY SAFE?

Yes, the treatment is safe.<sup>3</sup> Prostiva® RF Therapy is cleared by the FDA to treat BPH, and is recommended in the guidelines issued by the American Urological Association. Prostiva® RF Therapy is associated with few side effects and adverse events.<sup>6</sup>

### IS THE THERAPY COVERED BY INSURANCE?

Medicare and many commercial insurance plans provide coverage. Ask your doctor’s office to assist you by providing the information your insurance plan may require.

### WHAT WILL HAPPEN DURING THE PROCEDURE?

Prostiva® RF Therapy is performed in your urologist’s office. The treatment time generally lasts 30 to 60 minutes. You will be on an exam table in a comfortable position. You will be given medication to help you relax and local anesthesia to help you remain comfortable throughout the treatment.

Your doctor will pass a small tube through the urethra to the prostate. Two small antennae at the end of the tube deliver RF energy to reduce the excess prostate tissue that is “squeezing” the urethra. Your doctor will treat anywhere from 4 to 8 areas of your prostate depending on its size and condition. This treatment generally lasts less than an hour.

Once the treatment is completed, you will be able to go home. You should arrange in advance to have someone drive you home after the treatment.

## DOES IT HURT?

Patient experiences vary. Some men describe treatment as causing some discomfort, while other men report no discomfort at all. The medical staff will make sure you are as comfortable as possible during the treatment.

## WHEN WILL I SEE IMPROVEMENT?

Most men will start to see progressive improvement of urinary symptoms for 8 to 10 weeks following treatment, although this varies with each person.<sup>5</sup>

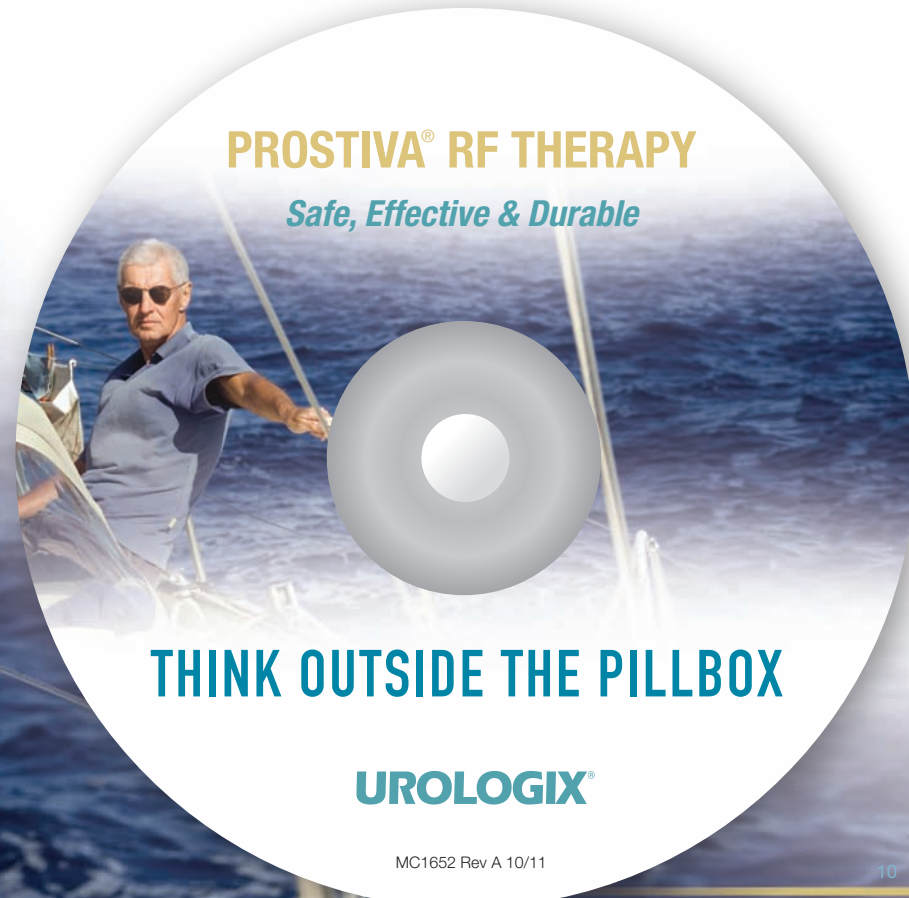
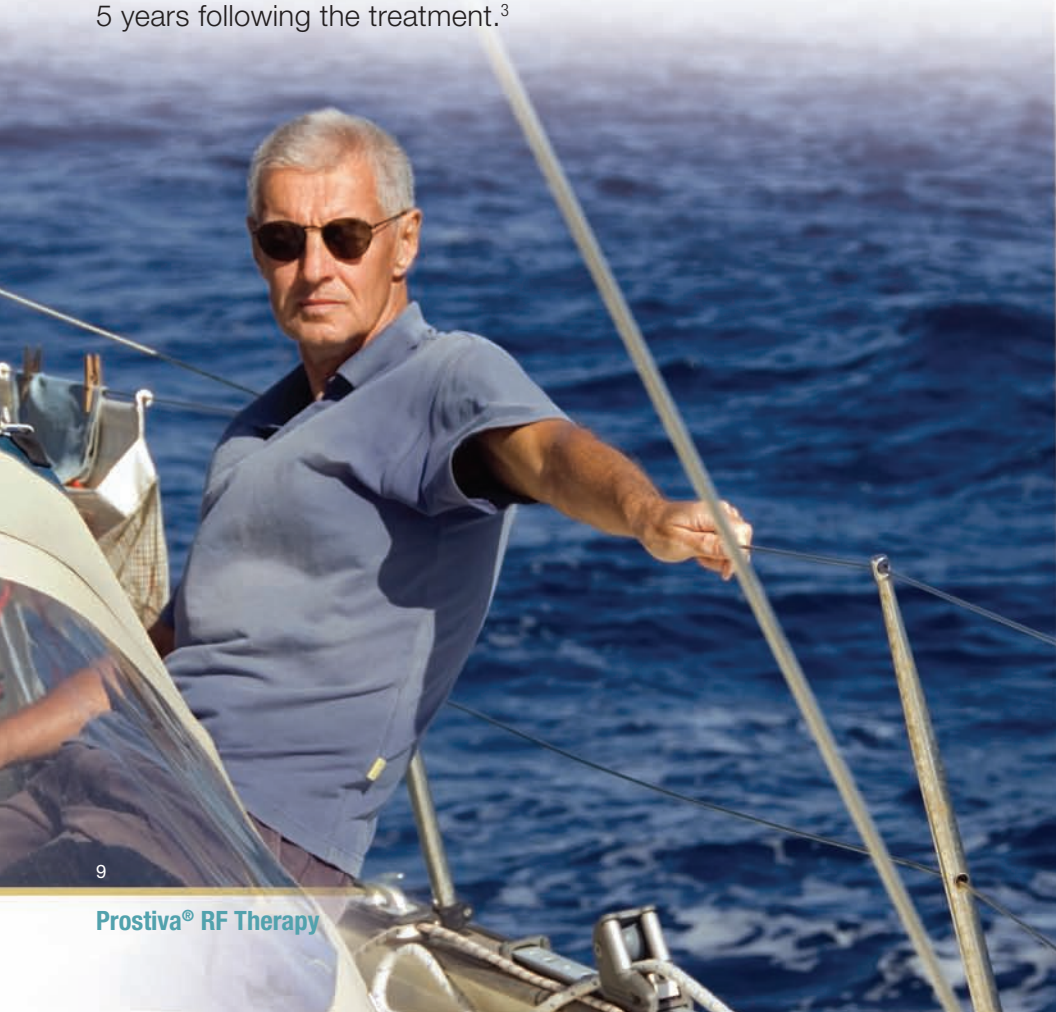
## DO THE TREATMENT RESULTS LAST?

Prostiva® RF Therapy gives you the kind of long lasting results you deserve. Studies show a significant and lasting improvement up to 5 years following the treatment.<sup>3</sup>

## References

1. Wei, et al, High Rates for Continued BPH Medical Therapy among Non responders, National AUA Meeting 2010 Abstract 498
2. Proscar Labeling 9631304, www.fda.gov.
3. Hill B, Belville W, Bruskevitz R, et al. Transurethral needle ablation versus transurethral resection of the prostate for the treatment of symptomatic benign prostatic hyperplasia: 5-year results of a prospective, randomized, multicenter clinical trial. J Urol. 2004;171:2336-2340. (In this study of 65 patients, 13 were evaluated 5 years after RF therapy. Only 14% of 65 patients needed further treatment for BPH symptoms and went on to have surgery [TURP].)
4. Parrott EK. TUNA of the prostate in an office setting: nursing implications. Urol Nurs. 2003;23(1):33-40.
5. Nasland, M., Transurethral Needle Ablation of the Prostate, Urology, 50 (2) 1997.
6. Prostiva RF Therapy System User Guide.

\*Actual patient quote. Name changed and patient not pictured to protect privacy.





***Ask your doctor  
about lasting BPH  
relief & leave the pills  
behind for good***

**Important Safety Information for  
Prostiva® RF Therapy System**

**Indications:**

The Prostiva® RF Therapy System is indicated for the treatment of symptoms due to urinary outflow obstruction secondary to benign prostatic hyperplasia (BPH) in men over the age of 50 with prostate sizes between 20 and 50 cm<sup>3</sup>.

**Adverse Events:**

Possible side effects include obstruction (blockage), urinary retention, bleeding, blood in urine, pain/discomfort, urgency to urinate, increased urinary frequency, and urinary tract infection. You may also experience a minor burning sensation when urinating for 1 to 2 weeks following the treatment.

For additional information about Prostiva RF Therapy, please see the complete Prostiva® RF Therapy System Safety Data. Available by prescription only. This therapy is not for everyone. Talk with your doctor about whether it is right for you.

**For more information, please visit  
[www.urologix.com](http://www.urologix.com) or call our patient  
hotline at 1-888-4-BPH-HLP.**

