

Are BPH Medications Weighing You Down?

# Think Outside the Pillbox



## Cooled ThermoTherapy™

A non-surgical, 30 minute 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.

**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?

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 irritating side effects.<sup>2</sup> Millions of men just like you are realizing that there is another way. Cooled ThermoTherapy 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  
Cooled ThermoTherapy and  
take the first step to freedom  
from a lifetime of daily medication.



*"After 3 years of paying for drug therapy and letting BPH run my life, I decided to take action. Cooled ThermoTherapy gave me my life back! I can now go out to dinner and not have to plan my meal around trips to the bathroom. Don't wait. Seek out a urologist and find out if Cooled ThermoTherapy is right for you."*

**Tom, Cooled ThermoTherapy patient\***

# What is Cooled ThermoTherapy?

Cooled ThermoTherapy is a safe, effective, in-office treatment that delivers targeted heat to reduce excess prostate tissue. It includes an advanced urethral cooling design providing enhanced protection for the healthy urethra as well as increased patient comfort. The treatment typically results in significant improvement from bothersome symptoms such as persistent daytime urination and low urine flow.<sup>3,4</sup>

## Cooled ThermoTherapy offers:

- a convenient treatment completed in your doctor's office in less than an hour.
- a minimally invasive treatment which does not require general anesthesia.
- quick return to your normal activities often within just a few days of the treatment.<sup>4</sup>
- significant improvement of urine flow and relief of urinary symptoms as early as 6 weeks post treatment.<sup>4</sup>
- clinically proven results which typically last at least five years.<sup>3</sup>
- low rate of side effects.<sup>5</sup>
- a treatment which is covered by Medicare, as well as most private insurance companies.

**Most importantly, Cooled ThermoTherapy may free you from a lifetime of daily medication.**



*"The quality of life that I had before was nothing as compared to what I'm having today. I'm very grateful for having this procedure available for me."*

Arthur, Cooled ThermoTherapy 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 Cooled ThermoTherapy 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:**



*"Medication simply wasn't working for me. Since having Cooled ThermoTherapy, my life has had a complete turnaround."*

Vincent, Cooled ThermoTherapy patient\*

## Common Questions

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

### Is Cooled ThermoTherapy Safe?

Yes, the treatment is safe.<sup>3</sup> Cooled ThermoTherapy has been approved by the FDA since 1997 and is recommended in the guidelines issued by the American Urological Association (AUA) and the World Health Organization. In addition, Cooled ThermoTherapy has a very low rate of side effects most of which are mild and temporary.<sup>5</sup>

### Is The Therapy Covered by Insurance?

Medicare and most 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?

Cooled ThermoTherapy is performed in your urologist's office. The treatment time generally lasts 30 minutes. You will be on an exam table in a comfortable position. You will be given medication to help you relax as well as local anesthesia.

The treatment is performed with a small flexible catheter that is inserted into the urethra. This catheter contains channels to circulate cooled fluid around an antenna that produces targeted heat within the prostate. The heat reduces excess prostate tissue. The proprietary cooling technology protects the healthy urethra and maintains patient comfort during treatment. You should arrange in advance to have someone drive you home after the treatment.

## Does It Hurt?

Once the treatment begins, you may experience some discomfort in your lower abdomen and the feeling of having to urinate. The medical staff will make sure you are as comfortable as possible during the treatment.

## Are There Any Side Effects with This Procedure?

As with most medical procedures, there may be some side effects associated with this therapy. The most commonly reported side effects included blood in the urine, catheterization, obstruction, clots in urine, bleeding, painful urination, pain/discomfort, bladder trabeculation, rectal irritation, prostatic urethra damage, temporary incontinence, transient erectile dysfunction, and loss of ejaculation. Most of these side effects were temporary or mild and required minimal or no medical intervention.<sup>5</sup>

## When Will I See Improvement?

Most men will start to see a significant decrease in BPH symptoms as early as 6 weeks post treatment.<sup>4</sup>

## Do The Treatment Results Last?

Cooled ThermoTherapy gives you the kind of long lasting results you deserve. Studies show a significant and lasting improvement which typically last at least five years.<sup>3</sup>

## References

1. Wei, et al, High Rates for Continued BPH Medical Therapy among Non responders, AUA2010 Abstract 498
2. Flomax®, Tamsulosin hydrochloride, Patient Information About Flomax Capsules, Table 3, Treatment Emergent Adverse Events Occurring in  $\geq 2\%$  of Flomax (tamsulosin hydrochloride) capsules or placebo patients in the U.S. short-term placebo-controlled clinical studies, Page 14, July 17, 2006.
3. Mynderse LA, Roehrborn CG, et al. Results of a 5-Year Multicenter Trial of a New Generation Cooled High Energy Transurethral Microwave Thermal Therapy Catheter for BPH. Journal of Urology. Vol. 185, 1804-1811, May 2011
4. Ramsey, E., et. al., A Novel Transurethral Microwave Thermoablation System to Treat Benign Prostatic Hyperplasia? Results of a Prospective Multicenter Clinical Trial. The Journal of Urology, vol. 158, 112-119, July 1997.
5. Data derived from the CTC Advance IFU 250348 (www.urologix.com)

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



*For more information on the Cooled ThermoTherapy procedure, please view our patient education video at:*  
**[www.cttvideo.com](http://www.cttvideo.com)**

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



#### **Important Safety Information**

This therapy is available by prescription only and is not for everyone. Talk to your physician to see if it is right for you. As with most medical procedures, there may be some side effects associated with this therapy including blood in urine, catheterization, obstruction, clots in urine, bleeding, painful urination, pain/discomfort, bladder trabeculation, rectal irritation, prostatic urethra damage, temporary incontinence, transient erectile dysfunction, and loss of ejaculation.

For more complete information about the benefits and risks associated with this therapy, please refer to the Instructions for Use found on our website at [www.urologix.com](http://www.urologix.com) or call us at 888.229.0772.

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or call us at 888.229.0772**

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