

## 1. Is CoreTherm® Thermal Therapy approved by the FDA?

Yes, CoreTherm® Thermal Therapy by ProstaLund received FDA clearance in 2002.

## 2. How Many CoreTherm® Thermal Therapy procedures have been performed?

Thousands of patients have been successfully treated with CoreTherm® Thermal Therapy in the US, Europe and the Far East.

## 3. Is CoreTherm® Thermal Therapy covered by insurance?

Yes, CoreTherm® Thermal Therapy is covered by Medicare and most insurance plans in all 50 states and Puerto Rico.

## 4. How does CoreTherm work?

CoreTherm® thermal therapy for BPH is a unique patented method that measures the actual core temperature in the prostate during treatment and is a proven alternative to surgery and symptom-controlling medication. The overall aim of the therapy is to bring about a reduction of the prostate tissue nearest to the urethra and thereby reduce the symptoms and increase the urinary flow.

CoreTherm® is the only high energy thermal therapy on the market that tailors the treatment to each individual patient. With CoreTherm®, the physician regulates both the amount of microwave energy and the treatment time on an individual basis, based on the actual temperature measured in the prostate.

## 5. Where is the CoreTherm® procedure performed?

The CoreTherm® procedure is a one-time treatment performed in the comfort of your doctor's office or an ambulatory surgery center. The CoreTherm® procedure takes an average of 10 to 30 minutes. From the moment you get to the doctor's office until you go back home, it is just a couple of hours.

## 6. Will I need anesthesia?

The procedure is done in the doctor's office, using oral medications as well as local anesthetic gel to numb the area to be treated.

## 7. Will I experience any discomfort during the procedure?

Some patients feel some discomfort such as heat during the procedure. Others may feel the need to urinate. After the procedure you may have mild urgency to urinate for a few weeks. Pain medications and anti-inflammatory drugs can help with this. Each person will feel differently after the treatment.

## **8. Will I feel any discomfort after the treatment?**

After the treatment you may have some discomfort such as slight burning during urination for about a week or so. This is easily managed with mild pain medications and anti-inflammatory drugs. Most patients are comfortable, and require only over the counter analgesics.

## **9. Will I need a urinary catheter after the procedure?**

It is normal to experience swelling of the treated tissue after the procedure, so a catheter is inserted to allow urine to drain from the bladder until the swelling goes down. Many patients report that catheterization is actually a welcome relief from the need to urinate at night. For some men, it's the first good night sleep they've had in years.

## **10. Will there be any sexual side effects?**

Generally, the treatment should not affect your ability to have an erection or an orgasm. Reduced semen output may occur. If you are sexually active, you can look forward to remaining so.

## **11. How soon can I get back to other activities?**

Most patients can go back to their normal activities the day after the procedure. Avoid lifting heavy objects or doing strenuous work until your catheter has been removed.

## **12. Is the treatment effective long-term?**

Yes! Many studies have shown significant and long-term improvement of many BPH symptoms. CoreTherm® can give you and your loved ones the kind of result you are looking for.