

# COOLED THERMOTHERAPY™

## QUESTIONS & ANSWERS

### 1. What is the Prostate Gland?

*The prostate gland, located just below the bladder, is about the size and shape of a walnut. Its primary function is to produce semen, the fluid that carries sperm. The prostate surrounds the urethra – the tube that carries urine from the bladder.*

### 2. What is BPH?

*BPH is Benign Prostatic Hyperplasia, also known as enlarged prostate. It is a non-cancerous condition in which the prostate cells increase in number as a normal part of aging.*

### 3. What are the symptoms of enlarged prostate?

*The symptoms of enlarged prostate are:*

- \* Frequent and urgent need to urinate both day and night*
- \* Difficulty starting urination*
- \* Weak urine flow*
- \* Urine flow that stops and starts*
- \* Feeling of being unable to completely empty your bladder*
- \* Urinary incontinence*
- \* Interference with sexual activity*

### 4. What is Cooled ThermoTherapy?

*Cooled transurethral microwave thermotherapy (Cooled ThermoTherapy) is a treatment for enlarged prostate that delivers precisely targeted energy to the enlarged prostate tissue. It also incorporates a patented cooling mechanism that increases patient comfort during and after the procedure, and facilitates the long lasting effects of the treatment.*

### 5. As a patient, why should I choose Cooled ThermoTherapy?

*More than 200,000<sup>1</sup> men have undergone the Cooled ThermoTherapy treatment. It does not require hospitalization or general anesthesia. The unique cooling mechanism is the key to treating symptoms of BPH safely and effectively. Cooled ThermoTherapy has been approved by the FDA since 1996 and has been endorsed in BPH treatment guidelines issued by the American Urological Association (AUA).*

### 6. Does Cooled ThermoTherapy make drugs and surgery obsolete?

*No, drugs and surgery are still options. Your doctor will make a recommendation based on your specific needs. However, Cooled ThermoTherapy is an ideal durable treatment for a majority of men with enlarged prostate.*

### 7. How long does the treatment take?

*The treatment itself will take approximately 30 minutes. However, you would need to arrive 90 minutes before the procedure to prepare for the treatment. Total time at the office will be approximately 2 hours.*

**8. What should I expect Pre / During / Post-treatment?**

*After completion of your initial visit (work-up) if the doctor decides you are a candidate for Cooled ThermoTherapy, the doctor will go over and give you a complete list of instructions.*

**9. How long before I can return to normal activities?**

*You may have a urinary catheter for 2-7 days post-treatment, however, this should not preclude you from returning to normal activities immediately.*

**10. When will I first notice relief of my BPH symptoms?**

*Most men will start to see improvement in 6-12 weeks. However, the healing process varies with each person.*

**11. How long can I expect relief of my symptoms with Cooled ThermoTherapy?**

*Clinical studies have demonstrated freedom from retreatment for nearly 75% of patients up to four years<sup>2</sup>. Studies are still ongoing. In this study, patients were categorized as retreated if: 1) they used any BPH medication for more than two weeks, 90 days following treatment. 2) any salvage treatment for BPH was performed after treatment.*

**12. Are there any pre-existing conditions that would exclude me from this treatment?**

*Yes, as with any treatment it is not for everyone. There is a list of contraindications that could exclude you from treatment. However, the person best able to assess this is your urologist.*

**13. Is Cooled ThermoTherapy cost effective?**

*Yes, Cooled ThermoTherapy is more cost effective than surgery and drug therapy treatment for BPH. The long-term use of drugs can cost thousands of dollars annually. A TURP surgery requires hospitalization and anesthesia, and up to six weeks of recovery. The cost to you for Cooled ThermoTherapy treatment is much less and is dependent on your insurance plan.*

**14. Is Medicare Reimbursement available for Cooled ThermoTherapy?**

*Yes, Medicare reimburses for Cooled ThermoTherapy treatments. Most private insurance carriers also cover the procedure.*

<sup>1</sup>Data on file at Urologix, Inc.

<sup>2</sup>Mynderse, Lance A., et.al., "Continuing Results of a Multi-Center Trial of a New Generation Cooled TUMT for BPH." Abstract #1835, Moderated Poster #57, AUA 2007.

The material is provided for information purposes only and is not a substitute for a physician consultation. Talk with your Urologist regarding your specific symptoms and the potential adverse events associated with this therapy.

Indications, Contraindications, warnings, precautions, adverse events and instructions for use can be found in the product labeling and/or instructions for use supplied with each device.

**Caution:** Federal (U.S.A.) law restricts this device to sale by or on the order of a physician. Cooled ThermoTherapy is a trademark of Urologix, Inc. ©2008 Urologix, Inc. All rights reserved. MC1231 Rev E 01/08

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