



urologists in the US trained and skilled in using HIFU.

■ **CoolWave ThermoTherapy and TUNA (Trans Urethral Needle Ablation):** Single in-office treatments using either microwave or radiofrequency energy to decrease the size of a man's prostate. This remarkable, 30 minute office treatment for benign prostate growth (BPH) can replace more invasive surgical procedures. The result is to eliminate or greatly reduce the symptoms of BPH for 5-15 years. It is two to three times as effective as medication without its side effects.

■ **Endoscopic Surgery:** A procedure utilizing a tiny video camera (endoscope) and other equipment to operate on urinary stones, bladder cancer and other urological cancers. The procedure requires a very small incision in the skin, and a camera is used to view and operate on the specified organs.

■ **Interstim®:** A device used to treat bladder control problems in men and women. Patients suffering from overactive bladder can treat this common condition by having a very small battery type device implanted under their skin. The device sends a signal to the bladder to stop the frequent urges to urinate.

■ **Neuromodulation Systems (PTNS):** The first FDA approved acupuncture treatment for bladder control! Leaking bladders can be stopped after only 12 in-office treatments and regular maintenance visits.

■ **No Needle No Scalpel Vasectomy:** An elective procedure that couples often select when their family is complete. Vasectomy is one of the safest and most effective types of birth control. Unlike female tubal ligation, a No Needle No Scalpel Vasectomy doesn't involve hospitalization and takes only 15 minutes to perform in my office. No stitches are required and patients can often return to normal activities in 48 hours.

Minimally Invasive Urology... The Gold Standard of Care

by **ROBERT PUGACH, MD**

At Pacific Coast Urology Medical Center, minimally invasive procedures are at the heart of our practice. Since 1998, I have dedicated my practice to utilizing advanced "minimally invasive" techniques to treat a wide range of urological conditions such as, prostate cancer, benign prostate hyperplasia (BPH), bladder control disorders, vasectomy, vasectomy reversal, to name just a few.

I'm often asked about the benefits of minimally invasive urological procedures. As demonstrated in my practice, minimally invasive procedures are an excellent choice for many patients with specific problems that previously required invasive surgical procedures. The primary benefits are:

- **Less pain and discomfort** ■ **Reduced blood loss**
- **Smaller (or no) incisions** ■ **Focus on in-office and outpatient procedures**
- **Shorter recovery time** ■ **Faster return to work and daily activities**
- **Fewer complications and less risk than older surgical procedures**

Most importantly, studies and experience demonstrate that patients' clinical outcomes with minimally invasive technologies are equal if not better than for those who undergo traditional surgery!

At Pacific Coast Urology Medical Center, we offer the following minimally invasive technologies:

■ **Cryoblation:** An outpatient procedure to treat prostate cancer and some kidney cancers. This procedure uses sub-freezing temperature to destroy cancer cells.

■ **High Intensity Focused Ultrasound (HIFU):** The newest technology used to treat prostate cancer. HIFU employs ultrasound energy to heat and destroy targeted areas of prostate tissue while passing through the prostate's healthy tissue without causing damage to it. I am one of only a few

At Pacific Coast Urology Medical Center we pride ourselves on working with each patient and finding the best individualized treatment. Combining early diagnosis with less invasive treatment options is beneficial to patients and is clearly the wave of the future.

We're proud to be a leader in the field.

To learn more about minimally invasive therapies for urological conditions, visit www.pacificcoasturology.com or call us at 888.735.4336.

