

HMMU

Houston
Metro
Urology



HMU is the first facility in Houston to offer FDA approved HIFU for prostate tissue Ablation as a therapy for prostate cancer

*Pictured above from left to right:
Dr. Donald Beradinucci, Dr. Cordell Nwokeji, Dr. Michael Mineo, Dr. Robert Light
Urologist*

Houston, TX., May 15, 2016- *Houston Metro Urology is proud to be the first medical practice in Houston to offer HIFU as an option to treat localized prostate cancer.* We are aware that when it comes to your prostate cancer, there are many options. Our goal is to provide patients with the ideal treatment plan to insure the best possible outcome.



"I am excited to have done the first HIFU place in Houston since it's FDA approval . This presents a great opportunity for physicians to learn this procedure, which is excellent, innovative and very effective. I have been doing this procedure for over 9 years and it is an honor to have it done here at the HMU Surgery Center. This treatment is an alternative procedure for prostate ablation, which is used to manage prostate cancer."

Dr. Cordell Nwokeji, M.D.

What is HIFU?

HIFU or (high- intensity focused ultrasound) is a noninvasive procedure (meaning there is no surgery required) that uses high frequency ultrasonic waves to eliminate prostate cancer cells through the power of focused heat. A specialized probe is inserted through the rectum, where it administers focused ultrasonic waves to cancerous portions of the prostate gland. When the probe is set into place and the targeted area for treatment is acquired, a beam heats up to about 200 degrees Fahrenheit and administers a burst of heat to the affected area for 3 seconds. Each beam administered covers about 3 millimeters of tissue, which is about the size of a grain of rice. HIFU is extremely precise in order to spare as many healthy prostate cells as possible, while effectively disposing of the cancer.



Who would HIFU benefit?

- Men whose prostate cancer is localized and has not spread
- Small to medium sized prostates (Less than 30-50 grams)
- Salvage treatment for recurrent cancer after radiation or surgery
- If you are not a candidate for other kinds of treatments
- Patients who are currently under or who have failed active surveillance

How long does the HIFU procedure take?

- The HIFU procedure can take 2 ½ - 4 hours depending on the size of the prostate, the number of areas that require treatment, and the physician skill level with the procedure.

What to expect after the HIFU procedure

- Normally, no hospital stay is required
- Not a painful procedure
- Most patients resume normal activities in less than a week, but try to be cautious for 2 weeks
- May experience temporary bruising and swelling
- May be unable to urinate for a few days. A super pubic tube is placed in the bladder during the procedure and is removed several weeks after.
- May have a slow stream and or frequent urination for 2-3 months.
- You will undergo surveillance PSA's after HIFU similar to surveillance done with other prostate cancer therapies.

Talk to your Houston Metro Urology physician today to see if HIFU could be a viable treatment option for you.

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