

Are BPH Medications Weighing You Down?

Think Outside the Pillbox



Prostiva[®] RF Therapy

A non-surgical 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 improvement¹ and many patients on drug therapy will experience irritating side effects.² Millions of men just like you are realizing that there is another way. Prostiva RF Therapy 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
Prostiva RF Therapy and take
the first step to freedom from
a lifetime of daily medication.



"No medicine comes without side effects and I was experiencing some sexual performance issues related to my BPH medication. I am so glad that I had the procedure done so I could get off those medications and get back to a normal life."

John, Prostiva RF Therapy patient*

What is Prostiva RF Therapy?

Prostiva RF Therapy is a safe, effective, in-office treatment which uses precisely targeted low-level radio frequency (RF) energy that produces heat to destroy excess prostate tissue. After the treatment, the prostate tissue will heal, allowing the patient to urinate more normally. The treatment should result in a significant improvement from bothersome symptoms such as the frequent need to urinate during the day and night, a sense of urgency to urinate, and low urine flow.³

Prostiva RF Therapy 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.
- a quick return to normal activities often within a few days of treatment.⁴
- progressive improvement of urinary symptoms often within 2-6 weeks following treatment.⁵
- clinically proven results which typically last at least 5 years.³
- low rate of side effects.⁶
- a treatment which is covered by Medicare, as well as most private insurance companies.

Most importantly, Prostiva RF Therapy may free you from a lifetime of daily medication.



"Life after the procedure has been great – it is like returning to normal. It's made me feel young again."

Gerry, Prostiva RF Therapy 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 Prostiva RF Therapy 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>
1 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	
2 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	
3 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	
4 Over the past month, how often have you found it difficult to postpone urination?	0	1	2	3	4	5	
5 Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5	
6 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	
7 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:



"I didn't want to start taking BPH medications for the rest of my life due to cost factors and the risk of side effects"

Eric, Prostiva RF Therapy patient*

Common Questions

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

Is Prostiva RF Therapy Safe?

Yes, the treatment is safe.³ Prostiva RF Therapy is cleared by the FDA to treat BPH, and is recommended in the guidelines issued by the American Urological Association. Prostiva RF Therapy has a very low rate of side effects.⁶

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?

Prostiva RF Therapy is performed in your urologist's office. The treatment time generally lasts 30 to 60 minutes. You will be on an exam table in a comfortable position. You will be given medication to help you relax and local anesthesia to help you remain comfortable throughout the treatment.

Your doctor will pass a small tube through the urethra to the prostate. Two small antennae at the end of the tube deliver RF energy to reduce the excess prostate tissue that is "squeezing" the urethra. Your doctor will treat anywhere from 4 to 8 areas of your prostate depending on its size and condition. This treatment generally lasts less than an hour.

Once the treatment is completed, you will be able to go home. You should arrange in advance to have someone drive you home after the treatment.

Does It Hurt?

Patient experiences vary. Some men describe treatment as causing some discomfort, while other men report no discomfort at all. 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 procedure, there may be some side effects associated with this therapy. The most commonly reported side effects include obstruction (blockage), catheterization, bleeding, pain/discomfort, urgency to urinate, increase urinary frequency, urinary tract infection and retrograde ejaculation.

When Will I See Improvement?

Most men will start to see progressive improvement of urinary symptoms 2-6 weeks following treatment, although this varies with each person.⁵

Do the Treatment Results Last?

Prostiva RF Therapy gives you the kind of long lasting results you deserve. Studies show a significant and lasting improvement which typically last at least five years.³

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. Hill, B., et al Transurethral Needle Ablation vs TURP for the Treatment of Symptomatic BPH: 5 Year Results of a Prospective, Randomized, Multicenter Clinical Trial, Journal of Urology Vol 171, 2336-2340, June 2004
4. Parrott EK. TUNA of the prostate in an office setting: nursing implications. Urol Nurs. 2003;23(1):33-40.
5. Naslund, M., Transurethral Needle Ablation of the Prostate, Urology, 50 (2) 1997
6. Data derived from the Prostiva System User Guide 250369-001 (www.urologix.com)

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



*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 obstruction (blockage), catheterization, bleeding, and pain/discomfort, urgency to urinate, increase urinary frequency, urinary tract infection and retrograde ejaculation.

For more complete information about the benefits and risks associated with this therapy, please refer to the System Manual found on our website at www.urologix.com or call us at 888.229.0772.

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