



Cryotherapy For Prostate Cancer

Urology Care
FOUNDATION™
*The Official Foundation of the
 American Urological Association*

WHAT IS CRYOTHERAPY FOR PROSTATE CANCER?

Cryotherapy, or cryoblation, for prostate cancer is the controlled freezing of the prostate gland. The freezing process kills cancer cells. This type of treatment is still under study, so it is not yet widely offered.

During cryotherapy, your doctor will use an ultrasound to place small needles into the prostate. A cold gas is delivered through these needles. This causes the prostate, tumor and nearby tissue to freeze. The tissue will be frozen then thawed a few times to kill the cancer cells.

Cryotherapy is done under either local or general anesthesia. Due to recent advances, the method has become more useful as an outpatient treatment.

WHO IS A GOOD CANDIDATE FOR CRYOTHERAPY?

Cryotherapy may be a good choice for:

- Men with cancer that is confined to the prostate gland
- Men who are not good candidates for surgery or radiotherapy because of other health issues
- Men who have been treated before with another form of care and who have recurrent prostate cancer, found only in the prostate

SHOULD I CHOOSE CRYOTHERAPY?

Choosing the right treatment for prostate cancer is a personal choice. Patients should make this choice with their doctor and family. It should be made with the knowledge of side effects, costs, and quality of life goals.

WHAT ARE THE SIDE EFFECTS OF CRYOTHERAPY?

Cryotherapy has been found to have minor side effects that are mostly temporary. A patient may have incontinence and other urinary or bowel problems at first. Like other surgeries, erectile dysfunction is likely, as is pelvic pain.

Though it's rare, there is the risk of a fistula. A fistula is a channel that forms after surgery between the urethra and the rectum. This may cause diarrhea or bladder infections. It can be treated when found.

OTHER CONSIDERATIONS

After cryotherapy, a patient is most often discharged with a small tube to drain urine. It is removed once the prostate swelling has gone down (some days to weeks).

After cryotherapy, a patient is checked with routine prostate-specific antigen (PSA) tests and biopsy.

Talk to your doctor about which treatment is right for you.

ABOUT THE UROLOGY CARE FOUNDATION

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, UrologyHealth.org/UrologicConditions or go to UrologyHealth.org/FindAUrologist to find a doctor near you.

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DISCLAIMER

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologists or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For copies of printed materials about Prostate Cancer and other urologic conditions, visit UrologyHealth.org/Order or call 800-828-7866.

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