

CoreTherm® BPH thermotherapy concept - long term durability

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Introduction: The long-term retreatment rate and durability of PLFT® and CoreTherm® thermotherapy concept is reported. The CoreTherm® treatment concept is a technologically enhanced minimally invasive microwave thermotherapy which combines high energy TUMT with temperature feedback technique (PLFT®) and intra-prostatic bloc with Adrenaline.

Method: 364 patients, aged 51 - 96 years (mean 69), were treated at our clinic with PLFT® or CoreTherm® Concept high energy microwave thermotherapy between 1999 to 2006. Patients have been followed until end of 2016. Short-term (3 years) and long-term (3-17 years) retreatment rates have been monitored.

Results: Short-term and long-term retreatment rates were 10% and 8%, respectively, when intra-prostatic bloc with Adrenaline was used. When intra-prostatic block was not used (PLFT®) or only partially used, the corresponding retreatment rates almost doubled to 19% and 15% respectively.

Discussion: The difference reflects the fact that treatment efficacy and control is much higher when intra-prostatic bloc with Adrenaline is used since it curbs the intra-prostatic blood flow and thereby individual treatment response variation.

Conclusion: The long-term outcome and retreatment rate after CoreTherm® Concept over 10-17 years is 18% which is on par with that seen after surgery.

RESULTS

Symptom score and objective parameters pre- and post-treatment

N=364	BEFORE TREATMENT	3 MONTHS FOLLOW UP
IPSS	21	6
QoL	4	1
Qmax (ml/s)	8	15
PVR (ml)	80	25
Patients on catheter	41	14
Prostate volume (ml)	72	51

RESULTS

Retreatment rate with and without intra-prostatic bloc

INTRA-PROSTATIC BLOC WITH ADRENALINE USAGE IN ALL FOUR QUADRANTS	NUMBER OF PATIENTS	SHORT-TERM TREATMENTS BETWEEN 0-3 YEARS AFTER FIRST TREATMENT	LONG-TERM RETREATMENTS BETWEEN 3-17 YEARS AFTER FIRST TREATMENT
Yes	n=121	12 (10%)	10 (8%)
No	n=243	46 (19%)	36 (15%)