

# Cryoablation: The Primary Treatment for Localized Prostate Cancer

Cryoablation is a minimally invasive treatment for localized prostate cancer that uses extreme cold to destroy cancer cells. It is a safe and effective treatment option with minimal side effects.



## CRYOABLATION The Primary Treatment for Localized Prostate Cancer: An Effective, Minimally Invasive Cancer Therapy with Superior Health-Related Quality-of-Life Outcomes by Dean Lorey

★★★★★ 5 out of 5

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## How does cryoablation work?

Cryoablation works by freezing the prostate gland, which destroys the cancer cells. The freezing process is done using a cryoprobe, which is a thin needle that is inserted into the prostate gland. The cryoprobe is then cooled to very low temperatures, which freezes the surrounding tissue. The freezing process creates ice crystals, which damage and destroy the cancer cells.

## What are the benefits of cryoablation?

Cryoablation offers a number of benefits over other treatment options for localized prostate cancer, including:

- **Minimally invasive:** Cryoablation is a minimally invasive procedure, which means that it does not require any major surgery. This can lead to a shorter recovery time and less pain.
- **Safe:** Cryoablation is a safe procedure with few side effects. The most common side effects include pain, swelling, and bruising, which typically resolve within a few weeks.
- **Effective:** Cryoablation is an effective treatment for localized prostate cancer. In clinical trials, cryoablation has been shown to be as effective as radical prostatectomy, which is the traditional surgical treatment for localized prostate cancer.

### **Who is a good candidate for cryoablation?**

Cryoablation is a good treatment option for men with localized prostate cancer who are not candidates for radical prostatectomy. This may include men who have other medical conditions that make surgery too risky, or men who are not willing to undergo surgery.

### **What are the risks of cryoablation?**

Cryoablation is a safe procedure, but there are some risks associated with the procedure, including:

- **Pain:** Cryoablation can cause pain during and after the procedure. This pain is typically managed with pain medication.
- **Swelling:** Cryoablation can cause swelling in the prostate gland and surrounding tissues. This swelling can cause difficulty urinating and

ejaculating.

- **Bruising:** Cryoablation can cause bruising in the area around the prostate gland. This bruising typically resolves within a few weeks.
- **Infection:** Cryoablation can increase the risk of infection in the prostate gland and surrounding tissues. This risk is typically managed with antibiotics.
- **Urinary incontinence:** Cryoablation can damage the nerves that control urination, which can lead to urinary incontinence. This risk is typically temporary and resolves within a few months.
- **Ejaculatory dysfunction:** Cryoablation can damage the nerves that control ejaculation, which can lead to ejaculatory dysfunction. This risk is typically permanent.

## **How is cryoablation performed?**

Cryoablation is typically performed in an outpatient setting. The procedure takes about 2 hours to complete.

Before the procedure, you will be given a local anesthetic to numb the area around the prostate gland. You will also be given antibiotics to help prevent infection.

During the procedure, the doctor will insert a cryoprobe into the prostate gland. The cryoprobe will then be cooled to very low temperatures, which will freeze the surrounding tissue. The freezing process will take about 1 hour to complete.

After the procedure, you will be taken to a recovery room where you will be monitored for any complications. You will typically be able to go home the same day.

### **What is the recovery from cryoablation like?**

The recovery from cryoablation is typically quick and easy. Most men experience some pain, swelling, and bruising in the area around the prostate gland. This discomfort can be managed with pain medication.

You may also experience difficulty urinating and ejaculating for a few weeks after the procedure. This is typically temporary and resolves as the swelling goes down.

You will need to follow up with your doctor regularly after cryoablation to monitor your progress and ensure that the cancer has not returned.

Cryoablation is a safe and effective treatment for localized prostate cancer. It is a minimally invasive procedure with few side effects. Cryoablation is a good treatment option for men who are not candidates for radical prostatectomy.

If you are interested in learning more about cryoablation, talk to your doctor.



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