



ECHO • LASER®

Transperineal Laser Ablation • Micro-invasive Treatment for BPH



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This booklet will not take the place of a consultation with your doctor, but it will answer some of the questions you may have about BPH and the EchoLaser treatment. We appreciate many of the medical terms you will come across during your treatment pathway may be quite confusing, so here are some simple explanations:

BPH = Benign Prostatic Hyperplasia (enlarged prostate)

Micro-Invasive = A procedure that uses fibres that are entered in the body through very small needles (< 0.8 mm) delivering laser energy at low power

Perineum = Area between the anus and scrotum

Urethra = The tube through which urine exits the body

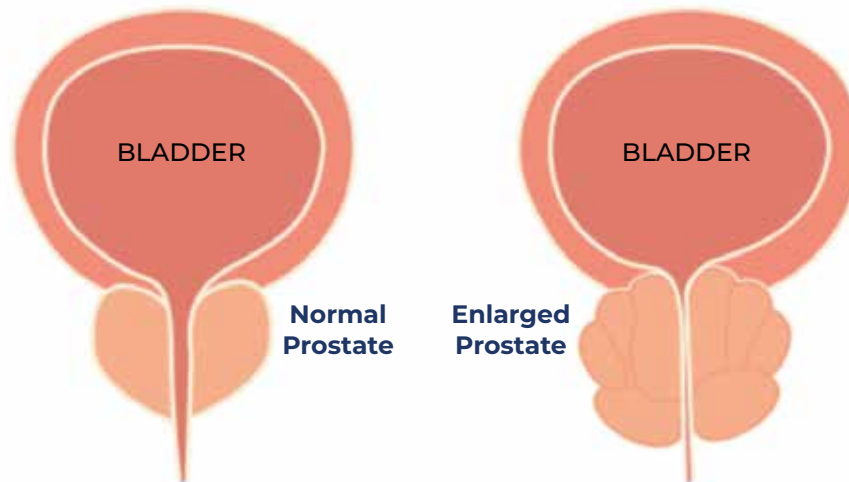
Prostate = Gland surrounding the neck of the bladder

Rectum = End part of the large intestine that connects the colon to the anus

TPLA = Transperineal Laser Ablation

WHAT IS BPH?

Benign Prostatic Hyperplasia, or BPH, is a very common condition in which the prostate enlarges as men get older. Your prostate is supposed to be about the shape and size of a walnut, however, as you age, your prostate can become larger causing compression of the urethra. This may result in irritating symptoms which can impact your quality of life.



IMPACT OF BPH

Approximately 50% - 75% of men over the age of 50 experience symptoms associated with BPH. This increases to 80% in men over 70.¹

Symptoms associated with BPH

- Difficulty starting urination
- Dribbling at the end of urination
- Inability to completely empty bladder
- Frequent need to urinate
- Weak Urine Flow
- Urgent need to urinate
- Loss of productivity
- Decreased Quality of Life
- Loss of sleep

1: Egan KB, The Epidemiology of Benign Prostatic Hyperplasia Associated with Lower Urinary Tract Symptoms Prevalence and Incident Rates, Urol Clin N Am 43 (2016).

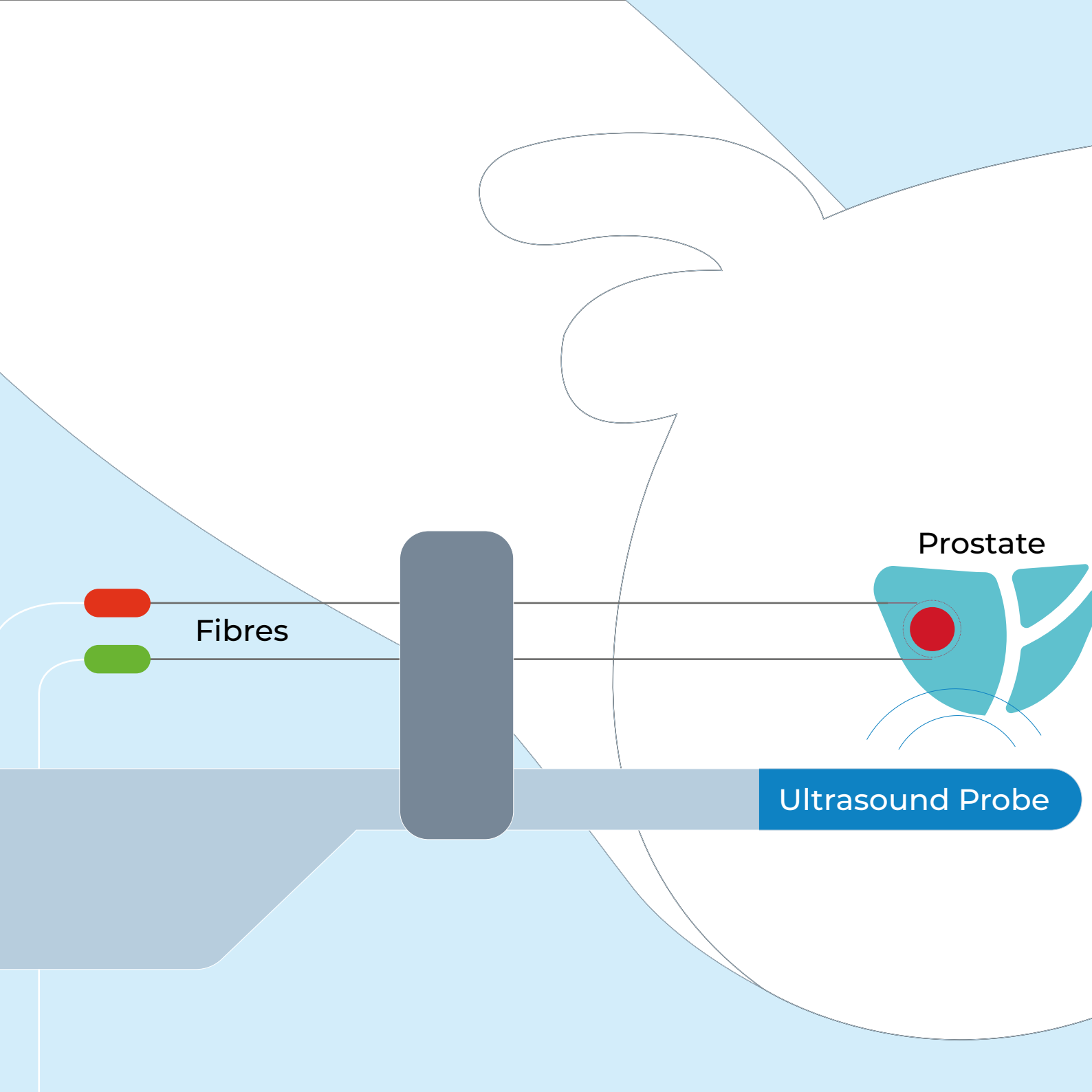
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EchoLaser TPLA therapy is an alternative treatment method for men who:

- Do not want to undergo major surgery (TURP)
- Want to undergo a treatment that preserves ejaculation, erectile function, and avoids the possible risk of incontinence

EchoLaser therapy is a micro-invasive, transperineal treatment that involves delivering laser energy to the prostate for several minutes. This works to destroy enlarged prostate tissue whilst preserving healthy tissue, resulting in a progressive reduction in the size of the prostate and improvement of urinary symptoms.

Given the micro-invasive nature of the treatment, it can be completed in less than 60 minutes and patients are usually able to return home the same day.



Fibres

Prostate

Ultrasound Probe

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PROCEDURE

If EchoLaser TPLA is the right option for you, your doctor will provide you with detailed information relating to the procedure.

The procedure is usually performed under local anesthesia, however your consultant will discuss this with you prior to treatment.

During the procedure, an ultrasound probe will be inserted into your rectum to allow your surgeon to see your prostate on an ultrasound machine. 2 to 4 fibres will then be inserted through thin needles (0.8mm) into your prostate (via the perineum) and will deliver laser energy.

Once the procedure is complete, you will start to feel the benefits of the therapy within several weeks. You will experience a notable improvement in the symptoms associated with BPH as the prostate gradually reduces in size.

CLINICAL RESULTS

The EchoLaser procedure has multiple publications, clinical studies, and clinical cases showing it's safety and effectiveness.

Ejaculation and sexual function preserved^{1,2,3}

No risk of incontinence^{1,2,3}

Significant improvement in urinary symptoms and urinary flow rate^{1,2,3}

To view the full range of publications, clinical studies, and clinical cases, visit

www.elesta-echolaser.co.uk

1 de Rienzo G et al. Transperineal interstitial laser ablation of the prostate, a novel option for minimally invasive treatment of benign prostatic obstruction. *Eur Urol.* 2021 Jul;80(1):95-103.

2 Manenti G et al. 3-T MRI and clinical validation of ultrasound-guided transperineal laser ablation of benign prostatic hyperplasia. *Eur Radiol Exp.* 2021 Sep 17;5(1):41.

3 Sessa F et al. Transperineal laser ablation of the prostate with EchoLaser™ system: perioperative and short-term functional and sexual outcomes. *Front. Urol.* 2022



WHY CHOOSE ECHO • LASER®

- No need for general anaesthetic¹
- No risk to existing sexual function
- The procedure does not require access via the urethra
- Rapid recovery time and minimal pain reported post procedure
- Improvements are notable within weeks of the procedure
 - No permanent implantation of a medical device
 - EchoLaser offers precise treatment meaning no healthy tissue is damaged

¹: Your Doctor will discuss what anaesthetic you need

FAQ's

WHO IS ECHOLASER SUITABLE FOR?

EchoLaser TPLA is indicated for patients that experience the symptoms of BPH. To find out if you are a suitable patient, speak to your doctor.

WHERE IS THE TREATMENT CARRIED OUT?

The EchoLaser procedure is performed in a hospital equipped with Elesta EchoLaser technology. You can find your nearest hospital by visiting our website. www.elesta-echolaser.co.uk

HOW LONG DOES THE PROCEDURE TAKE?

The laser treatment lasts from 10 to 30 minutes depending on the size of the prostate and the patient's conditions. No incisions or stitches are required, and the entire procedure only takes about 60 minutes.

IS IT PAINFUL?

No, the treatment only requires a mild local anaesthetic. You may feel a slight sensation of heat in the treated area which is reduced thanks to the continuous cooling circuit through the urethral catheter.

ARE THERE ANY RISKS?

Few patients have reported minor side effects such as a feeling of tightness or local pain; however they disappear in a few hours or days. Talk to your doctor for more information on all the risks associated with the procedure.

DOES THE CATHETER HAVE TO REMAIN IN PLACE AFTER THE TREATMENT?

Leaving the catheter in for a few days after the treatment may be necessary in order to help the patient urinate and ensure that the urethra remains open during the initial healing process.

WHAT ARE THE RECOVERY TIMES AND POST-TREATMENT FOLLOW-UP?

You can resume your daily routine the day after treatment. During the following months, it will only be necessary to have check-ups at 1 month, 3 months, 6 months and 12 month intervals.

WILL MY SEXUAL FUNCTION BE AFFECTED AFTER THE TREATMENT?

No patients have reported an impairment in sexual and ejaculatory function according to the available publications.

WHEN WILL I EXPERIENCE RELIEF FROM BPH SYMPTOMS?

Even though the body has already started the healing process, you will not notice any improvements until the 4-8 week mark. At the 6-12 month point your prostate will have significantly decreased in size, relieving you of your BPH symptoms.

PATIENT STORIES

...(After EchoLaser) My urinary function gradually improved over the following months and I also resumed a normal sexual activity. At the six-month follow-up, the volume had shrunk by 50% and after one year the reduction has now stabilized and I no longer have any problems.*

Engineer, aged 50

*Results may vary





PATIENT STORIES

...In January 2016, I underwent prostate laser treatment (EchoLaser) without any complications, and one year later the prostate size is now approximately 70g, which is a 45% reduction. I do not take any drugs for prostate disease and am happy with my life and urinary condition.*

Pharmacist, aged 74

*Results may vary

NEXT STEPS

- 1. Talk to your doctor to see if EchoLaser is right for you.**
- 2. Schedule your procedure.**
- 3. Enjoy your new life!**

For more information on the EchoLaser procedure, visit

www.elesta-echolaser.co.uk



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FOR MORE INFORMATION, VISIT
www.elesta-echolaser.co.uk

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