



HIGH
INTENSITY
FOCUSED
ULTRASOUND
(HIFU)

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3085 Harlem Road, Suite 200, Cheektowaga, NY 14225
PH: 716-844-5000 | FX: 716-844-5050

Niagara Professional Park
3850 Saunders Settlement Road, Suite 100, Cambria, NY 14132
PH: 716-898-2800 | FX: 716-898-2805
- Sterling Park
500 Sterling Drive, Orchard Park, NY 14127
PH: 716-677-2273 | FX: 716-677-2256

Jamestown
117 Foote Avenue, Suite 100, Jamestown, NY 14701
PH: 716-338-9200 | FX: 716-338-9250
- Buffalo | Conventus Office Building, 1001 Main Street, 4th Floor, Buffalo, NY 14203 | PH: 716-844-5000 | FX: 716-844-5050

Corfu/Batavia | 24 East Main Street, Corfu, NY 14036 | PH: 716-677-2273 | FX: 716-677-2256

Hamburg | 3040 Amsdell Road, Hamburg, NY 14075 | PH: 716-677-2273 | FX: 716-677-2256

Derby | 7060 Erie Road, Suite 400, Derby, NY 14047 | PH: 716-677-2273 | FX: 716-677-2256

Springville | 21 East Main Street, Springville, NY 14141 | PH: 716-844-5000 | FX: 716-844-5050

Dunkirk | 504 Central Avenue, Suite 200, Dunkirk, NY 14048 | PH: 716-338-9200 | FX: 716-338-9250

Warsaw | 408 North Main Street, Warsaw, NY 14569 | PH: 716-677-2273 | FX: 716-677-2256

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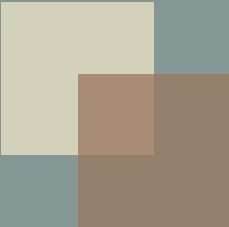
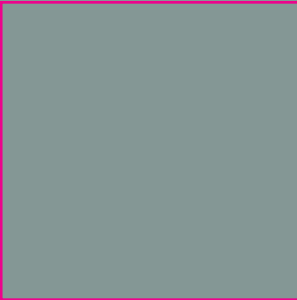
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Great Lakes Cancer Care Collaborative

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what you
should know
about



What is HIFU?

High Intensity Focused Ultrasound (HIFU) is a precise and targeted therapy that reduces the risk of complications caused by surgery and radiation. HIFU uses ultrasound energy, or sound waves, to heat and destroy specifically targeted areas of tissue. The goal is to find a balance between eliminating cancer and maintaining quality of life with HIFU.



Who is considered a candidate for HIFU?

HIFU is most effective for men who have early stage, localized prostate cancer that has not spread or metastasized outside the prostate. It is recommended that all men discuss individual medical records and history with a physician in order to determine if they are a candidate for HIFU.

HIFU is also an effective therapy for recurrent prostate cancer when patients may not have any other treatment options. Many patients who have had radiation therapy experience a rise in PSA and discover that the cancer has returned. These patients may be candidates for HIFU treatment as well.

What are the benefits of HIFU?

Focal therapy with HIFU technology targets the tumor within the prostate, leaving the surrounding tissue unharmed.

Our experienced physicians use advanced software to merge MRI and real-time images of the prostate to locate the tumor and plan treatment to target that area only.

According to published studies, focal therapy with HIFU for the treatment of non-metastatic prostate cancer has shown low risks of side effects while providing early disease control.

Benefits of HIFU over traditional prostate cancer treatments:

- Outpatient
- 1-2 hour procedure
- Quick recovery time
- No blood loss
- Return to normal lifestyle within a few days
- Radiation-free
- Low risk of erectile dysfunction and incontinence



How Does HIFU Work?

- HIFU obtains real-time ultrasound images of the prostate and surrounding areas. From these images, the doctor precisely defines the treatment zones in order to safely destroy the targeted tissue.
- Once your physician has targeted all the areas to be treated, he or she then delivers the HIFU energy, while continually monitoring how the tissue reacts, making adjustments as needed for safe, effective delivery of HIFU energy.
- The control and precision of HIFU means most patients only require one treatment and lower risk of common side effects associated with surgery and/or radiation.
- Unlike radiation, HIFU is non-ionizing, so it can be repeated, if necessary, without damaging healthy tissue. This means that HIFU can also be used as a salvage treatment option if there is a recurrence of prostate cancer after a previous different treatment.
- HIFU does not preclude other treatment options; men who choose HIFU and then need additional therapies still have all their treatment options available.

What are possible side effects you may experience?

- HIFU is non-invasive and has the ability to spare the nerves responsible for preserving potency
- The procedure does not damage muscles that control urinary function. Therefore, HIFU patients typically experience much lower rates of side effects than traditional treatments.

Our experience. At Western New York Urology, our physicians have performed many HIFU procedures and have had extensive training, allowing them to become highly skilled and precise at performing this therapy.



John Joseph Bodkin III, M.A., M.D. earned his B.S in physiology and neurobiology from the University of Connecticut and both his M.A. in physiology and M.D. from the University at Buffalo. Upon completion of his medical degree, Dr. Bodkin completed his general surgery internship and urology residency in Buffalo, NY. In addition to being published in respected peer-reviewed journals, Dr. Bodkin has been the recipient of numerous academic honors and awards. Dr. Bodkin is a member of the American Urologic Association, the American Medical Association, and the Underwater and Hyperbaric Medical Society.

