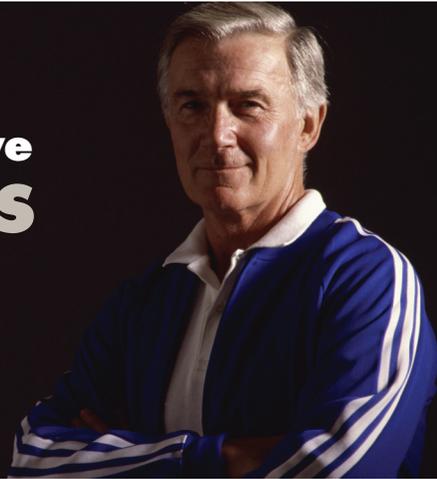


# Innovative & minimally invasive **TREATMENT OPTIONS** for your Urological issues



*by James Conway, MD and  
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## Laser procedure helps treat urinary strictures

Laser technology that has traditionally been used for skin resurfacing is now giving hope to those suffering from urethral strictures. People with this condition often have trouble urinating because of small urethras, sometimes caused by scar tissue.

To remedy the problem, patients usually undergo surgery or a process called dilations to increase the opening of the urethra. The dilations process is not a permanent solution, requiring patients to undergo multiple treatments.

The Davison Laser Center, in collaboration with John Munoz, MD, The Max K. Willscher Urology Center and John Hopkins University, has embarked on a research project involving the use of the Erbium Laser. The first-of-its-kind study provides a minimally invasive treatment for urethral strictures. The laser not only opens the stricture, but it also evaporates the scar tissue with less damage to healthy tissue than in traditional procedures. Researchers believe that Erbium laser treatment will decrease the rate of stricture recurrence.

## Enlarged prostate sufferers find relief with laser treatment

The Max K. Willscher Urology Center is now providing Non-Contact Laser Ablation of the Prostate, utilizing the state-of-the-art Holmium laser. The minimally invasive technique is used to treat benign prostatic hyperplasia (BPH), also known as enlargement of the prostate.

The development of this procedure is an important milestone in the treatment of BPH, a disease that affects more than 14 million men in the United States. Approximately 50% of men over the age of 50 experience symptoms from an enlarged prostate. Non-Contact Laser Ablation of the Prostate offers patients dramatic symptom relief and improved quality of life,

with minimal risk or side effects. In addition, patients can discontinue oral medications that they have been taking to control their symptoms.

The technique is performed with a specially designed laser that delivers energy with a very high degree of precision, allowing excess prostate tissue to be effectively vaporized and removed. Best suited for patients with mild to moderate prostate enlargement, the procedure creates a wide-open urinary channel to re-establish a free flow of urine and is usually completed under anesthesia in one hour or less.

The procedure offers immediate relief from symptoms of BPH that include frequent urination, urinary urgency, weak or interrupted urinary stream, difficulty initiating urinary stream, straining to urinate, and the sensation of incomplete bladder emptying. The procedure has proven to be effective on a long-term basis.

## Non-surgical treatment for Prostate Cancer

Each year in New Hampshire, approximately 1,000 men are diagnosed with prostate cancer. If caught early enough, patients may be eligible for Radioactive Seed Implant, a minimally-invasive procedure that allows patients to avoid surgery.

The highly trained staff at the Max K. Willscher Urology Center has been treating prostate cancer with Radioactive Seed Implant for 10 years. The procedure is performed under anesthesia as the seeds are implanted into the prostate via an ultrasound-guided needle. Patients return home the same day with nominal pain. The tiny seeds gradually deliver radiation to the prostate to kill the cancer cells. Radioactivity levels steadily drop and disappear after several months.

Men with early stage prostate tumors are the best candidates for seed implantation. Patients are now being diagnosed at earlier stages due to the develop of testing options.

 **The Elliot.**  
*Live Better!*