

ECHO • LASER®

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Rev-01

SPB01



ECHO • LASER®

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 is done using fibres (0.8mm in diameters) that puncture the skin to deliver the treatment.

Perineum = Area between the anus and scrotum

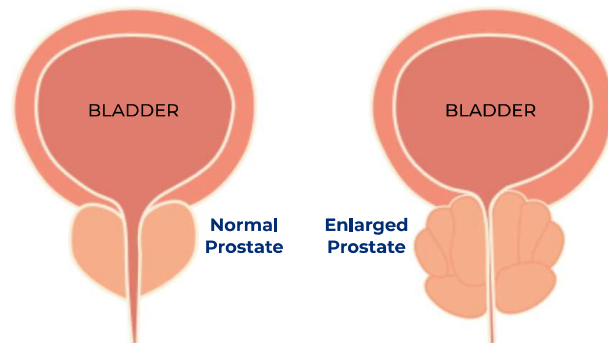
Urethra = The tube through which urine exits the body

Prostate = Gland surrounding the neck of the bladder

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

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. This may result in symptoms which can impact your quality of life.



IMPACT OF BPH

Approximately 50% 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).

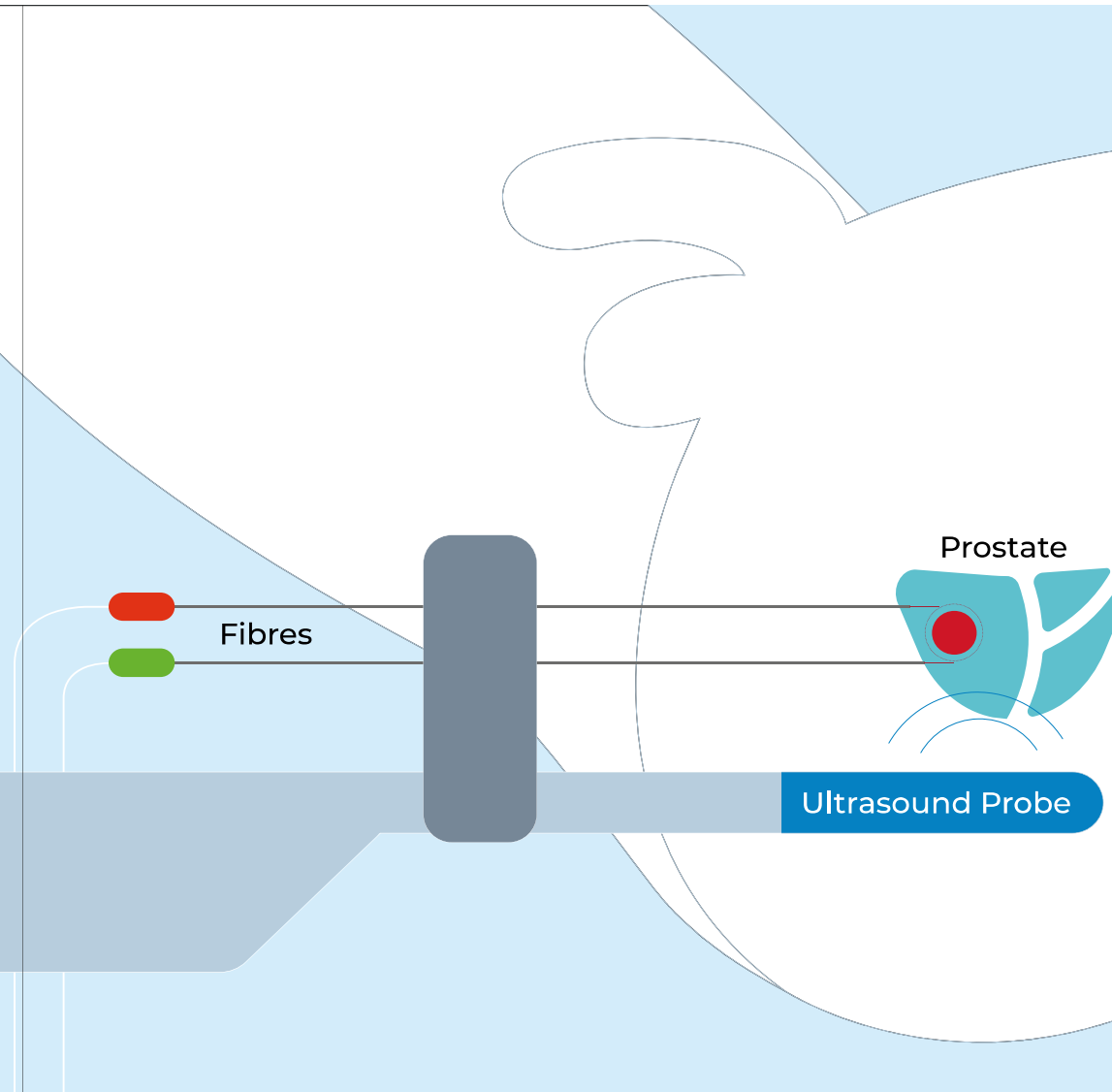
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EchoLaser therapy is an alternative treatment method for men who do not want to:

- Undergo major surgery
- Take BPH medication

The treatment is micro-invasive, and 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.

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.



ECHO • LASER® PROCEDURE

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

The procedure may be performed under local or general anesthesia, and 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 fibres (0.8mm) will then be inserted 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 over 20 publications, clinical studies, and clinical cases showing it's safety and effectiveness.

Ejaculation preserved in 100% of men¹

EchoLaser has shown to have a 0.9% side effect rate²

52% decrease in prostate size after 6 months³

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

www.elesta-echolaser.co.uk

1: Transperineal Laser Ablation and BPH: 12 month results from a multicenter prospective study, Manenti et al

2: Outcomes and Risk Factors for Complications of Laser Ablation for Thyroid Nodules, A Multicenter Study on 1531 Patients (Pacella CM, 2015)

3: (TPLA) for selected patients with lower urinary tract symptoms due to benign prostatic obstruction (Sessa et al, 2022, p. 04)



WHY CHOOSE ECHO • LASER®

- No need for general anaesthetic¹
- No risk to existing sexual function²
- 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 procedure³
- 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

²: Transperineal Laser Ablation and BPH: 12 month results from a multicenter prospective study, Manenti et al

³: Sessa et al, 2022, p.04

FAQ's

WHO IS ECHOLASER SUITABLE FOR?

EchoLaser 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.

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

Your urologist will decide if the catheter needs to be left in after the treatment. However, the catheter is usually removed 2 hours after the procedure.

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 any side effects affecting their sexual function. In fact, there is less than a 1% risk of any side effects after the treatment.

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 1 year 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

