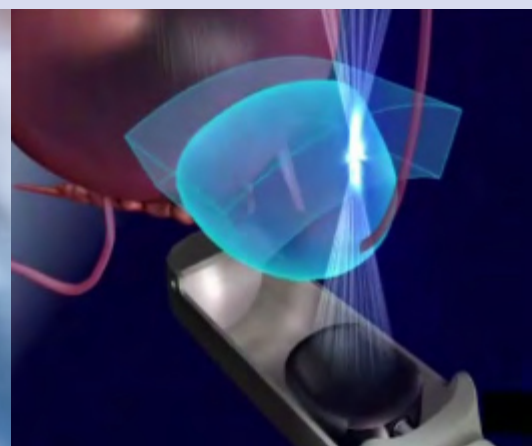




www.thefocaltherapyclinic.co.uk

Tel: 020 7036 8870



"Focal Therapy is a highly effective treatment with a rapid rate of recovery and minimal side effects."

Raj Nigam, Consultant Urologist,
TFTC.

Precision Treatment for Prostate cancer

Building on developments in imaging and diagnostics for prostate cancer Focal Therapy allows men with early to intermediate prostate cancer to be treated in a minimally invasive way eliminating their prostate cancer whilst maintaining their full quality of life.

Brian Lynch brought together a group of world-class clinicians to create The Focal Therapy Clinic, which now offers both HIFU Focal Therapy and NanoKnife IRE treatments.

Mr Tim Dudderidge, Mr Marc Laniado, Mr Raj Nigam, Mr Alan Doherty and Dr Clare Allen have been pioneering precision diagnostics and Focal Therapy for 20 years, and have supported the research and clinical trials at UCLH and Imperial Hospital.

A portrait of Marc Laniado, a middle-aged man with dark hair, smiling. He is wearing a grey suit jacket over a light-colored shirt. The background is a blurred indoor setting with light-colored walls and a window with blinds.

"Men are caught between a rock and a hard place. They want to get rid of their cancer but they don't want to lose sexual or urinary function. It's a balancing act, and men are best able to cope when they have the information they need."

Marc Laniado, Consultant Urologist,
TFTC.

Choosing the right path through prostate cancer treatment can be difficult

At times there may seem to be too much information and suddenly not enough. Some treatment options will seem too heavy-handed, and others not heavy-handed enough. Emotions will run high. A clear and thorough understanding of your diagnosis, and of all your treatment options, will help to cut through this.

The objective of this brochure is to introduce our team and to give you an understanding of what Focal Therapy is, what are the different types of Focal Therapy treatment and how it can benefit you.

Our contents:

- 5 - Meet our clinical team
- 6 - What is Focal Therapy?
- 7 - Benefits of Focal Therapy
- 8 - HIFU treatment
- 9 - NanoKnife IRE treatment
- 10 - HIFU Treatment or NanoKnife IRE?
- 11 - Our multidisciplinary approach
- 12 - Personalised treatment plans
- 13 - Clinically proven outcomes
- 15 - Am I suitable?
- 16 - Patient voices
- 18 - Questions for your doctor
Before & after treatment
- 22 - Our locations
- 23 - Further resources

"We aim to provide men and their loved ones with information to help them make the right decision for them."

Brian Lynch, Founder
& Patient Advocate,
TFTC.



Meet our clinical team



Mr Tim Dudderidge - Consultant Urological Surgeon

Tim trained in London, at Kings College Hospital, University College Hospital, Imperial College Healthcare - where he was awarded a Royal College of Surgeons uro-oncology fellowship - and The Royal Marsden - where he became the UK's first Robotic Surgery Fellow. Tim is now one of the key specialists in prostate cancer treatment at University Hospital Southampton.



Mr Marc Laniado - Consultant Urological Surgeon

Marc trained in specialist urology in London - where he became a Fellow of the Royal College of Surgeons (urology) - and in the USA - where he trained in minimally invasive techniques. Marc is prostate cancer lead at Wexham Park Hospital, Berkshire, where he is also the primary investigator for prostate cancer clinical trials.



Mr Raj Nigam - Consultant Urological Surgeon

Raj trained at University College London and Middlesex Hospital. He was Senior Urological Registrar at St. Bartholemews and Royal London Hospital, and has been Consultant Urological Surgeon at The Royal Surrey County Hospital, Guildford, since 2000.



Mr Alan Doherty - Consultant Urological Surgeon

Alan trained in London, at Middlesex Hospital, The Royal Marsden and Charing Cross Hospital. He also studied at the Institute of Urology before taking up his position as a Consultant Urological Surgeon at Queen Elizabeth Hospital, Birmingham in 2001, where he has become one of the most experienced surgeons in prostatectomy in the UK.



Dr Clare Allen - Consultant Uro-Radiologist

Clare qualified from Oxford and is the uro-radiology lead consultant at University College London. She has pioneered the use of mpMRI imaging for prostate cancer since 2000 and has led the establishment of reporting standards for prostate cancer imaging in the UK. She was lead radiologist on the Promise Trial which proved the efficacy of mpMRI for prostate cancer globally.

What is Focal Therapy ?

Focal Therapy for Prostate Cancer means treating the cancer while leaving the rest of the prostate gland intact. This is done to retain as much normal function as possible and to reduce the side effects and recovery times associated with radical treatment options.

Focal Therapy for prostate cancer treatment has been made possible by MRI scans which highlight the location of clinically significant prostate cancer within the prostate gland.

Focal Therapy treats early and intermediate stage prostate cancer by using intense energy sources to kill cells within the prostate gland while preserving critical structures controlling urinary continence and erectile performance.

Over the last 20 years clinical trials have established that Focal Therapy treats prostate cancer as effectively as radical treatments.

At the Focal Therapy Clinic we use HIFU Focal Therapy to treat cancers located towards the back and middle of the prostate gland and NanoKnife IRE treatment to treat cancers located towards the front of the prostate gland.

"Using precision diagnostics, we are able to pinpoint and treat the specific area of cancer.

Traditional prostate cancer treatment is like using a sledgehammer to kill a flea."

Alan Doherty,
Consultant
Urologist, TFTC.



"Traditional surgery often leaves men with long-term erectile dysfunction - four in ten will need a safety incontinence pad after a year and one in ten will be significantly incontinent.

Focal therapy would spare them these life-changing complications."

Tim Dudderidge, Consultant Urologist, TFTC.

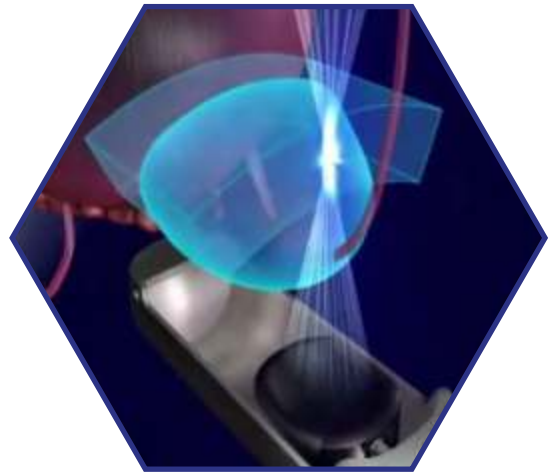


Benefits of Focal Therapy

- Cancer control similar to radical prostatectomy or radiotherapy treatments
- Minimally invasive (requires no surgery)
- Day (outpatient) procedure
- Quick recovery time (within 1-2 days)
- Minimal pain and discomfort
- Minimal risk of incontinence
- Preservation of erectile function

HIFU Treatment

High Intensity Focused Ultrasound (HIFU) is a soundwave-based treatment for prostate cancer, proven to be as effective as Radical Prostatectomy or Hormone / Radiotherapy treatments.



A single treatment session of HIFU is performed under general anaesthetic and usually lasts between 90 and 140 minutes. It is a largely well-tolerated procedure that allows men to leave the hospital within 90 minutes of completion.

HIFU Focal Therapy uses a pair of high-energy ultrasound beams that heat targeted areas of the prostate, destroying cancer cells.

Precise image guidance is used with HIFU, allowing it to be highly targeted to avoid damaging the areas that control urinary and erectile functions.

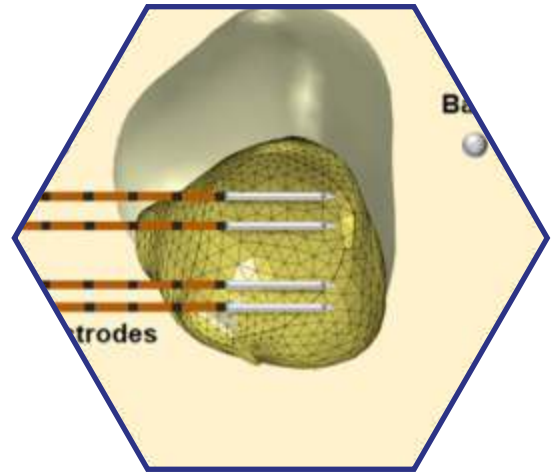


"HIFU has established itself as the most clinically researched treatment method."

Raj Nigam, Consultant Urologist, TFTC.

NanoKnife IRE Treatment

NanoKnife IRE Irreversible Electroporation (IRE) is a needle-based treatment for prostate cancer, that utilizes high-voltage electrical pulses to destroy cancerous cells.



NanoKnife IRE is performed under general anaesthetic in a single treatment session which usually takes less than one hour. It is a minimally invasive, well-tolerated procedure that allows men to return home the same day.

Electrical pulses are administered to the prostate through a series of needles that are placed around the cancerous areas. The exact positioning of the cancerous cells is verified during the procedure using MRI imaging.

Similarly to HIFU, the precision of the treatment allows it to be highly targeted to avoid damaging the areas that control urinary and erectile functions.



"Nanoknife is a needle based technology which is well suited to treating prostate cancers at the front of the prostate gland."

Tim Dudderidge,
Urological Consultant
at The Focal Therapy
Clinic.

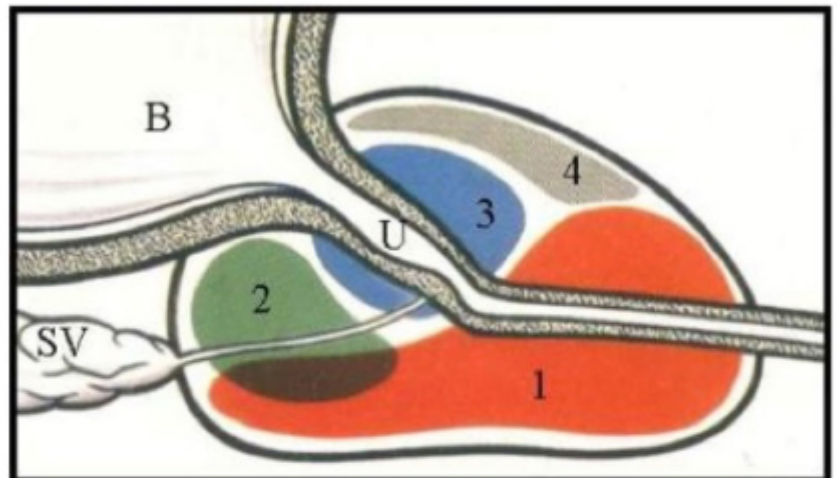
HIFU Treatment or NanoKnife IRE?

The choice between HIFU and NanoKnife IRE treatment involves a careful review of each patient's case. As part of your consultation, our team of consultant urologists along with our uroradiologists will review and evaluate the location(s) of the cancerous lesions within the prostate gland.

In general, the location of the patient's most clinically significant prostate cancer will guide the decision. For some men however the decision is complicated by the fact that their prostate cancer may extend beyond a single zone.

The image to the right highlights the different areas within the prostate, along with the different methodologies of treatment that are more applicable to each area.

Side Diagram of the Prostate Gland



HIFU Preferred

- 1 = peripheral zone - 65% of prostate cancers originate here
- 2 = central zone

Nanoknife / IRE Preferred

- 3 = transition Zone - 30% of prostate cancers originate here
- 4 = anterior Zone

B = bladder
U = urethra
SC = seminal vesicles

"High quality information (the MRI scan and report) leads to highly informed discussion (the MDT), which leads to optimal diagnostics and treatment for each patient."

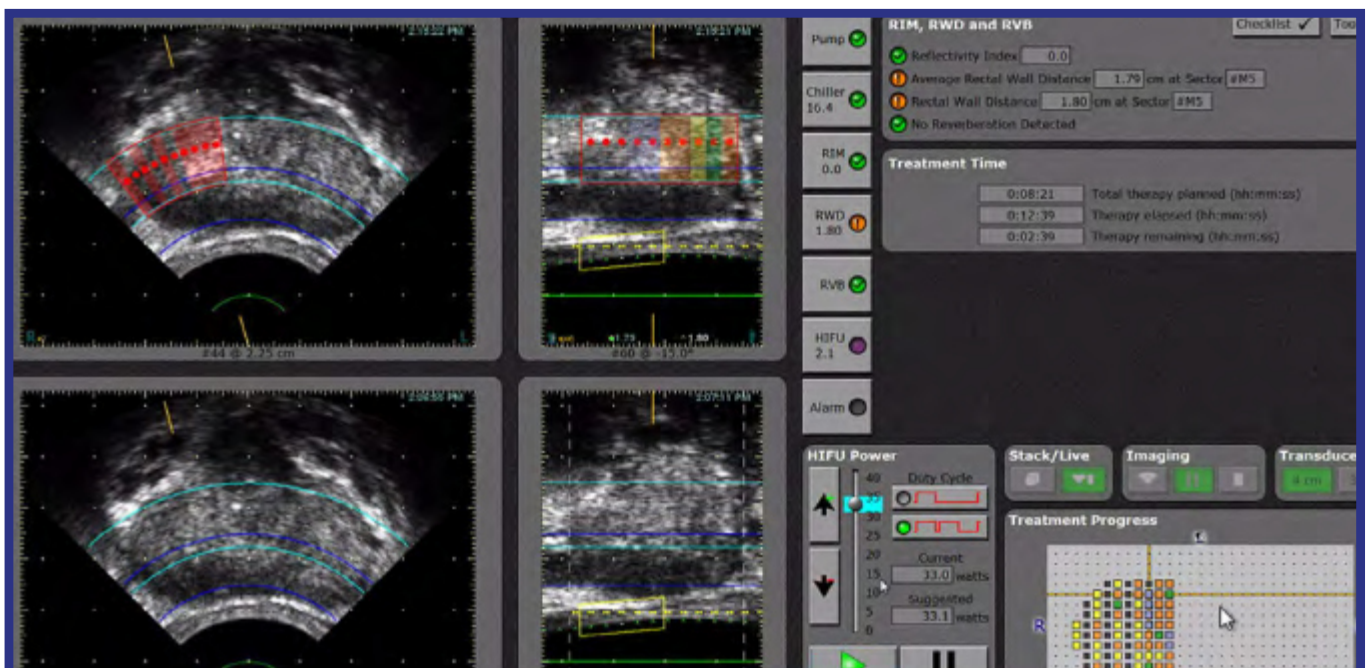
Alan Doherty, Consultant Urologist, TFTC.



Our multidisciplinary team

The Focal Therapy Clinic multidisciplinary team (MDT) of urologists and uro-radiologists work together to develop the best possible treatment plan for your prostate cancer.

Our MDT meets to present, review and agree on the diagnosis and treatment options for each and every patient, taking into account a complete set of clinical and personal, patient-specific issues.





"As a uro-radiologist, I integrate the results of the major MRI sequences with those from precision biopsies to create a unique, detailed treatment plan."

Dr Clare Allen, Radiologist, TFTC.

Personalised treatment plans

MRI scanning and precision biopsy underpins Focal Therapy.

Since the early 2000s, multiparametric MRI scanning has allowed us to identify the location within the prostate gland that has cancer. Precision biopsies, especially trans-perineal biopsies, mean that we can now definitively confirm which areas have cancer and which do not. With this information, personalised treatment plans can be created to ensure that the areas of clinically significant cancer are fully ablated, with an appropriate margin to minimise any risk of recurrence.



"Personalised Treatment Plans enable us to ablate the prostate cancer with minimal side effects."

Raj Nigam, Consultant Urologist, TFTC.

Clinically proven outcomes

HIFU

HIFU Focal Therapy is a NICE approved treatment for prostate cancer that has been proven by multiple clinical trials in the UK, Europe, and the USA.

The most extensive of these trials, conducted in the UK between 2006 and 2016, showed that the therapy has **similar oncological outcomes** over 8 years to traditional prostate cancer treatments like Prostatectomy or Hormone / Radiotherapy, but has **vastly reduced side effects**.

In the 10-year clinical trial, 625 men were treated with HIFU Focal Therapy giving a median follow up of 5 years.

Cancer Control:

93% were cured using HIFU Focal Therapy alone.
7% needed to progress to either a Radical Prostatectomy, or Radiotherapy, within 5 years.

Urinary Continence:

98% had no issue with urinary continence after the treatment.
2% needed some support for a couple of weeks.

Sexual Potency*:

75% had no issues.
20% needed ongoing over-the-counter medicine (but may have been using this before treatment).
5% needed some ongoing additional support.

NanoKnife IRE

NanoKnife IRE is a cutting-edge technique which has shown very promising results in a series of clinical trials, particularly in its superior preservation of continence and erectile function as compared to Radical Prostatectomy.

In one study conducted in Australia between 2013 and 2018, 123 prostate cancer patients were treated with NanoKnife IRE, with a follow up of up to 6 years.

Cancer Control:

97% were cured using NanoKnife IRE alone
15% had a recurrence within 5 years
3% needed to progress to full gland treatment within 3 years

Urinary Continence:

99% had no issue with urinary continence after the treatment.

Sexual Potency*:

76% reported no change in erectile function.

Am I suitable?

If you have **early to intermediate stage** prostate cancer which is confined within the prostate gland, and have a **Gleason score of 7 or less**, or you are on the NHS Active Surveillance protocol, you are likely to be suitable for Focal Therapy.

When you reach out to us, one of our patient advocates will provide you with a detailed explanation of the Focal Therapy procedure and the suitability criteria.

Your initial discussion with a patient advocate is confidential and free of charge.

If you decide to go on to have a consultation, your medical files, MRI images and biopsy reports will be reviewed by our team of urological surgeons, who will work with you to create a bespoke treatment plan.

"I got in touch with The Focal Therapy Clinic and I spoke to a delightful gentlemen, who made me feel very good - he told what would happen and what could happen."

Barry, TFTC patient.



Patient voices



An alternative to life-changing surgery

Steve Wright was reluctantly preparing for Radical Prostatectomy when his wife came across HIFU Focal Therapy. It seemed too good to be true, but Steve has had a successful HIFU treatment.



I wanted the prostate cancer eliminated

Guy was recommended to go on Active Surveillance but he didn't want the uncertainty of not knowing how fast the cancer might be growing. Guy was successfully treated with HIFU Focal Therapy by Tim Dudderidge and back on his bicycle within 3 weeks.



"Barry's 75 but a very young 75 - we live our lives to the fullest and want to continue to do so."

Jackie Reuben, wife of TFTC patient, Barry.

We didn't want our lives dismissed

Barry Reuben, an active 75 year old, felt his quality of life was not being properly considered with the treatment options offered to him by the NHS. HIFU Focal Therapy has allowed him to enjoy the years of active, healthy life ahead of him.



"Active surveillance may be highly effective in monitoring cancer, but for me it was doing my head in - constantly worrying, not sleeping properly, and with my mind taking me to some very dark places."

Perry Letcher, TFTC patient.

When Active Surveillance becomes anxious surveillance

Perry Letcher was put on Active Surveillance at the age of 56. Over time the ongoing worry of living with cancer took a serious toll on his mental health. He had a successful HIFU treatment when he was 58 and feels that his mental state has dramatically improved.

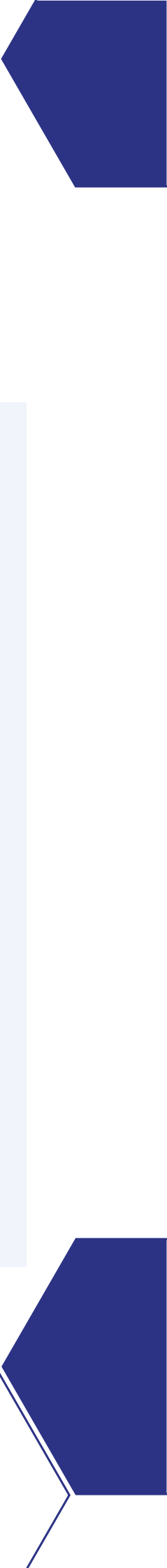
Questions for your doctor

If you have received your prostate cancer diagnosis results, and before starting treatment, you should talk to your doctor about your options.

You may want to seek a second opinion, or even talk to several doctors about treatment options, their side effects, and the expected results.

Here are some questions to ask your doctor about your diagnosis:

- Is my cancer confined within my prostate gland? Is there one area of cancer, or is it spread across the gland?
- What is my Gleason Score? How many biopsy cores were taken and how many are positive?
- Do the biopsy results confirm or differ from my MRI analysis?



Here are some questions to ask your doctor about your treatment:

- What are my treatment options? Which do you recommend for me and why?
- What are the expected benefits of each kind of treatment?
- What are the risks and possible side effects of each treatment? How can the side effects be managed?
- What can I do to prepare for treatment?
- Will I need to be hospitalised? If so, for how long?
- How will my treatment affect my normal activities? Will it affect my sex life? Will I have urinary problems? Will I have bowel problems?

Before and after treatment

The day of your treatment

You will be asked to not eat anything for at least six hours before the HIFU/ NanoKnife IRE procedure. You should NOT drink anything for at least two to four hours before the procedure.

On the day of the procedure, you will arrive at the hospital about 2 hours before your scheduled treatment time and will be met by the specialist nurse who will bring you to your room. After you have changed she will discuss the procedure itself including the urinary catheter, how you can expect to feel after the treatment and in the following days.

Shortly afterwards the consultant anaesthetist will meet with you. The anaesthetist will explain the anaesthetic options available to you and make sure that your preferred option is both appropriate and safe. The anaesthetic will usually be a general anaesthetic (which puts you into a deep sleep during which you cannot feel anything). This is so that you do not move during the procedure, so that the HIFU/NanoKnife IRE treatment is effective.

Both the HIFU and NanoKnife IRE treatment use a probe, slightly larger in size to the one used when you had your first prostate biopsies taken, that is placed into the rectum (back passage) by the surgeon.

During the HIFU treatment, the HIFU device is directed towards the prostate area so that the ultrasound waves can target your prostate gland through the rectum.

HIFU treatment normally takes between one and two hours.

The NanoKnife IRE treatment is administered by a series of needles that are inserted into your prostate gland, through the perineum, surrounding the cancerous areas.

NanoKnife IRE treatment normally takes 30 minutes to one hour.

After treatment

Once the HIFU/NanoKnife IRE treatment is complete your anaesthetist will wake you up.

When you wake up after the procedure you can expect to be a little groggy for up to an hour. You are unlikely to have any discomfort although you will have had the catheter fitted.

You will be visited by your consultant to confirm that the procedure has gone as planned and he will confirm that you can proceed to leave the hospital.

Most men will be able to go home about three to four hours later, provided there is someone to escort them and stay with them overnight. Occasionally, there will be the need for an overnight stay after treatment if your medical team think it is safer. Also, under no circumstances should you drive a car on the day of treatment.

You will be taught all about your catheter and how to look after it. Mild pain killers and a seven-day course of antibiotics will be provided. We usually give you some tablets that relax the prostate called alpha-blockers. A contact number will be given if you have any problems at home.

Most people recover from their HIFU/NanoKnife IRE treatment within one or two weeks. In the days after the operation, you will probably feel more tired than usual. This is normally because of the anaesthetic. Most people can return to work after the catheter has been removed.

Follow up and aftercare

At 3 months after the procedure you will have a formal consultation with your consultant to confirm that you have had no side effects and that your PSA level has been significantly reduced.

At between 9 months and 1 year you will have an mpMRI scan done to confirm that the prostate cancer has been fully ablated and that there is no clinically significant prostate cancer remaining.

At this stage, men will be discharged back to their GP with their detailed clinical notes confirming that the treatment has eliminated their prostate cancer diagnosis.

Six state-of-the-art locations



THE HARLEY STREET
HOSPITAL

London



BMI MOUNT ALVERNIA
HOSPITAL

Guildford



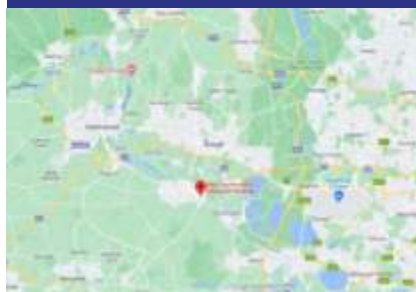
SPIRE SOUTHAMPTON
HOSPITAL

Southampton



BMI THE PRINCESS
MARGARET HOSPITAL

Windsor



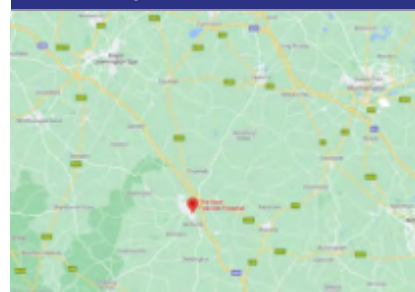
SPIRE PARKWAY
HOSPITAL

Solihull



THE NEW FO SCOTE
HOSPITAL

Banbury



Each location has the highest standards of patient care, along with the cutting-edge technologies and expertise required to carry out Focal Therapy treatment.

Further resources



On Focus is our audio series by The Focal Therapy Clinic's podcast host, Clare Delmar. She explores the issues facing men diagnosed with prostate cancer, bringing to light concerns that are little known, less understood, and seldom discussed.

www.thefocaltherapyclinic.co.uk/podcast/

News & views

The Focal Therapy Clinic's blog, *News & Views*, covers a vast range of topics surrounding prostate cancer - from innovation and technological development in treatments, to awareness-raising activism, to patient support resources.

www.thefocaltherapyclinic.co.uk/blog/

You can find us on Twitter, Facebook, Youtube and LinkedIn



"We continue to elevate debate so that more people are aware of the issues they're likely to face as they go through their prostate cancer journey."

Clare Delmar, podcast host and blogger, TFTC.



Get in touch

When you make an enquiry with The Focal Therapy Clinic one of our friendly, knowledgeable team of patient advocates will provide you with a detailed explanation of the Focal Therapy treatments and the suitability criteria in a 20 minute phone call, free of charge.

Our Patient Advocates:



Eva Tomopoulou



Brian Lynch



Nicola Stanley

www.thefocaltherapyclinic.co.uk

Tel: 020 7036 8870

Find us on Twitter, Facebook, Youtube and LinkedIn