

The physicians at the Florida Medical Clinic offer optimal health care to patients who have entrusted us for their health and well being. As our valued patient we want to provide important information regarding your health issues.

TherMatrix **Thermotherapy Treatment for Enlarged Prostate**

Benign Prostatic Hyperplasia (BPH) is a non-cancerous (benign) enlargement of the prostate. During teenage years, the prostate grows to the size of a walnut. Growth begins again around the age of 50. The reasons for this growth are not fully known. By the age of 80, 80% of men have BPH.

Symptoms of BPH

An enlarged prostate presses on the urethra. The pressure can obstruct the flow of urine through the urethra. Obstruction of the flow can cause problems including:

- Frequent urination, especially at night
- Weak urine flow
- Sudden urge to urinate
- Trouble starting and stopping your urine stream
- Inability to completely empty your bladder

If you are suffering from the symptoms of BPH, you are not alone. Approximately half of all men in the United States, over the age of 50, have BPH.

What is TherMatrix?

TherMatrix treatment, also called thermotherapy or heat therapy, uses microwave energy to heat the prostate tissues. Heat causes damage to the prostate tissues surrounding the urethra, which reduces the swelling and improves the flow of urine from the urethra.

Microwaves are delivered to the prostate through a disposable catheter. Your physician will place a catheter into the prostate through the urethra and connect the catheter to a urine drainage bag.

Temperature sensors are threaded into two tubes inside the catheter and a probe is inserted into the rectum to monitor the temperature during treatment.

The treatment period normally lasts approximately 40 to 60 minutes.

What are the advantages of Thermotherapy?

The American Urology Association released Guidelines showing that TherMatrix is better than drugs, and second only to surgery in relieving BPH symptoms.

- Patients experience up to twice the symptom relief, and up to twice the peak flow rate improvement.
- Patients experience little or no side effects.
- Patients save hundreds of dollars per year.
- Treatment is performed in the doctor's office
- No general or spinal anesthesia, only oral medication used
- Shorter recovery than most hospital procedures

Florida Medical Clinic provides a comprehensive medical facility for our patients and our community. Many treatment programs are being offered to allow for preventative health

maintenance for the prostate. Feel free to discuss thermotherapy and other treatment options with your primary care physician. You may also obtain information regarding treatment options from any of our Urologists located in Zephyrhills and North Tampa.

What to Expect after Treatment

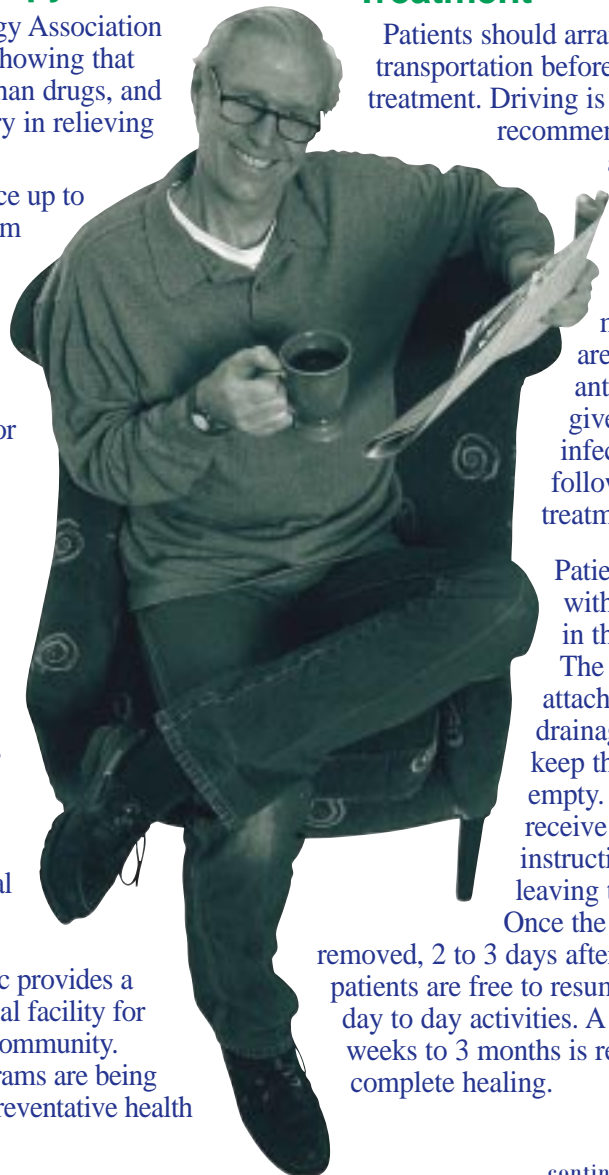
Patients should arrange for transportation before and after treatment. Driving is

recommended only after the effects of the sedative

medications are gone. An antibiotic is given to prevent infection following treatment.

Patients go home with a catheter in the urethra. The catheter is attached to a drainage bag to keep the bladder empty. Patients receive care instructions before leaving the office.

Once the catheter is removed, 2 to 3 days after treatment, patients are free to resume normal day to day activities. A period of 6 weeks to 3 months is required for complete healing.



How Severe are my Symptoms?

The American Urological Association

(AUA) has developed a questionnaire to help you and your doctor determine the severity of your BPH symptoms. This questionnaire is called the AUA Symptom

Index. Circle your score for each question. Add the total of all the numbers you circled to determine your Total Symptom Score.

QUESTION	None	Less than 1 time in 5	Less than half the time	About half the time	More than half the time	Almost always
INCOMPLETE EMPTYING Over the past month, how often have you had a sensation of not emptying your bladder completely after you have finished urinating?	0	1	2	3	4	5
FREQUENCY Over the past month, how often have you had to urinate again less than 2 hours after you have finished urinating?	0	1	2	3	4	5
INTERMITTENCY Over the past month, how often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5
URGENCY Over the past month, how often have you found it difficult to postpone urination?	0	1	2	3	4	5
WEAK STREAM Over the past month, how often have you had a weak urinary stream?	0	1	2	3	4	5
STRAINING Over the past month, how often have you had to push or strain to begin urination?	0	1	2	3	4	5
NOCTURIA Over the past month, how many times did you most typically get up to urinate from the time you went to bed at night until the time you got up in the morning?	0	1	2	3	4	5+

Your AUA Symptom Score will indicate the severity of your BPH symptoms.

Symptom Score	Severity
0 to 7	Mild
8 to 19	Moderate
20 to 35	Severe

You may choose to receive no treatment if your symptoms are mild. This is often called "watchful waiting" under the guidance of a physician. Most patients look for relief if their symptoms are moderate to severe.

Florida Medical Clinic Locations

Patient Helpline 813.780.8440	Pharmacy Zephyrhills 813.715.0354	Zephyrhills-Arbor Ridge 813.783.3118	Vascular Surgery North Tampa 813.977.8275	Pathology Zephyrhills 813.779.7687
Ambulatory Surgery Center North Tampa 813.978.1494	Physical Therapy Zephyrhills 813.779.2057	Dade City 352.567.5136	General Surgery North Tampa 813.979.7750	Psychiatry Zephyrhills 813.782.1147
Bone Densitometry Zephyrhills 813.782.3630	Pulmonary Function Testing Zephyrhills 813.782.1329	Allergy and Asthma Zephyrhills 813.779.8194	Wesley Chapel 813.979.7750	Pulmonology/Sleep Disorders Zephyrhills 813.782.1329
CT Scan Zephyrhills 813.782.8829	Special Procedures Center Zephyrhills 813.780.8266	Cardiology HeartCare 813.971.4544	Hematology/Medical Oncology Zephyrhills 813.780.2642	Ocala 352.854.0800
Clinical Research Department Zephyrhills 813.780.8363	Vascular Studies Zephyrhills 813.782.8829	Zephyrhills 813.788.5575	North Tampa 813.979.6178	North Tampa 813.615.1740
Diagnostic Laboratory Zephyrhills 813.782.8311	Family Practice Zephyrhills 813.788.7651	Wesley Chapel 813.929.3516	Infectious Diseases Zephyrhills 813.780.8085	813.977.7794 Radiology Zephyrhills 813.782.8829
Lipid Clinic Zephyrhills 813.783.1840	Dade City 352.567.8640	Dermatology Zephyrhills 813.780.8085	Nephrology Zephyrhills 813.782.3727	Dade City 352.567.7903
MRI Zephyrhills 813.782.3630	Wesley Chapel 813.991.9355	Lutz 813.948.1498	North Tampa 813.632.8810	Wesley Chapel 813.991.9355
Nuclear Medicine Zephyrhills 813.788.5575	Hospital Medicine Zephyrhills 813.780.2155	Gastroenterology Zephyrhills 813.780.7534	Ophthalmology Zephyrhills 813.715.0195	Rheumatology Zephyrhills 813.782.1234
Optical Center Zephyrhills 813.782.5587	Internal Medicine Zephyrhills 813.780.8692	North Tampa 813.972.2324	Orthopaedic Surgery Zephyrhills 813.780.1555	Urology Zephyrhills 813.788.0487
		General and Vascular Surgery Zephyrhills 813.788.8160	North Tampa 813.979.0440	North Tampa 813.979.7733