

# CRYOSURGERY



About Prostate Cancer®

## WHAT IS CRYOSURGERY FOR PROSTATE CANCER?

Cryosurgery or cryoablation is a treatment in which cancer cells are killed by freezing the prostate gland. During this procedure, your doctor will use an ultrasound image to place small needles into the prostate. A cold gas is placed into these needles, causing the prostate, tumor and surrounding tissue to freeze. After each freezing process (there are usually two), the tissue is able to thaw; this repeated freezing and thawing cycle kills the cancer cells.

In most cases, the outpatient procedure can be performed in fewer than two hours. The patient is usually discharged from the recovery room with a catheter in place for drainage, which is removed once prostate swelling has gone down (anywhere from several days to several weeks).

Cryosurgery may be suitable for patients who have cancer that is confined to the prostate gland.

Due to recent advances with smaller needles and computer guided programs to insert the needles, the procedure has become much more effective and offers patients an outpatient treatment. New technological advances have significantly reduced the rate of complications. However, side effects can include pelvic pain, stricture, incontinence and erectile dysfunction.

Not all prostate cancers require active treatment, and not all prostate cancers are life-threatening. The decision to proceed to active treatment is one that men should discuss in detail with their urologists to determine whether active treatment is necessary, or whether surveillance may be an option.

Choosing the right treatment for prostate cancer is an individual decision that patients should make together with their doctor. No one treatment is perfect for every man.

Talk to your doctor about which treatment is right for you.

[www.KnowYourStats.org](http://www.KnowYourStats.org)



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