



**STURDY**  
MEMORIAL HOSPITAL

**FOR IMMEDIATE RELEASE**  
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**PUTTING THE FREEZE ON PROSTATE CANCER**  
***Sturdy Memorial Offers Cryotherapy***

ATTLEBORO, MA, September 6, 2011—September has been designated Prostate Cancer Awareness Month to direct attention to the most common cancer in men, for which approximately one in six men will be diagnosed during his lifetime, according to the American Cancer Society (ACS). As with all cancers, prostate cancer prognosis is better the earlier it is diagnosed. Treatments, including surgery, radiation, chemotherapy, and hormone therapy, are chosen depending on prognosis, age, and consideration of treatment risks and possible side effects. Cryotherapy—also called cryosurgery, cryoablation, or simply cryo—is an advanced, minimally invasive procedure that uses extremely cold temperatures to destroy cancerous tissue. Dr. Raymond Paul-Blanc, a board certified urologist on staff at Sturdy Memorial Hospital, performs cryotherapy for prostate cancer patients as a treatment for selected patients with localized cancer.

**What Is Cryotherapy?**

Prostate cancer cryotherapy, a treatment option for patients with early stage and organ-confined prostate cancer, is a minimally invasive alternative to surgical removal of the prostate gland (prostatectomy) and is an option if other treatments failed or if the cancer recurred after treatment. “To perform cryotherapy,” says Dr. Paul-Blanc, “the surgeon places several hollow, ultrathin needles through the skin under ultrasound guidance into the prostate gland. Very cold gases, reaching temperatures of negative 40 degrees Celsius, are passed through the needles, freezing and destroying the prostate gland.” Ultrasound images and temperature monitors used throughout the procedure assure complete tumor destruction and minimal damage to nearby tissues.

“Subjecting the prostate gland to freezing and thawing processes,” Dr. Paul-Blanc continues, “destroys cells through dehydration, makes drastic pH level changes, prevents red blood cell flow, and/or activates the body’s anti-tumor response.” During the procedure, which takes about two hours, the patient is placed under local or general anesthesia.

**What Are The Benefits Of Cryotherapy?**

“As a minimally invasive procedure,” says Dr. Paul-Blanc, “cryotherapy usually results in less blood loss than with surgery as well as a shorter hospital stay, shorter recovery period, and less pain than

with surgery or radiation therapy.” Patients are usually discharged the same day of the procedure, but sometimes remain in the hospital for one or two days.

### **What Are The Possible Side Effects?**

Most men who undergo cryotherapy for prostate cancer have blood in their urine for a day or two after the procedure, as well as soreness where the needles were placed. Also common is swelling of the penis or scrotum, and sometimes pain or burning sensations in the bladder. Other side effects include impotence and incontinence. According to Dr. Paul-Blanc, “Cryotherapy is fairly new as a mainstream prostate cancer treatment and fits well into the new guidelines of the American Urological Association (AUA) for treatment of early stage prostate cancer. Speaking with your doctor about cryotherapy, the risks, and the various treatments available for prostate cancer is important to determining your individual care plan.”

Dr. Paul-Blanc is accepting new patients at his office, located at 16 Creeden Street in Mansfield, and appointments can be made by calling **508-339-3600**. For more information about prostate cancer and treatment options, visit the Hospital’s website at **[www.sturdymemorial.org](http://www.sturdymemorial.org)**, click on Cancer Care, and then Prostate Cancer Care. Sturdy Memorial Hospital is a full-service, independent, financially stable, not-for-profit, acute care community hospital in Attleboro, Massachusetts.

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