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## **FACT SHEET**

### **What is Cooled ThermoTherapy?**

Cooled ThermoTherapy™ (CTT) is a leading minimally invasive treatment for symptoms and obstruction due to benign prostatic hyperplasia (BPH), commonly known as an enlarged prostate. Cooled ThermoTherapy offers a proprietary cooling technology coupled with precisely targeted microwave energy for the treatment of BPH.

This technology generates high temperatures within the prostate creating substantial coagulation necrosis, while cooling helps protect the urethral wall for patient comfort. The level of deep tissue necrosis, which is based on the relationship of time and temperature, is widely reported to be necessary for lasting BPH treatment efficacy. Cooled ThermoTherapy has been the subject of an extensive published thermal mapping study proving the evidence of deep-tissue necrosis<sup>1</sup>.

Cooled ThermoTherapy has been widely recognized as a durable and effective minimally invasive, in-office treatment for BPH and is recommended by the:

- American Urological Association (AUA) *2003 & 2010 Management of BPH Guidelines*
- European Association of Urology Guidelines on Benign Prostatic Hyperplasia (2001)
- World Health Organization consensus findings on the diagnosis and treatment of BPH (2002)

The latest advances in Cooled ThermoTherapy are Urologix' CoolWave® Control Unit and the CTC Advance® Microwave Catheters. CoolWave, introduced in 2006, incorporates a high resolution touch screen user interface and increased processing power that enables the urologist to customize BPH treatments for individual patients.

The CTC Advance Microwave Catheter provides a durable treatment for patients with short to long prostatic urethral lengths, small to large size glands and obstructive BPH symptoms. The treatment is delivered in 28.5 minutes in the urologist's office.

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<sup>1</sup> Larson, T., Transurethral Microwave ThermoTherapy: Comparative Effects of High-vs.-Low-Temperature Treatment. Minimally Invasive Procedures in Urology: Mayo Clinic, Scottsdale, AZ

## Why is Cooled ThermoTherapy an optimal treatment?

- Proven Results
  - 5 Year data proves effective, durable improvements in AUA Symptom Score and flow rate<sup>2</sup>
  - Over 120 published articles and peer reviewed papers proving the effectiveness of Cooled ThermoTherapy<sup>3</sup>
- Safe Minimally Invasive Therapy
  - Performed in the comfort of the urologist's office
  - Studies demonstrate low complication rates<sup>4</sup>
  - Over 90% of patients do not require surgical re-intervention at 5 years<sup>2</sup>
  - Over 250,000 patients have been treated using Cooled ThermoTherapy
- Large Treatable Patient Population
  - Indicated for the treatment of symptoms and obstruction associated with BPH<sup>4</sup>
  - Limited contraindications associated with Cooled ThermoTherapy<sup>4</sup>

Cooled ThermoTherapy is more cost effective for patients than a lifetime regimen of drug therapy.<sup>5</sup> Cooled ThermoTherapy will treat BPH without the unwanted long-term side effects such as dizziness, low blood pressure and low libido, which may occur if taking BPH medication. Cooled ThermoTherapy has proven patient satisfaction with improved urine flow rate (Qmax) and quality of life (QOL) scores.<sup>2</sup> Approximately 78% of patients reported they were satisfied with their course of treatment.<sup>2</sup>

**For more information,** visit the [www.urologix.com](http://www.urologix.com)  
or call Urologix' toll-free number (888-229-0772).

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Cooled ThermoTherapy™ is available by prescription only. This therapy is not for everyone. Talk to your physician to see if Cooled ThermoTherapy is right for you. Most medical procedures may have side effects. Possible side effects for Cooled ThermoTherapy include blood in urine, clots in urine, painful or difficult urination, thickened bladder muscle, rectal irritation, temporary inability to control urination, brief inability to achieve or maintain an erection and the inability to discharge semen in orgasm thus should be considered by men who wish to have further offspring. A small risk of urethral stricture may result requiring further intervention. Patients may experience discomfort during the procedure that may require the use of analgesics or sedatives. Patients may be catheterized for a 2 to 5 day period following the treatment.<sup>1</sup> For more complete information about the benefits and risks associated with Cooled ThermoTherapy please refer to the Instructions for Use found on our website at [www.cooledthermotherapy.com](http://www.cooledthermotherapy.com) or call us at 1.800.475.1403.

<sup>1</sup>Data taken from the CTC Advance® Instructions for Use, 250348 Rev B 12/08.

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<sup>2</sup> Mynderse, L., et al., Results of a Multi-Center Trial of a New Generation Cooled ThermoTherapy for BPH, *Journal of Urology*, May 2010, Vol 185, No 5

<sup>3</sup> Data on file at Urologix, Inc. [www.urologix.com](http://www.urologix.com)

<sup>4</sup> CTC Advance Instructions for Use, 250348 Rev D 8/10, [www.urologix.com](http://www.urologix.com)

<sup>5</sup> Blute, M., et al., Cost Effectiveness of Microwave Thermotherapy in Patients with Benign Prostatic Hyperplasia: Part II – Results, *Urology*, Dec 2000, Vol 56, No 6