

## High-Intensity Focused Ultrasound (HIFU) for the Treatment of Prostate Cancer

In an article published in February 2017, Dr. Mark Tyson and authors researched the literature for studies on the effectiveness of treatments for prostate cancer. One of the treatments they reported on in the article is HIFU. In this article the authors stated, *“In light of the lack of long-term data regarding the oncologic efficacy of HIFU for the primary treatment of localized prostate cancer, it is our opinion that this therapy should be used only in the setting of a clinical trial or reserved for surgically-ineligible, medically comorbid men with low to intermediate risk disease who refuse active surveillance or radiation.”*(1)

HIFU has been used around the world for many years for the treatment of an enlarged prostate and prostate cancer. It was originally meant to be used as focal therapy (killing the cancer in the areas where the prostate biopsy was positive) and was meant for patients who were not acceptable candidates for surgery or radiation.

It was approved by the FDA for use in the United States in October 2015, however, the FDA approved HIFU for “prostate ablation”, not specifically mentioning prostate cancer. In other words, it isn’t approved as a primary treatment for prostate cancer and as such some insurance companies may not pay for the procedure. The FDA is leaving it up to the patient and their physician to determine if they are a candidate for HIFU to treat their prostate cancer.

At the American Urological Association meeting in 2016 experts discuss the effectiveness of HIFU as summarized in an article published on Medscape.

[http://www.medscape.com/viewarticle/863037#vp\\_1](http://www.medscape.com/viewarticle/863037#vp_1)