

**TEMPRO Bipolar Radio Frequency Thermal Treatment  
FOR ABACTERIAL CHRONIC PROSTATITIS : Initial results**

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1) Introduction and Objectives:

Abacterial Chronic Prostatitis is a challenging illness in our day to day urology practice. Patients undergo several types of treatments and many of them are nor relieved of their pain.

We have recently started a clinical trial using Bipolar Radiofrequency Thermal Treatment (*Direx-Initia's Tempro device*) to treat Abacterial Chronic Prostatitis with our patients both young and old (27 to 72 years).

We are here reporting our initial results with patients that have completed at least a three months follow up.

2) Material and Methods

We used the *Tempro* system (from *Direx-Initia*) with a treatment protocol of 55 degrees Celsius for 50 minutes, medium heating rate. All patients had tried different drugs, such as Ciproxin ,Tamsulosine and NSAID, without success.

We utilized the NIH Symptoms Score in order to evaluate quantitatively patient improvements.

Table 1. Patient's demographics

Characteristics	Value
Numbers of the patients	41
Mean age (range)	42.6 ± 11.4 (28 - 72)
Mean prostate size (cc)	25.3 ± 6.1
<b>NIH classification (%)</b>	
Category II	13 (31.8%)
Category IIIA	14 (34.1%)
Category IIIB	14 (34.1%)
<b>Most bothersome symptoms</b>	
Pelvic pain (%)	14 (34.1%)
Perineal and/or perianal pain (%)	12 (29.2%)
Orchalgia (%)	7 (17.1%)
Urinary Symptoms (%)	8 (19.6%)

NIH : National Institutes of Health, CPSI : Chronic Prostatitis Symptom index

### 3) Results

The results after 3 months are as follows;

Table 2. Comparison of Chronic Prostatitis Symptom index scores between pretreatment (baseline) and TEMPRO after 3 months (post TEMPRO) CPSI score

	Baseline CPSI score	Post-TEMPRO CPSI score	p value
Mean Total score	23.4 ± 7.3	16.5 ± 4.9	0.072
Mean pain domain score	11.2 ± 5.4	6.5 ± 3.8	0.034
Mean Urination domain score	5.7 ± 3.3	5.2 ± 2.3	0.872
Mean Quality of life domain score	6.6 ± 2.4	4.6 ± 1.6	0.138

Taking a criteria of improvement as a 50% reduction in symptoms score the following Table shows the success results

Table 3. Subgroup analyses according to the decline of CPSI score more than 50 percent at 3 month after TEMPRO.

- Group A: CPSI scores decreased more than 50% after TEMPRO (= successful group)
- Group B: CPSI scores does not decreased more than 50% after TEMPRO (= unsuccessful group)

	Group A	Group B	p value
<b>Total Success</b>	19 ( 46 % )	22 ( 54 % )	
<b>Age group</b>			
50 or Younger than 50 years old	12	17	0.638
Older than 50 years old	7	5	
<b>NIH classification (%)</b>			
Category II	8	5	0.052
Category IIIA	9	5	
Category IIIB	2	12	
<b>Most bothersome symptoms (%)</b>			
Pelvic pain	5 ( 36 % )	9 ( 64 % )	0.102
Perineal and/or perianal pain	9 ( 75 % )	3 ( 25 % )	
Orchalgia	4 ( 57 % )	3 ( 43 % )	
Urinary Symptoms	1 ( 12.5 % )	7 ( 87.5% )	

Table 4. Acute complications associated with TU-RF

Complications	Numbers of patients	Management
Urinary tract infection	1 (2.4%)	Broadspectrum antibiotics
<i>de novo</i> voiding symptoms	3 (7.3%)	Conservative
Urinary retentions	2 (4.8%)	Temporary indwelling catheter

#### 4. Conclusions

These initial results look very positive with an overall success rate of 46 %. Perineal and/or perianal pain, as well as orchalgia, are substantially improved in the majority of the patients. Considering the complexity of the illness we consider it a simple and effective treatment. Side effects are minimal, therefore the *Tempo* treatment for prostatitis should be considered as a safe and effective one. We will continue to explore the potential of this treatment.