

Profile of the Clinic for Prostate Therapy, Heidelberg

The Clinic for Prostate Therapy in Heidelberg is an internationally renowned specialist clinic for the treatment of prostate diseases. It was founded around 30 years ago and has since acquired a wealth of experience that is virtually unique in Germany and Europe. To this day, the clinic is considered a pioneer in the field of modern, minimally invasive prostate therapy.

Both in the treatment of benign prostate enlargement and in the treatment of prostate cancer, procedures were used here for the first time in Germany that are now virtually standard in prostate therapy.

The clinic's founder, urologist Dr Joachim-Ernst Deuster, recognised as early as 2000 that classic surgery with a scalpel and lengthy hospital stays were often unnecessary in the treatment of both benign prostate enlargement (benign prostatic hyperplasia, BPH) and prostate cancer (PCa) often do not require traditional surgery with a scalpel and lengthy hospital stays. Complications and drug intolerances, which are not uncommon in older patients, were and are avoidable with gentle procedures. Gentle procedures, which can often be used in a very targeted (focal) manner, offer the chance of a sustainable recovery or at least a high quality of life, even in old age.

Today, the private clinic is managed by urologists Dr Martin Loehr and Dr Thomas Dill.

The Heidelberg Clinic for Prostate Therapy is optimally connected to public transport and the national and international transport network. Frankfurt International Airport is less than 60 minutes by car from Heidelberg and can also be reached by train within 50 minutes.

Parking spaces are available in front of the clinic and in the underground car park.

Heidelberg itself, with its famous castle and romantic old town – located directly on the Neckar River – is a tourist attraction that draws many visitors from all over the world every year. The hotel capacity is correspondingly large. Many patients and their relatives take advantage of their stay at the clinic to enjoy a short holiday in Heidelberg.

Treatment of benign prostatic hyperplasia (BPH)

Greenlight XPS laser (180 watts)

The Greenlight laser uses light with a wavelength of 532 nm (nanometres, billionths of a metre). This has the advantage that the green light is optimally absorbed by red blood vessels and blood-rich tissue. This light absorption leads to a sudden, explosive absorption of energy and the irradiated tissue vaporises without blood escaping. Doctors refer to this as 'photoselective vaporisation of the prostate'.

At the Heidelberg Clinic for Prostate Therapy, approximately 150 to 200 patients per year are treated with the green laser.

The cost per treatment is approximately 8,500 euros.

Rezūm water vapour therapy

Rezūm water vapour therapy is a gentle and minimally invasive procedure for treating benign prostate enlargement (benign prostatic hyperplasia, BPH). It uses the energy stored in steam to treat the excess prostate tissue that causes BPH symptoms. Under anaesthesia, hot water vapour is introduced into the prostate, causing the overgrown tissue to die off.

The cost per treatment is approximately 6,500 euros.

Treatment of prostate cancer (PCa)

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Focal, i.e. targeted treatment of a tumour in the prostate takes into account that small and easily localisable tumours can also be treated locally and very effectively. Focal treatment is very gentle on the patient. Procedures using highly focused ultrasound, such as the HIFU Sonablate 500 procedure, are primarily suitable for this, but irreversible electroporation (IRE) and photodynamic therapy (PDT) with chlorin E6 are also suitable.

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HIFU therapy based on the Sonablate 500 principle

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HIFU stands for 'High-Intensity Focused Ultrasound'. It is a high-energy, focused ultrasound emitted by a probe that is inserted into the rectum without causing any bleeding. Without damaging the surrounding tissue, the ultrasound kills the cancer cells in the prostate at its focal point. The focal point is computer-controlled and passes through the entire tumour. The treatment is combined with magnetic resonance imaging (MRI) to precisely locate and treat even the smallest tumour sites. The cost per treatment is approximately 12,000 euros.

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Irreversible electroporation (IRE)

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The NanoKnife IRE procedure used at the Clinic for Prostate Therapy in Heidelberg was developed by the US company AngioDynamics (New York, USA) and is being used by Heidelberg urologists for the first time in Germany as a standard treatment for prostate cancer. Thin, needle-like probes are inserted into the tumour, emitting very short high-voltage pulses that destroy the tumour by opening and destroying the cell membrane through tiny nanopores. This is why it is also referred to as NanoKnife. The healthy tissue in the treatment area can regenerate quickly, while the cancer cells are permanently destroyed.

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The cost per treatment is approximately 16,000 euros.

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Photodynamic therapy (PDT)

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Photodynamic therapy (PDT) is a form of cancer treatment that uses light. It can be used to diagnose malignant tumours and treat them in a highly targeted and focused manner. Chlorin E6 trisodium salt, or Ce6 for short, is a photosensitiser that accumulates specifically in tumour tissue. This substance is injected into the patient as a short infusion. It accumulates in tumour tissue 20 times more than in healthy cells. When the tissue is irradiated with special laser light, the cancer cells are destroyed in a targeted manner.

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The cost per treatment is approximately 12,000 euros.

The medical team

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- 105 Urologist Dr. Thomas Dill has been a co-partner at the Clinic for Prostate Therapy in Heidelberg (Germany) since 2011.
Dr. Dill specialises in MRI-guided prostate biopsies and methods of photoselective vaporisation of the prostate (Greenlight laser).

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- Urologist Dr Martin Loehr has been a co-partner at the Clinic for Prostate Therapy in Heidelberg (Germany) since 2011.
115 Dr Loehr specialises in holistic men's medicine and the various treatment options for focal therapy of prostate cancer, such as HIFU, IRE and PDT.

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