

GREENLIGHT PVP  
...the best decision of my life

GREENLIGHT LASER · THE PHYSICS · A PATIENT REPORTS

**Jack Ferris's story**

Jack Ferris, of San Ramon, Calif., says that receiving treatment for his enlarged prostate seemed easier than getting a tooth filled.

In July 2001, Mayo Clinic urologist Dr. Reza Malek treated Ferris's prostate with a KTP laser procedure, an outpatient procedure that Dr. Malek developed six years ago at Mayo Clinic in Rochester. The surgical tool is a specific type of high-power laser called potassium titanyl phosphate, or KTP for short.

Immediately afterwards, Ferris's symptoms -- the urgent and frequent need to urinate, a weak urine stream, and difficulty starting urinating -- were gone. There was no pain. The evening of the procedure, Ferris and his wife went out for dinner. The next day, after a check up with Dr. Malek, they shopped for seven hours at the Mall of America, a tourist attraction in the Twin Cities. The following day, they watched a lumberjack contest before heading home to California where Ferris owns a business that finances and places manufactured homes.

*"Dr. Malek and Mayo Clinic made the procedure so easy and simple,"* Ferris says.

The new, high-power KTP laser vaporizes and removes enlarged prostate tissue through a procedure called photoselective vaporization of the prostate (PVP). It seals the surrounding tissue, minimizing bleeding, and opens the urethral channel, restoring urinary flow very quickly. Dr. Malek says that Ferris's experience is typical for most men who have had the procedure -- though the doctor does not recommend heavy shopping immediately after surgery.

"We haven't had any patients with incontinence or impotence," he says.

Dr. Malek has performed more than 100 PVP procedures. Two-thirds of the patients require a catheter for 24 hours or less; the rest do not need a catheter. Dr. Malek published his results in medical journals in 1998 and in 2000. Ferris was intrigued when he learned about Dr. Malek's work through a family connection. After six years of worsening symptoms, he was eager for relief but wanted to avoid the most common surgical prostate treatment called transurethral resection of the prostate (TURP). The procedure usually requires a hospital stay and requires one to three days of catheter drainage. Symptom relief is not immediate.

After learning about his options, Ferris believed PVP was his best choice. Eighteen months later, he is still sure. *"It's the best decision of my life,"* he says.

A passing quote:

***„I feel 30 years old again. I thank the MAYO Clinic and Laserscope for turning a difficult surgical treatment (TURP) into a treatment that was easier than having a cavity filled at the dentist's."***

Jack Ferris,  
Financial Organisation CEO,  
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