

Speaker: Ashok J. Kar, M.D. Scheduled to speak at the Forum on March 31, 2016, at 7 PM.

Subject: "Robotic Surgery or HIFU" - which is best for me?

Talking Points:

Traditionally, prostate cancer is treated with surgery, radiation or both. The most common form of surgery is a robotic prostatectomy using a surgical robot. Today, over 80 percent of prostatectomies performed in the U.S. are done using the DaVinci robotics.

Dr. Ashok Kar, former director of robotic and minimally invasive surgery at St. Joseph Hospital of Orange, CA was instrumental in bringing the surgical robot to Southern California. Following robotic surgery, the biggest side effects are sexual dysfunction and urinary incontinence. Radiation involves multiple treatment sessions spread over a six-week period, which can also produce sexual dysfunction and affect surrounding structures, such as the rectum and bladder.

In recent years, a new technology has been introduced to treat prostate cancer without radiation or surgical incisions called High Intensity Focused Ultrasound (HIFU), now approved and used in over 39 countries. This procedure is a revolutionary form of therapy for organ-confined disease with its ability to produce the same results as a surgical or radiation procedure without the long-term effects. These cases are done in a single session, on an out-patient basis.

In 2015, The Federal Drug Administration approved the HIFU procedure for ablation of the prostate in the U.S.. where the procedure is now available locally in Orange County and where Dr. Kar is a consultant urologist at the MiVIP Surgery Center in Tustin.

Since 2010, Dr. Kar has traveled internationally to extensively learn and perform these procedures. In early December 2015, Kar performed the first Sonablate HIFU procedure in Southern California and the fifth in the nation. Additionally, he lectured and demonstrated the procedure to 15 Southern Californian urologists who are interested in offering this therapy to their patients. Due to its minimal side effects and high success rates, Dr. Kar highly recommends it as a current treatment for prostate cancer for selected patients.