

# Focal therapy using high-intensity focused ultrasound for localised prostate cancer

Information for the public

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Evidence suggests that this procedure is safe enough, but there is not enough evidence about how well it works. So, it can only be done with special arrangements. This means you will have regular appointments afterwards to check how well it is working or if it has caused problems.

Localised prostate cancer is cancer inside the prostate that has not spread to nearby tissues or other parts of the body. This procedure uses high-intensity focused ultrasound to heat up and destroy only the areas of the prostate with cancer (focal therapy). The aim is to destroy the cancer while reducing damage to healthy prostate tissue. This can reduce the risk of side effects (such as loss of bladder control and sexual function) that can happen when the whole prostate gland is treated.

The [NHS website](https://www.nhs.uk) may have information on your condition and treatment options.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

## Information and support

- [NICE's information on HealthTech guidance](#) explains what HealthTech is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what special arrangements are.

These organisations can give you advice and support:

- [Prostate Cancer UK](#), 0800 074 8383
- [Prostate Cancer Scotland](#), 0131 603 8660

You can also get support from your local [Healthwatch](#).

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