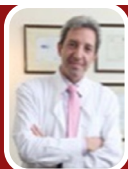


## 5th International Conference on Urology and Renal Health

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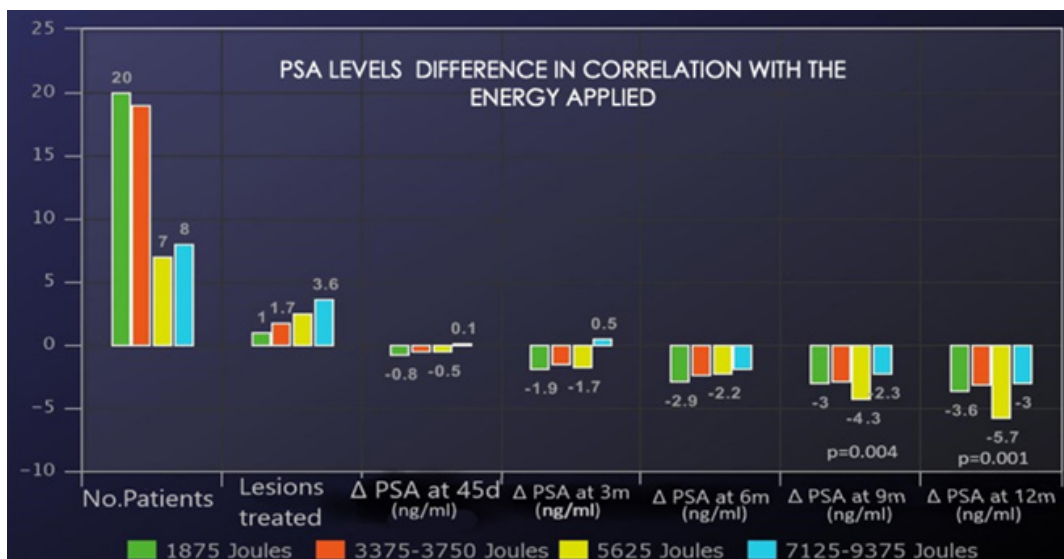


### Nickoloas Mertziotis

Metropolitan General Hospital, Greece

#### Focal therapy for localized low and intermediate risk Prostate cancer

During the last three decades, prostate cancer detection has decreased regarding the age of men by approximately 10 years. On the other hand, men’s life expectancy has increased by almost 4 years. Along with the high rates of diagnosis for low- and intermediate-risk prostate cancers the interest in minimally invasive treatments like focal therapy because of its lower rates of side effects has expanded. Consequently, focal therapy is a rapidly evolving field that covers several ablative techniques, energy sources, and treatment options. The rationale behind focal therapy is simple, targeting the predefined cancerous lesions of the prostatic tissue leaving intact the rest of the healthy cells of the organ. The establishment of focal therapies faces many challenges. For focal therapy to evolve into an accepted segment of prostate cancer treatment, more research is needed. I herein present the results of our long term in prostate cancer focal laser ablation.



#### Recent Publications

1. Technical note: inter- stitial laser photocoagulation for the treatment of prostatic cancer,” Z. Amin, W. R. Lees, and S. G. Bown, “British Journal of Radiology, vol. 66, no. 791, pp. 1044– 1047, 1993.

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2. Predicting out bore prostate cancer focal laser ablation failure and biochemical relapse using the correlation with the surrounding tissue temperature parameters during treatment. N.Mertziotis, D.Floratos, D.Kozyrakis, M.Lardas November 2020 European Urology Open Science 21:S114-S115
3. "Gold nanoshell-localized photothermal ablation of prostate tumors in a clinical pilot device study "Ardeshir R. Rastinehada, et al ,1 PNAS | September 10, 2019 | vol. 116 | no. 37
4. "New and Established Technology in Focal Ablation of the Prostate: A Systematic Review"Massimo Valerio 1, Yannick Cerantola 2, Scott E Eggener 3, Herbert Lepor 4, Thomas J Polascik 5, Arnaud Villers 6, Mark Emberton 7.Eur Urol . 2017 Jan;71(1):17-34

### **Biography**

Nick Mertziotis is a Consultant Urological and Andrological Surgeon Head of Reconstructive Urology and Surgical Andrology Metropolitan General Hospital- Metropolitan group of Hospitals, Athens, Greece. He is the President of the Greek Association of Focal Therapy; President of the Greek Association for Preventive Medicine and Primary Health and the ex- Urology Registrar, Institute of Urology, Middlesex Hospital of London, University College of London, U.K. He has a list of 80 Greek and International publications, and has participated with oral presentations at most of the European Urological Congresses of the last years. He functions as a regular reviewer of most International Urological journals and as a Council Board Member of Greek Urodynamics and Urogynecology Section of Hellenic Urological association

n.mertziotis@gmail.com