

# Transurethral Needle Ablation of the Prostate

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Transurethral needle ablation of the prostate (TUNA) is a less invasive alternative to surgical treatment of obstructive symptoms associated with benign prostatic enlargement. TUNA uses low-level radio frequencies generated at 460 kilohertz delivered using two small, Teflon coated needles to treat both lobes of the prostate.

This procedure is typically performed with local lidocaine jelly and sedation. A study involving 130 patients who underwent TUNA, the mean treatment time was 37.4 minutes. The majority of patients were treated with lidocaine anesthesia only. Only 40% required catheter on discharge with a mean duration of catheterization of 3 days.

At 6 and 12 months there was a 50% reduction in symptoms. TUNA offers shortened time in the hospital, few serious side effects, and reduced need for anesthesia.