

Compare the Advantages of Cryotherapy to Radical Prostatectomy and Radiation Therapy

Procedure	Treatment	Recovery
Cryotherapy	1-2 hour minimally invasive procedure in which the prostate is frozen but not removed	Single day out-patient procedure or 1 night in hospital, resume normal lifestyle in 2-3 days
Radical Prostatectomy	2-3 hour procedure to remove the prostate	Usually 3 days in hospital followed by a 3-5 week recovery
External Beam or 3-D Conformal Radiation Therapy	5 treatments per week for 6-8 weeks, up to 2 months of fatigue after full course of treatment	Side effects can occur, such as rectal discomfort and fatigue. Daily activities can be performed throughout the duration of treatment
Interstitial Radiation (Brachytherapy)	Permanent implantation of 80-100 radioactive pellets into the prostate	Single day out-patient procedure. Normal lifestyle gained in 2-3 days; up to 3 months of residual pain and/or rectal discomfort