Hypothesis / aims of study
In regarding of cost, ease of use and efficacy, bipolar radio frequency thermal therapy (Tempro system from Direx-Initia) for patients with chronic prostatitis (CP) intractable to conventional medication shows effective improvement in pain, voiding symptom and quality of life. We compared the clinical symptom and treatment result in order to evaluate the therapeutic efficacy.

Study design, materials and methods
A retrospective study of 26 patients diagnosed as CP (National Institutes of Health; NIH-category III) who were under 50 years old between October 2009 and September 2010 was performed. 20 patients were diagnosed as inflammatory CP (NIH-category IIIa) and the rest were noninflammatory CP (NIH-category IIIb). We used the Tempro system with a treatment protocol of 55 degree Celsius for 50 minutes, medium heating rate. All patients performed the NIH-chronic prostatitis symptom index (CPSI) before and after treatment.

Results
In the patients with CP, the mean serum prostate specific antigen level was 0.9±0.3ng/ml and the prostate volume was 27.1±5.5gm. The average score for all 3 domains in NIH-CPSI significantly decreased.

Interpretation of results
The total scores decreased from 19.8±7.1 to 11.1±7.0, the pain domain decreased from 8.6±3.1 to 4.8±3.1, the voiding symptoms from 5.1±1.8 to 3.6±1.8, and the effect on the quality of life from 6.1±2.2 to 3.4±2.2 (p<.001).

Concluding message
Tempro system for patients with chronic prostatitis intractable to conventional medication can provide significant improvement in NIH-CPSI. Large, randomized controlled trials are needed to confirm the efficacy of these data.