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The Clinical Efficacy of PEMF Therapy in Managing Benign Prostatic Hyperplasia:

A NON-INVASIVE, DRUG-FREE SOLUTION

T.J. Blandford
Aura Wellness,
Director of Sales

INTRODUCTION

Pulsed Electromagnetic Field, otherwise known as (PEMF) Therapy, has demonstrated promising results in managing Benign Prostatic Hyperplasia (BPH) without the invasive procedures or side effects associated with conventional treatments.

Management of BPH is a growing clinical challenge affecting the male population. The prevalence increases starting at the age of 40 years to 60% at the age of 90.[1] Traditional treatments ranging from medical therapy to invasive surgical intervention, though effective, can have deleterious adverse side effects. By employing a non-invasive, drug-free modality that leverages the natural processes of cellular repair and blood flow improvement, PEMF offers a novel solution to those seeking relief from BPH and its symptoms.

60%

The prevalence of BPH increases after the age of 40 years, with a prevalence of 8-60% at age 90 years.

GENERAL OVERVIEW: UNDERSTANDING BPH

Historically considered a normal part of aging in men, BPH is the enlargement of the prostate gland (located beneath the bladder and surrounding the urethra), mainly in the transitional area.[2] This condition impairs daily function and can have broader effects on the central nervous system or other systemic diseases (e.g., metabolic syndrome and congestive heart failure).[2] Symptomatic men may experience frequent urination, urgency, weak urine stream, feeling of incomplete bladder emptying, and nocturia (frequent urination at night).[3] Lower urinary tract symptoms (LUTS) refer to the obstruction of urine flow caused by the enlarged prostate gland.[4] LUTS is among the more commonly recognized symptoms of BPH. BPH can severely affect the quality of life of the patient if left untreated. Additionally, unmanaged BPH may progress to more severe complications, further exacerbating the impact on the individual's overall well-being.

CURRENT PRACTICES: OPTIONS FOR MANAGEMENT OF BPH

Current practices in managing BPH carry potential inherent risks. These risks range from lifestyle modifications to surgical interventions. Current practices for patients who have mild symptoms (International Prostate Symptom Score [IPSS] / American Urological Association Symptom Index score 0 to 7) who are not troubled by their symptoms and are not encountering complications, it is advised to opt for watchful waiting.[2]

For those with moderate to severe symptoms pharmacologic treatment is recommended. Current pharmacologic therapeutic options for BPH include watchful waiting and pharmacologic treatment (e.g., alpha-blockers, 5-alpha reductase inhibitors, and Phosphodiesterase-5 inhibitors).[2] Interventional therapies may involve procedures such as transurethral resection of the prostate (TURP), holmium laser enucleation of the prostate (HoLEP), holmium laser ablation of the prostate (HoLAP), and thulium laser enucleation of the prostate (ThuLEP).[2]

Surgical therapy options are recommended for patients with moderate to severe BPH. Other surgical approaches, including open, laparoscopic, or robot-assisted prostatectomy, are reserved for specific cases such as very large prostates, the presence of bladder stones or diverticula, or when transurethral surgery is not feasible.[2] Because of the risks involved with current practices for managing BPH, there is growing interest in developing alternative, non-invasive treatment options that provide BPH management, symptom relief, and improved quality of life.

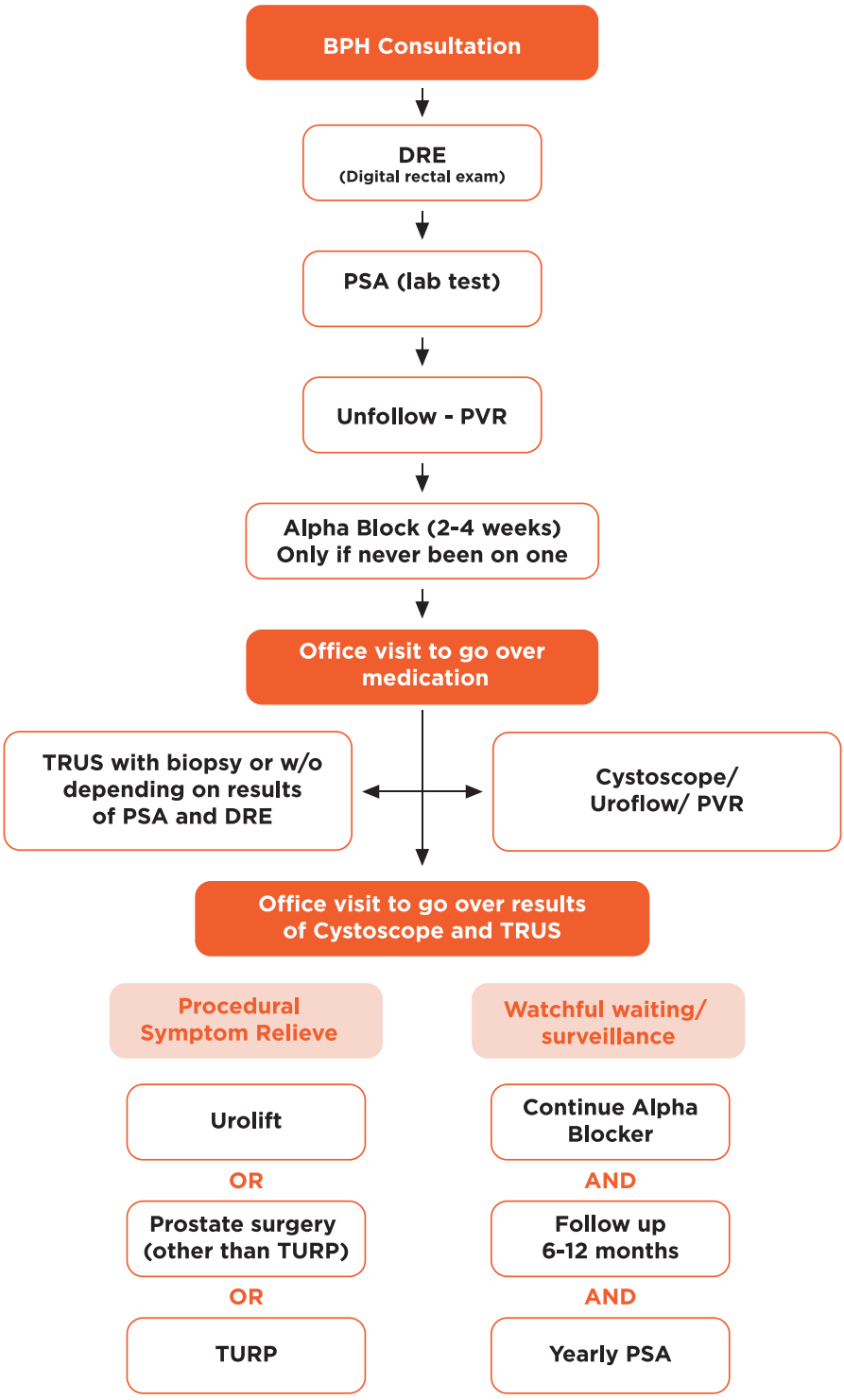


Figure 1
Basic management of lower urinary tract symptoms (LUTS) in men.

PEMF THERAPY: A POTENTIAL POSITIVE SHIFT IN BPH MANAGEMENT

PEMF therapy stands out as an innovative method for managing BPH, offering benefits without using pharmaceutical compounds or the need for surgical intervention. PEMF Therapy is a non-invasive, drug-free solution that emits electromagnetic pulses to stimulate the body's natural regenerative process. Matching the frequency of the target cells, PEMF induces cellular resonance, which occurs when an external magnetic force matches the electromagnetic field generated by your cells. This response realigns the electric charge in your cell membranes, allowing more ions to flow inside, which triggers the intra and extracellular exchange of nutrients and waste to power reactions that rebuild damaged tissues. Through this process, PEMF provides benefits such as increased blood flow, decreased inflammation, improved blood circulation, and pain relief. Each of these factors has the potential to contribute to the management of BPH.

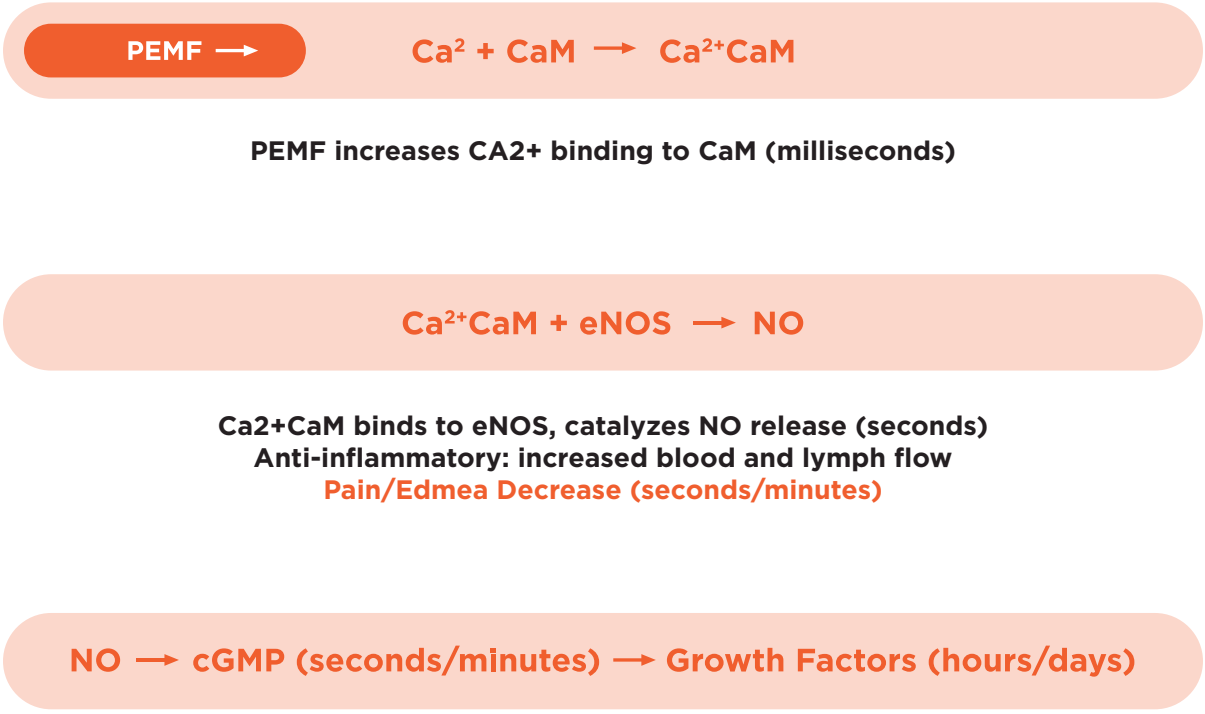


Figure 2
Overall PEMF Mechanism

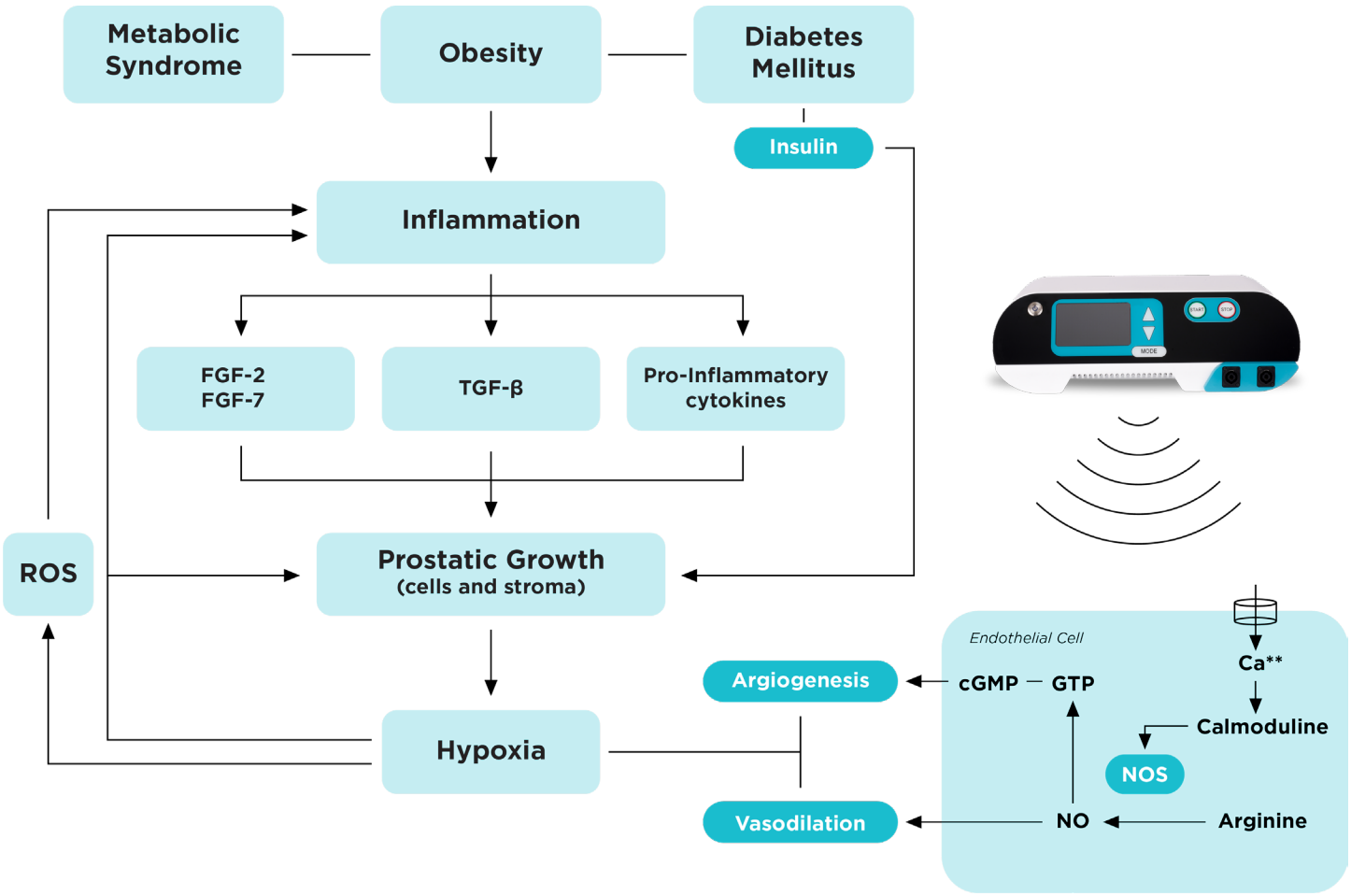


Figure 3
Inflammation in BPH: Inflammation triggers the release of substances like cytokines and growth factors, leading to excessive growth of prostate cells and tissue. This overgrowth causes oxygen depletion and hypoxia in the prostate, further stimulating growth pathways. PEMF therapy affects the cell membrane's electrochemical properties, increases calcium binding, and activates pathways that produce nitric oxide (NO). NO helps reduce inflammation, dilates blood vessels, and improves blood flow, ultimately reducing tissue hypoxia and inhibiting prostate growth.

THE AURA DIFFERENCE

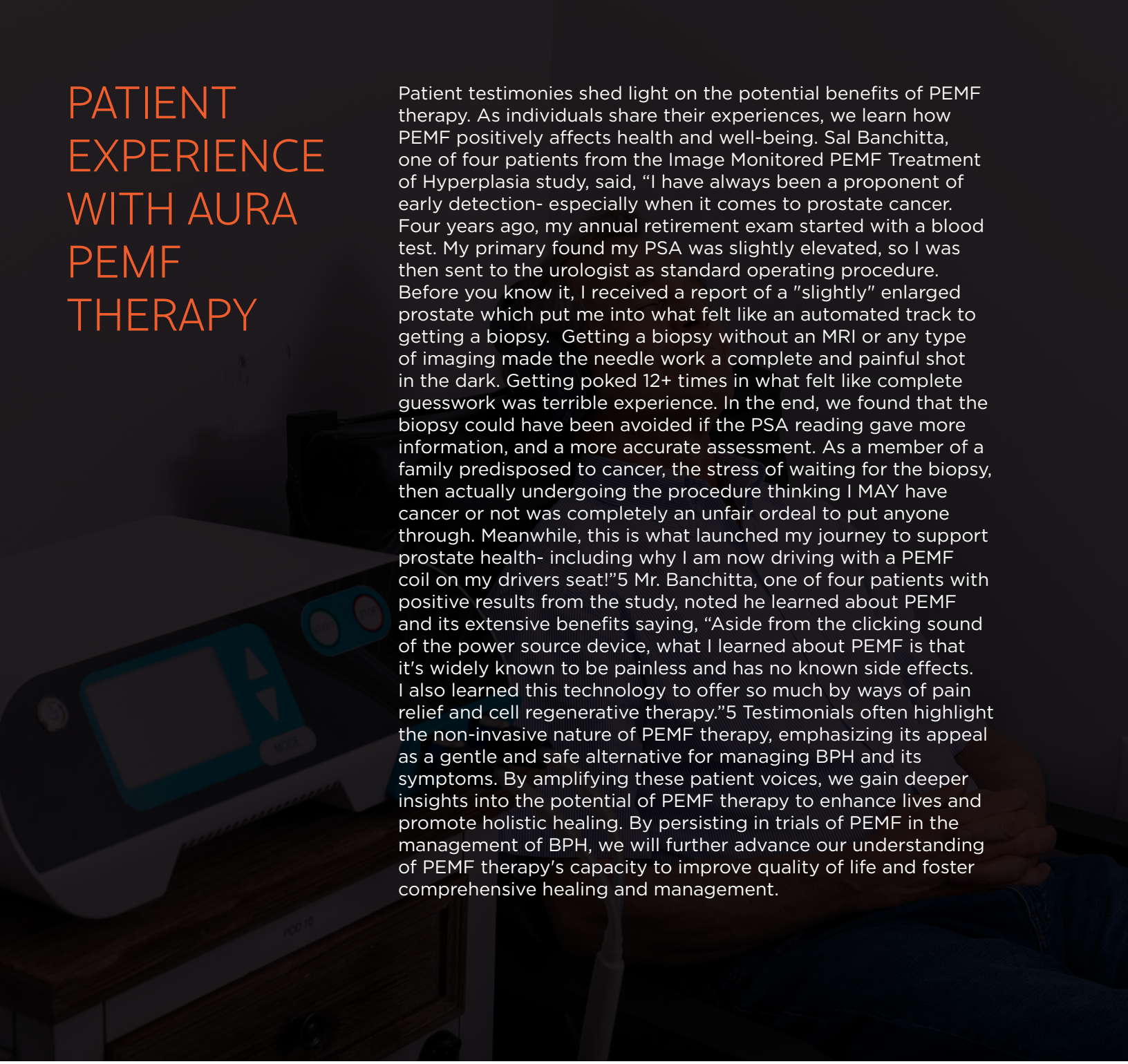
Aura Wellness PEMF devices are differentiated from other PEMF devices because of their advanced technology and innovative features. Unlike conventional PEMF machines, Aura Wellness devices have cutting-edge algorithms and customizable settings, allowing users to tailor treatments to their specific needs. What sets Aura Wellness apart is its proprietary waveform technology that optimizes the delivery of electromagnetic pulses, ensuring deeper tissue penetration for effective results. Additionally, Aura Wellness utilizes high-powered, high-intensity PEMF, which can be more effective when low voltage isn't enough. Aura PEMF devices have a frequency range of 0.60-35 Hz and an intensity range of 2700-8700 gauss. Aura Wellness PEMF devices show promise in managing BPH by providing a non-invasive alternative to medication or surgery. These devices are intended for use as a preventive measure before considering medication, especially for those seeking to avoid potential side effects like sexual dysfunction. They are also suitable when medication has been ineffective, but surgery is not preferred. Aura Wellness devices provide excellent user-friendliness, catering to both healthcare providers and individuals seeking therapy in the comfort of their own homes. Aura Wellness PEMF devices allow patients diagnosed with BPH to potentially mitigate the need for medical interventions and enhance quality of life.

CLINICAL EVIDENCE: SUPPORTING AURA WELLNESS IN MANAGING BPH

This study was completed through the collaboration of Dr. Robert Bard of Bard Diagnostics, Russell Allen of Wellness Now, Dr. Lennard Gettz of IPHA (Integrative Pain Healers Alliance), Pat Ziemer of AuraWell (Aura Wellness), and sponsored by Integrative Health Research Center (NYC) and the AngioFoundation Research Institute.

The collaboration conducted a private and independent pilot study that presents findings from investigating the effects of Pulsed Bioenergy Therapeutic innovations, explicitly employing PEMF technology or neuromagnetic stimulation, on symptoms associated with enlarged prostate or hyperplasia. This study involved four patients between the ages of 69-87 with enlarged prostate. Initially, all patients received supervised exposure by Dr. Bard and his research team, utilizing real-time 3D Doppler Ultrasound and other non-invasive imaging devices. The assessment and treatment were conducted at the NYC clinic, where baseline studies were established. Patients received an Aura Wellness PEMF device. The PEMF therapy involved regular bi-weekly PEMF treatments and ultrasound scans performed under periodical comparative imaging. Additionally, each volunteer received a personal PEMF device for home use twice daily, following specific power settings and dosage duration. This study spanned one month (30 days), during which the function of the PEMF device was closely reviewed, and the volunteers' responses to exposure were logged via imaging. Dr. Bard recorded progress within the allotted time, collecting quantifiable data on the size and health of the volunteers' prostates. Progress was verified by reductions in size, blood velocity (flow) within the immediate prostate area, and the elasticity or firmness of prostate tissue. This information was gathered using the diagnostic imaging technologies selected for the study. Results showed that all four subjects reported no adverse effects. 75% of the group underwent baseline and 30-day follow-up volumetric ultrasound scans using 3D high-resolution probes, showing varying degrees of volume reduction. The study findings show a significant reduction in prostate volume—the most substantial decrease being -43cc. Pre-treatment prostate volume was measured at 143cc, and post-treatment prostate volume was 100cc. These findings highlight the potential of Aura PEMF as a therapeutic intervention for individuals with BPH, providing a non-pharmacological alternative to traditional treatment approaches. Further clinical trials are underway.

PATIENT EXPERIENCE WITH AURA PEMF THERAPY



Patient testimonies shed light on the potential benefits of PEMF therapy. As individuals share their experiences, we learn how PEMF positively affects health and well-being. Sal Banchitta, one of four patients from the Image Monitored PEMF Treatment of Hyperplasia study, said, “I have always been a proponent of early detection- especially when it comes to prostate cancer. Four years ago, my annual retirement exam started with a blood test. My primary found my PSA was slightly elevated, so I was then sent to the urologist as standard operating procedure. Before you know it, I received a report of a "slightly" enlarged prostate which put me into what felt like an automated track to getting a biopsy. Getting a biopsy without an MRI or any type of imaging made the needle work a complete and painful shot in the dark. Getting poked 12+ times in what felt like complete guesswork was terrible experience. In the end, we found that the biopsy could have been avoided if the PSA reading gave more information, and a more accurate assessment. As a member of a family predisposed to cancer, the stress of waiting for the biopsy, then actually undergoing the procedure thinking I MAY have cancer or not was completely an unfair ordeal to put anyone through. Meanwhile, this is what launched my journey to support prostate health- including why I am now driving with a PEMF coil on my drivers seat!”5 Mr. Banchitta, one of four patients with positive results from the study, noted he learned about PEMF and its extensive benefits saying, “Aside from the clicking sound of the power source device, what I learned about PEMF is that it's widely known to be painless and has no known side effects. I also learned this technology to offer so much by ways of pain relief and cell regenerative therapy.”5 Testimonials often highlight the non-invasive nature of PEMF therapy, emphasizing its appeal as a gentle and safe alternative for managing BPH and its symptoms. By amplifying these patient voices, we gain deeper insights into the potential of PEMF therapy to enhance lives and promote holistic healing. By persisting in trials of PEMF in the management of BPH, we will further advance our understanding of PEMF therapy's capacity to improve quality of life and foster comprehensive healing and management.

CONCLUSION

PEMF Therapy offers a promising non-invasive approach to managing BPH. Traditionally, BPH management options have ranged from watchful waiting to invasive surgical interventions, each carrying potential risks and side effects. However, PEMF therapy offers a non-invasive, drug-free alternative that leverages the body's natural regenerative processes. PEMF therapy offers a safe, effective, and well-tolerated alternative to traditional interventions for managing BPH. By improving symptoms and enhancing the quality of life for individuals affected by this condition, PEMF therapy has the potential to revolutionize the way we approach the management of BPH, ultimately leading to better outcomes and improved patient care.

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