

Quality of Life After Open or Robotic Prostatectomy, Cryoablation or Brachytherapy for Localized Prostate Cancer

Malcolm JB, Fabrizio MD, Barone BB, Given RW, Lance RS,
Lynch DF, Davis JW, Shaves ME, Schellhammer PF

Departments of Urology (JBM, MDF, BBB, RWG, RSL, DFL, JWD, PFS) and Interventional Radiology (MES),
The Virginia Prostate Center at Eastern Virginia Medical School, Norfolk, VA

J Urol 2010, 183: 1822 – 1829

HIGHLIGHTS

- Highest urinary function and bother scores were reported with cryotherapy
- Cryoablation post treatment scores exceeded 100% of baseline, presuming reduction in outlet obstruction with subsequent improvement in obstructive and irritative symptoms
- Largest prospective, single center study evaluating HRQOL profiles for cryotherapy, ORP, RAP, BT

BACKGROUND

- Operative treatments for prostate cancer may produce comparable oncological outcomes
- Patient reported quality of life outcomes – important measures – vary among options

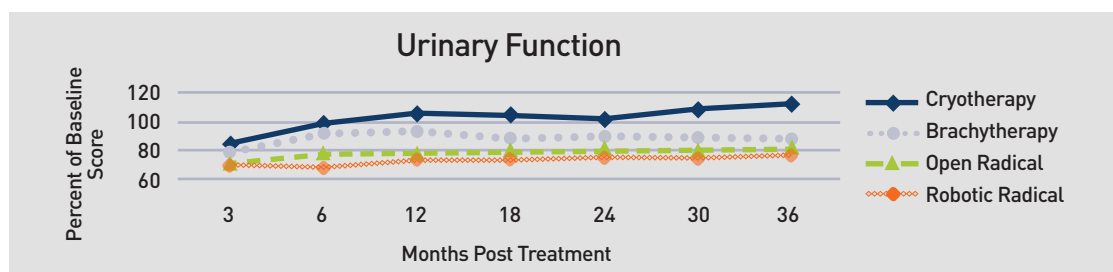
OBJECTIVE

- To prospectively compare the health related QOL impact and recovery profiles for four common prostate treatment modalities

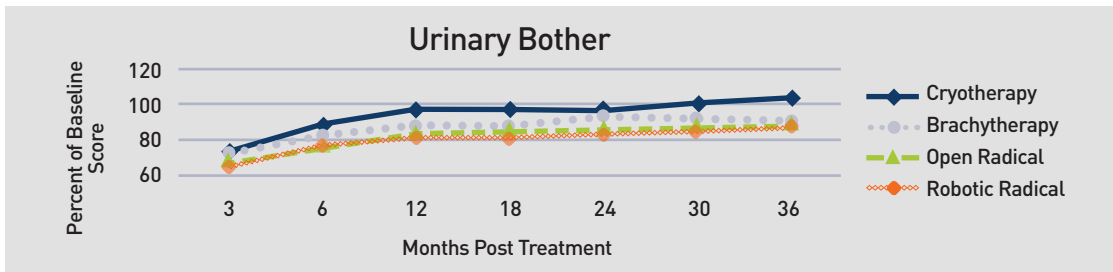
METHODS

- Prospective, longitudinal cohort study of HRQOL outcomes
- Evaluated cryoablation, open radical prostatectomy (ORP), robotic assisted laparoscopic radical prostatectomy (RAP) or brachytherapy (BT)
- Participants completed a self-administered UCLA-PCI questionnaire
 - Questionnaires pre treatment and 3, 6, 12, 18, 24, 30 and 36 months post treatment
 - HRQOL urinary, sexual and bowel function and bother scored using a 100-point scale
- Baseline and longitudinal data compared across treatment types
 - Low baseline scores excluded participants from domain specific analyses
 - Survival analysis evaluated rate of return to 90% baseline for each treatment modality

RESULTS AND DISCUSSION



- HRQOL data for 785 patients analyzed (excluded patients with insufficient follow up and multi- modality treatments)
- 23.8 months mean follow up for entire cohort (median 30, range 3 to 36)
- Substantive variations among treatment modalities for HRQOL domains
- Cryotherapy had a 3-fold higher rate of return to baseline urinary function
 - Use of current generation cryosurgery systems minimizes damage to the sphincter
 - Low rates of urinary incontinence / high urinary function scores
 - Post treatment bother scores exceeded 100% baseline scores
 - Improvement possibly from reduced outlet obstruction, leading to improved obstructive and irritative symptoms



- Sexual function and bother scores were higher in men treated with BT
- Nerve sparing status did not appear to affect sexual function outcomes
- Sexual function poorest after cryotherapy
 - Over half of these patients started with low baseline sexual function
- Minimal changes in bowel function and bother for all treatments
 - Difference from other studies may be explained by use of different questionnaires, data analysis and study design

CONCLUSIONS

- Treatment of prostate cancer with cryotherapy, in contrast with use of open or robotic assisted radical prostatectomy modalities, results in higher urinary function and bother QOL outcome scores

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Galil Medical

4364 Round Lake Road
 Arden Hills, MN 55112
 877.639.2796 Phone

