



## ΗΜΕΡΙΔΑ

# Σύγχρονοι Ουρολογικοί Προβληματισμοί

θα χορηγηθούν 8 Μόρια  
Συνεχίζουσας Ιατρικής Εκπαίδευσης

Ξενοδοχείο  
Crowne Plaza  
Αθήνα

11  
Σεπτεμβρίου  
2021

τοπικά προχωρημένος και υψηλού κινδύνου  
καρκίνος του προστάτη –  
η Ακτινοθεραπεία αποτελεί τη βασική  
θεραπεία

Ιωάννης Γεωργακόπουλος  
Επίκουρος Καθηγητής  
Ακτινοθεραπευτικής Ογκολογίας ΕΚΠΑ

# high risk & locally advanced PCa

## high risk localized prostate cancer

- PSA > 20 ng/ml
- Gr 4-5 (GS  $\geq$  8)
- clinical T stage  $\geq$  T2c

## locally advanced

- any PSA, cT3-4 or cN+, any ISUP grade/GS

established role of radiotherapy

The NEW ENGLAND  
JOURNAL OF MEDICINE

The NEW ENGLAND JOURNAL of MEDICINE

ESTABLISHED IN 1812

ORIGINAL ARTICLE

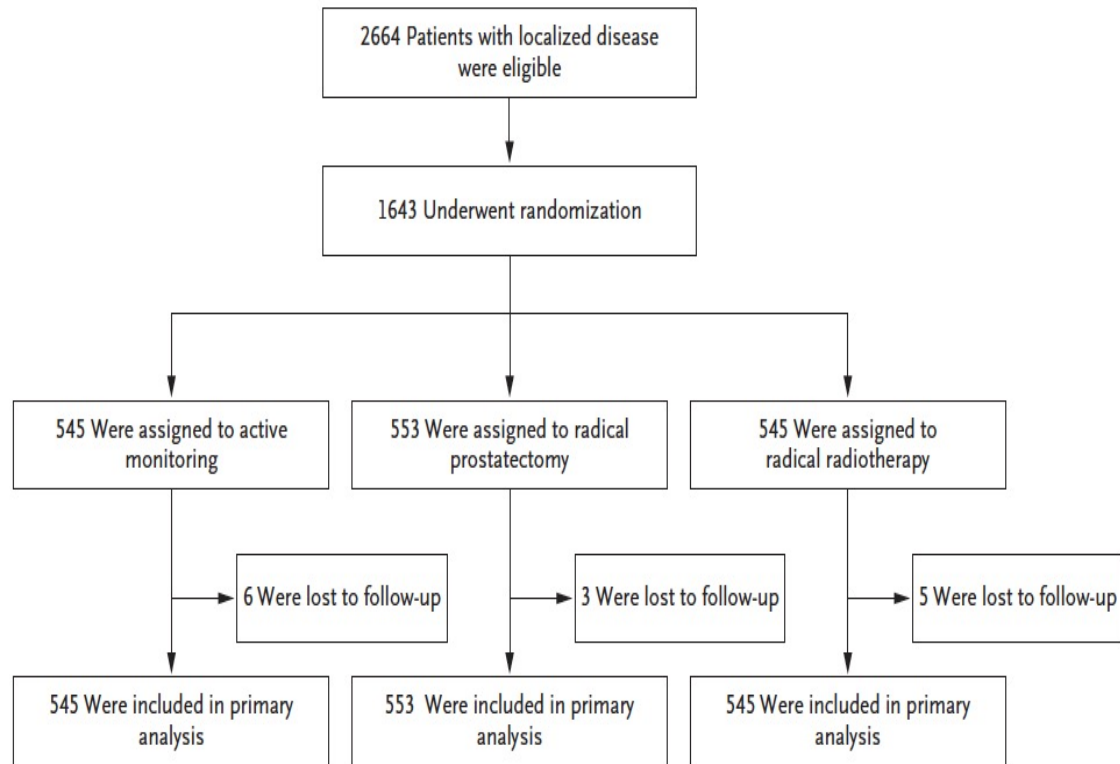
10-Year Outcome

of Patient-Reported Outcomes after Monitoring,  
Surgery, or Radiotherapy for Prostate Cancer

F.C. Hamdy, J.L. Donovan, J.  
R.M. Martin, J. Oxley, M. Rot  
R. Kockelbergh, H. Kyn

J.L. Donovan, F.C. Hamdy, J.A. Lane, M. Mason, C. Metcalfe, E. Walsh,  
J.M. Blazeby, T.J. Peters, P. Holding, S. Bonnington, T. Lennon, L. Bradshaw,  
D. Cooper, P. Herbert, J. Howson, A. Jones, N. Lyons, E. Salter, P. Thompson,  
S. Tidball, J. Blaikie, C. Gray, P. Bollina, J. Catto, A. Doble, A. Doherty, D. Gillatt,  
R. Kockelbergh, H. Kynaston, A. Paul, P. Powell, S. Prescott, D.J. Rosario, E. Rowe,  
M. Davis, E.L. Turner, R.M. Martin, and D.E. Neal, for the ProtecT Study Group\*

# ProtecT



	Active monitoring (n=545)	Radiotherapy (n=545)	Radical prostatectomy (n=553)
<b>Age at invitation (years)</b>			
49-54	58 (11%)	62 (11%)	69 (12%)
55-59	140 (26%)	141 (26%)	137 (25%)
60-64	184 (34%)	176 (32%)	172 (31%)
65-69	163 (30%)	166 (30%)	175 (32%)
Median age (range)	62 (50-69)	62 (49-69)*	62 (50-69)
<b>PSA (µg/L)</b>			
3.0-5.9	373 (68%)	373 (68%)	371 (67%)
6.0-9.9	116 (21%)	121 (22%)	123 (22%)
≥10.0	56 (10%)	51 (9%)	59 (11%)
Median PSA (range; µg/L)	4.6 (3.0-20.9)†	4.6 (3.0-18.8)	4.7 (3.0-18.4)
<b>Gleason score</b>			
6	421 (77%)	423 (78%)	422 (76%)
7	111 (20%)	108 (20%)	120 (22%)
8-10	13 (2%)	14 (3%)	10 (2%)
Missing	0	0	1 (<1%)
<b>Clinical stage</b>			
T1c	410 (75%)	429 (79%)	410 (74%)
T2	135 (25%)	116 (21%)	143 (26%)

# ProtecT

- 545 active monitoring
  - PSA q3 m x 1y, q6 m thereafter, rise of 50% in 12 m: consider biopsy
- 553 radical prostatectomy
- 545 radical radiotherapy
  - RT: 3DCRT 74 Gy (37 fr) + NAD (3-6 m)
- 10 y follow up
- Disease Progression, Cancer Specific Survival, Overall Survival, Metastasis
- Toxicity
- Quality of Life
  - baseline, 6 m, 12m and annually thereafter
  - ICIQ:** International Consultation of Incontinence Questionnaire
  - EPIC:** Expanded Prostate Cancer Index Composite
  - ICSmaleSF:** International Continence Society male Short Form
  - SF12:** Medical Outcomes Study 12
  - HADS:** Hospital Anxiety and Depression Scale
  - EORTC- QLQ C30**



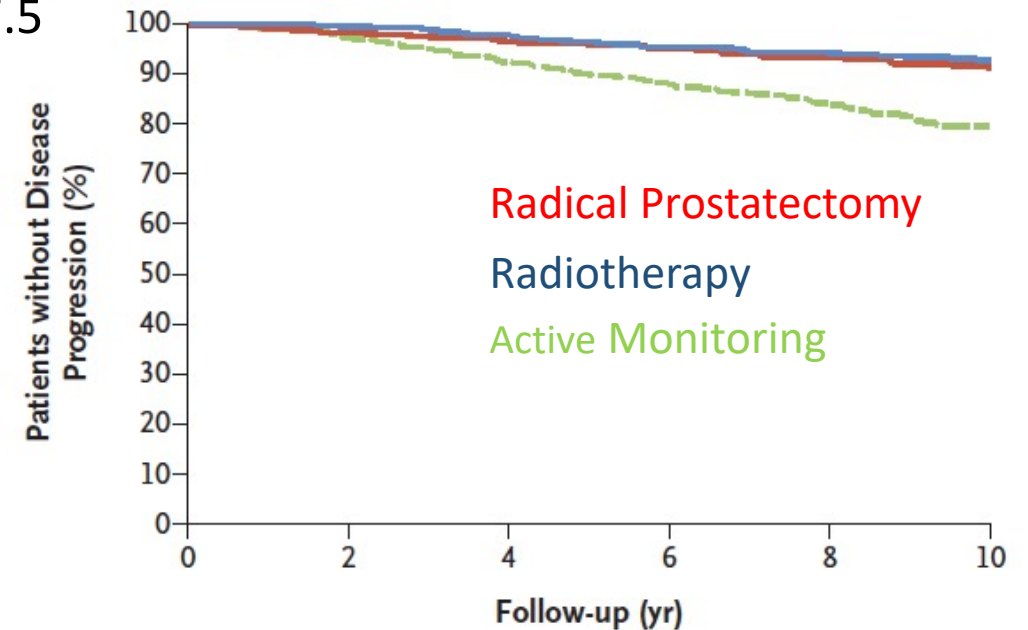
# ProtecT oncological results

- Disease Progression
  - AM 112 men; 22.9 per 1000 person-years; 95% CI, 19.0 to 27.5
  - RP 46 men; 8.9 per 1000 person-years; 95% CI, 6.7 to 11.9
  - RT 46 men; 9.0 per 1000 person-years; 95% CI, 6.7 to 12.0

$p < 0.001$
- Metastasis
  - AM 33 men; 6.3 per 1000 person-years; 95% CI, 4.5 to 8.8
  - RP 13 men; 2.4 per 1000 person-years; 95% CI, 1.4 to 4.2
  - RT 16 men; 3.0 per 1000 person-years; 95% CI, 1.9 to 4.9

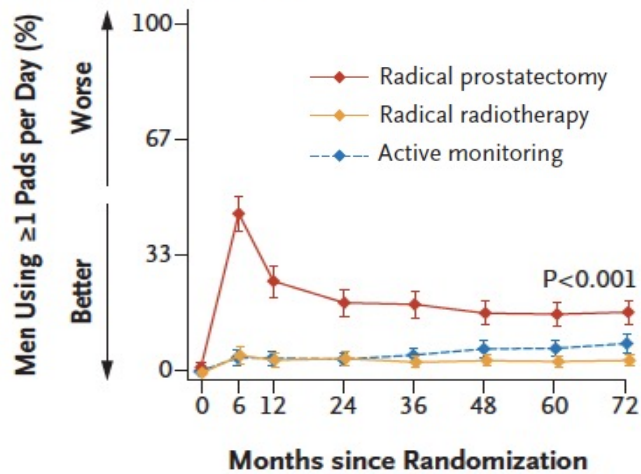
$p = 0.004$
- Prostate Cancer Specific Survival - no significant difference

Freedom from Disease Progression

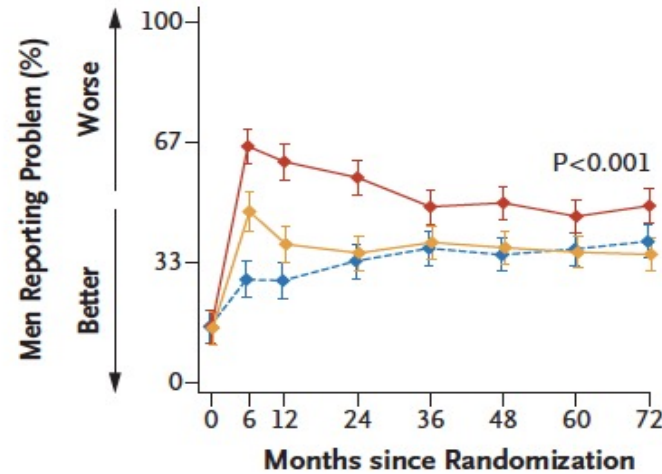


# ProtecT toxicity

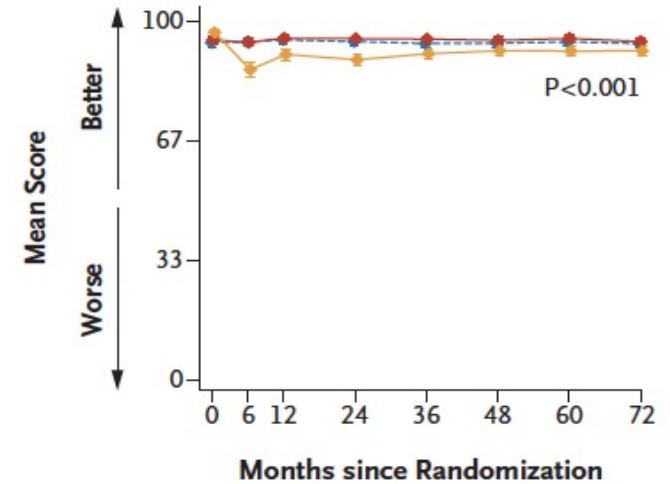
EPIC Item:  $\geq 1$  Pad per Day



EPIC Problem with Erectile Dysfunction



EPIC Bowel Bother Score



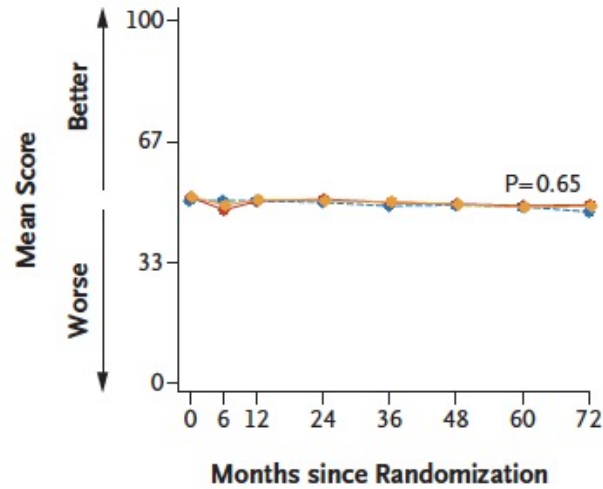
- prostatectomy greatest negative effect on **urinary continence** at 6 months; the effect of urinary incontinence on QoL worse in the prostatectomy group for 2 years, but then similar to that reported in the other groups
- **nocturia** increased in all groups; the increase particularly in the radiotherapy group at 6 months
- at baseline 67% of men reported **erections** firm enough for intercourse, but by 6 months this rate fell to 52% in the active-monitoring group, to 22% in the radiotherapy group, and to 12% in the prostatectomy group
- **bowel function** worse in the radiotherapy group than in other groups. However, there was then considerable recovery in the radiotherapy group for these measures, apart from more frequent **bloody stools**



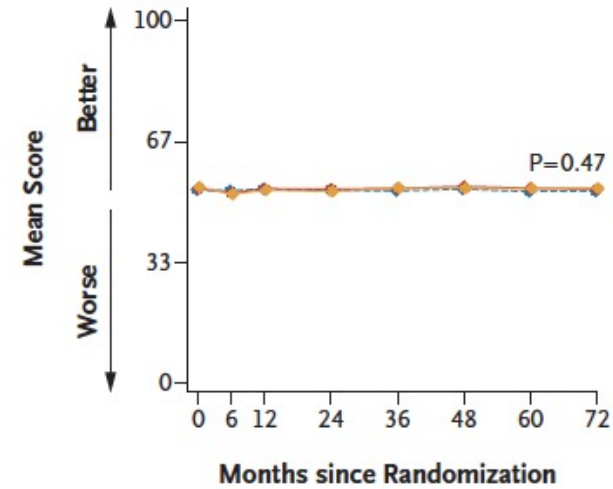
# ProtecT QoL

—●— Radical prostatectomy —●— Radical radiotherapy —●— Active monitoring

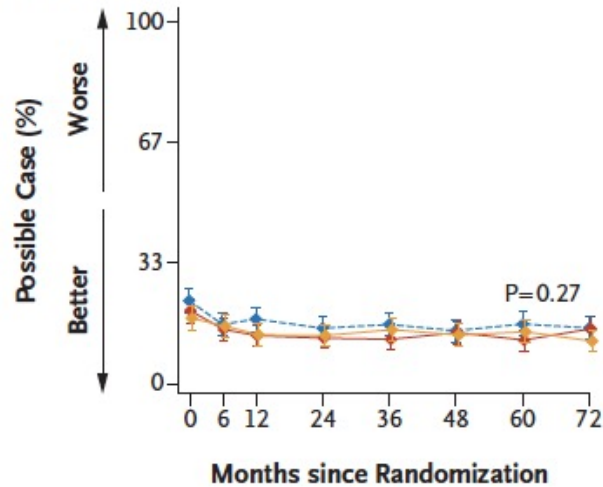
SF-12 Physical Health Score



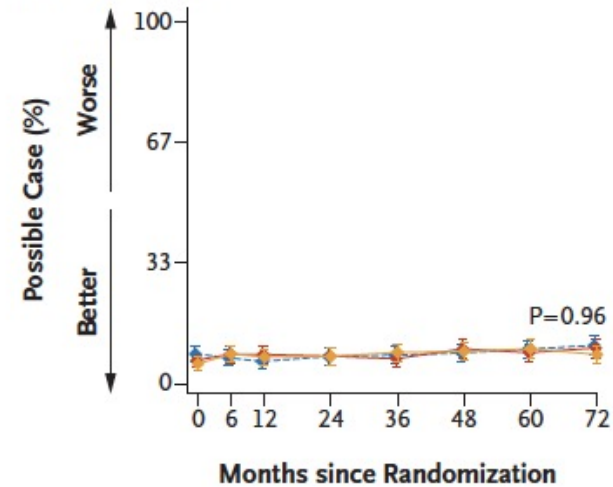
SF-12 Mental Health Score



HADS Anxiety



HADS Depression



high risk & locally advanced  
optimal treatment?