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Long-Term Results of Optimized Focal Therapy for Prostate Cancer: Average 10-Year Follow-Up in 70 Patients

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ABSTRACT

Background: Following the lead of lumpectomy for breast cancer, focal therapy for prostate cancer was introduced in

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order to limit morbidity while providing good cancer control. Focal therapy is now an established trend in prostate cancer management, but long-term data have not been available. This report presents results on 70 patients treated with focal cryoablation, followed for an average of 10 years.

Methods: Between May 7, 1996, and December 28, 2005, seventy patients were treated with focal cryoablation. All patients were pre-staged using an additional prostate biopsy—either transrectal ultrasound (TRUS) biopsy or transperineal three-dimensional prostate mapping biopsy (3D-PMB). All patients were treated with focal cryoablation of the known tumor(s). Biochemical disease-free status was determined by the Phoenix criteria.

Results: Disease-specific survival was 66/66 (100%). Overall biochemical disease-free survival (BDFS) was 62/70 (89%). BDFS results stratified according to the D'Amico criteria were: 8/9 (89%) high risk; 28/32 (88%) medium risk; and 26/29 (90%) low risk. There was no statistically significant difference between the risk levels. Of those patients staged by TRUS biopsy, 8 of 24 patients had a documented local recurrence (33%). Of those staged by (3D-PMB), 2 of 46 (4%) patients had a local recurrence. Nine out of ten retreated local recurrences (90%) remain BDF. Continence after the first treatment was 100% (no pads). Potency after the first treatment was 94%, including retreatments it was 74%.

Conclusions: The long-term cancer control results of focal cryoablation appear superior in medium- and high-risk patients to radical whole gland treatments. Focal therapy is associated with extremely low morbidity. If confirmed and applied widely, focal cryoablation could result in a substantial decrease in prostate cancer related mortality while offering a better post treatment quality of life.

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Keyword:

- prostate cancer
- focal therapy
- cryoablation
- cryosurgery
- male lumpectomy
- 3D mapping biopsy

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