

**DR. METZGER'S SATURDAY EVENING NEWSLETTER**

**FOR MAY 6, 2023**

**PROSTATE FORUM OF ORANGE COUNTY**

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**NEW ENGLAND JOURNAL OF MEDICINE**

April 27, 2023 By: Freddie C. Hamdy, M.D. et. al.

<https://www.nejm.org/doi/full/10.1056/NEJMoa2214122>

**“Fifteen-Year Outcomes after Monitoring, Surgery, or Radiotherapy for Prostate Cancer”**

Several United Kingdom researchers demonstrated that prostate cancer treated or not has low mortality. Keep in mind we are primarily discussing mortality.

Background: between 1999 and 2009; 2664 men were found to have P Ca following their PSA labs.

Of those 2664 patients, 1643 remain to participate in this study. The researchers then randomly assigned these men into 3 groups: Monitoring, surgery or radiation. Yes, “randomly assigned”.

Then the men in each group were followed for about 15 years (range 11 to 21 years). Nearly everyone (98%) completed the study to the end. Note too that 1/3 of the patients had intermediate to high risk disease at diagnosis so some 2/3<sup>rd</sup> of the subjects were what we think of today as Gleason 3+3 or low risk 3+4 patients.

So, how many of the 1610 patients in the study survived?

**Only 45 men (2.7%) died from P Ca. Of that...**

|                                   |                           |
|-----------------------------------|---------------------------|
| 17 men doing monitoring died.     | 3.1% of the 1610 patients |
| 12 men who had surgery were lost. | 2.2%                      |
| 16 died in the radiation group.   | 2.9%                      |

The study found that 356 of the 1610 men died from causes other than P Ca.

**“Clinical progression” occurred in...**

|                                 |       |
|---------------------------------|-------|
| 141 men in the monitoring group | 25.9% |
| 58 who had surgery              | 10.5% |
| 27 with radiation               | 11.0% |

### **Who got advanced disease?**

51 men in the monitoring group. Again, some 1/3 of the subjects here had intermediate to high risk cancer. 9.4%

26 men in the surgery group 4.7%

27 in the radiation group. 5.0%

All things considered including the state of the art of treatment of the day, not too bad.

### **Who went on to get hormone therapy?**

69 men in the monitoring group 12.7%

40 subjects in the surgery group 7.2%

42 men in the radiation group 7.7%

133 men finished the study without mortality or any kind of treatment.

### **Take away.**

- P Ca mortality was LOW no matter what treatment was assigned including monitoring.
- No treatment complications were reported after the 10 year analysis.
- Mortality was not influenced by PSA level, tumor stage or grade or risk stratification score.

We treat this as encouraging news at PFOC and we continue to advocate early detection and where indicated, early treatment.

Have a good Sunday.

CHM