DR. METZGER'S SATURDAY EVENING NEWSLETTER

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PROSTATE FORUM OF ORANGE COUNTY

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MICROULTRASOUND IS ROUGHLY EQUAL TO CONVENTIONAL MRI TO IDENTIFY GLEASON GRADE 2 OR GREATER LEISONS A MULTINATIONAL STUDY SAYS.

American Medical Journal, April 16, 2025

https://www.emjreviews.com/en-us/amj/urology/news/microultrasonography-vs-mri-a-game-changer-for-prostate-biopsy/

Good Saturday evening.

Micro ultrasound (MUS) diagnostic technology emerges and takes a step forward with the above multinational study showing it's "non-inferior" to conventional MRI.

Take a few minutes to download and save this newsletter and click on the above link to read the brief, patient friendly article so you have a little background before we go deeper.

So, if there are no significant differences in detection of Gleason Grade 2 and above cancers, what are the significant differences between MUS and MRI?

Capital investment: MRI and its electromagnetic resistant environment, electrical requirements and so forth set hospitals back more than a million dollars. MUS and its predecessors (e.g. color Doppler ultrasound) fit nicely in an examining room and run on household current MUS equipment itself costs about $200,000.00.

Unburdening hospital MRI waiting lists. Look to a six month wait if you need a non-urgent MRI in Italy.

Safer for specific patients who have metal implants, pacemakers and other devices that are not suitable for strong magnetic fields. And MRI safety is also improving. Check out my June 8, 2024 Newsletter discussing low field MRI…
https://www.prostateforum.org/_files/ugd/909292_04a546871a18452d9a08a28acd94e727.pdf

Better psychological tolerance. MRIs are stressful for the claustrophobic and the noise makes that worse.

Comfort. Aside from noise and confinement, MRI's keep the patient in one position for about an hour or so. Contrast is administered in most cases and that can be risky in some cases. On the other hand, MUS rectal probes might be troublesome for others with anal and / or rectal problems. An empty rectum is also a good first step for any procedure using a probe.

Better, faster, office-based diagnostics. Those familiar with Duke Bahn's clinic near Santa Barbara or Prostate Oncology Specialists in Los Angeles know that your exam consisted of among other things PSA blood draw, digital rectal exams, and color Doppler US. Now, your urologists can have technology equal to an MRI at their disposal. More diagnostic ability with a time and hassle factor savings for patients. It seems well worth $200,000.00 to upgrade older, less sensitive ultrasound technology with MUS.

Portability. Who's for bringing medicine closer to the patient? Depending on calibration requirements, MUS could be part of mobile examination suites like the trailers you have seen at Cruizin' for a Cure's annual event or mobile dental vans serving poor communities.

Integration with other diagnostic technology. MUS may already be guiding some trans-perineal biopsy procedures now and might be built into a transrectal biopsy probe in the future. And it would be a valuable assist to focal therapy. We are all waiting for machine learning to enhance biopsy readings and MRI scans. Artificial Intelligence may enhance MUS imaging but it's a way's off.

Takeaway. Just getting the process back into the urologist's office means it will make it easier to move along the workup, fewer "mother may I" and scheduling issues to resolve. I only hope that second (ghost) opinions will be available. By ghost opinion, I mean second opinion by an expert after the non-expert general urologist reads the original called ghost because patients never meet the 2nd reader (same concept as any second opinion). This is a timely topic. University of California, Irvine is using it for their fusion biopsies and will report their experience at next year's American Urological Association meeting.

If you missed our fast moving, patient friendly exciting presentation of micro ultrasound with Brian Wodlinger, Ph. D. of Exact Imaging, view it on our website using the hyperlink below. You will enjoy insightful questions from our panel of knowledgeable experts and patients.

View Presentation 25-05 at https://www.prostateforum.org/presentations

We look forward to seeing you at our 2nd and 4th Tuesday evening.
Support and Information Groups.
Please bookmark these zoom links so you can join us easily:
2nd Tuesday at 5:00 p.m. Pacific Time: **https://us02web.zoom.us/j/86164783897**
4th Tuesday at 5:00 p.m. Pacific Time: **https://us02web.zoom.us/j/85450819246**

Enjoy your Sunday,

CKM