

DR. METZGER'S SATURDAY EVENING NEWSLETTER

FOR MAY 20, 2023

PROSTATE FORUM OF ORANGE COUNTY

[WWW.PROSTATEFORUM.ORG](http://www.prostateforum.org)

Dr. Tang on EXTEND trial in oligometastatic prostate cancer

Feb 1, 2023

[Urology Times staff](#)

Study participants were randomly assigned to receive 6 months of HT plus local therapy or 6 months of HT alone. <https://www.urologytimes.com/view/dr-tang-on-extend-trial-in-oligometastatic-prostate-cancer>

Let's look at a promising United States study where intermittent hormone therapy was combined with radiation targeting metastatic sites and compared against intermittent hormone therapy alone. The goal of the study was to test the idea that hormone therapy given when needed combined with local treatment of cancer sites would be effective towards stopping cancer progression. The term of art used here is progression free survival or PFS. And, that progression would be stopped without subjecting patients to on-going hormone therapy and its many side effects.

Here's the good news. The patients who got both intermittent hormone therapy and radiation saw a 75 % reduction of P Ca progression or death than their counterparts who only got intermittent hormone therapy.

EXTEND is referred to as a "basket study" sometimes known as a "bucket study". Here's a definition from <https://credevo.com/articles/2020/09/15/clinical-trial-designs-basket-umbrella-platform-trial-designs/>

In contrast to traditional trial designs, which test a single drug in a single disease population in one clinical trial and in contrast to traditional trial designs, the master protocols in basket studies use a single infrastructure, trial design, and protocol to simultaneously evaluate multiple drugs and/or disease populations in multiple substudies, which allows efficient and accelerated drug development.

I'll watch for new developments on combination therapies. In the meantime, we hope you will join us on Thursday, June 1, 2023 from 7:00 p.m. to 8:30 p.m. for Dr. Sandy Liu's presentation on zoom. We will discuss doublet and triplet therapies (combining 2 or 3 different anti-cancer agents). Please note our presentation will be on the FIRST THURSDAY EVENING of June.

We look forward to seeing you,

CKM