Quality of Life After Treatment for Prostate Cancer: Surgeon Perspective

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ProtecT and PCOS

• Prostate Testing for Cancer and Treatment\(^1\)
  – Randomized 1,643 to RRP, EBRT, Active Monitoring
  – Median follow-up 10 years

• Prostate Cancer Outcome Study\(^2\)
  – Population Cohort of 1,655
  – RRP vs Radiation

ProtecT-Sexual Function

C EPIC Sexual Function Score

- Radical prostatectomy
- Radical radiotherapy
- Active monitoring

P<0.001

Mean Score vs. Months since Randomization
PCOS-Sexual Function

A Sexual Function in All Patients

B Higher Sexual Function at Baseline

C Lower Sexual Function at Baseline
ProtecT-Urinary Function

D EPIC Urinary Score

P<0.001

- Radical prostatectomy
- Radical radiotherapy
- Active monitoring

Mean Score

0 6 12 24 36 48 60 72

Months since Randomization
PCOS-Urinary Function

A. Urinary Function in All Patients

B. Normal Urinary Function at Baseline

C. Lower Urinary Function at Baseline
ProtecT-Bowel Function

A  EPIC Bowel Function Score

P<0.001

Mean Score

Better

Worse

0

0 6 12 24 36 48 60 72

Months since Randomization
PCOS-Bowel Function

A. Bowel Function in All Patients

B. Normal Bowel Function at Baseline

C. Lower Bowel Function at Baseline
Neglected Outcomes

• Climacturia\textsuperscript{3}
  – Surgery: 28%,
  – Radiation: 5%

• Penile shortening\textsuperscript{4}
  – Erectile function protective

• Pain with Orgasm\textsuperscript{3}
  – Surgery: 5%
  – Radiation: 15%

What About My Patient?

Sexual Domain Score

A. Time since treatment start (months)

RP : AS
EBRT : AS
Baseline score (75th : 25th %ile)
Age at diagnosis (70:60)
Intermediate : Low risk
High : Low risk

B. Effect on function score

-20 0 10 20 30
Clinically Meaningful Difference

Problem with Averages

Change in bowel function score from Baseline
6 Months after Radiation Therapy
What I Do

• Assess
  – Goals
  – Baseline Risk

• Best estimate of:
  – Best Outcome
  – Worst Outcome
  – Most Likely Outcome

• Neglected Outcomes