



To what extent urologists embrace active surveillance for low risk localized prostate cancer at an academic center?



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INTRODUCTION

- EAU, AUA AND NCCN guidelines suggest active surveillance as a viable management option which should be offered to patients diagnosed with low risk localized prostate cancer (LRPC).
- We reviewed data on patients who were diagnosed with LRPC and underwent radical prostatectomy. We assessed whether they recalled being offered active surveillance as an option.

MATERIAL & METHOD

- All patients who underwent radical prostatectomy with a diagnosis of localized prostate cancer between April 2009 and September 2013 were contacted by telephone by one urologist (same person) who was not involved in the patients' management.
- He asked each patient the same set of questions. A database was established on pre and post-operative variables and responses to telephone interview.
- LRPC was defined as cT1-2a, Gleason score ≤ 6 , PSA ≤ 10 , ≤ 3 cores positive for cancer and $\leq 50\%$ core involvement.
- LRPC patients were analyzed regarding having been offered active surveillance as an option during the process of decision for management.

RESULTS

- A total of 162 surgeries were performed; 17 were excluded from analysis (unable to reach 8, Alzheimer 1, pre-op urethral catheter 4, renal transplant nominee 1, very recent surgery 2, deceased with colon cancer 1).
- Of the remaining 145, 36 fulfilled LRPC criteria. Mean age was 60.5 years, PSA 5.4 ng/ml, and time after surgery 14.1 months. Seven (19%) patients recalled having been offered active surveillance as an option.
- Regret for having undergone surgery was reported by 14%. An additional 5% reported ambivalent feelings on regret about their decision for surgery.

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| Active surveillance was offered as an alternative | 19% |
| Patient regrets from having undergone surgical treatment | 14% |
| Patient feelings ambivalent on regret about their decision for surgery | 5% |

CONCLUSIONS

- These results suggest that urologists do not appear to have readily embraced active surveillance as a management option for patients with low risk localized prostate cancer.
- These results reflect the practice at a university hospital in Istanbul and may not necessarily be generalized.