

OUTCOME ANALYSIS OF HIGH INTENSITY FOCUSED ULTRASOUND FOR CLINICALLY LOCALIZED PROSTATE CANCER IN JAPAN -SEVEN-YEAR FOLLOW UP-

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(Presentation to be made by Dr. Suzuki)

Purpose: We report cancer related outcomes and treatment related toxicities following HIFU therapy for men with localized prostate cancer.

Materials and Methods: This series comprises 340 patients who were treated with Sonablate® HIFU devices (Focus Surgery, IN, USA) patients with a minimum follow-up of one year. During follow-up, prostatic biopsies and PSA level measurements were performed to determine the failure as 3 consecutive rises in the PSA according to the ASTRO definition. None of the patients received androgen deprivation prior to documenting biochemical failure. Kaplan-Meier curves and log-rank test were used for analysis.

Results: The median age and PSA level were 68 years (range 45-88) and 9.5 ng/ml (range 3.1 to 154), respectively. Stage was attributed as follows: T1c in 173, T2a in 106, T2b in 47 and T3 in 14 patients. The median follow-up period for all patients was 23.2 months (range 3 to 86). The biochemical disease-free survival (bDFS) at 5 years in all patients was 70%. The bDFS at 5 years for patients with low, intermediate and high risk groups were 90%, 65% and 57%, respectively ($p < 0.0001$). The bDFS at 5 years for patients with PSA less than 10 ng/ml, 10-20 ng/ml and more than 30 ng/ml were 88%, 68% and 17%, respectively ($p < 0.0001$). Seventy-eight % had negative biopsies from a mean of 6 cores 6 months after HIFU.

Conclusions: HIFU appears to be both an effective and well tolerated procedure for men with localized prostate cancer.