

2nd Annual Primary Care Cancer CME 2014



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ROUGE VALLEY HEALTH SYSTEM**



The best at what we do.

ACTIVE SURVEILLANCE



- ❑ 23-60% “overdiagnosis” of prostate cancer
- ❑ Increased diagnosis of low grade, small volume disease
- ❑ PSA thresholds
- ❑ Extended core biopsy sampling

ACTIVE SURVEILLANCE



- ❑ Provides men with the alternative of monitoring the cancer with timely intervention for tumor progression
- ❑ Treatment related morbidity is avoided or delayed until treatment is required

ACTIVE SURVEILLANCE



- ❑ Gleason sum ≤ 6 (no pattern 4 or 5 disease)
- ❑ PSA < 10 ng/mL
- ❑ Stage $\leq T2a$
- ❑ Epstein criteria
 - No more than 2 cores positive
 - $< 50\%$ of any single core

ACTIVE SURVEILLANCE



- ❑ Disease Monitoring
 - PSA and DRE every 3-6 months
 - Repeat prostate biopsy every 1-3 years

- ❑ Triggers for Intervention
 - Changes in PSA kinetics
 - PSA doubling time <2 years
 - Detection of higher grade cancer (pattern 4)
 - Detection of higher volume
 - Changes on DRE
 - Patient fear

ACTIVE SURVEILLANCE



□ Future

- 5ARIs (REDEEM) trial reduced risk of progression
- Diet and lifestyle
 - No benefit of vitamin E or selenium
- Biomarkers
 - PCA₃
- Imaging
 - Specialized MRI, diffusion weighted MRI

RADICAL PROSTATECTOMY



❑ Open

- One incision from below umbilicus to pubic bone

❑ Laparoscopic

- Several small incisions in lower abdomen, video camera, lap instruments

❑ Robotic-assisted

- Video camera and instruments connected to a robotic system that is controlled by surgeon

RADICAL PROSTATECTOMY



❑ Short term side effects

- Anesthetic risk
- Bleeding
- Infection
- Rectal injury

RADICAL PROSTATECTOMY



❑ Long term side effects

- Infertility
- Incontinence (stress, urge, overflow, mixed)
 - Lifestyle changes
 - Pelvic floor exercises
 - Medication
 - Urethral sling
 - Artificial urethral sphincter

RADICAL PROSTATECTOMY



□ Long term side effects

- Erectile dysfunction
 - Oral medications
 - Vacuum erection device
 - MUSE (medicated urethral system of erection)
 - Injectable drugs
 - Penile implant