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DR. MARTYN VICKERS

Pen Bay Urology is one of Maine's finest resources for patients who present with challenging urological issues.

Nationally recognized board-certified specialists and state-of-the-art surgical technology offer your patients a range of expertise and services. And it's all right here on the Penobscot Bay Medical Center campus in Rockport, Maine.

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## Pen Bay Urology Offers Cryoablation of the Prostate

*A salvage procedure for prostate cancer patients whose cancer has not been cured by radiation therapy*

Did you have radiation therapy for cancer of the prostate several years ago? Is your PSA increasing? If yes, cryosurgery may be the curative salvage treatment option for you.

Radiation therapy for localized prostate cancer may fail to eradicate the disease. Reactivation of the cancer can be detected by monitoring PSA. Radiation failure is present if there are three consecutive PSA rises after a nadir has been reached (ASTRO Criteria). More recently this definition has been revised to a rise by 2 ng/ml or more above the nadir (PHOENIX Criteria).

As part of the Cancer of the Prostate Strategic Urologic Research Endeavor, researchers examined the outcomes of 935 patients who received external beam radiation therapy. Of these patients, 587 (63%) developed recurrent disease. The mean time to recurrence was 38 months. Hormonal therapy failed to control the cancer in 68% of the patients [1].

At Memorial Sloan Kettering Cancer Center, 1,029 patients who received permanent prostate brachytherapy (seeds) were followed for a mean of 46 months. The biochemical-free relapse rate was 78.2%. Patients with low-risk cancer had a failure rate of 20%, while high-risk patients had a failure rate of 50% [2].

There are two main potentially curative treatment options for these patients, radical surgery or cryoablation. In the 100 men studied who had recurrence of their

prostate cancer after radiotherapy and were treated with cryoablation, the biochemical recurrence-free survival was 83% at 12 months, 72% at 24 months, and 59% at 36 months [3].

The five-year biochemical failure rate for external beam radiation is between 25% and 50% in Canada. "The potential of salvage cryosurgery offering better quality of life than salvage surgical prostatectomy has directed a renewed interest in evaluation of salvage cryoablation." 46 men with locally recurrent prostate cancer after radiotherapy were treated with cryosurgery. Quality of life returned to preoperative levels by 24 months after cryosurgery in all domains, with the exception of urinary and sexual functioning [4].

Our urological specialist at Penobscot Bay Medical Center has six years of experience in treating localized cancer in the prostate that persists after radiation therapy by performing total cryoablation of the prostate. Please call (207) 593-5400 if you have any questions or wish to make an appointment. Pen Bay Urology has the capacity to see patients within one week.

1. Agarwal PK, et al. Treatment failure after primary and salvage therapy for prostate cancer: likelihood, patterns of care, and outcomes. *Cancer* 2008;112:307-314.
2. Potters et al. The prognostic significance of Gleason Grade in patients treated with permanent prostate brachytherapy. *Int J Radiat Oncol Biol Phys.* 2003 Jul 1;56(3):749-54.
3. Ismail M, et al. Salvage cryotherapy for recurrent prostate cancer after radiation failure: A prospective case series of the first 100 patients. *BJU Int* 2007;100:760-764.
4. Robinson JW et al. Quality of life 2 years after salvage cryosurgery for the treatment of local recurrence of prostate cancer after radiotherapy. *Urologic Oncology: Seminars and original investigations* 24 (2006) 472-486.

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