

LOW-RISK ORGAN-CONFINED PROSTATE CANCER

Naples Urology Associates

Naples Urology Associates CyberKnife® Team:

Urologist:	David M. Spellberg, M.D., FACS
Radiation Oncologist:	Debra Freeman, M.D. Jay Friedland, M.D.
Medical Physicist:	Mary Ellen Masterson-McGary, M.S.

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DEMOGRAPHICS

Sex: Male
Age: 70
Histology: Prostate Adenocarcinoma: stage T1c

CLINICAL HISTORY

Referred by: Urologist
Past Medical History: Transurethral resection of the prostate (TURP) for benign prostatic hyperplasia (BPH)

Case History

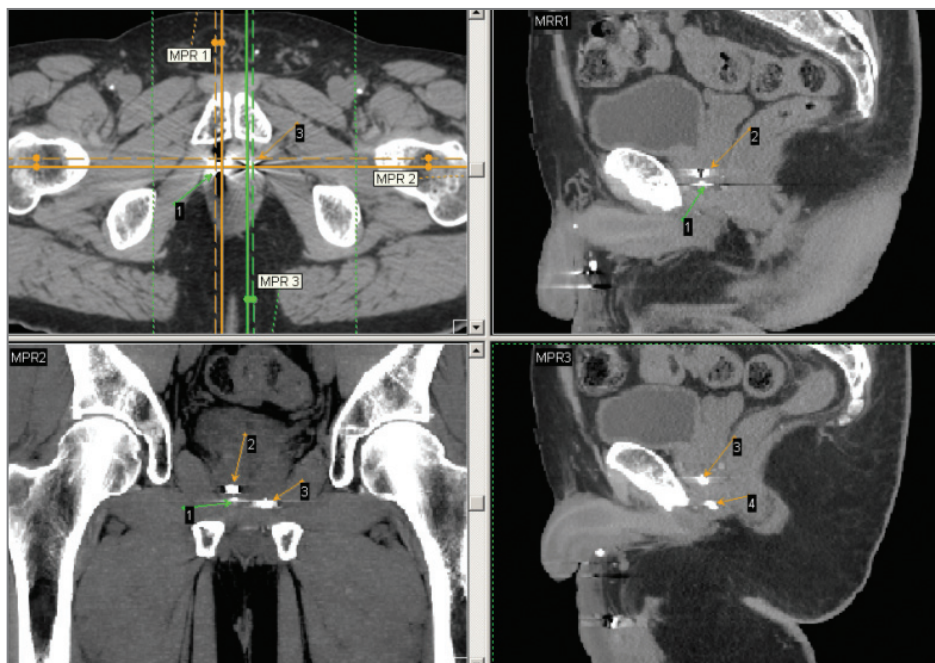
This 70-year-old male with a history of atrial fibrillation, hypertension and benign prostatic hyperplasia (BPH) presented with elevated prostate specific antigen (PSA) of 4.5 ng/ml. He had been followed by his urologist for the previous six years with regular PSA monitoring. He had no family history of prostate cancer and underwent a TURP 2 years prior for BPH. His atrial fibrillation and hypertension were managed by Coumadin, Toprol, Lanoxin and Zestoretic.

The patient's symptoms included nocturia times two and a history of erectile dysfunction. Patient denied a history of dysuria, hematuria, urinary incontinence, urinary urgency, urinary frequency or hesitancy. Transrectal ultrasound (TRUS) guided biopsy revealed adenocarcinoma of the prostate in 6 of 12 biopsy cores, all of which were less than 5% positive and a Gleason score of 3 + 3. Tumor was found in both lobes of the prostate, and was staged cT1c by digital rectal examination. A CT scan of the abdomen / pelvis was unremarkable and a bone scan was negative for metastatic disease.

CyberKnife® Treatment Rationale

The patient was evaluated by Urology and Radiation Oncology for his prostate cancer. Treatment options included surgery, external beam radiation therapy (IMRT, conformal) and CyberKnife® monotherapy. The patient wanted a less invasive and convenient therapy in order to continue his work and day to day activities and therefore elected for CyberKnife monotherapy.

Current literature suggests that prostate cancer will respond favorably to hypofractionated radiotherapy due to its low α/β ratio of prostate cancer.^{1,2} Several groups have demonstrated that hypofractionation schemes for prostate cancer achieve excellent local control with minimal toxicity to the urethra and rectum.^{3,4} CyberKnife stereotactic radiosurgery has been shown to decrease prostate tumor volume and decrease PSA levels of human prostate cancer cells in a mouse model.⁵ Initial studies of CyberKnife monotherapy have shown beneficial effects, including decreased PSA results and low toxicity in patients with organ-confined prostate cancer.^{6,7}



Multiplanar pre-treatment planning images show all 4 fiducial markers placed within the prostate.

TREATMENT DETAILS

Prostate Volume: 29.5 cc
 Imaging Technique(s): CT
 Rx Dose & Isodose: 35 Gy to 82%
 Conformality Index: 1.39
 Tumor Coverage: 95%
 Number of Beams: 130

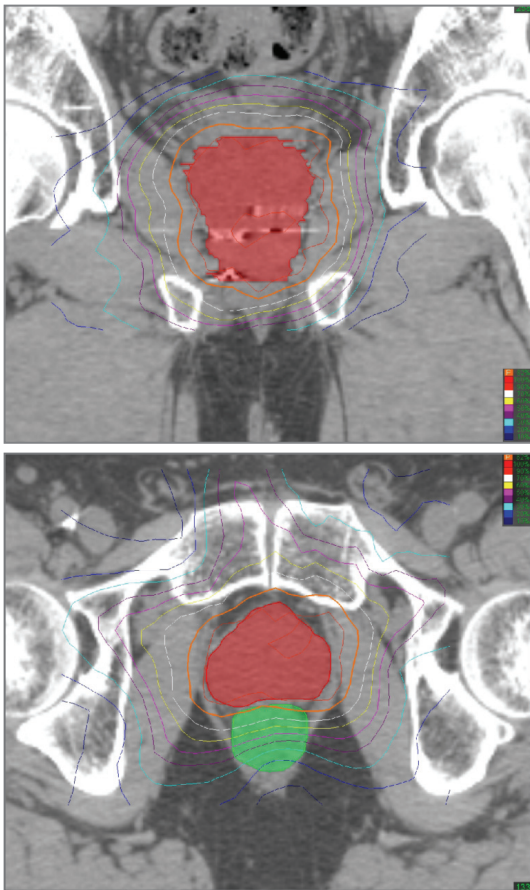
Fractions: 5
 Path Template: 3 path 900_1000 mm
 Tracking Method: Fiducial
 Collimator(s): 20 mm and 35 mm

Treatment Planning Process

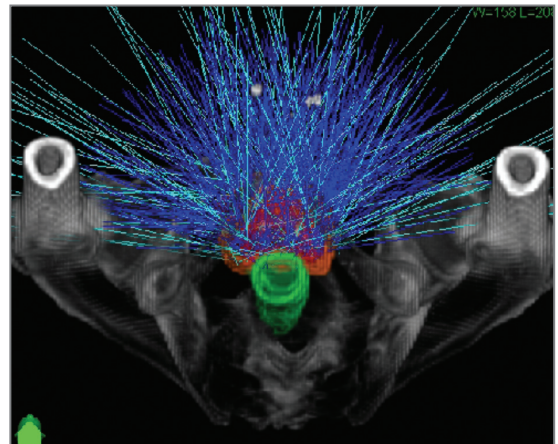
Four fiducial markers were placed under intravenous conscious sedation in the prostate by the urologist using a TRUS-guided template. Eleven days later a CT study was performed with the patient in the treatment position using a custom immobilization device. The fiducial locations were identified and the prostate and critical structures (rectum, bladder, and urethra) were contoured. The planning target volume (PTV) included the prostate with a 5-mm margin in all directions except for a smaller 3-mm posterior margin to decrease dosage to the rectum. Treatment planning was designed to encompass 95% of the target volume and minimize dose to critical structures.

Treatment Delivery

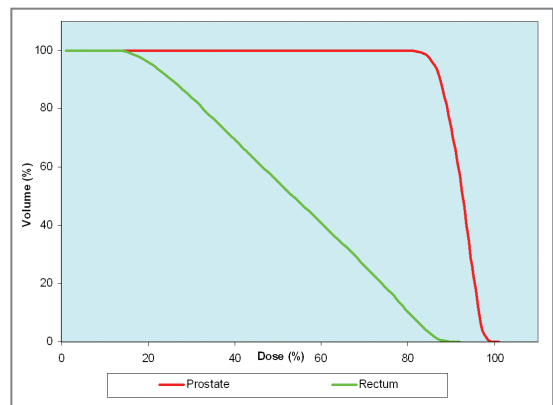
A few days after treatment planning the patient began treatment. A prescription dose of 35 Gy was delivered in 5 fractions over 5 consecutive days to the 82% isodose line. Two collimator sizes were used and a conformality index of 1.39 was achieved. There were 130 beams from 111 nodes delivered. Following the fourth treatment, the patient experienced nocturia and was given 0.4 mg Flomax with resolution of symptoms. The patient reported mild urinary frequency and mild urgency 5 days after completion of last fraction of radiosurgery and was treated with Pyridium with resolution of symptoms. Overall, the patient tolerated the treatment well.



Coronal and axial treatment plans showing the 82% prescription isodose line relative to the prostate (red). Lower percentage isodose lines demonstrate sparing of the rectum (green).



Inferior-superior 3D of bony anatomy and CyberKnife beam positions showing treated tumor with rectal sparing.



Dose-Volume Histogram (DVH) for prostate.

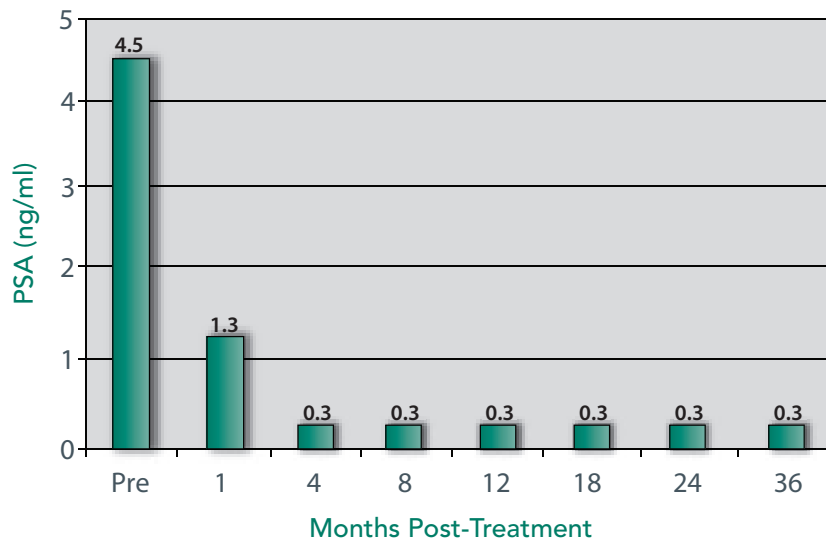
Outcome and Follow-Up

- The patient responded to CyberKnife® treatment with a decrease in PSA value from 4.5 ng/ml to 1.3 ng/ml at one month following radiosurgery and to 0.3 ng/ml at 8 months
- The patient experienced mild acute urinary toxicities which resolved with medication
- There were no reported acute rectal toxicities
- The patient has now been followed for 3 years; PSA remains stable at 0.3 ng/ml, and the patient has experienced no chronic urinary or rectal toxicities

Conclusion and CyberKnife Advantages

- CyberKnife monotherapy produced an early and stable reduction in PSA in a patient with low-risk organ-confined prostate cancer with minimal acute urinary toxicities and no noted chronic toxicities to date
- CyberKnife treatment provides a convenient, minimally invasive option for patients with early-stage, organ-confined prostate cancer

PSA Results



At Naples Urology Associates, we are proud to offer our patients the best treatment options for a wide range of conditions. Our staff provides patients with several cutting edge treatment options depending on their needs. We believe in treating each case according to its unique conditions, so each patient that we see gets a customized treatment plan. We choose the least invasive treatments possible, including CyberKnife Radiosurgery, with the goals of prolonging life and preserving quality of life. Since our CyberKnife program began in 2004, we have treated over 400 patients with prostate cancer. See our website (www.urologyofnaples.com) or call us at 239-434-8565.

References

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