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To examine the effects of various focal therapy approaches on patient-reported outcomes in individuals with localized prostate cancer

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BACKGROUND

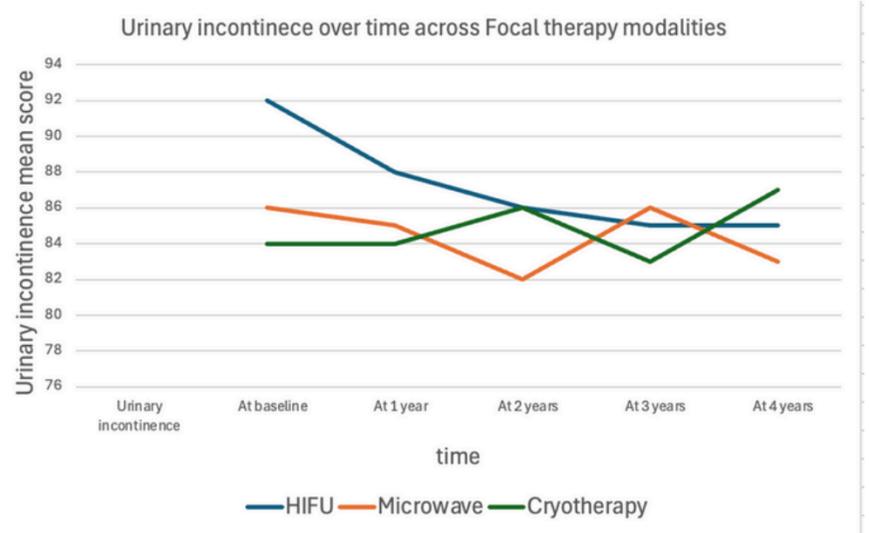
- Focal therapy has become increasingly popular for low-to-intermediate-risk prostate cancer (PCa) patients.
- Several energy modalities have been employed for treatment, but the long-term patient-reported functional outcomes (PROs) are not well established.
- **Aim: to assess the changes in PROS over a 5-year period following different focal therapies in an Asian population.**

METHODOLOGY

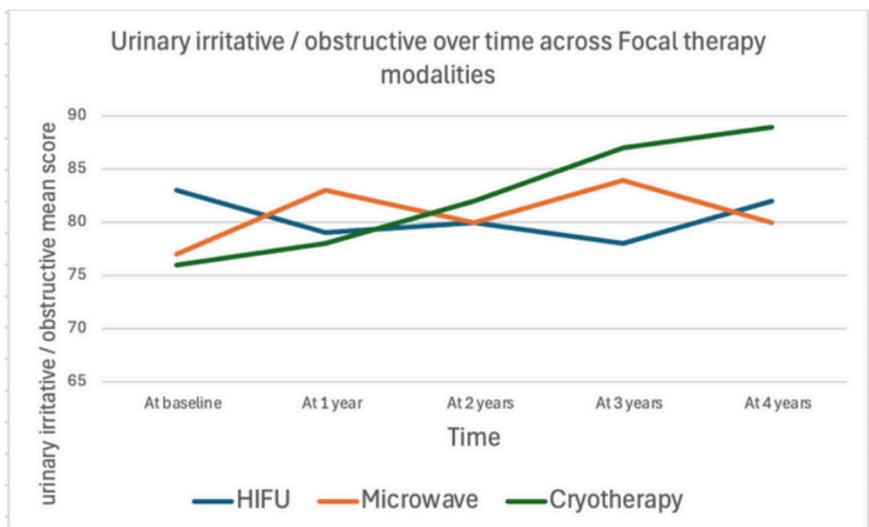
- 67 patients with PCa undergoing focal therapy, including High-Intensity Focused Ultrasound (HIFU) (n=25), microwave (n=31) and cryotherapy (n=11)
- EPIC-26 questionnaire at baseline and annually for 5 years
- Longitudinal functional outcomes were analyzed using linear mixed-effects models
- the model included fixed effects for treatment modality, time, a kind of focal therapy modality × focal therapy modality-time interaction, and other clinically relevant covariates.

RESULTS

- Over a median follow-up of 42.81 months (interquartile range: 23.92-69.99 months)



- consistent decline in continence function following HIFU when examining changes in urinary symptoms. In contrast, changes after microwave and cryotherapy were less pronounced.



- a reduction in irritative and obstructive symptoms with HIFU up to four years, whereas microwave and cryotherapy showed improvements in these symptoms during the same period.
- linear mixed-effects model analysis indicated that the differences between groups were not statistically significant. This may be due to the small sample size in our study.

CONCLUSION

Different focal therapy modalities resulted in different effects on PROs, and further large-scale studies might be needed to provide more information about these differences.