

WEBVTT

00:00:00.000 --> 00:00:02.172 Funding for Yale Cancer Answers is

NOTE Confidence: 0.921269906363636

00:00:02.172 --> 00:00:04.240 provided by Smilow Cancer Hospital.

NOTE Confidence: 0.91462564

00:00:06.560 --> 00:00:08.560 Welcome to Yale Cancer Answers

NOTE Confidence: 0.91462564

00:00:08.560 --> 00:00:10.560 with Doctor Anees Chagpar.

NOTE Confidence: 0.91462564

00:00:10.560 --> 00:00:12.410 Yale Cancer Answers features the

NOTE Confidence: 0.91462564

00:00:12.410 --> 00:00:13.890 latest information on cancer

NOTE Confidence: 0.91462564

00:00:13.890 --> 00:00:15.785 care by welcoming oncologists and

NOTE Confidence: 0.91462564

00:00:15.785 --> 00:00:17.975 specialists who are on the forefront

NOTE Confidence: 0.91462564

00:00:18.034 --> 00:00:19.720 of the battle to fight cancer.

NOTE Confidence: 0.91462564

00:00:19.720 --> 00:00:22.268 This week it's a conversation about prostate

NOTE Confidence: 0.91462564

00:00:22.268 --> 00:00:24.400 cancer with Doctor Preston Sprenkle.

NOTE Confidence: 0.91462564

00:00:24.400 --> 00:00:26.494 Doctor Sprenkle is an associate professor

NOTE Confidence: 0.91462564

00:00:26.494 --> 00:00:29.377 of urology at the Yale School of Medicine

NOTE Confidence: 0.91462564

00:00:29.380 --> 00:00:30.082 Where Dr. Chagpar

NOTE Confidence: 0.91462564

00:00:30.082 --> 00:00:32.539 is a professor of surgical oncology.

NOTE Confidence: 0.935679223181818

00:00:33.700 --> 00:00:35.639 So Preston, maybe we can start off  
NOTE Confidence: 0.935679223181818

00:00:35.639 --> 00:00:37.747 by you telling us a bit more about  
NOTE Confidence: 0.935679223181818

00:00:37.747 --> 00:00:42.100 yourself and what it is you do.  
NOTE Confidence: 0.938815862857143

00:00:42.100 --> 00:00:44.268 I'm a urological oncologist,  
NOTE Confidence: 0.938815862857143

00:00:44.268 --> 00:00:48.006 so I do urologic cancer  
NOTE Confidence: 0.938815862857143

00:00:48.006 --> 00:00:50.560 surgeries and I treat primarily  
NOTE Confidence: 0.938815862857143

00:00:50.560 --> 00:00:52.060 men with prostate cancer.  
NOTE Confidence: 0.938815862857143

00:00:52.060 --> 00:00:54.025 And my clinical practice focuses  
NOTE Confidence: 0.938815862857143

00:00:54.025 --> 00:00:55.990 on the diagnosis of prostate  
NOTE Confidence: 0.938815862857143

00:00:56.054 --> 00:00:58.178 cancer as well as its management.  
NOTE Confidence: 0.9402536

00:00:58.970 --> 00:01:01.218 I think our audience  
NOTE Confidence: 0.9402536

00:01:01.218 --> 00:01:03.486 has heard a lot about prostate cancer.  
NOTE Confidence: 0.9402536

00:01:03.490 --> 00:01:05.118 It seems pretty ubiquitous.  
NOTE Confidence: 0.9402536

00:01:05.118 --> 00:01:08.361 Some of the questions that I think always  
NOTE Confidence: 0.9402536

00:01:08.361 --> 00:01:10.650 come up include a number of things.  
NOTE Confidence: 0.9402536

00:01:10.650 --> 00:01:13.194 So first off, the screening for

NOTE Confidence: 0.9402536

00:01:13.194 --> 00:01:15.323 prostate cancer that always

NOTE Confidence: 0.9402536

00:01:15.323 --> 00:01:18.163 seems like a bit of a moving target.

NOTE Confidence: 0.9402536

00:01:18.170 --> 00:01:20.347 You know, back in the day it

NOTE Confidence: 0.9402536

00:01:20.347 --> 00:01:22.249 was with digital rectal exams,

NOTE Confidence: 0.9402536

00:01:22.250 --> 00:01:24.930 then it was PSA's, then it was,

NOTE Confidence: 0.9402536

00:01:24.930 --> 00:01:27.180 well, maybe we don't need to do

NOTE Confidence: 0.9402536

00:01:27.180 --> 00:01:28.272 screening for everybody.

NOTE Confidence: 0.9402536

00:01:28.272 --> 00:01:31.275 Can you kind of tell us what is

NOTE Confidence: 0.9402536

00:01:31.275 --> 00:01:33.579 the latest in terms of screening

NOTE Confidence: 0.9402536

00:01:33.579 --> 00:01:34.731 for prostate cancer?

NOTE Confidence: 0.9402536

00:01:34.740 --> 00:01:35.760 Who needs it,

NOTE Confidence: 0.9402536

00:01:35.760 --> 00:01:37.460 how often and with what?

NOTE Confidence: 0.932877342857143

00:01:37.940 --> 00:01:38.988 Those are great questions.

NOTE Confidence: 0.932877342857143

00:01:38.988 --> 00:01:41.160 And you're right, it does remain

NOTE Confidence: 0.932877342857143

00:01:41.160 --> 00:01:43.460 controversial to a certain extent.

NOTE Confidence: 0.932877342857143

00:01:43.460 --> 00:01:46.892 I think the recommendations to not  
NOTE Confidence: 0.932877342857143

00:01:46.892 --> 00:01:50.455 screen for prostate cancer were really a  
NOTE Confidence: 0.932877342857143

00:01:50.455 --> 00:01:53.430 reflection of our practice at the time.  
NOTE Confidence: 0.932877342857143

00:01:53.430 --> 00:01:55.416 Where we were treating men with  
NOTE Confidence: 0.932877342857143

00:01:55.416 --> 00:01:57.390 low grade prostate cancer and we  
NOTE Confidence: 0.932877342857143

00:01:57.390 --> 00:01:59.166 were really kind of over diagnosing  
NOTE Confidence: 0.932877342857143

00:01:59.166 --> 00:02:01.270 and over treating prostate cancer.  
NOTE Confidence: 0.932877342857143

00:02:01.270 --> 00:02:04.086 So people who didn't need identification  
NOTE Confidence: 0.932877342857143

00:02:04.086 --> 00:02:05.750 and didn't need treatment,  
NOTE Confidence: 0.932877342857143

00:02:05.750 --> 00:02:09.146 were having their prostate cancer treated.  
NOTE Confidence: 0.932877342857143

00:02:09.150 --> 00:02:12.606 Where we are now is we have much more  
NOTE Confidence: 0.932877342857143

00:02:12.606 --> 00:02:14.322 information about prostate cancer  
NOTE Confidence: 0.932877342857143

00:02:14.322 --> 00:02:16.796 about the factors associated with  
NOTE Confidence: 0.932877342857143

00:02:16.796 --> 00:02:19.477 high risk prostate cancer in which  
NOTE Confidence: 0.932877342857143

00:02:19.477 --> 00:02:21.717 prostate cancers that we need to treat.  
NOTE Confidence: 0.932877342857143

00:02:21.720 --> 00:02:23.556 So in terms of screening PSA,

NOTE Confidence: 0.932877342857143  
00:02:23.560 --> 00:02:25.933 a blood test screening is the mainstay  
NOTE Confidence: 0.932877342857143  
00:02:25.933 --> 00:02:28.581 and it is the most important thing  
NOTE Confidence: 0.932877342857143  
00:02:28.581 --> 00:02:30.915 that we can use for evaluating  
NOTE Confidence: 0.932877342857143  
00:02:30.986 --> 00:02:32.399 for prostate cancer.  
NOTE Confidence: 0.932877342857143  
00:02:32.400 --> 00:02:34.510 When to start that varies  
NOTE Confidence: 0.932877342857143  
00:02:34.510 --> 00:02:36.198 depending on different guidelines,  
NOTE Confidence: 0.932877342857143  
00:02:36.200 --> 00:02:38.890 but the NCCN early detection  
NOTE Confidence: 0.932877342857143  
00:02:38.890 --> 00:02:41.042 of prostate cancer guidelines  
NOTE Confidence: 0.932877342857143  
00:02:41.050 --> 00:02:43.320 recommend consideration of a single  
NOTE Confidence: 0.932877342857143  
00:02:43.320 --> 00:02:46.845 PSA test as early as age 45 or even  
NOTE Confidence: 0.932877342857143  
00:02:46.845 --> 00:02:49.790 as early as age 40 in men with some  
NOTE Confidence: 0.932877342857143  
00:02:49.790 --> 00:02:53.010 higher risk features such as family history,  
NOTE Confidence: 0.932877342857143  
00:02:53.010 --> 00:02:54.872 genetic conditions known to put men at  
NOTE Confidence: 0.932877342857143  
00:02:54.872 --> 00:02:57.008 increased risk of developing prostate cancer.  
NOTE Confidence: 0.883253896153846  
00:02:59.210 --> 00:03:01.070 But that does not necessarily mean  
NOTE Confidence: 0.883253896153846

00:03:01.070 --> 00:03:03.208 that these men need to have PSA on an  
NOTE Confidence: 0.883253896153846

00:03:03.210 --> 00:03:05.714 annual basis. It is risk  
NOTE Confidence: 0.883253896153846

00:03:05.714 --> 00:03:07.848 stratified in terms of how frequent  
NOTE Confidence: 0.883253896153846

00:03:07.850 --> 00:03:09.490 PSA testing and prostate cancer  
NOTE Confidence: 0.883253896153846

00:03:09.490 --> 00:03:10.802 screening needs to occur,  
NOTE Confidence: 0.927447056

00:03:11.730 --> 00:03:15.642 but every man after the  
NOTE Confidence: 0.927447056

00:03:15.642 --> 00:03:19.850 age of 45 should get PSA testing.  
NOTE Confidence: 0.927447056

00:03:19.850 --> 00:03:21.530 How frequently should that be?  
NOTE Confidence: 0.920730438571429

00:03:22.450 --> 00:03:25.250 So it really depends on the result.  
NOTE Confidence: 0.920730438571429

00:03:25.250 --> 00:03:27.574 So for men with a very low  
NOTE Confidence: 0.920730438571429

00:03:27.574 --> 00:03:29.888 PSA test at the age of 45,  
NOTE Confidence: 0.920730438571429

00:03:29.890 --> 00:03:32.710 they can then safely defer another  
NOTE Confidence: 0.920730438571429

00:03:32.710 --> 00:03:35.650 PSA test for four to five years.  
NOTE Confidence: 0.920730438571429

00:03:35.650 --> 00:03:37.450 If their PSA is elevated,  
NOTE Confidence: 0.920730438571429

00:03:37.450 --> 00:03:38.634 those are the men,  
NOTE Confidence: 0.920730438571429

00:03:38.634 --> 00:03:40.410 which is actually it's pretty rare,

NOTE Confidence: 0.920730438571429  
00:03:40.410 --> 00:03:42.034 but for a PSA to be elevated  
NOTE Confidence: 0.920730438571429  
00:03:42.034 --> 00:03:43.595 at that age means that  
NOTE Confidence: 0.920730438571429  
00:03:43.595 --> 00:03:45.464 man is at an increased risk of  
NOTE Confidence: 0.920730438571429  
00:03:45.528 --> 00:03:47.068 developing prostate cancer at some  
NOTE Confidence: 0.920730438571429  
00:03:47.068 --> 00:03:49.684 time in the next 5 to 10 years.  
NOTE Confidence: 0.920730438571429  
00:03:49.684 --> 00:03:51.832 And so we want to follow  
NOTE Confidence: 0.920730438571429  
00:03:51.832 --> 00:03:53.690 their PSA more closely.  
NOTE Confidence: 0.920730438571429  
00:03:53.690 --> 00:03:56.035 So it's really a risk adapted kind  
NOTE Confidence: 0.920730438571429  
00:03:56.035 --> 00:03:58.210 of model based on the PSA value.  
NOTE Confidence: 0.932873862  
00:03:59.730 --> 00:04:03.250 At what point do you  
NOTE Confidence: 0.932873862  
00:04:03.250 --> 00:04:06.928 kind of get worried that the PSA?  
NOTE Confidence: 0.932873862  
00:04:06.930 --> 00:04:09.890 What level is high that you're concerned about  
NOTE Confidence: 0.932873862  
00:04:09.890 --> 00:04:12.290 a potential prostate cancer and further  
NOTE Confidence: 0.932873862  
00:04:12.290 --> 00:04:14.809 imaging and or biopsy is warranted?  
NOTE Confidence: 0.90619295  
00:04:15.850 --> 00:04:20.360 Yes. So the initial cutoff and  
NOTE Confidence: 0.90619295

00:04:20.360 --> 00:04:22.950 we try not to actually use cutoffs  
NOTE Confidence: 0.90619295

00:04:23.034 --> 00:04:25.656 because there is no specific cutoff  
NOTE Confidence: 0.90619295

00:04:25.656 --> 00:04:28.330 that is correct, but a higher PSA  
NOTE Confidence: 0.90619295

00:04:28.330 --> 00:04:30.970 has a higher risk of their  
NOTE Confidence: 0.90619295

00:04:30.970 --> 00:04:33.020 prostate cancer being detected  
NOTE Confidence: 0.90619295

00:04:33.020 --> 00:04:34.250 on subsequent evaluation,  
NOTE Confidence: 0.90619295

00:04:34.250 --> 00:04:35.726 but in general for a PSA  
NOTE Confidence: 0.90619295

00:04:35.730 --> 00:04:37.686 over the level of three,  
NOTE Confidence: 0.90619295

00:04:37.690 --> 00:04:39.960 we would suggest further evaluation  
NOTE Confidence: 0.90619295

00:04:39.960 --> 00:04:42.610 whether that is a repeat PSA  
NOTE Confidence: 0.90619295

00:04:42.610 --> 00:04:44.848 or an additional sort of what  
NOTE Confidence: 0.90619295

00:04:44.848 --> 00:04:46.690 we call second generation PSA  
NOTE Confidence: 0.90619295

00:04:46.690 --> 00:04:51.370 or urine based test to further risk  
NOTE Confidence: 0.90619295

00:04:51.370 --> 00:04:54.974 stratify if  
NOTE Confidence: 0.90619295

00:04:54.974 --> 00:04:58.090 there may be concern for a prostate cancer.  
NOTE Confidence: 0.90619295

00:04:58.090 --> 00:05:00.090 And then if there is,



NOTE Confidence: 0.90619295

00:05:00.090 --> 00:05:03.900 we often will utilize a prostate MRI to

NOTE Confidence: 0.90619295

00:05:03.900 --> 00:05:06.525 even further characterize someone's risk

NOTE Confidence: 0.90619295

00:05:06.525 --> 00:05:09.569 before going towards a prostate biopsy.

NOTE Confidence: 0.90619295

00:05:09.570 --> 00:05:12.300 And a prostate biopsy is really the

NOTE Confidence: 0.90619295

00:05:12.300 --> 00:05:14.021 only definitive way to determine

NOTE Confidence: 0.90619295

00:05:14.021 --> 00:05:16.007 if a prostate cancer is present.

NOTE Confidence: 0.90619295

00:05:16.010 --> 00:05:17.850 So all these other tests, PSA,

NOTE Confidence: 0.90619295

00:05:17.850 --> 00:05:20.181 blood tests, urine tests, MRI,

NOTE Confidence: 0.90619295

00:05:20.181 --> 00:05:23.898 those help inform whether a biopsy is

NOTE Confidence: 0.90619295

00:05:23.898 --> 00:05:27.880 needed and where that biopsy should be

NOTE Confidence: 0.90619295

00:05:27.880 --> 00:05:29.399 targeted. In the case of MRI it

NOTE Confidence: 0.90619295

00:05:29.399 --> 00:05:31.038 gives us that information as well

NOTE Confidence: 0.936479825

00:05:32.280 --> 00:05:34.980 and then once a patient has

NOTE Confidence: 0.936479825

00:05:34.980 --> 00:05:37.320 a biopsy that can confirm the

NOTE Confidence: 0.936479825

00:05:37.320 --> 00:05:39.120 diagnosis of a prostate cancer.

NOTE Confidence: 0.936479825

00:05:39.120 --> 00:05:42.360 But our understanding now is that  
NOTE Confidence: 0.936479825

00:05:42.360 --> 00:05:44.775 one size isn't the same as  
NOTE Confidence: 0.936479825

00:05:44.775 --> 00:05:47.670 all in other words there are some  
NOTE Confidence: 0.936479825

00:05:47.670 --> 00:05:49.890 very low risk prostate cancers  
NOTE Confidence: 0.936479825

00:05:49.890 --> 00:05:52.686 that can be effectively followed with  
NOTE Confidence: 0.936479825

00:05:52.686 --> 00:05:54.550 active surveillance versus other  
NOTE Confidence: 0.936479825

00:05:54.623 --> 00:05:57.299 prostate cancers that might be more  
NOTE Confidence: 0.936479825

00:05:57.299 --> 00:05:59.890 aggressive that warrant further management.  
NOTE Confidence: 0.936479825

00:05:59.890 --> 00:06:02.204 Can you talk a little bit about how  
NOTE Confidence: 0.936479825

00:06:02.204 --> 00:06:04.568 you kind of navigate those nuances?  
NOTE Confidence: 0.899610694117647

00:06:05.100 --> 00:06:05.856 Absolutely, yes.  
NOTE Confidence: 0.899610694117647

00:06:05.856 --> 00:06:08.880 So I mean the overdiagnosis is not doing  
NOTE Confidence: 0.899610694117647

00:06:08.950 --> 00:06:11.337 all of this testing in the biopsies,  
NOTE Confidence: 0.899610694117647

00:06:11.340 --> 00:06:13.458 in people whose PSA is low.  
NOTE Confidence: 0.899610694117647

00:06:13.460 --> 00:06:15.675 And the overtreatment is recognizing  
NOTE Confidence: 0.899610694117647

00:06:15.675 --> 00:06:18.305 exactly as you just said that

NOTE Confidence: 0.899610694117647  
00:06:18.305 --> 00:06:20.351 there are some or many cancers  
NOTE Confidence: 0.899610694117647  
00:06:20.351 --> 00:06:22.540 that do not need treatment.  
NOTE Confidence: 0.899610694117647  
00:06:22.540 --> 00:06:24.752 We have a grading scale for prostate  
NOTE Confidence: 0.899610694117647  
00:06:24.752 --> 00:06:26.939 cancer once it has been diagnosed.  
NOTE Confidence: 0.899610694117647  
00:06:26.940 --> 00:06:29.094 And again, this is based off  
NOTE Confidence: 0.899610694117647  
00:06:29.094 --> 00:06:30.530 of the biopsy information.  
NOTE Confidence: 0.899610694117647  
00:06:30.530 --> 00:06:32.273 But that grading scale is  
NOTE Confidence: 0.899610694117647  
00:06:32.273 --> 00:06:34.419 a 5 point scale where the one is  
NOTE Confidence: 0.899610694117647  
00:06:34.419 --> 00:06:36.593 low and five is high and really  
NOTE Confidence: 0.899610694117647  
00:06:36.593 --> 00:06:38.625 pretty routinely grade one disease  
NOTE Confidence: 0.899610694117647  
00:06:38.625 --> 00:06:42.090 is not treated and there are some  
NOTE Confidence: 0.899610694117647  
00:06:42.090 --> 00:06:43.890 men with grade 2 disease that  
NOTE Confidence: 0.899610694117647  
00:06:43.890 --> 00:06:45.810 also do not need treatment.  
NOTE Confidence: 0.899610694117647  
00:06:45.810 --> 00:06:47.934 And so again it's risk stratified  
NOTE Confidence: 0.899610694117647  
00:06:47.934 --> 00:06:51.153 and very we try to personalize it to  
NOTE Confidence: 0.899610694117647

00:06:51.153 --> 00:06:54.674 the cancer grade but also to the  
NOTE Confidence: 0.899610694117647

00:06:54.674 --> 00:06:57.443 man's wishes and because any treatment  
NOTE Confidence: 0.899610694117647

00:06:57.443 --> 00:07:00.600 can have side effects  
NOTE Confidence: 0.899610694117647

00:07:00.600 --> 00:07:03.640 on urinary function, sexual function,  
NOTE Confidence: 0.899610694117647

00:07:03.640 --> 00:07:06.718 even bowel function,  
NOTE Confidence: 0.899610694117647

00:07:06.720 --> 00:07:08.166 I think there's a very interesting  
NOTE Confidence: 0.899610694117647

00:07:08.166 --> 00:07:09.459 study that just was published  
NOTE Confidence: 0.899610694117647

00:07:09.459 --> 00:07:10.839 in the New England Journal,  
NOTE Confidence: 0.899610694117647

00:07:10.840 --> 00:07:13.141 I believe it was last week with  
NOTE Confidence: 0.899610694117647

00:07:13.141 --> 00:07:16.088 now 15 years of followup of a  
NOTE Confidence: 0.899610694117647

00:07:16.088 --> 00:07:18.186 randomized trial comparing men  
NOTE Confidence: 0.899610694117647

00:07:18.186 --> 00:07:20.316 who were randomized to surgery,  
NOTE Confidence: 0.899610694117647

00:07:20.320 --> 00:07:21.859 to radiation treatment,  
NOTE Confidence: 0.899610694117647

00:07:21.859 --> 00:07:24.424 or to an active monitoring.  
NOTE Confidence: 0.899610694117647

00:07:24.430 --> 00:07:26.270 And with now 15 years of follow up,  
NOTE Confidence: 0.899610694117647

00:07:26.270 --> 00:07:29.861 they saw no difference in prostate

NOTE Confidence: 0.899610694117647  
00:07:29.861 --> 00:07:33.148 cancer specific survival or overall survival.  
NOTE Confidence: 0.899610694117647  
00:07:33.150 --> 00:07:36.188 And this is consistent with what we  
NOTE Confidence: 0.899610694117647  
00:07:36.188 --> 00:07:39.440 have been learning, is that many men  
NOTE Confidence: 0.899610694117647  
00:07:39.440 --> 00:07:41.770 are overtreated for their prostate  
NOTE Confidence: 0.899610694117647  
00:07:41.770 --> 00:07:44.977 cancer and the goal of treatment is not  
NOTE Confidence: 0.899610694117647  
00:07:44.980 --> 00:07:45.748 s quick fix,  
NOTE Confidence: 0.899610694117647  
00:07:45.748 --> 00:07:47.540 it's not something that is going to  
NOTE Confidence: 0.899610694117647  
00:07:47.600 --> 00:07:49.896 result in an improvement in the short term.  
NOTE Confidence: 0.899610694117647  
00:07:49.900 --> 00:07:52.177 We now are seeing that even within 15 years,  
NOTE Confidence: 0.899610694117647  
00:07:52.180 --> 00:07:54.427 we may not see a survival benefit  
NOTE Confidence: 0.899610694117647  
00:07:54.427 --> 00:07:56.152 associated with treatment of men  
NOTE Confidence: 0.899610694117647  
00:07:56.152 --> 00:07:57.917 with predominantly low and  
NOTE Confidence: 0.899610694117647  
00:07:57.917 --> 00:07:59.420 intermediate risk prostate cancer.  
NOTE Confidence: 0.9396246375  
00:08:00.100 --> 00:08:02.540 So in that trial, did they include people  
NOTE Confidence: 0.9396246375  
00:08:02.540 --> 00:08:04.975 who were more in that high risk group?  
NOTE Confidence: 0.9301902

00:08:05.580 --> 00:08:06.820 So there were a few.  
NOTE Confidence: 0.9301902

00:08:06.820 --> 00:08:10.308 About 1/3 of the patients had  
NOTE Confidence: 0.9301902

00:08:10.308 --> 00:08:13.287 intermediate or high risk prostate cancer.  
NOTE Confidence: 0.9301902

00:08:13.290 --> 00:08:14.946 But it's not really broken down  
NOTE Confidence: 0.9301902

00:08:14.946 --> 00:08:16.050 more specifically than that,  
NOTE Confidence: 0.9301902

00:08:16.050 --> 00:08:21.765 but about 2/3 were in the low risk group.  
NOTE Confidence: 0.9301902

00:08:21.770 --> 00:08:23.810 We do have other studies,  
NOTE Confidence: 0.9301902

00:08:23.810 --> 00:08:25.400 not this randomized trial that do  
NOTE Confidence: 0.9301902

00:08:25.400 --> 00:08:27.450 show a benefit to treatment in men  
NOTE Confidence: 0.9301902

00:08:27.450 --> 00:08:29.010 with high risk prostate cancer.  
NOTE Confidence: 0.9301902

00:08:29.010 --> 00:08:31.482 So there still is  
NOTE Confidence: 0.9301902

00:08:31.482 --> 00:08:33.130 a need for treatment,  
NOTE Confidence: 0.9301902

00:08:33.130 --> 00:08:36.460 but I think it reinforces why  
NOTE Confidence: 0.9301902

00:08:36.460 --> 00:08:38.903 or how it is important to stratify  
NOTE Confidence: 0.9301902

00:08:38.903 --> 00:08:40.929 patients and not be hasty to  
NOTE Confidence: 0.9301902

00:08:40.929 --> 00:08:43.036 treat those with low and sort of

NOTE Confidence: 0.9301902

00:08:43.111 --> 00:08:45.579 favorable intermediate risk disease.

NOTE Confidence: 0.938815971428571

00:08:45.900 --> 00:08:48.116 Yeah, I mean because it kind of if

NOTE Confidence: 0.938815971428571

00:08:48.116 --> 00:08:50.417 there is no difference in survival,

NOTE Confidence: 0.938815971428571

00:08:50.420 --> 00:08:52.244 it kind of begs the question

NOTE Confidence: 0.938815971428571

00:08:52.244 --> 00:08:54.255 why go looking for it to begin with?

NOTE Confidence: 0.94226628

00:08:54.620 --> 00:08:55.700 It's a very good question.

NOTE Confidence: 0.94226628

00:08:55.700 --> 00:08:56.540 You're absolutely right.

NOTE Confidence: 0.91755244

00:08:57.300 --> 00:08:58.928 But when we think about

NOTE Confidence: 0.91755244

00:08:58.928 --> 00:09:00.572 if there are studies that demonstrate

NOTE Confidence: 0.91755244

00:09:00.572 --> 00:09:02.230 for that high risk group that

NOTE Confidence: 0.91755244

00:09:02.230 --> 00:09:03.814 there is a benefit for treatment,

NOTE Confidence: 0.91755244

00:09:03.820 --> 00:09:05.980 my understanding is that treatment

NOTE Confidence: 0.91755244

00:09:05.980 --> 00:09:09.045 continues to evolve and that it's not

NOTE Confidence: 0.91755244

00:09:09.045 --> 00:09:10.717 necessarily the radical surgeries

NOTE Confidence: 0.91755244

00:09:10.717 --> 00:09:13.468 that we've kind of heard about in

NOTE Confidence: 0.91755244

00:09:13.468 --> 00:09:15.820 the past which may result  
NOTE Confidence: 0.91755244

00:09:15.820 --> 00:09:17.915 in incontinence or impotence and  
NOTE Confidence: 0.91755244

00:09:17.915 --> 00:09:20.460 all kinds of things like that.  
NOTE Confidence: 0.91755244

00:09:20.460 --> 00:09:23.430 Can you kind of give us the landscape of  
NOTE Confidence: 0.91755244

00:09:23.430 --> 00:09:24.802 what prostate cancer treatment  
NOTE Confidence: 0.91755244

00:09:24.802 --> 00:09:26.860 looks like these days and what  
NOTE Confidence: 0.91755244

00:09:26.919 --> 00:09:28.269 some of the options are?  
NOTE Confidence: 0.849071108

00:09:28.750 --> 00:09:31.030 Definitely,  
NOTE Confidence: 0.849071108

00:09:31.030 --> 00:09:33.550 you're right, the landscape is changing.  
NOTE Confidence: 0.849071108

00:09:33.550 --> 00:09:35.656 Surgery to remove the entire prostate  
NOTE Confidence: 0.849071108

00:09:35.656 --> 00:09:37.837 and radiation treatment to treat the  
NOTE Confidence: 0.849071108

00:09:37.837 --> 00:09:39.979 entire prostate remain the gold standards  
NOTE Confidence: 0.849071108

00:09:39.979 --> 00:09:41.979 because those are the therapies that  
NOTE Confidence: 0.849071108

00:09:41.979 --> 00:09:43.821 we've had around for the longest.  
NOTE Confidence: 0.849071108

00:09:43.830 --> 00:09:47.260 But both of them are definitely plagued  
NOTE Confidence: 0.849071108

00:09:47.260 --> 00:09:49.985 by significant side effects associated



NOTE Confidence: 0.849071108

00:09:49.985 --> 00:09:53.350 with the benefit of treatment.

NOTE Confidence: 0.849071108

00:09:53.350 --> 00:09:56.410 Newer treatments are generally

NOTE Confidence: 0.849071108

00:09:56.410 --> 00:09:58.705 called ablative therapies,

NOTE Confidence: 0.849071108

00:09:58.710 --> 00:10:01.932 where we use energy to destroy

NOTE Confidence: 0.849071108

00:10:01.932 --> 00:10:03.543 the prostate tissue.

NOTE Confidence: 0.849071108

00:10:03.550 --> 00:10:05.200 Because many of them are done

NOTE Confidence: 0.849071108

00:10:05.200 --> 00:10:07.066 in a more targeted fashion and

NOTE Confidence: 0.849071108

00:10:07.066 --> 00:10:08.826 more localized in the prostate,

NOTE Confidence: 0.849071108

00:10:08.830 --> 00:10:11.110 we are able to control the areas of

NOTE Confidence: 0.849071108

00:10:11.110 --> 00:10:13.269 treatment a little bit more precisely

NOTE Confidence: 0.849071108

00:10:13.270 --> 00:10:15.825 and limit the damage to the structures

NOTE Confidence: 0.849071108

00:10:15.825 --> 00:10:18.310 that relate to urinary continence,

NOTE Confidence: 0.849071108

00:10:18.310 --> 00:10:21.210 sexual function and even sort

NOTE Confidence: 0.849071108

00:10:21.210 --> 00:10:22.950 of bowel function.

00:10:24.456 --> 00:10:26.464 They're still considered investigational,

NOTE Confidence: 0.849071108

00:10:26.470 --> 00:10:29.122 pretty much all of these therapies

NOTE Confidence: 0.849071108

00:10:29.122 --> 00:10:31.992 because they are not ready for

NOTE Confidence: 0.849071108

00:10:31.992 --> 00:10:34.028 any practitioner to perform.

NOTE Confidence: 0.849071108

00:10:34.030 --> 00:10:36.484 But there is definitely a significant

NOTE Confidence: 0.849071108

00:10:36.484 --> 00:10:39.252 amount of research and interest in

NOTE Confidence: 0.849071108

00:10:39.252 --> 00:10:42.110 increasing evidence of their effectiveness

NOTE Confidence: 0.849071108

00:10:42.110 --> 00:10:45.710 and definitely a decreased impact on,

NOTE Confidence: 0.849071108

00:10:45.710 --> 00:10:47.230 as you mentioned, erectile

NOTE Confidence: 0.849071108

00:10:47.230 --> 00:10:48.750 dysfunction with treatment or

NOTE Confidence: 0.849071108

00:10:48.750 --> 00:10:50.310 urinary incontinence with treatment.

NOTE Confidence: 0.9469625333333333

00:10:51.630 --> 00:10:55.732 So tell us more about what exactly

NOTE Confidence: 0.9469625333333333

00:10:55.732 --> 00:10:58.014 these investigational treatments are,

NOTE Confidence: 0.9469625333333333

00:10:58.014 --> 00:11:01.226 how they work, and whether there's any

NOTE Confidence: 0.9469625333333333

00:11:01.226 --> 00:11:04.190 kind of clinical trials that are ongoing.

NOTE Confidence: 0.9469625333333333

00:11:04.190 --> 00:11:05.828 It may be that

NOTE Confidence: 0.9469625333333333

00:11:05.828 --> 00:11:07.630 it's not ready for primetime,

NOTE Confidence: 0.9469625333333333

00:11:07.630 --> 00:11:09.325 but hopefully it's being investigated  
NOTE Confidence: 0.9469625333333333

00:11:09.325 --> 00:11:11.869 so that if it does hold promise,  
NOTE Confidence: 0.9469625333333333

00:11:11.870 --> 00:11:15.430 it might one day become a standard of care.  
NOTE Confidence: 0.9181274233333333

00:11:15.870 --> 00:11:19.030 Yes. We hope that it someday will be  
NOTE Confidence: 0.9181274233333333

00:11:19.030 --> 00:11:22.429 part of the standard of care regimen  
NOTE Confidence: 0.9181274233333333

00:11:22.430 --> 00:11:24.452 of what is available for patients  
NOTE Confidence: 0.9181274233333333

00:11:24.452 --> 00:11:26.550 to choose from the current evidence.  
NOTE Confidence: 0.9181274233333333

00:11:26.550 --> 00:11:29.451 I mean I think an important thing to  
NOTE Confidence: 0.9181274233333333

00:11:29.451 --> 00:11:31.317 recognize is because we are doing  
NOTE Confidence: 0.9181274233333333

00:11:31.317 --> 00:11:33.510 in many cases targeted therapy,  
NOTE Confidence: 0.9181274233333333

00:11:33.510 --> 00:11:35.726 so we're trying to just treat the area  
NOTE Confidence: 0.9181274233333333

00:11:35.726 --> 00:11:37.733 where the prostate cancer is located  
NOTE Confidence: 0.9181274233333333

00:11:37.733 --> 00:11:39.815 and not treat the entire prostate  
NOTE Confidence: 0.9181274233333333

00:11:39.874 --> 00:11:41.884 similar to a lumpectomy and breast  
NOTE Confidence: 0.9181274233333333

00:11:41.884 --> 00:11:45.100 cancer versus a radical mastectomy,  
NOTE Confidence: 0.9181274233333333

00:11:45.100 --> 00:11:47.660 by doing that we are leaving tissue behind.

NOTE Confidence: 0.918127423333333  
00:11:47.660 --> 00:11:50.208 So we recognize that there may be  
NOTE Confidence: 0.918127423333333  
00:11:50.208 --> 00:11:52.822 a slight increased risk of cancer  
NOTE Confidence: 0.918127423333333  
00:11:52.822 --> 00:11:54.754 recurrence because we're leaving  
NOTE Confidence: 0.918127423333333  
00:11:54.754 --> 00:11:57.011 other prostate tissue that could  
NOTE Confidence: 0.918127423333333  
00:11:57.011 --> 00:11:59.213 develop a cancer in the future.  
NOTE Confidence: 0.918127423333333  
00:11:59.220 --> 00:12:01.558 But by doing that we can  
NOTE Confidence: 0.918127423333333  
00:12:01.558 --> 00:12:03.380 preserve those vital structures.  
NOTE Confidence: 0.918127423333333  
00:12:03.380 --> 00:12:05.750 And so there are many different types.  
NOTE Confidence: 0.918127423333333  
00:12:05.750 --> 00:12:08.468 Some use heat,  
NOTE Confidence: 0.918127423333333  
00:12:08.468 --> 00:12:11.420 some use cold, some use electricity.  
00:12:14.320 --> 00:12:18.121 The main ones that have been around the  
NOTE Confidence: 0.948975150666667  
00:12:18.121 --> 00:12:20.686 longest include Cryoablation which uses  
NOTE Confidence: 0.948975150666667  
00:12:20.686 --> 00:12:23.432 cold energy to freeze the prostate  
NOTE Confidence: 0.948975150666667  
00:12:23.432 --> 00:12:25.640 tissue and really destroy the cells.  
NOTE Confidence: 0.948975150666667  
00:12:25.640 --> 00:12:29.128 There are treatments that generate heat,  
NOTE Confidence: 0.948975150666667  
00:12:29.128 --> 00:12:31.240 so focal laser ablation uses the

NOTE Confidence: 0.948975150666667  
00:12:31.302 --> 00:12:32.947 laser fiber to generate heat  
NOTE Confidence: 0.948975150666667  
00:12:32.947 --> 00:12:34.592 and similarly kill the cells.  
NOTE Confidence: 0.948975150666667  
00:12:34.600 --> 00:12:37.004 High intensity focused ultrasound, where we  
NOTE Confidence: 0.948975150666667  
00:12:37.004 --> 00:12:40.009 use ultrasound waves to generate  
NOTE Confidence: 0.948975150666667  
00:12:40.009 --> 00:12:42.557 heat and destroy the cells.  
NOTE Confidence: 0.948975150666667  
00:12:42.560 --> 00:12:43.940 There are clinical trials  
NOTE Confidence: 0.948975150666667  
00:12:43.940 --> 00:12:45.320 locally here in Connecticut,  
NOTE Confidence: 0.948975150666667  
00:12:45.320 --> 00:12:47.560 some offered at Yale,  
NOTE Confidence: 0.948975150666667  
00:12:47.560 --> 00:12:50.680 that include a transurethral ultrasound.  
NOTE Confidence: 0.948975150666667  
00:12:50.680 --> 00:12:53.032 So Tulsa is the sort of acronym  
NOTE Confidence: 0.948975150666667  
00:12:53.032 --> 00:12:55.593 and it uses an ultrasound probe  
NOTE Confidence: 0.948975150666667  
00:12:55.593 --> 00:12:57.557 in the urethra  
NOTE Confidence: 0.948975150666667  
00:12:57.560 --> 00:12:59.228 which increases the ability  
NOTE Confidence: 0.948975150666667  
00:12:59.228 --> 00:13:01.313 to treat the entire prostate.  
NOTE Confidence: 0.948975150666667  
00:13:01.320 --> 00:13:05.177 And there is actually a randomized trial  
NOTE Confidence: 0.948975150666667

00:13:05.177 --> 00:13:08.698 comparing surgery to the Tulsa procedure  
NOTE Confidence: 0.948975150666667

00:13:08.700 --> 00:13:10.840 to treat  
NOTE Confidence: 0.948975150666667

00:13:10.840 --> 00:13:12.980 intermediate risk prostate cancer.  
NOTE Confidence: 0.9402536

00:13:14.540 --> 00:13:16.436 Wow. So interesting.  
NOTE Confidence: 0.9402536

00:13:16.436 --> 00:13:20.178 Lots of options for therapy.  
NOTE Confidence: 0.9402536

00:13:20.180 --> 00:13:22.098 We're going to take a short break  
NOTE Confidence: 0.9402536

00:13:22.098 --> 00:13:23.979 right now for a medical minute,  
NOTE Confidence: 0.9402536

00:13:23.980 --> 00:13:25.140 but on the other side,  
NOTE Confidence: 0.9402536

00:13:25.140 --> 00:13:27.110 we'll learn more about these  
NOTE Confidence: 0.9402536

00:13:27.110 --> 00:13:28.686 new prostate cancer treatment  
NOTE Confidence: 0.9402536

00:13:28.686 --> 00:13:30.140 advances with my guest Dr.  
NOTE Confidence: 0.9402536

00:13:30.140 --> 00:13:31.020 Preston Sprenkle.  
NOTE Confidence: 0.94032267

00:13:31.660 --> 00:13:33.785 Funding for Yale Cancer Answers  
NOTE Confidence: 0.94032267

00:13:33.785 --> 00:13:35.910 comes from Smilow Cancer Hospital.  
NOTE Confidence: 0.94032267

00:13:35.910 --> 00:13:38.844 Where their prostate and urologic cancers  
NOTE Confidence: 0.94032267

00:13:38.844 --> 00:13:41.309 program comprises a multispecialty team

NOTE Confidence: 0.94032267

00:13:41.309 --> 00:13:43.509 dedicated to managing the diagnosis,

NOTE Confidence: 0.94032267

00:13:43.510 --> 00:13:46.708 evaluation, and treatment of urologic cancer.

NOTE Confidence: 0.94032267

00:13:46.710 --> 00:13:50.830 Smilowcancerhospital.org.

NOTE Confidence: 0.94032267

00:13:50.830 --> 00:13:53.295 There are over 16.9 million

NOTE Confidence: 0.94032267

00:13:53.295 --> 00:13:56.224 cancer survivors in the US and

NOTE Confidence: 0.94032267

00:13:56.224 --> 00:13:58.138 over 240,000 here in Connecticut.

NOTE Confidence: 0.94032267

00:13:58.138 --> 00:13:59.686 Completing treatment for cancer

NOTE Confidence: 0.94032267

00:13:59.686 --> 00:14:01.949 is a very exciting milestone,

NOTE Confidence: 0.94032267

00:14:01.950 --> 00:14:03.942 but cancer and its treatment can

NOTE Confidence: 0.94032267

00:14:03.942 --> 00:14:06.060 be a life changing experience.

NOTE Confidence: 0.94032267

00:14:06.060 --> 00:14:08.268 The return to normal activities and

NOTE Confidence: 0.94032267

00:14:08.268 --> 00:14:09.740 relationships may be difficult,

NOTE Confidence: 0.94032267

00:14:09.740 --> 00:14:12.128 and cancer survivors may face other

NOTE Confidence: 0.94032267

00:14:12.128 --> 00:14:14.260 longterm side effects of cancer,

NOTE Confidence: 0.94032267

00:14:14.260 --> 00:14:16.498 including heart problems,

NOTE Confidence: 0.94032267

00:14:16.498 --> 00:14:18.736 osteoporosis, fertility issues,  
NOTE Confidence: 0.94032267

00:14:18.740 --> 00:14:21.575 and an increased risk of second cancers.  
NOTE Confidence: 0.94032267

00:14:21.580 --> 00:14:24.155 Resources for cancer survivors are  
NOTE Confidence: 0.94032267

00:14:24.155 --> 00:14:26.215 available at federally designated  
NOTE Confidence: 0.94032267

00:14:26.215 --> 00:14:28.148 Comprehensive cancer centers such as  
NOTE Confidence: 0.94032267

00:14:28.148 --> 00:14:30.635 the Yale Cancer Center and Smilow  
NOTE Confidence: 0.94032267

00:14:30.635 --> 00:14:32.969 Cancer Hospital to keep cancer survivors  
NOTE Confidence: 0.94032267

00:14:32.969 --> 00:14:35.490 well and focused on healthy living.  
NOTE Confidence: 0.94032267

00:14:35.490 --> 00:14:37.740 The Smilow Cancer Hospital Survivorship  
NOTE Confidence: 0.94032267

00:14:37.740 --> 00:14:39.906 clinic focuses on providing guidance  
NOTE Confidence: 0.94032267

00:14:39.906 --> 00:14:42.306 and direction to empower survivors to  
NOTE Confidence: 0.94032267

00:14:42.306 --> 00:14:44.706 take steps to maximize their health,  
NOTE Confidence: 0.94032267

00:14:44.710 --> 00:14:46.150 quality of life,  
NOTE Confidence: 0.94032267

00:14:46.150 --> 00:14:47.110 and longevity.  
NOTE Confidence: 0.94032267

00:14:47.110 --> 00:14:49.990 More information is available at  
NOTE Confidence: 0.94032267

00:14:49.990 --> 00:14:50.424 [yalecancercenter.org](http://yalecancercenter.org).



NOTE Confidence: 0.94032267

00:14:50.424 --> 00:14:53.028 You're listening to Connecticut Public radio.

NOTE Confidence: 0.950317

00:14:53.790 --> 00:14:55.950 Welcome back to Yale Cancer Answers.

NOTE Confidence: 0.950317

00:14:55.950 --> 00:14:57.910 This is doctor Anees Chagpar,

NOTE Confidence: 0.950317

00:14:57.910 --> 00:14:59.590 and I'm joined tonight by my guest,

NOTE Confidence: 0.950317

00:14:59.590 --> 00:15:00.829 Doctor Preston Sprenkle.

NOTE Confidence: 0.950317

00:15:00.829 --> 00:15:03.307 We're discussing recent advances in the

NOTE Confidence: 0.950317

00:15:03.307 --> 00:15:05.329 management of prostate cancer patients.

NOTE Confidence: 0.950317

00:15:05.330 --> 00:15:07.205 And right before the break, Preston,

NOTE Confidence: 0.950317

00:15:07.205 --> 00:15:09.130 you were telling us about some of

NOTE Confidence: 0.950317

00:15:09.130 --> 00:15:11.506 these newer focal ablative treatments,

NOTE Confidence: 0.950317

00:15:11.506 --> 00:15:15.770 whether using cold or using hot or using

NOTE Confidence: 0.950317

00:15:15.770 --> 00:15:19.236 ultrasound to kind of kill off prostate

NOTE Confidence: 0.950317

00:15:19.236 --> 00:15:22.852 cancer in a way that avoids the bigger

NOTE Confidence: 0.950317

00:15:22.852 --> 00:15:25.088 surgeries and radiation and so on.

NOTE Confidence: 0.950317

00:15:25.090 --> 00:15:27.169 But still is the mainstay of treatment,

NOTE Confidence: 0.950317

00:15:27.170 --> 00:15:29.834 but maybe these newer focal ablative  
NOTE Confidence: 0.950317

00:15:29.834 --> 00:15:31.610 treatments which are currently  
NOTE Confidence: 0.950317

00:15:31.683 --> 00:15:33.538 under investigation may become a  
NOTE Confidence: 0.950317

00:15:33.538 --> 00:15:35.930 standard of care in the future.  
NOTE Confidence: 0.950317

00:15:35.930 --> 00:15:39.030 So I have a couple of questions for you just  
NOTE Confidence: 0.950317

00:15:39.106 --> 00:15:41.926 about the ablative therapies themselves.  
NOTE Confidence: 0.950317

00:15:41.930 --> 00:15:44.234 One is, you know,  
NOTE Confidence: 0.950317

00:15:44.234 --> 00:15:48.051 when we think about prostate cancer often  
NOTE Confidence: 0.950317

00:15:48.051 --> 00:15:50.578 times as you mentioned before the break,  
00:15:51.482 --> 00:15:55.164 we will get an MRI to kind of look  
NOTE Confidence: 0.950317

00:15:55.164 --> 00:15:57.300 at where that prostate cancer is.  
NOTE Confidence: 0.950317

00:15:57.300 --> 00:16:00.177 So do these ablative treatments use some  
NOTE Confidence: 0.950317

00:16:00.177 --> 00:16:03.131 kind of imaging to really target where  
NOTE Confidence: 0.950317

00:16:03.131 --> 00:16:05.961 you're going to focus that energy so  
NOTE Confidence: 0.950317

00:16:05.961 --> 00:16:08.535 that you at least have a guide as to  
NOTE Confidence: 0.950317

00:16:08.540 --> 00:16:10.540 where you're going to kill off these cells?  
00:16:11.084 --> 00:16:11.900 With radical surgery,

NOTE Confidence: 0.950317

00:16:11.900 --> 00:16:13.658 you take out the whole gland,

NOTE Confidence: 0.950317

00:16:13.660 --> 00:16:15.775 so you kind of know that you've got it.

NOTE Confidence: 0.950317

00:16:15.780 --> 00:16:17.765 But what about with these

NOTE Confidence: 0.950317

00:16:17.765 --> 00:16:18.956 focal ablative treatments?

00:16:19.200 --> 00:16:20.360 The introduction

NOTE Confidence: 0.9140461504

00:16:20.360 --> 00:16:22.824 of prostate MRI or I should say

NOTE Confidence: 0.9140461504

00:16:22.824 --> 00:16:25.190 the increased use of it and the

NOTE Confidence: 0.9140461504

00:16:25.190 --> 00:16:27.044 ability for us to do targeted

NOTE Confidence: 0.9140461504

00:16:27.116 --> 00:16:29.556 prostate biopsies infusions or MRI

NOTE Confidence: 0.9140461504

00:16:29.560 --> 00:16:33.140 guided prostate biopsies is what

NOTE Confidence: 0.9140461504

00:16:33.140 --> 00:16:36.010 allowed us to begin and to consider

NOTE Confidence: 0.9140461504

00:16:36.010 --> 00:16:38.850 these focal ablation therapies.

NOTE Confidence: 0.9140461504

00:16:38.850 --> 00:16:41.132 Around 2015 or so is when we

NOTE Confidence: 0.9140461504

00:16:41.132 --> 00:16:42.923 really started to see prominence

NOTE Confidence: 0.9140461504

00:16:42.923 --> 00:16:45.506 of the use of MRI for prostate

NOTE Confidence: 0.9140461504

00:16:45.506 --> 00:16:47.648 cancer diagnosis and targeting.

NOTE Confidence: 0.9140461504

00:16:47.650 --> 00:16:49.888 We can very well see lesions

NOTE Confidence: 0.9140461504

00:16:49.888 --> 00:16:51.007 within the prostate.

NOTE Confidence: 0.9140461504

00:16:51.010 --> 00:16:53.530 We confirm their location and grade

NOTE Confidence: 0.9140461504

00:16:53.530 --> 00:16:56.807 with a prostate biopsy or a targeted biopsy.

NOTE Confidence: 0.9140461504

00:16:56.810 --> 00:16:58.940 And what studies have shown is

NOTE Confidence: 0.9140461504

00:16:58.940 --> 00:17:01.060 about 80% of the time there is

NOTE Confidence: 0.9140461504

00:17:01.060 --> 00:17:03.010 what we call an index lesion.

NOTE Confidence: 0.9140461504

00:17:03.010 --> 00:17:05.410 So there's one main area of

NOTE Confidence: 0.9140461504

00:17:05.410 --> 00:17:07.010 cancer within the prostate.

NOTE Confidence: 0.9140461504

00:17:07.010 --> 00:17:09.936 And we can then with these targeted

NOTE Confidence: 0.9140461504

00:17:09.936 --> 00:17:11.739 therapies or focal therapies

NOTE Confidence: 0.9140461504

00:17:11.739 --> 00:17:14.529 treat that area of the prostate.

NOTE Confidence: 0.9140461504

00:17:14.530 --> 00:17:16.783 We visually see it with the MRI.

NOTE Confidence: 0.9140461504

00:17:16.783 --> 00:17:19.501 We can identify its location within

NOTE Confidence: 0.9140461504

00:17:19.501 --> 00:17:22.450 the prostates or three dimensionally.

NOTE Confidence: 0.9140461504

00:17:22.450 --> 00:17:24.837 Many of the treatments do use or  
NOTE Confidence: 0.9140461504

00:17:24.837 --> 00:17:27.609 some of them use MRI for targeting.  
NOTE Confidence: 0.9140461504

00:17:27.610 --> 00:17:30.172 So the Tulsa devices I mentioned that  
NOTE Confidence: 0.9140461504

00:17:30.172 --> 00:17:32.680 treatment is performed inside an MRI scanner.  
NOTE Confidence: 0.9140461504

00:17:32.680 --> 00:17:34.688 So we actually have the MRI on,  
NOTE Confidence: 0.9140461504

00:17:34.688 --> 00:17:37.236 it does an imaging of the prostate  
NOTE Confidence: 0.9140461504

00:17:37.236 --> 00:17:40.155 and then is used for real time  
NOTE Confidence: 0.9140461504

00:17:40.155 --> 00:17:42.628 tracking of treatment and MRI  
NOTE Confidence: 0.9140461504

00:17:42.628 --> 00:17:45.168 thermometry to monitor the  
NOTE Confidence: 0.9140461504

00:17:45.168 --> 00:17:47.200 treatment and treatment success.  
NOTE Confidence: 0.9140461504

00:17:47.200 --> 00:17:48.635 But even when we're not using that,  
NOTE Confidence: 0.9140461504

00:17:48.640 --> 00:17:52.024 so for cryoablation or  
NOTE Confidence: 0.9140461504

00:17:52.024 --> 00:17:53.716 irreversible electroporation,  
NOTE Confidence: 0.9140461504

00:17:53.720 --> 00:17:56.415 it's a long name but it uses  
NOTE Confidence: 0.9140461504

00:17:56.415 --> 00:17:58.479 electricity to destroy the tissue.  
NOTE Confidence: 0.9140461504

00:17:58.480 --> 00:18:00.616 We use the MRI as a reference but

NOTE Confidence: 0.9140461504

00:18:00.616 --> 00:18:02.737 then have real time ultrasound that

NOTE Confidence: 0.9140461504

00:18:02.737 --> 00:18:05.011 allows us to visualize the prostate

NOTE Confidence: 0.9140461504

00:18:05.082 --> 00:18:07.194 in the area that we want to treat.

NOTE Confidence: 0.9140461504

00:18:07.200 --> 00:18:09.772 I think that very often these

NOTE Confidence: 0.9140461504

00:18:09.772 --> 00:18:11.076 are called focal therapies.

NOTE Confidence: 0.9140461504

00:18:11.080 --> 00:18:14.599 I think that's a little bit of a misnomer.

NOTE Confidence: 0.9140461504

00:18:14.600 --> 00:18:17.633 We are trying to treat the area with cancer,

NOTE Confidence: 0.9140461504

00:18:17.640 --> 00:18:20.702 but we do know that to achieve adequate

NOTE Confidence: 0.9140461504

00:18:20.702 --> 00:18:23.439 cancer control we still need to have

NOTE Confidence: 0.9140461504

00:18:23.439 --> 00:18:25.120 approximately a one centimeter margin.

00:18:25.448 --> 00:18:27.088 SO it is not so focal,

NOTE Confidence: 0.9140461504

00:18:27.090 --> 00:18:28.847 we're not down to the millimeter level.

NOTE Confidence: 0.9140461504

00:18:28.850 --> 00:18:30.656 There is a 1 centimeter margin

NOTE Confidence: 0.9140461504

00:18:30.656 --> 00:18:32.372 around a visible lesion that we

NOTE Confidence: 0.9140461504

00:18:32.372 --> 00:18:33.968 try to treat to make sure that

NOTE Confidence: 0.9140461504

00:18:33.968 --> 00:18:35.930 we have excellent cancer control.

NOTE Confidence: 0.94169116

00:18:37.090 --> 00:18:38.966 Which brings me to my next question,

NOTE Confidence: 0.94169116

00:18:38.970 --> 00:18:43.130 which is, as we've kind of

NOTE Confidence: 0.94169116

00:18:43.130 --> 00:18:45.994 seen prostate cancer management move

NOTE Confidence: 0.94169116

00:18:45.994 --> 00:18:49.456 more and more towards nonoperative and

NOTE Confidence: 0.94169116

00:18:49.456 --> 00:18:52.086 even just active surveillance where

NOTE Confidence: 0.94169116

00:18:52.086 --> 00:18:55.790 we don't need to treat at all.

NOTE Confidence: 0.94169116

00:18:55.790 --> 00:18:57.710 Has anybody really looked to see,

NOTE Confidence: 0.94169116

00:18:57.710 --> 00:19:00.020 even if you do have a high

NOTE Confidence: 0.94169116

00:19:00.020 --> 00:19:02.109 grade lesion in the prostate,

NOTE Confidence: 0.94169116

00:19:02.110 --> 00:19:04.134 how much,

NOTE Confidence: 0.94169116

00:19:04.134 --> 00:19:08.776 how often do you find other areas of

NOTE Confidence: 0.94169116

00:19:08.776 --> 00:19:12.089 either prostate cancer or preinvasive

NOTE Confidence: 0.94169116

00:19:12.089 --> 00:19:14.584 lesions that would increase risk

NOTE Confidence: 0.94169116

00:19:14.584 --> 00:19:17.910 outside of that one centimeter zone?

NOTE Confidence: 0.776364941428571

00:19:18.310 --> 00:19:20.606 You're correct and

NOTE Confidence: 0.776364941428571

00:19:20.610 --> 00:19:24.474 those numbers currently are about 80 to 85%.

NOTE Confidence: 0.776364941428571

00:19:24.474 --> 00:19:27.954 So 80 to 85% of the time when

NOTE Confidence: 0.776364941428571

00:19:27.954 --> 00:19:30.890 we ablate a lesion, we see it.

NOTE Confidence: 0.776364941428571

00:19:30.890 --> 00:19:32.234 There's something that is higher grade

NOTE Confidence: 0.776364941428571

00:19:32.234 --> 00:19:34.208 just sort of on one side of the prostate.

NOTE Confidence: 0.776364941428571

00:19:34.210 --> 00:19:38.192 We treat that 80 to 85% of the time that is

NOTE Confidence: 0.776364941428571

00:19:38.192 --> 00:19:40.488 going to eliminate all of the significant

NOTE Confidence: 0.776364941428571

00:19:40.488 --> 00:19:42.924 cancer that we have to worry about.

NOTE Confidence: 0.776364941428571

00:19:42.930 --> 00:19:46.762 So I think for many people that is a

NOTE Confidence: 0.776364941428571

00:19:46.762 --> 00:19:50.066 high enough number to have a treatment.

NOTE Confidence: 0.776364941428571

00:19:50.070 --> 00:19:51.726 That's 85% effective.

NOTE Confidence: 0.776364941428571

00:19:51.726 --> 00:19:55.590 But to have minimal impact on their

NOTE Confidence: 0.776364941428571

00:19:55.687 --> 00:19:59.267 urinary function and sexual function,

NOTE Confidence: 0.776364941428571

00:19:59.270 --> 00:20:02.254 many men are willing to sort of take

NOTE Confidence: 0.776364941428571

00:20:02.254 --> 00:20:03.956 that 15% risk that they may need

NOTE Confidence: 0.776364941428571

00:20:03.956 --> 00:20:05.190 another treatment in the future.



NOTE Confidence: 0.776364941428571  
00:20:05.190 --> 00:20:06.750 And with these ablation therapies,  
NOTE Confidence: 0.776364941428571  
00:20:06.750 --> 00:20:09.280 we can also repeat them.  
NOTE Confidence: 0.776364941428571  
00:20:09.280 --> 00:20:10.876 And they could still do surgery,  
NOTE Confidence: 0.776364941428571  
00:20:10.880 --> 00:20:12.284 could still do radiation.  
NOTE Confidence: 0.776364941428571  
00:20:12.284 --> 00:20:14.818 So really not burning any significant bridges  
NOTE Confidence: 0.776364941428571  
00:20:14.818 --> 00:20:17.359 by attempting these kind of therapies first.  
NOTE Confidence: 0.9394149833333333  
00:20:17.680 --> 00:20:20.254 And for those gentlemen who don't  
NOTE Confidence: 0.9394149833333333  
00:20:20.254 --> 00:20:23.512 want to take that 10 to 15% risk,  
NOTE Confidence: 0.9394149833333333  
00:20:23.512 --> 00:20:26.092 are there options to consolidate  
NOTE Confidence: 0.9394149833333333  
00:20:26.092 --> 00:20:28.120 therapy with something else?  
NOTE Confidence: 0.9394149833333333  
00:20:28.120 --> 00:20:29.770 So thinking back to the  
NOTE Confidence: 0.9394149833333333  
00:20:29.770 --> 00:20:30.760 breast cancer analogy,  
NOTE Confidence: 0.9394149833333333  
00:20:30.760 --> 00:20:33.478 frequently when we do a lumpectomy,  
NOTE Confidence: 0.9394149833333333  
00:20:33.480 --> 00:20:36.189 the way that we get local control in the  
NOTE Confidence: 0.9394149833333333  
00:20:36.189 --> 00:20:38.837 rest of the breast is we add radiation.  
NOTE Confidence: 0.9394149833333333

00:20:38.840 --> 00:20:42.960 So you no longer need the big surgery,  
NOTE Confidence: 0.9394149833333333

00:20:42.960 --> 00:20:45.060 you can have the smaller  
NOTE Confidence: 0.9394149833333333

00:20:45.060 --> 00:20:46.320 surgery plus radiation.  
NOTE Confidence: 0.9394149833333333

00:20:46.320 --> 00:20:48.210 So for people who don't want  
NOTE Confidence: 0.9394149833333333

00:20:48.210 --> 00:20:51.988 to take that 15% risk of  
NOTE Confidence: 0.9394149833333333

00:20:51.988 --> 00:20:54.316 local failure is that an option?  
NOTE Confidence: 0.947994676923077

00:20:55.160 --> 00:20:57.500 So it's not currently in clinical  
NOTE Confidence: 0.947994676923077

00:20:57.500 --> 00:21:00.038 practice that is something where we have,  
NOTE Confidence: 0.947994676923077

00:21:00.040 --> 00:21:02.472 I am aware of some people that are  
NOTE Confidence: 0.947994676923077

00:21:02.472 --> 00:21:04.444 either writing it up or starting  
NOTE Confidence: 0.947994676923077

00:21:04.444 --> 00:21:06.064 some trials to evaluate that.  
NOTE Confidence: 0.947994676923077

00:21:06.070 --> 00:21:07.468 I think that you're absolutely right.  
NOTE Confidence: 0.947994676923077

00:21:07.470 --> 00:21:09.846 That is an important concept that the  
NOTE Confidence: 0.947994676923077

00:21:09.846 --> 00:21:12.158 people are thinking about, but I have  
NOTE Confidence: 0.947994676923077

00:21:12.158 --> 00:21:15.550 not heard of it in practice yet.  
NOTE Confidence: 0.942266224

00:21:15.550 --> 00:21:17.630 And then finally, you know,

NOTE Confidence: 0.942266224

00:21:17.630 --> 00:21:20.388 I find so often what happens in

NOTE Confidence: 0.942266224

00:21:20.388 --> 00:21:22.326 one cancer kind of has ripple

NOTE Confidence: 0.942266224

00:21:22.326 --> 00:21:23.814 effects in other cancers as we

NOTE Confidence: 0.942266224

00:21:23.814 --> 00:21:25.628 all try to learn from each other,

NOTE Confidence: 0.942266224

00:21:25.630 --> 00:21:28.710 as we try to advance cancer management,

NOTE Confidence: 0.942266224

00:21:28.710 --> 00:21:31.382 one of the things that's now being looked

NOTE Confidence: 0.942266224

00:21:31.382 --> 00:21:34.469 at in breast cancer is doing even less.

NOTE Confidence: 0.942266224

00:21:34.470 --> 00:21:38.180 Can we manage

NOTE Confidence: 0.942266224

00:21:38.180 --> 00:21:40.944 some breast cancers nonoperatively,

NOTE Confidence: 0.942266224

00:21:40.944 --> 00:21:45.090 so can we just do multiple

NOTE Confidence: 0.942266224

00:21:45.208 --> 00:21:48.380 biopsies and not treat at all,

NOTE Confidence: 0.942266224

00:21:48.380 --> 00:21:50.385 is there any consideration to

NOTE Confidence: 0.942266224

00:21:50.385 --> 00:21:52.390 not getting that one centimeter

NOTE Confidence: 0.942266224

00:21:52.455 --> 00:21:54.585 margin of prostate cancer with the

NOTE Confidence: 0.942266224

00:21:54.585 --> 00:21:57.133 idea being well you know in that

NOTE Confidence: 0.942266224

00:21:57.133 --> 00:21:58.903 latest New England Journal trial  
NOTE Confidence: 0.942266224

00:21:58.903 --> 00:22:01.412 that you mentioned there were some  
NOTE Confidence: 0.942266224

00:22:01.412 --> 00:22:04.019 high risk patients in there and  
NOTE Confidence: 0.942266224

00:22:04.019 --> 00:22:05.814 survival rates were  
NOTE Confidence: 0.942266224

00:22:05.814 --> 00:22:08.135 the same albeit that they didn't  
NOTE Confidence: 0.942266224

00:22:08.135 --> 00:22:10.175 look at that particular subset.  
NOTE Confidence: 0.942266224

00:22:10.180 --> 00:22:13.212 Is there any thought to just  
NOTE Confidence: 0.942266224

00:22:13.212 --> 00:22:15.157 leaving prostate cancer alone and  
NOTE Confidence: 0.942266224

00:22:15.157 --> 00:22:17.761 maybe following it or treating it  
NOTE Confidence: 0.942266224

00:22:17.832 --> 00:22:20.499 even in a more minimally invasive way?  
00:22:22.260 --> 00:22:24.576 That's a great thought.  
NOTE Confidence: 0.91243252

00:22:24.580 --> 00:22:26.326 I mean I think where we  
NOTE Confidence: 0.91243252

00:22:26.326 --> 00:22:27.490 are seeing that currently  
NOTE Confidence: 0.91243252

00:22:27.490 --> 00:22:29.890 is for men with low risk prostate cancer,  
NOTE Confidence: 0.91243252

00:22:29.890 --> 00:22:31.082 we do not treat,  
NOTE Confidence: 0.91243252

00:22:31.082 --> 00:22:32.870 we just follow them with periodic  
NOTE Confidence: 0.91243252

00:22:32.938 --> 00:22:34.850 biopsies on active surveillance.  
NOTE Confidence: 0.91243252

00:22:34.850 --> 00:22:36.956 We're increasing the sort of cohort  
NOTE Confidence: 0.91243252

00:22:36.956 --> 00:22:39.771 or number of people that we feel  
NOTE Confidence: 0.91243252

00:22:39.771 --> 00:22:42.006 comfortable following in that surveillance.  
NOTE Confidence: 0.91243252

00:22:42.010 --> 00:22:44.848 And so now favorable intermediate risk,  
NOTE Confidence: 0.91243252

00:22:44.850 --> 00:22:46.370 it used to be only low risk,  
NOTE Confidence: 0.91243252

00:22:46.370 --> 00:22:49.135 now many of us feel more comfortable  
NOTE Confidence: 0.91243252

00:22:49.135 --> 00:22:50.320 including favorable intermediate  
NOTE Confidence: 0.91243252

00:22:50.378 --> 00:22:52.178 risk people in that group and  
NOTE Confidence: 0.91243252

00:22:52.178 --> 00:22:54.386 there definitely is ongoing  
NOTE Confidence: 0.91243252

00:22:54.386 --> 00:22:56.899 research and we're looking for  
NOTE Confidence: 0.91243252

00:22:56.900 --> 00:22:59.150 what is an appropriate  
NOTE Confidence: 0.91243252

00:22:59.150 --> 00:23:00.650 threshold above which treatment  
NOTE Confidence: 0.91243252

00:23:00.715 --> 00:23:02.320 should be indicated and maybe  
NOTE Confidence: 0.91243252

00:23:02.320 --> 00:23:04.231 it is observation is all  
NOTE Confidence: 0.91243252

00:23:04.231 --> 00:23:05.897 we need for many of these men

NOTE Confidence: 0.948975213333333  
00:23:08.140 --> 00:23:10.228 and the idea of shrinking the  
NOTE Confidence: 0.948975213333333  
00:23:10.228 --> 00:23:11.620 margins fortunately with  
NOTE Confidence: 0.948975213333333  
00:23:11.680 --> 00:23:13.540 many of the ablation therapies,  
NOTE Confidence: 0.948975213333333  
00:23:13.540 --> 00:23:16.020 you know we are very mindful and then  
NOTE Confidence: 0.948975213333333  
00:23:16.020 --> 00:23:18.792 the goal is to spare this sexual function  
NOTE Confidence: 0.948975213333333  
00:23:18.792 --> 00:23:21.456 and urinary function so often  
NOTE Confidence: 0.948975213333333  
00:23:21.460 --> 00:23:23.695 we'll discuss with the patient  
NOTE Confidence: 0.948975213333333  
00:23:23.695 --> 00:23:25.930 compromising those margins in those  
NOTE Confidence: 0.948975213333333  
00:23:26.001 --> 00:23:27.700 areas to try to preserve function.  
NOTE Confidence: 0.948975213333333  
00:23:27.700 --> 00:23:28.928 So that is ongoing,  
NOTE Confidence: 0.948975213333333  
00:23:28.928 --> 00:23:31.325 but I have not seen a prospective  
NOTE Confidence: 0.948975213333333  
00:23:31.325 --> 00:23:33.700 data to evaluate that yet.  
NOTE Confidence: 0.956606625  
00:23:34.060 --> 00:23:36.460 Yeah, what about systemic  
NOTE Confidence: 0.956606625  
00:23:36.460 --> 00:23:38.860 therapy for prostate cancer,  
NOTE Confidence: 0.956606625  
00:23:38.860 --> 00:23:41.740 where are we with that?  
NOTE Confidence: 0.956606625

00:23:41.740 --> 00:23:44.060 Who needs systemic therapy,  
NOTE Confidence: 0.956606625

00:23:44.060 --> 00:23:46.400 what are the toxicities and  
NOTE Confidence: 0.956606625

00:23:46.400 --> 00:23:49.214 is there any thought to using  
NOTE Confidence: 0.956606625

00:23:49.214 --> 00:23:51.787 systemic therapy alone versus local  
NOTE Confidence: 0.956606625

00:23:51.787 --> 00:23:54.227 therapies which could potentially  
NOTE Confidence: 0.956606625

00:23:54.227 --> 00:23:56.864 impact sexual function and urinary  
NOTE Confidence: 0.956606625

00:23:56.864 --> 00:23:58.320 function incontinence, et cetera?  
NOTE Confidence: 0.94830432

00:23:59.240 --> 00:24:00.480 Yeah, that's a great question.  
NOTE Confidence: 0.94830432

00:24:00.480 --> 00:24:01.785 Unfortunately, the systemic  
NOTE Confidence: 0.94830432

00:24:01.785 --> 00:24:04.395 therapies tend to be more toxic.  
NOTE Confidence: 0.94830432

00:24:04.400 --> 00:24:07.445 So our baseline sort of leading systemic  
NOTE Confidence: 0.94830432

00:24:07.445 --> 00:24:10.280 therapy is androgen deprivation therapy,  
NOTE Confidence: 0.94830432

00:24:10.280 --> 00:24:12.255 which is removing the male  
NOTE Confidence: 0.94830432

00:24:12.255 --> 00:24:13.835 sex hormone of testosterone.  
NOTE Confidence: 0.94830432

00:24:13.840 --> 00:24:14.760 And when we do that,  
NOTE Confidence: 0.94830432

00:24:14.760 --> 00:24:16.884 that results in fatigue,

NOTE Confidence: 0.94830432

00:24:16.884 --> 00:24:18.477 decrease in libido,

NOTE Confidence: 0.94830432

00:24:18.480 --> 00:24:19.880 decrease in interest in sex,

NOTE Confidence: 0.94830432

00:24:19.880 --> 00:24:21.340 decrease in sexual function,

NOTE Confidence: 0.94830432

00:24:21.340 --> 00:24:22.800 can cause hot flashes.

NOTE Confidence: 0.94830432

00:24:22.800 --> 00:24:24.456 So many men find that some

NOTE Confidence: 0.94830432

00:24:24.456 --> 00:24:25.920 men tolerate it very well,

NOTE Confidence: 0.94830432

00:24:25.920 --> 00:24:28.398 but many men find it pretty significant.

NOTE Confidence: 0.94830432

00:24:28.400 --> 00:24:31.256 And that is sort of our lowest entry

NOTE Confidence: 0.94830432

00:24:31.256 --> 00:24:33.400 level treatment with the least

NOTE Confidence: 0.94830432

00:24:33.400 --> 00:24:35.665 side effects going further with

NOTE Confidence: 0.94830432

00:24:35.665 --> 00:24:37.879 additional systemic therapies tend to

NOTE Confidence: 0.94830432

00:24:37.880 --> 00:24:39.840 kind of ramp that up a little bit.

NOTE Confidence: 0.94830432

00:24:39.840 --> 00:24:41.436 So we try to avoid that.

NOTE Confidence: 0.94830432

00:24:41.440 --> 00:24:43.904 The people who typically will need that

NOTE Confidence: 0.94830432

00:24:43.904 --> 00:24:46.078 therapy are those with higher risk,

NOTE Confidence: 0.94830432



00:24:46.080 --> 00:24:48.460 so unfavorable intermediate or high  
NOTE Confidence: 0.94830432

00:24:48.460 --> 00:24:50.840 risk prostate cancer or definitely  
NOTE Confidence: 0.94830432

00:24:50.916 --> 00:24:52.960 those with metastatic disease.  
NOTE Confidence: 0.94830432

00:24:52.960 --> 00:24:54.472 And it can be either temporary  
NOTE Confidence: 0.94830432

00:24:54.472 --> 00:24:56.348 or in the case of patients  
NOTE Confidence: 0.94830432

00:24:56.348 --> 00:24:57.560 with metastatic disease,  
NOTE Confidence: 0.94830432

00:24:57.560 --> 00:24:59.912 we often will start that therapy  
NOTE Confidence: 0.94830432

00:24:59.912 --> 00:25:02.400 and it will be perpetual.  
NOTE Confidence: 0.94830432

00:25:02.400 --> 00:25:04.200 So that's something that once started,  
NOTE Confidence: 0.94830432

00:25:04.200 --> 00:25:04.920 they stay on it.  
NOTE Confidence: 0.945142595238095

00:25:06.240 --> 00:25:09.285 For patients who are screened and they've  
NOTE Confidence: 0.945142595238095

00:25:09.285 --> 00:25:12.316 got low risk disease or favorable  
NOTE Confidence: 0.945142595238095

00:25:12.316 --> 00:25:15.056 intermediate risk disease and they're  
NOTE Confidence: 0.945142595238095

00:25:15.056 --> 00:25:18.279 on active surveillance, at what point  
NOTE Confidence: 0.931315511111111

00:25:20.320 --> 00:25:22.960 do you either  
NOTE Confidence: 0.931315511111111

00:25:22.960 --> 00:25:26.360 stop active surveillance or how

NOTE Confidence: 0.9313155111111111  
00:25:26.360 --> 00:25:29.240 frequently do they flip into that,  
NOTE Confidence: 0.9313155111111111  
00:25:29.240 --> 00:25:31.350 we need to actively  
NOTE Confidence: 0.9313155111111111  
00:25:31.350 --> 00:25:33.460 manage this now either with  
NOTE Confidence: 0.9313155111111111  
00:25:33.460 --> 00:25:35.500 a focal ablation therapy  
NOTE Confidence: 0.9313155111111111  
00:25:35.500 --> 00:25:37.132 or surgery or radiation,  
NOTE Confidence: 0.9313155111111111  
00:25:37.140 --> 00:25:39.540 I mean if you have low risk disease,  
NOTE Confidence: 0.9313155111111111  
00:25:39.540 --> 00:25:43.495 are you out of the woods or how  
NOTE Confidence: 0.9313155111111111  
00:25:43.495 --> 00:25:45.420 frequently are you out of the woods?  
NOTE Confidence: 0.93258978  
00:25:45.660 --> 00:25:46.960 Yeah, so that's  
NOTE Confidence: 0.93258978  
00:25:46.960 --> 00:25:48.260 also a very good question.  
NOTE Confidence: 0.93258978  
00:25:48.260 --> 00:25:50.588 So I think it depends on where you  
NOTE Confidence: 0.93258978  
00:25:50.588 --> 00:25:52.539 start with active surveillance.  
NOTE Confidence: 0.93258978  
00:25:52.540 --> 00:25:54.346 So there are some men that have  
NOTE Confidence: 0.93258978  
00:25:54.346 --> 00:25:56.099 very low risk prostate cancer,  
NOTE Confidence: 0.93258978  
00:25:56.100 --> 00:25:58.588 some with sort of low and some with  
NOTE Confidence: 0.93258978

00:25:58.588 --> 00:25:59.975 favorable intermediate and their  
NOTE Confidence: 0.93258978

00:25:59.975 --> 00:26:01.740 progression rates are all different.  
NOTE Confidence: 0.93258978

00:26:01.740 --> 00:26:05.898 In the longer series for active surveillance,  
NOTE Confidence: 0.93258978

00:26:05.900 --> 00:26:08.936 we're seeing that around 50 to  
NOTE Confidence: 0.93258978

00:26:08.940 --> 00:26:12.402 60% of men remain on active  
NOTE Confidence: 0.93258978

00:26:12.402 --> 00:26:16.620 surveillance 10 years into the future.  
NOTE Confidence: 0.93258978

00:26:16.620 --> 00:26:18.354 So a pretty significant number are  
NOTE Confidence: 0.93258978

00:26:18.354 --> 00:26:19.932 able to remain on surveillance  
NOTE Confidence: 0.93258978

00:26:19.932 --> 00:26:21.737 in the that recently published  
NOTE Confidence: 0.93258978

00:26:21.737 --> 00:26:23.580 update on the PROTECT trial.  
NOTE Confidence: 0.93258978

00:26:23.580 --> 00:26:26.469 So even in men who were randomized to the  
NOTE Confidence: 0.93258978

00:26:26.469 --> 00:26:28.500 observation or active monitoring group,  
NOTE Confidence: 0.93258978

00:26:28.500 --> 00:26:30.404 by 15 years, 24% of them and  
NOTE Confidence: 0.93258978

00:26:30.404 --> 00:26:32.020 again this included intermediate,  
NOTE Confidence: 0.93258978

00:26:32.020 --> 00:26:35.620 maybe even some high risk patients,  
NOTE Confidence: 0.93258978

00:26:35.620 --> 00:26:38.176 24% of them remained treatment free.

NOTE Confidence: 0.93258978

00:26:38.180 --> 00:26:40.136 So they never had any treatment.

NOTE Confidence: 0.93258978

00:26:40.140 --> 00:26:41.538 So I think that

NOTE Confidence: 0.93258978

00:26:41.540 --> 00:26:43.472 there's definitely a percentage of people

NOTE Confidence: 0.93258978

00:26:43.472 --> 00:26:45.900 who do not need to be treated ever,

NOTE Confidence: 0.9469625333333333

00:26:46.980 --> 00:26:50.376 which is fabulous except,

NOTE Confidence: 0.9469625333333333

00:26:50.380 --> 00:26:51.994 you know, the pessimists in the

NOTE Confidence: 0.9469625333333333

00:26:51.994 --> 00:26:53.780 crowd might flip that and say yeah,

NOTE Confidence: 0.9469625333333333

00:26:53.780 --> 00:26:58.409 but that means that 76% of people would.

NOTE Confidence: 0.9469625333333333

00:26:58.410 --> 00:27:00.958 When we think about the options now

NOTE Confidence: 0.9469625333333333

00:27:00.958 --> 00:27:03.791 that might be coming down the Pike

NOTE Confidence: 0.9469625333333333

00:27:03.791 --> 00:27:06.287 in terms of focal ablative therapy,

NOTE Confidence: 0.9469625333333333

00:27:06.290 --> 00:27:09.106 do you think that there would be any

NOTE Confidence: 0.9469625333333333

00:27:09.106 --> 00:27:11.835 benefit in treating those low risk

NOTE Confidence: 0.9469625333333333

00:27:11.835 --> 00:27:14.270 or favorable intermediate risks with

NOTE Confidence: 0.9469625333333333

00:27:14.270 --> 00:27:17.167 what is hopefully turns out to

NOTE Confidence: 0.9469625333333333

00:27:17.167 --> 00:27:19.314 be a fairly non-toxic local therapy?  
NOTE Confidence: 0.9469625333333333

00:27:19.314 --> 00:27:21.650 Would that get them out of the woods?  
NOTE Confidence: 0.9469625333333333

00:27:21.650 --> 00:27:24.038 I just think about the anxiety  
NOTE Confidence: 0.9469625333333333

00:27:24.038 --> 00:27:25.232 that patients have.  
NOTE Confidence: 0.9469625333333333

00:27:25.240 --> 00:27:26.899 Kind of sitting on a cancer diagnosis  
NOTE Confidence: 0.9469625333333333

00:27:26.899 --> 00:27:28.940 and some of them might feel like, okay,  
NOTE Confidence: 0.9469625333333333

00:27:28.940 --> 00:27:31.280 this is a bit of a ticking time bomb.  
NOTE Confidence: 0.9469625333333333

00:27:31.280 --> 00:27:33.296 It's just a matter of time and  
NOTE Confidence: 0.9469625333333333

00:27:33.296 --> 00:27:34.790 whether or not  
NOTE Confidence: 0.9469625333333333

00:27:34.790 --> 00:27:37.544 I'm going to be in the 24% or whether  
NOTE Confidence: 0.9469625333333333

00:27:37.544 --> 00:27:40.564 I'm going to be in the 76% in terms  
NOTE Confidence: 0.9469625333333333

00:27:40.564 --> 00:27:42.276 of needing additional therapy.  
00:27:45.950 --> 00:27:49.072 There have been some trials geared in  
NOTE Confidence: 0.9285129666666667

00:27:49.072 --> 00:27:52.021 that direction looking at the low risk  
NOTE Confidence: 0.9285129666666667

00:27:52.021 --> 00:27:54.994 prostate cancer and intervention did delay  
NOTE Confidence: 0.9285129666666667

00:27:54.994 --> 00:27:58.300 the time to any additional intervention  
NOTE Confidence: 0.9285129666666667

00:27:58.384 --> 00:28:01.384 which is I guess what we would hope.  
NOTE Confidence: 0.928512966666667

00:28:01.390 --> 00:28:05.550 But I think again that trial included people  
NOTE Confidence: 0.928512966666667

00:28:05.550 --> 00:28:09.928 with intermediate and high risk disease and  
NOTE Confidence: 0.928512966666667

00:28:09.930 --> 00:28:11.850 knowing that more than 50%  
NOTE Confidence: 0.928512966666667

00:28:11.850 --> 00:28:13.170 of people can,  
NOTE Confidence: 0.928512966666667

00:28:13.170 --> 00:28:15.543 it takes time and effort  
NOTE Confidence: 0.928512966666667

00:28:15.543 --> 00:28:17.850 to sort of reassure people.  
NOTE Confidence: 0.928512966666667

00:28:17.850 --> 00:28:20.097 But if we know that within 15  
NOTE Confidence: 0.928512966666667

00:28:20.097 --> 00:28:21.810 years or even 20 years,  
NOTE Confidence: 0.928512966666667

00:28:21.810 --> 00:28:24.645 it's unlikely that someone is going to  
NOTE Confidence: 0.928512966666667

00:28:24.645 --> 00:28:26.850 have death from their prostate cancer,  
NOTE Confidence: 0.928512966666667

00:28:26.850 --> 00:28:28.810 you could argue that we were  
NOTE Confidence: 0.928512966666667

00:28:28.810 --> 00:28:30.608 treating too early in some of those  
NOTE Confidence: 0.928512966666667

00:28:30.610 --> 00:28:32.770 76% and they may not have needed it.  
NOTE Confidence: 0.916001816666667

00:28:33.450 --> 00:28:35.355 Dr. Preston Sprenkle is an  
NOTE Confidence: 0.916001816666667

00:28:35.355 --> 00:28:36.879 associate professor of urology

NOTE Confidence: 0.916001816666667  
00:28:36.879 --> 00:28:39.109 at the Yale School of Medicine.  
NOTE Confidence: 0.916001816666667  
00:28:39.110 --> 00:28:40.586 If you have questions,  
NOTE Confidence: 0.916001816666667  
00:28:40.586 --> 00:28:43.203 the address is cancer answers at Yale  
NOTE Confidence: 0.916001816666667  
00:28:43.203 --> 00:28:45.506 dot Edu and past editions of the  
NOTE Confidence: 0.916001816666667  
00:28:45.506 --> 00:28:47.692 program are available in audio and  
NOTE Confidence: 0.916001816666667  
00:28:47.692 --> 00:28:49.096 written form at [yalecancercenter.org](http://yalecancercenter.org).  
NOTE Confidence: 0.916001816666667  
00:28:49.096 --> 00:28:51.544 We hope you'll join us next week to  
NOTE Confidence: 0.916001816666667  
00:28:51.544 --> 00:28:53.418 learn more about the fight against  
NOTE Confidence: 0.916001816666667  
00:28:53.418 --> 00:28:55.270 cancer here on Connecticut Public Radio.  
NOTE Confidence: 0.916001816666667  
00:28:55.270 --> 00:28:57.694 Funding for Yale Cancer Answers is  
NOTE Confidence: 0.916001816666667  
00:28:57.694 --> 00:29:00.000 provided by Smilow Cancer Hospital.