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10-Year Outcomes after Monitoring, Surgery, or Radiotherapy for Localized Prostate Cancer

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Estudo recente do NEJM comparou os resultados de 3 condutas no Tratamento do Câncer Próstata em um período de 10 anos (Estudo ProtecT), estudando casos de risco baixo e intermediário, com mortalidade câncer-específica de 0,01% no geral e sem diferença estatística entre os grupos estudados, apesar de maior progressão para doença disseminada no grupo de Observação ativa (Active Surveillance) (FIGURE 2, TABLE 1) e maior recidiva bioquímica no grupo de Radioterapia, quando comparado ao grupo cirúrgico.

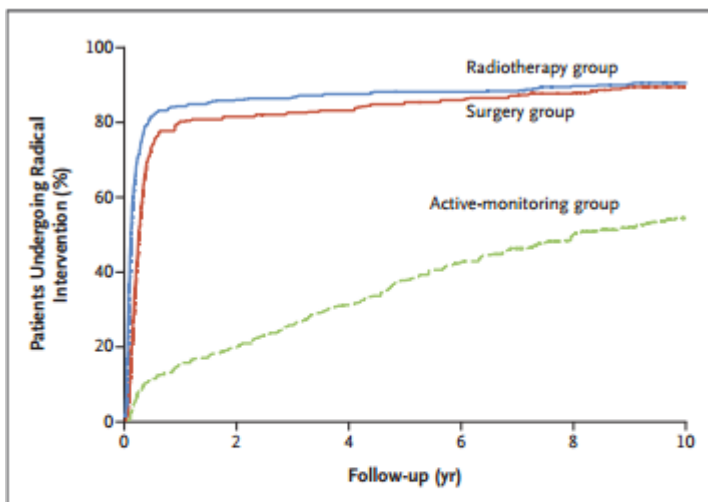


Figure 2. Kaplan–Meier Estimates of the Cumulative Probability of Undergoing Radical Intervention during the Follow-up Period, According to Treatment Group.

Radical intervention was defined as radical prostatectomy, per-protocol radiotherapy, nonprotocol radiotherapy (including brachytherapy), or high-intensity focused ultrasound therapy.

Table 1. Prostate-Cancer Mortality, Incidence of Clinical Progression and Metastatic Disease, and All-Cause Mortality, According to Randomized Treatment Group.

Variable	Active Monitoring (N=545)	Surgery (N=553)	Radiotherapy (N=545)	P Value*
Prostate-cancer mortality				
Total person-yr in follow-up	5393	5422	5339	
No. of deaths due to prostate cancer†	8	5	4	
Prostate-cancer-specific survival — % (95% CI)†				
At 5 yr	99.4 (98.3–99.8)	100	100	
At 10 yr	98.8 (97.4–99.5)	99.0 (97.2–99.6)	99.6 (98.4–99.9)	
Prostate-cancer deaths per 1000 person-yr (95% CI)†	1.5 (0.7–3.0)	0.9 (0.4–2.2)	0.7 (0.3–2.0)	0.48
Incidence of clinical progression‡				
Person-yr of follow-up free of clinical progression	4893	5174	5138	
No. of men with clinical progression	112	46	46	
Clinical progression per 1000 person-yr (95% CI)	22.9 (19.0–27.5)	8.9 (6.7–11.9)	9.0 (6.7–12.0)	<0.001
Incidence of metastatic disease				
Person-yr of follow-up free of metastatic disease	5268	5377	5286	
No. of men with metastatic disease	22	13	16	
Metastatic disease per 1000 person-yr (95% CI)	6.3 (4.5–8.8)	2.4 (1.4–4.2)	3.0 (1.9–4.9)	0.004
All-cause mortality				
Total person-yr in follow-up	5393	5422	5339	
No. of deaths due to any cause	59	55	55	
All-cause deaths per 1000 person-yr (95% CI)	10.9 (8.5–14.1)	10.1 (7.8–13.2)	10.3 (7.9–13.4)	0.87

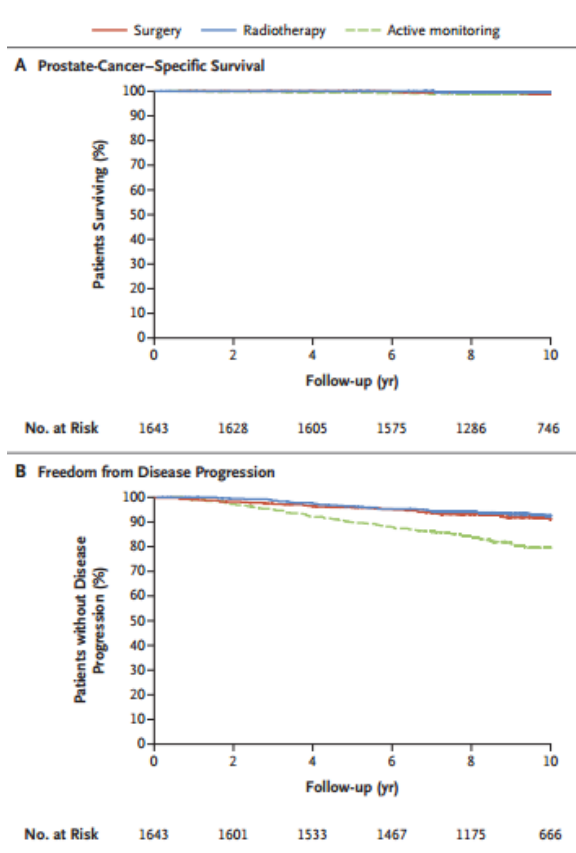


Figure 3. Kaplan–Meier Estimates of Prostate-Cancer-Specific Survival and Freedom from Disease Progression, According to Treatment Group. Panel A shows the rate of prostate-cancer-specific survival. Prostate-cancer-specific deaths were those that were definitely or probably due to prostate cancer or its treatment, as determined by an independent cause-of-death

Mensagens:

1) Casos de Câncer de Próstata de risco baixo e intermediário têm a mesma sobrevida em 10 anos, independente do tratamento realizado - portanto o screening deve ser incentivado em homens jovens e com longa expectativa de vida;

2) O tempo de detecção e tratamento é extremamente importante no Câncer de Próstata de alto risco.

