

# The take-home-messages

## - PSA Kinetics -

- Simple, inexpensive and readily available
- **Should be incorporated into patient risk assessment !**

## The Future

- Urgent needs for Prostate Cancer -

- **Biomarkers to help distinguish aggressive from indolent disease**
- **Improve over current clinical and pathology data**



# The case for the treatment of early prostate cancer

- **High blood pressure**
  - Risk factor for CV events
- **High cholesterol**
  - Risk factor for coronary artery events
- **Atrial fibrillation**
  - Risk factor for stroke
- **Prostate cancer**
  - Risk factor for metastatic death



# The case for the treatment of early prostate cancer

- **If prostate cancer could be treated:**
- **Effectively**
- **Quickly**
- **With little morbidity**
- **At low cost**

***We would all be lining up for treatment!***

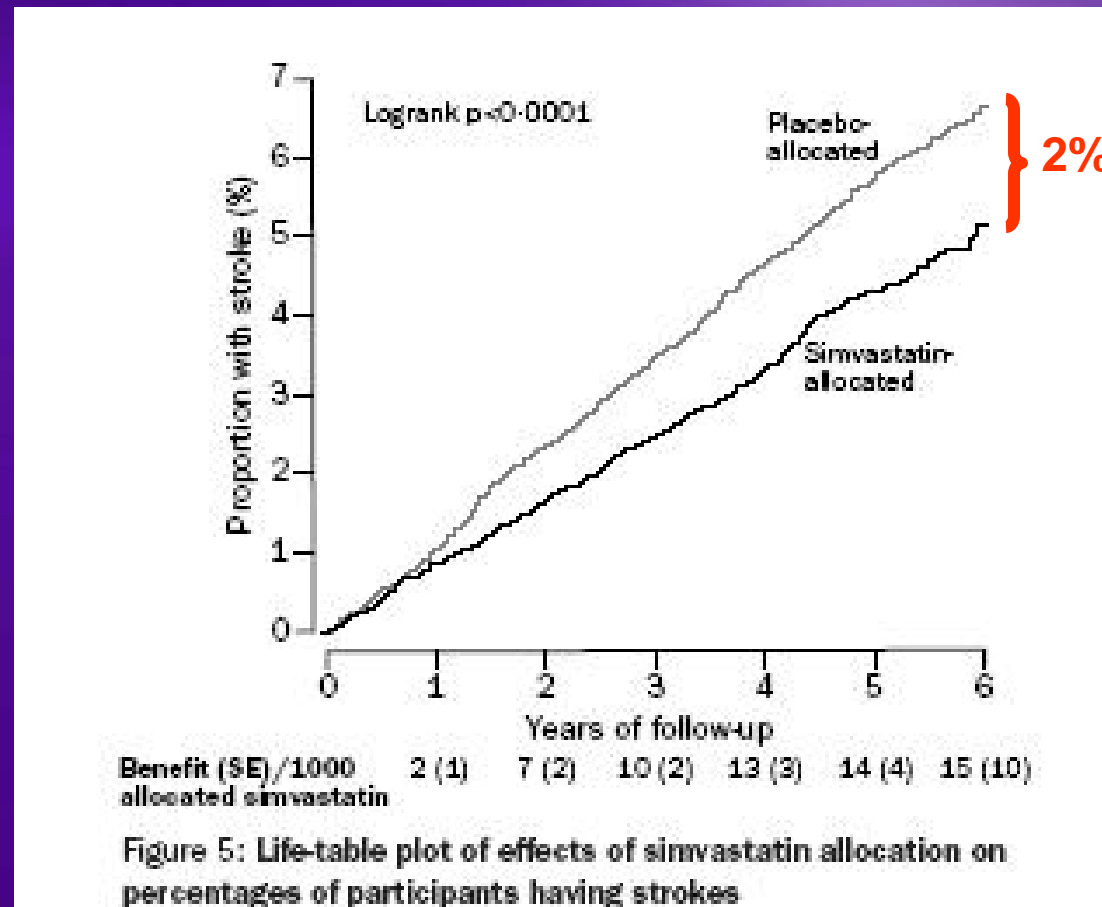
# What are the benefits of statin therapy?

## Heart Protection Study Collaborative group

- Randomized trial of simvastatin vs placebo
- 20,536 patients

*Lancet 365: 1779, 2005*

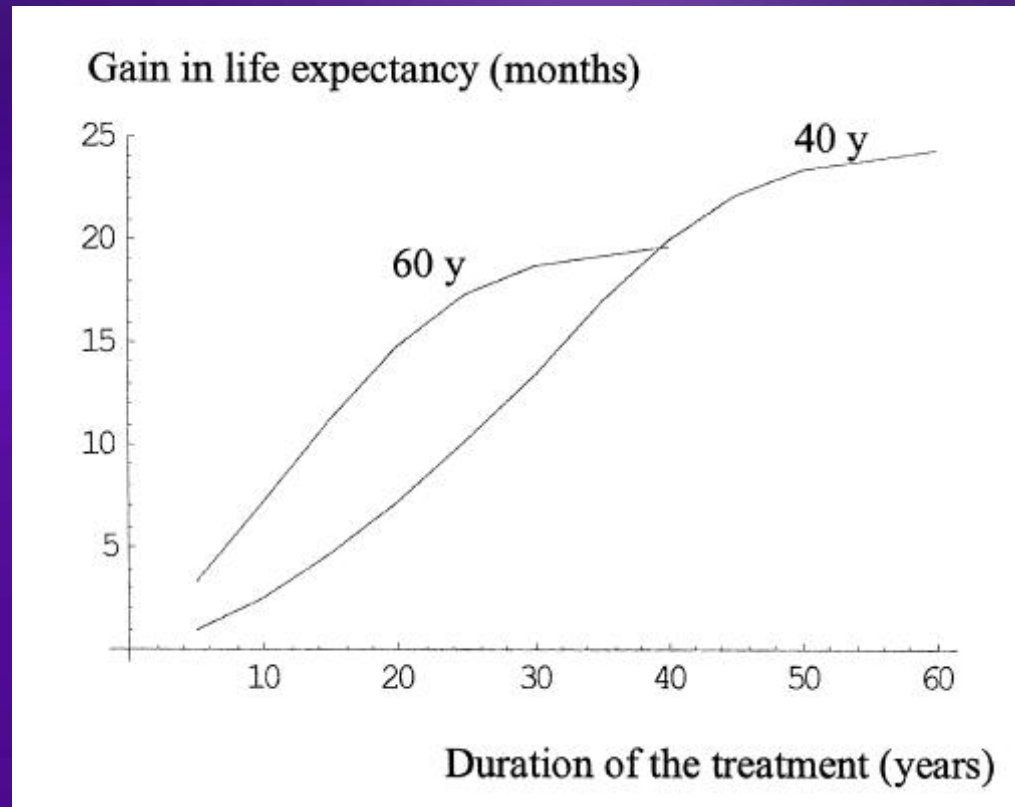
# What are the absolute benefits from statins?



*Lancet* 365: 1779, 2005



## What are the benefits of anti-hypertensive therapy?



**Benefits of anti-hypertensive treatment in a low-risk cohort**  
20% risk of CV event over 5 years reduced to 12%

*Kassai et al J. Clin. Epidemiol. 2003*

## **Side effects of anti-hypertensive therapy**

**Thiazide diuretics:**

**erectile dysfunction and urinary frequency**

**Beta –blockers:**

**erectile dysfunction and lethargy**

# What are the risks of anti-coagulation?

3% risk of major bleeding event

CVA

Hematuria

Rectal bleeding

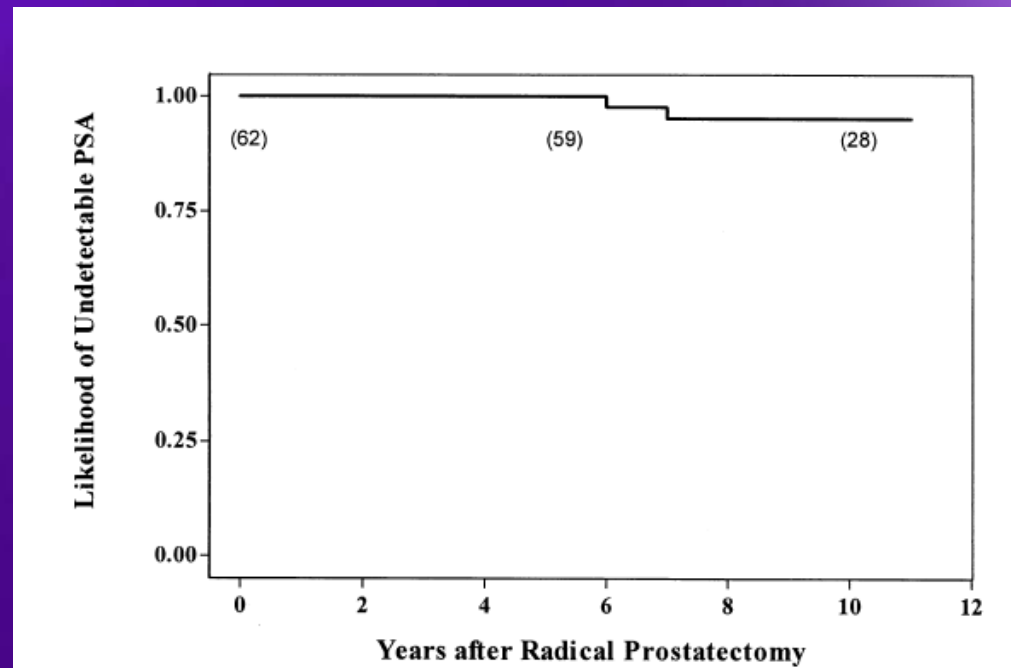
*Ezekowitz JAMA 1999*

# The case for the treatment of early prostate cancer

## How effective is surgery ?

Hopkins

Low-risk 10 years minimum follow-up



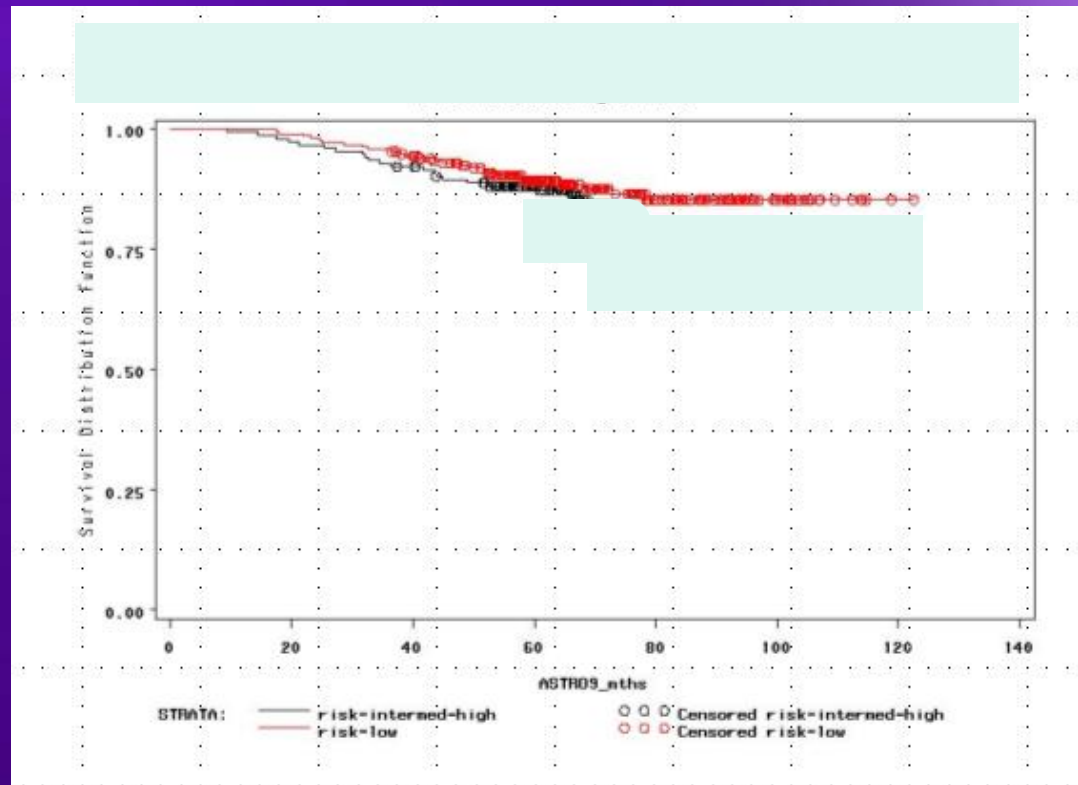
*Khan et al Urology 2003*

# The case for the treatment of early prostate cancer

## How effective is radiation ?

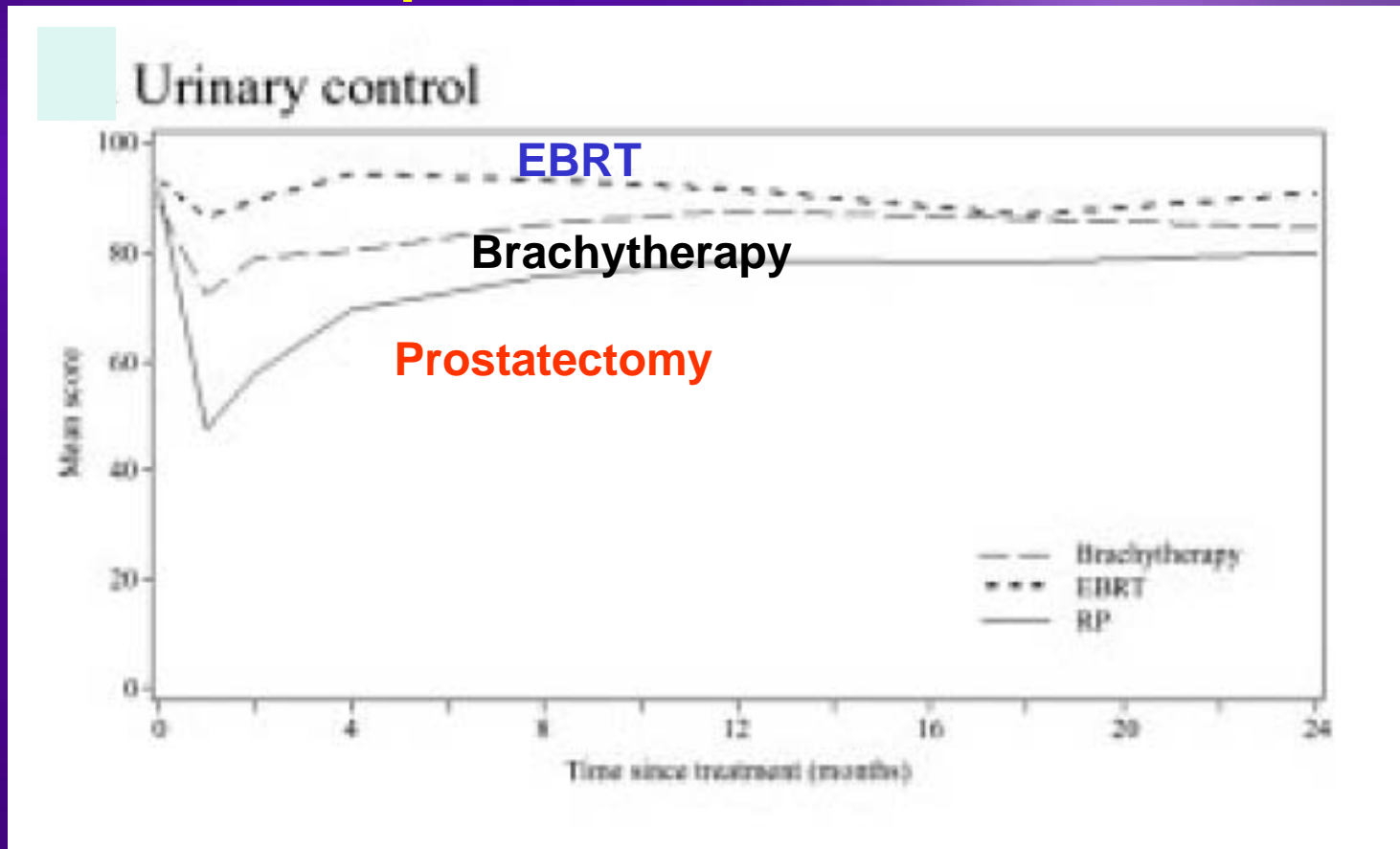
Brachytherapy

430 patients with median FU 6 years



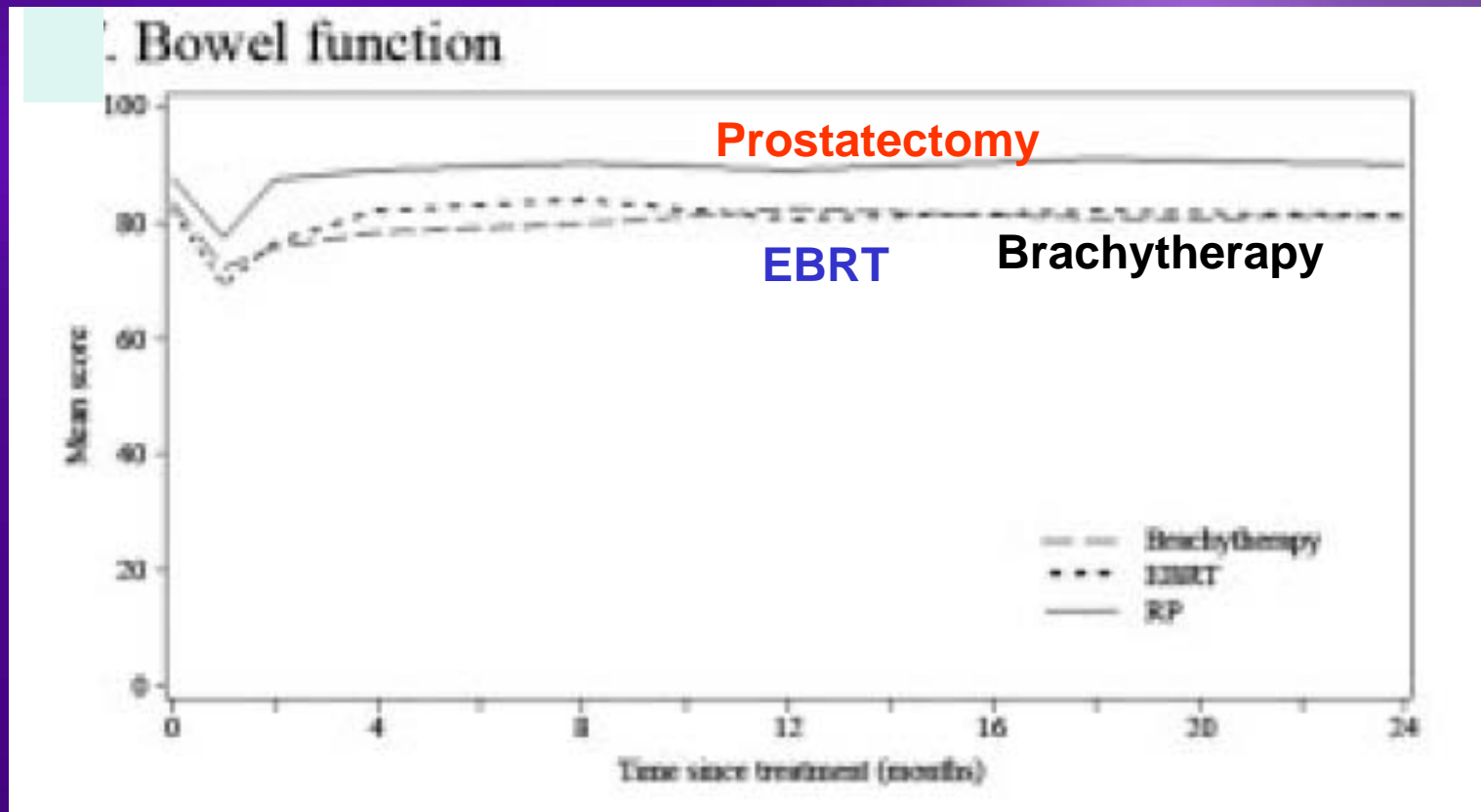
# The case for the treatment of early prostate cancer

## Treatment for prostate cancer: what do men lose?



# The case for the treatment of early prostate cancer

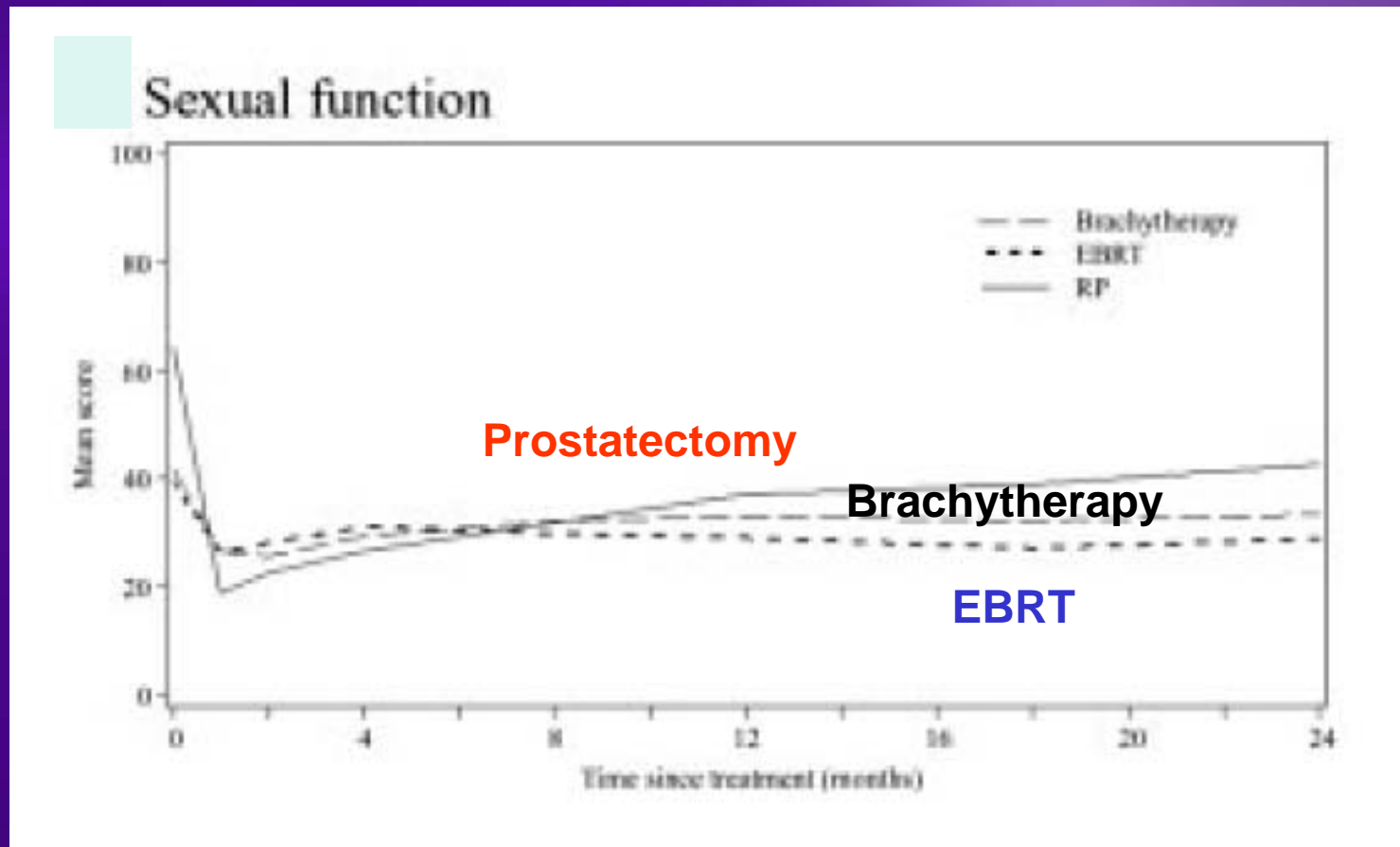
Treatment for prostate cancer: what do men lose?



*Litwin Cancer 109:2239, 2007*

# The case for the treatment of early prostate cancer

## Treatment for prostate cancer: what do men lose?





# The case for the treatment of early prostate cancer

- **If our aim is to get rid of the cancer then treatments are usually highly effective and becoming more so**
- **If we fear our treatments are too morbid things aren't so bad and they are getting substantially better**
- **If we think our treatments are too costly that is changing**
- **If we think we can dissuade our patients from treatment we are often wrong**

# The case for the treatment of early prostate cancer

- **We are moving towards the simvastatin ideal:**
- **Effective treatment at relatively low cost and with relatively low morbidity**
- **It is not a pill but its getting there**

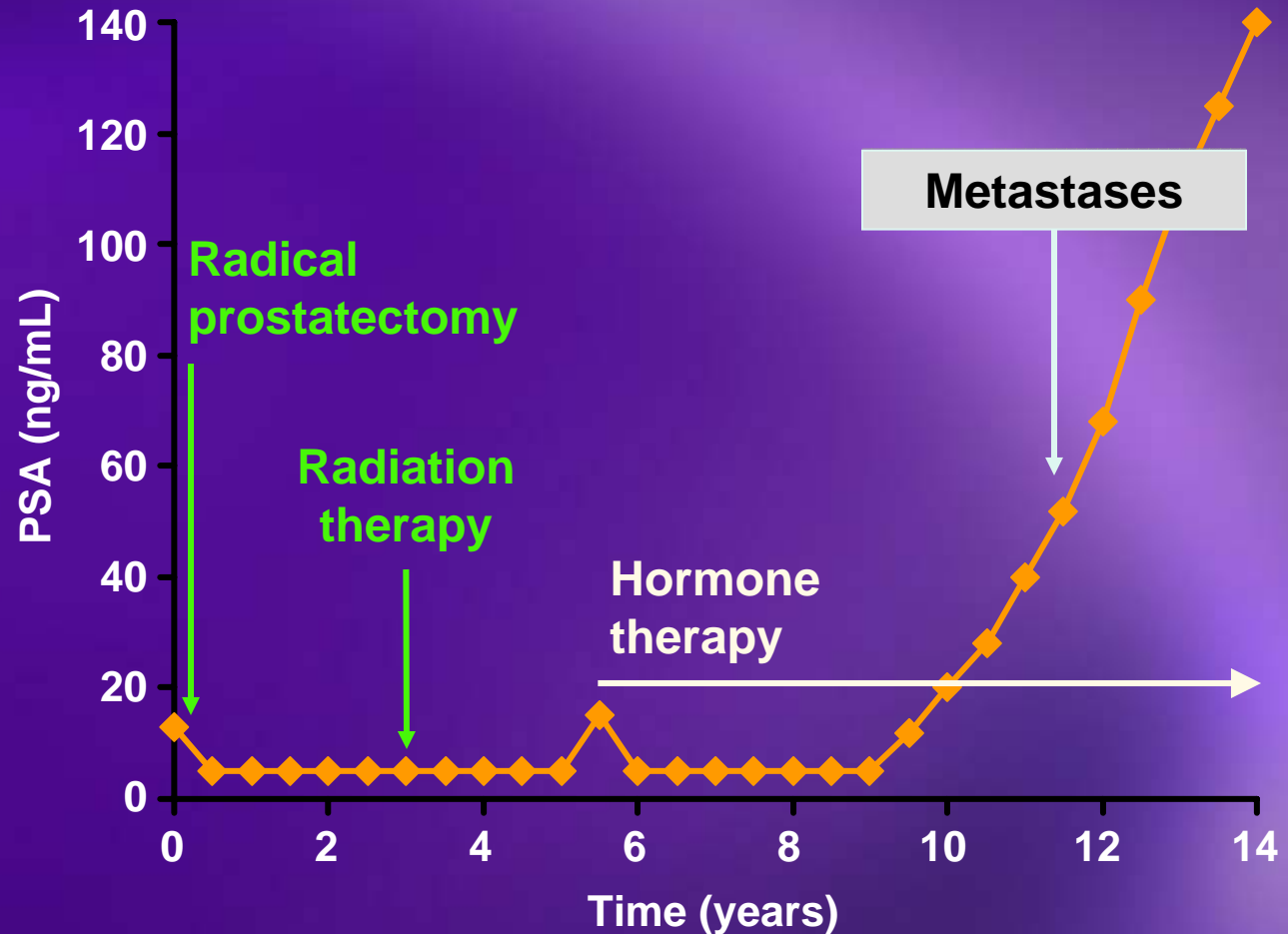
**Why wait ?**

# Treating Prostate Cancer in the 21st century



## New challenge

- 58 years old
- Active lifestyle
- PSA 8ng/mL



THEN



"I'll be back!"

NOW



"Oh, my back!"

*Side Effects*

Body composition changes  
after androgen deprivation therapy