MRI After Focal Therapy

Effective Focal Therapy Requires

- Careful patient selection
- High quality Prostate MRI
- Experienced Radiologist
- MRI knowledgeable Urologist
- Specialized Focal Therapy Equipment
- Programmed post-treatment monitoring

References


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Focal Therapy
Spares the prostate
Destroys cancer nodules
Targeted treatment for localized confine prostate cancer

Which patients are eligible for focal therapy?

- Life expectancy greater than 10 years
- Men whom do not need whole gland prostate treatment (total surgical removal or radiation)
- Localized prostate cancer proven by:
  - PSA and other biomarkers
  - Prostate digital rectal exam
  - Prostate MRI
  - Targeted biopsy
  - Local-Regional and whole body staging

Which Cancer Nodules are Appropriate for Focal Therapy?

Identified and characterized by prostate MRI

- Less than 0.5 cc volume
- Confined to one sector of the prostate
- Prostate capsule and adjacent organs not involved with cancer
- Pathology Gleason 6 (large volume) and Gleason 7 (small volume)

What Are The Benefits of Focal Therapy?

- No incision
- No radiation
- No blood loss
- Outpatient day surgery
- Limited effect on erections
- Rectal injury rare
- Minimal problems with voiding control
- Speedy recovery

What Are The Disadvantages of Focal Therapy?

- An evolving treatment, unproven long term success
- Only appropriate for a select group of patients
- Limited availability
- Few Urologists with the expertise, experience and equipment
- Minor focal therapy complications last a few days. Major complications are uncommon
- Post treatment monitoring with MRIs and biopsies
- Repeat Focal Therapy when post-treatment monitoring finds residual or recurrent cancer
- Expensive

How Is Focal Therapy done?
External or internal energy destroys the cancer nodule and a portion of the surrounding prostate.

- Cryotherapy (freezing)
- HIFU (High Intensity Focus Ultrasound)
- Targeted Radiation
- Electrical Vaporization

Anesthesia required / Transrectal ultrasound probe / Takes 1-2 hours

MRI Before Focal Therapy

57 years old, Fhx neg., PSA 3.59 → 5.83, DRE asymmetry left, prostate volume 29 cc, PSA Density 0.20, cancer nodule 0.12 cc, Sector 9P, biopsy Gleason score 7 (3+4)