

Patients characteristics and Treatment Outcome of Organ Confined Prostate Cancer : KHCC Experience

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BACKGROUND : Prostate cancer is the fourth most common cancer in men in Jordan. It has been noticed over the last fifteen years a steady increase in the incidence of prostate cancer in Jordan. With more awareness about this disease and increase PSA testing, more and more patients are being diagnosed with organ confined prostate cancer.

HYPOTHESIS: The aim of this report is to address treatment outcomes of patients with prostate cancer who received radiotherapy in a single institution from a developing country with special reference to treatment outcomes achieved by the addition of adjuvant or salvage irradiation following prostatectomy .

Methods: One hundred and ninety two patients with prostate cancer were treated at King Hussein Cancer Center , Jordan) between 01/01/2002 and 30/06/2013. Median age was 67.5 years. One hundred and twenty two patients were classified as high risk (HR) (62.2%) and 162 patients underwent definitive external-beam radiotherapy with hormonal therapy (6-36 months according to risk stratification) while 26 received adjuvant postoperative radiotherapy. Radiotherapy dose for definitive treatment ranged from 72 to 78Gy according to risk stratification. Radiotherapy was delivered by intensity-modulated radiotherapy in 102 patients (52%). The follow-up ranged from 4 months to 166 months (median, 48.2 months).

Results: At the time of follow-up, 183 patients (95.3%) were alive without evidence of disease. Overall survival, estimated at 7 years, was 96.4% for patients with HR, 94.7% for intermediate risk (IR) and 100% for low risk (LR) prostate cancer. Biochemical relapse free survival, also estimated at 7 years, was 89.8%, 80.6% and 100% for patients with HR, IR and LR prostate cancer, respectively. Radiotherapy was well tolerated with toxicity mainly being grade I-II. Only 1 patient (3.8%) who received adjuvant postoperative radiotherapy was burdened by biochemical relapse. Our results confirm the excellent prognosis of patients with prostate cancer treated by radiotherapy and hormonal treatment or prostatectomy in a developing country.