

SS 08 - GU 2 - Long-Term Updates of Prospective Prostate Cancer Clinical Trials; 60 - 10-Year Update of a Randomized Prospective Trial of Conventional Versus Hypofractionated Radiation Therapy for Localized Prostate Cancer; Monday, October 22, 2018; 7:55 AM - 8:05 AM Location: Room 214 C/D; Vladimir Avkshtol, MD, Fox Chase Cancer Center.

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Hypofractionated Radiation Provides Same Prostate Cancer Outcomes as Conventional Radiation, 11-Year Study Shows

PHILADELPHIA (October 22, 2018) – An analysis led by researchers at Fox Chase Cancer Center found that treating localized prostate cancer with hypofractionated intensity modulated radiation therapy (H-IMRT) yields equivalent disease outcomes compared with conventional intensity modulated radiation (C-IMRT). It is the largest randomized single-institution study with the longest follow up period on this topic to date.

The study enrolled 300 men and followed them over a median period of 11 years after treatment. Half had received H-IMRT and half had received C-IMRT. Men in both groups also received standard of care androgen deprivation therapy (ADT) when it was indicated. H-IMRT delivers more radiation per treatment session, allowing patients to complete treatment over a much shorter period than C-IMRT (5 ½ weeks versus 8 weeks). Advantages include fewer medical appointments, lower costs, and more efficient utilization of clinical resources.

Vladimir Avkshtol, MD, a radiation oncology resident at Fox Chase, will present the results at an oral session at the 60th Annual Meeting of the American Society for Radiation Oncology (ASTRO) in San Antonio on October 22.

At five years and 10 years after treatment, men who had received either form of therapy showed similar results on several measures, including PSA control and overall survival. There was initially some pause for concern for a trend toward higher rate of developing metastases in men in the H-IMRT group, however this was not statistically significant and no subset of patients seemed to be at higher risk on further analysis.

“Our analysis shows that for most men with localized prostate cancer, H-IMRT is a viable option and should be considered for most men. Our study is one of the biggest and most mature studies of its kind in the U.S.,” said Avkshtol.

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About Fox Chase Cancer Center

The Hospital of Fox Chase Cancer Center and its affiliates (collectively “Fox Chase Cancer Center”), a member of the Temple University Health System, is one of the leading cancer research and treatment centers in the United States. Founded in 1904 in Philadelphia as one of the nation’s first cancer hospitals, Fox Chase was also among the first institutions to be designated a National Cancer Institute Comprehensive Cancer Center in 1974. Fox Chase researchers have won the highest awards in their fields, including two Nobel Prizes. Fox Chase physicians are also routinely recognized in national rankings, and the Center’s nursing program has received the Magnet recognition for excellence four consecutive times. Today, Fox Chase conducts a broad array of nationally competitive basic, translational, and clinical research, with special programs in cancer prevention, detection, survivorship and community outreach. For more information, call 1-888-FOX CHASE or (1-888-369-2427).