TARGETED CRYOTHERAPY OF THE PROSTATE: NEW MINIMALLY INVASIVE THERAPY FOR EARLY, LOW GRADE PROSTATE CANCER

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Introduction: In the era of increased PSA awareness and early prostatic biopsy extremely low volume, low grade tumors are diagnosed. This tumor migration has revoked the interest among the urologists to evaluate the role of targeted cryotherapy.

Methods: We treated 8 patients from Oct 2004 with prostate cryotherapy. Mean age of these patients is 65.25 years, mean PSA is 4.3 (2-6.5 ng/ml) and mean Gleason’s score is 6.25 (6-7). Preoperative all patients suffered erectile dysfunction before surgery. The mean intraoperative time was 144 min and blood loss was < 50 ml. No intraoperative hemorrhage or rectal injury was noted. Five patients noticed scrotal echymosis immediately after surgery. Penile pain (scale of 3-6) was common complaint in all patients. All patients were discharged on postoperative day 2 and catheter was removed at 5-7 days.

Results: With mean followup of 3.5 months (1-4 months), PSA levels decreased to < 3 ng/ml in six patients. All patients were continent. At 3 months, scrotal echymosis completely resolved in all patients and penile pain completely subsided in seven patients.

Conclusion: The introduction of targeted cryotherapy with new temperature monitoring rectal and urethral probes has made cryosurgery a safe alternative option for the treatment of early, low grade prostate cancer.