

10-year outcomes similar for H-IMRT, C-IMRT in prostate cancer

March 24 2020



(HealthDay)—For men with intermediate- and high-risk prostate

adenocarcinoma, 10-year outcomes are similar with conventionally fractionated intensity-modulated radiation therapy (C-IMRT) or moderate hypofractionated IMRT (H-IMRT), according to a study published online March 2 in the *Journal of Clinical Oncology*.

Vladimir Avkshtol, M.D., from Fox Chase Cancer Center in Philadelphia, and colleagues presented 10-year disease outcomes for men with protocol-defined intermediate- and high-risk [prostate](#) adenocarcinoma who were randomly assigned to receive either C-IMRT (76 Gy in 38 fractions) or H-IMRT (70.2 Gy in 26 fractions). Data were included for 303 assessable men who were followed for a median of 122.9 months.

The researchers found that the 10-year cumulative incidence of biochemical and/or clinical disease failure was 25.9 and 30.6 percent in the C-IMRT and H-IMRT arms, respectively (hazard ratio, 1.31; 95 percent confidence interval, 0.82 to 2.11). Similar cumulative 10-year rates of biochemical failure, prostate cancer-specific mortality, and overall mortality were seen in the two arms. In the H-IMRT arm, the 10-year cumulative incidence of distant metastases was higher (rate difference, 7.8 percent; 95 percent confidence interval, 0.7 to 15.1 percent).

"What's exciting is that we have 10-year randomized prospective data, which is the gold standard for studies, and the original results held up. So the short course of treatment isn't better, it's the same," a coauthor said in a statement. "Essentially what the study shows is that it's effective, it's safe, and it's just more convenient."

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

Copyright © 2020 [HealthDay](#). All rights reserved.

Citation: 10-year outcomes similar for H-IMRT, C-IMRT in prostate cancer (2020, March 24) retrieved 27 July 2024 from <https://medicalxpress.com/news/2020-03-year-outcomes-similar-h-imrt-c-imrt.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.