Prospective Trial of Regional (hockey-stick) Prostate Cryoablation: 7-year Pathologic and Quality of Life outcomes


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**Design:** Prospective open-label, controlled trial to evaluate the efficacy of subtotal prostate ablation in patients with Pca with low and intermediate risk

**Intervention:** Hockey-stick template Subtotal Prostate Cryoablation

**Follow-up:** EPIC QoL questionnaires prior to confirmatory biopsy and at each follow-up visit

Treatment group: 23 man with grade group (GG) 1 or 2 disease in < 50% of unilateral cores and no > 50% involvement of any single core

Systematic prostate biopsies, PROMS and PSA level were collected at 6, 18 and 36 months following regional ablation
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**Oncological Outcomes**

- Kaplan-Meier Recurrence-free Survival Curve

**Functional Outcomes**

- Changes in Sexual and Urinary EPIC summary scores

- 12 patients (52%) were NED at time of last follow-up
- Only 1 in-field recurrence (therapy effect)

- 0% of patients requiring pads for urinary incontinence beyond 6 months
- Sexual function decline was less than 20%