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COMPARISON OF HEALTH RELATED QUALITY OF LIFE OUTCOMES IN MEN WHO HAD FOCAL CRYOTHERAPY TO THOSE ON ACTIVE SURVEILLANCE

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Objective: The goals of primary focal cryotherapy (PFC) are to ablate localized cancer while maintaining patients' health related quality of life (HRQoL). PFC candidates may also be eligible for active surveillance (AS). To date, no studies have compared HRQoL between these men. Our objective is to measure differences in HRQoL and lower urinary tract symptoms over time in a single institution using validated questionnaires.

Methods: Winthrop University Hospital has prospectively maintained an IRB approved database of 260 PCa patients who consented to enroll in a questionnaire based quality of life study. EPIC, IIEF, IPSS questionnaires were mailed every three months for one year to patients who underwent PFC or enrolled in AS who had no of androgen deprivation therapy or urological procedures prior to and throughout the course of this study. These groups were compared using two sample t-test, Wilcoxon rank sum test, and Fisher's exact test.

Results: There was no significant difference in demographic characteristics, clinical characteristics, or bowel function between these cohorts. PFC men's urinary function was greater than that of AS throughout the study. AS patients fared better than PFC men in every sexual domain at baseline comparison. PFC men's sexual scores increased throughout the study to greater than or equal to that of AS in all domains but orgasmic function and sexual desire.

Conclusion: PFC initially decreases sexual function. Our findings suggest most men who undergo PFC may regain sexual function over the course of their follow-up. Further prospective studies are necessary to validate these findings.