

**Five-year follow-up of intermittent triple androgen blockade (TAB) for clinically localized prostate cancer (PC): prognostic features and preliminary patterns of failure.**

Sub-category: [Prostate Cancer](#)

Category: Genitourinary Cancer

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**Abstract:** We have prospectively treated 77 men (mean age 66, range 46-86) with clinically localized PC with a single cycle of TAB. Mean baseline PSA (bPSA) and Gleason score (GS) were 12.37 ng/mL (range 0.39-100.0) and 6.57 (4-10). Mean baseline testosterone was 377 ng/dL. TAB consisted of 13 months of therapy with an LH-RH agonist and antiandrogens (bicalutamide 150 MG QD or flutamide 250 MG Q8H) plus finasteride 5 MG QD. All men were subsequently maintained on daily finasteride. At a mean follow-up of 60 months (range 40-121) mean PSA was 2.57 ng/mL (n=75). Two of 77 men have received a second cycle of TAB and currently have unmeasurable PSA. Prostate cancer specific survival is 100%. For the 75 men on finasteride maintenance, bPSA of less than 10.0 ng/mL and GS of 6 or less is highly predictive of superior PSA control at 5 years. Men with bPSA of greater than 20 or GS 8-10 have significantly worse PSA control at 5 years with a single cycle of TAB. Men with low risk disease given a single cycle of TAB should not be retreated at an arbitrary PSA value, as they gain prolonged PSA control from a single cycle. This suggests that men with high risk disease will require more than TAB to obtain durable PSA control. Both patients receiving cycle #2 of TAB presented with either bPSA > 20, GS 8-10 or both. In the future, intermittent chemo-hormonal therapy should be offered to these high-risk patients.

	Risk Group	N	Mean Current PSA (ng/mL) ± SE	P value
PSA	< 4.0	8	0.75 ± 0.31	P < 0.04
	4.0 - 10.0	37	2.34 ± 0.39	
	< 4.0	8	0.75 ± 0.31	P < 0.05
	10.0 - 20.0	16	3.51 ± 0.96	
	< 4.0	8	0.75 ± 0.31	P = 0.07
	> 20.0	14	3.55 ± 1.18	
	< 10	45	2.02 ± 0.34	P < 0.05
	> 10	30	3.53 ± 0.74	
Gleason Score	4 - 6	36	2.44 ± 0.48	P = 0.05
	8 - 10	7	5.35 ± 2.42	
	7	32	2.23 ± 0.39	P < 0.03
	8 - 10	7	5.35 ± 2.42	
	6 - 7	61	2.26 ± 0.33	P < 0.02
	8 - 10	7	5.35 ± 2.42	
	7	32	2.23 ± 0.39	P < 0.01
	9 - 10	4	7.01 ± 4.10	