

SURVIVAL OF PROSTATE CANCER PATIENTS WITH COMBINATION HORMONAL-RADIOTHERAPY BETTER THAN HORMONAL THERAPY

Abstract

Background : Prostate cancer was the largest noncutaneous malignancy detected in men in America and the sixth leading cause of death in men due to cancer. In the early and regional stages, the 5-years survival rate of prostate cancer patients approaches 100%. This study aims to determine the survival of prostate cancer (PCa) patients who did not undergo radical prostatectomy, but received hormonal therapy or a combination of radiotherapy and hormonal therapy.

Methods : This study was an observational analytic study with a retrospective cohort design, using secondary data to determine baseline data and diagnosis of patients, and using primary data to determine the survival of prostate cancer patients who received combination hormonal and radiotherapy therapy compared with hormonal therapy alone. The analysis was performed using chi square and contingency coefficients to assess the relationship between survival with factors such as age, stage T, N, M, S, clinical stage, type of therapy and prognosis. Also used Kaplan Maeier curve to assess the survival picture of prostate cancer patients at Dr Sardjito General Hospital

Results : There were 79 patients who met the inclusion criteria. The mean age of the patients was 68 ± 8.4 years. A total of 52 (65.8%) patients received hormonal therapy, and 27 (34.2%) patients received combination hormonal and radiotherapy. There were 41 (51.9%) patients remain life while 38 (48.1%) of patients died during the monitoring. We found that the gleason score, PSA level and clinical stage were significantly associated with patient survival with $p < 0.005$. The 5 years survival rate patient with local, locally advanced clinical stage and PSA level ≤ 20 ng/ml who received combination hormonal and radiotherapy achieved 100%.

Conclusion : Combination of hormonal and radiotherapy was more improving patient survival compared with hormonal therapy only in patient with locally advanced clinical stage, PSA level ≤ 20 ng/ml and Gleason score ≤ 7 .

Keyword : radiotherapy, prostate cancer, survival, hormonal

Intisari

Latar Belakang : Kanker prostat merupakan keganasan non kutaneus terbanyak dideteksi pada laki-laki di Amerika dan merupakan penyebab kematian keenam terbanyak pada laki-laki akibat kanker. Pada stadium dini dan regional, angka *survival* 5 tahun pasien kanker prostat mendekati 100%. Penelitian bertujuan untuk mengetahui ketahanan hidup pasien kanker prostat yang tidak menjalani radikal prostatektomi, namun mendapatkan hormonal terapi atau kombinasi radioterapi dan hormonal terapi. Angka *survival* pasien kanker prostat yang mendapatkan terapi kombinasi hormonal dan radioterapi dibandingkan dengan terapi hormonal berdasarkan stadium klinis, *gleason score*, dan level PSA.

Metoda : Penelitian ini merupakan studi analitik observasional dengan design *cohort* retrospektif, menggunakan data sekunder untuk mengetahui data dasar dan diagnosis pasien, dan menggunakan data primer untuk mengetahui ketahanan hidup pasien kanker prostat yang mendapatkan terapi kombinasi hormonal dan radioterapi dibandingkan dengan terapi hormonal saja. Dilakukan analisa menggunakan uji chi square dan koefisien kontingensi untuk menilai hubungan antara *survival* dengan faktor-faktor seperti usia, stadium T, N, M, S, stadium klinis, jenis terapi dan prognosis. Digunakan pula kurva Kaplan Maeier untuk menilai gambaran *survival* pasien kanker prostat di RSUP dr Sardjito

Hasil : Pada penelitian menunjukkan, ada 79 pasien yang memenuhi kriteria inklusi. Rerata usia pasien adalah $68 \pm 8,4$ tahun. Sebanyak 52 (65,8%) pasien mendapatkan terapi hormonal, dan 27 (34,2%) pasien mendapatkan terapi kombinasi hormonal dan radioterapi. Ada 41 (51,9%) pasien yang hidup sedangkan 38 (48,1%) pasien meninggal saat dilakukan pemantauan. Pada analisa data, *gleason* skor, level PSA dan stadium secara signifikan berhubungan dengan *survival* pasien dengan $p < 0,005$. Pada stadium lokal, *locally advanced* dan level PSA ≤ 20 ng/ml angka *survival* 5 tahun yang mendapatkan terapi kombinasi hormonal dan radioterapi mencapai 100%.

Kesimpulan : Terapi kombinasi hormonal radioterapi lebih meningkatkan *survival* pasien dibandingkan dengan terapi hormonal saja pada stadium *locally advanced*, level PSA ≤ 20 ng/ml, dan *Gleason* skor ≤ 7 .

Kata kunci : radioterapi, kanker prostat, *survival*, hormonal