Safety and efficacy of TURP before EBRT in patients with prostate cancer and lower urinary tract symptoms

Casper Vrij[1,2], Harman Maxim Bruins[1], Kevin Rademakers[1], Tom Hermans[3], Elisabeth JM Driessen[1], Chiara Coleman[4], Evert van Limbergen[4], Franchette van den Berkmortel[5], Mathie Leers[6,7], John Heesakkers[2]

[1] Urology, Zuyderland MC [2] Urology, Maastricht UMC+ [3] Urology, VieCuri MC [4] Radiation Oncology (MAASTRO), Maastricht UMC+ [5] Oncology, Zuyderland MC [6] Clinical Chemistry & Hematology, Zuyderland MC [7] Environmental Sciences, Open Universiteit. The Netherlands.

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AIM

Is a TURP before EBRT safe and effective in men with prostate cancer and LUTS?

METHODS

- Multicentre retrospective cohort, 2015–2025
- 200 men, TURP ≤9 months before EBRT
- CTCAE v6 grading; IPSS and uroflowmetry

URINARY ADVERSE EVENTS (UAE)

	Grade ≥2	Grade ≥3
12 mo after EBRT	40% (32–46)	4.2% (1.3–7.1)
24 mo after EBRT	51% (43–58)	9.7% (5.2–14)
36 mo after EBRT	**54% (45–61)**	**15% (8.4–20)**

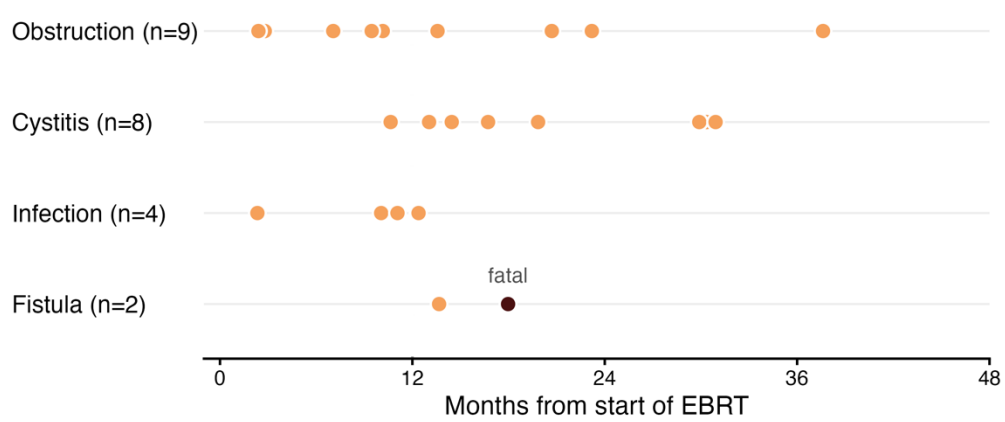
KEY RESULTS

- Median age at TURP was 75 (70–78). Most received 28 x 2.5 = 70 Gy (81%).
- 95% of patients had ADT. Median time between TURP and EBRT was 3.6 months (3.1 – 4.6).
- Prostate volume was 58 ml (37 – 72). Resection weight 12 grams (7 – 19).
- Stress incontinence was rare n = 3 patients (pre-operative status).
- Larger CTVp1 was associated with lower risk of grade ≥3 (HR 0.95 per ml, 0.92 – 0.99, p = 0.024).

CONCLUSION

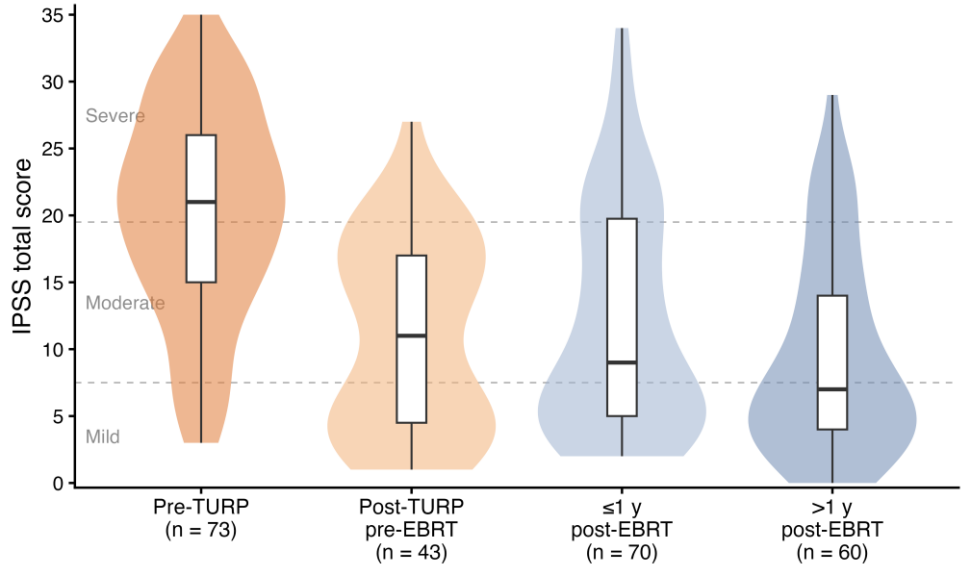
Pre-EBRT TURP gives durable symptom relief. Grade ≥3 UAE are uncommon but severe.

GRADE ≥3 EVENTS AFTER EBRT



Grade ≥3 UAE after EBRT by type (26 of 35 events); each dot is one event.

IPSS AFTER TURP AND EBRT



Observed IPSS per phase: median, IQR and distribution (descriptive).