



Title High-Intensity Focused Ultrasound (HIFU) for the Treatment of Localized Prostate Cancer

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Aim

To evaluate the clinical effectiveness of high-intensity focused ultrasound (HIFU) therapy for early localized prostate cancer.

Conclusions and results

HIFU therapy is used as primary treatment for low- and intermediate-risk, localized, prostate cancer (T1-2 NxMo) in patients over 70 years of age and for local recurrence of prostate cancer after failure of radiotherapy.

Owing to the poor quality of evidence identified (case series only, and in most cases a short follow-up), it is not possible to give a firm answer to the question: Are the advantages of HIFU sufficient to counterbalance the complications and uncertainty of the long-term results, compared to standard treatment options including either deferred (watchful waiting) or immediate (in the event of recurrence) hormonal treatment? The main areas affected by adverse events of HIFU therapy were mainly the urinary tract (postoperative obstruction and infection; long-term incontinence), the rectum (rectal fistulae), and potency (impotence).

Recommendations

Recommended update in 5 years, at the earliest.

Methods

The assessment strategy consisted of an in-depth literature search and analysis of scientific data (published and unpublished studies), followed by consultation of a multidisciplinary working group comprised of French urologists, radiotherapists, a medical oncologist, a primary care physician, and a patient. Twenty-one case series were identified, these relating to approximately 2500 selected patients treated with different Ablatherm® (n=13) or Sonablate® (n=8) devices from the same manufacturer over time. The literature data and analysis were discussed with the working group. The Committee for Assessment of Medical and Surgical Procedures re-

viewed the conclusions. The HAS Board approved the final report before publication.

Further research/reviews required

Areas recommended for further research are: Controlled clinical trials and/or observational studies with sufficient follow-up to measure benefits in terms of survival, long-term adverse effects, and quality of life.