

**QUALITY OF LIFE IN PATIENTS WITH HIGH-INTENSITY FOCUSED ULTRASOUND  
(HIFU) FOR LOCALIZED POSTATE CANCER**

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**INTRODUCTION AND OBJECTIVES:** To measure the change in quality of life (QOL) of patients treated for localized prostate cancer with high intensity focused ultrasound (HIFU).

**METHODS:** The Sonablate™ 500 (Focus Surgery, Indianapolis, IN) was used to perform the localized prostate cancer surgery. Performance Status (PS), FACT-General, FACT-Prostate and IIEF-5 surveys were taken from each patient prior to surgery and 6 months post operatively. Descriptive statistics and t-test were used for evaluation on all patient data.

Since January, 1999, 314 patients with localized prostate cancer have received 358 HIFU treatments. Of these patients, 132 have been followed up more than one year (1 yr.) and are reported here. These patients are average age of 70 years (range 45-87 yrs.), had mean operating time of 2 hours and 51 min. (range: 51 min – 6 hrs. 30 min.) and an in-patient hospital stay of 4.8 days (range 2 – 20 days).

**RESULTS:** There was no difference between the pre and post Performance Status (PS). The FACT-G improved from  $48.8 \pm 13.6$  to  $50.5 \pm 13.3$  ( $p=.4009$ ), FACT-P declined from  $13.5 \pm 4.9$  to  $12.6 \pm 7.2$  ( $p=.0831$ ), and IIEF-5 changed from  $7.2 \pm 7.3$  to  $6.3 \pm 6.7$  ( $p=.1697$ ). Three of the patients volunteered that they could not recognize the difference in their condition after surgery. As for impotence, of the 34 patients that did not receive neoadjuvant hormone therapy prior to surgery, impotence was observed in 7 patients (21%). Of these 7 patients with erectile dysfunction, 3 wanted to receive therapy for it and 50 mg of sudanphil was prescribed to them.

**CONCLUSIONS:** The HIFU treatment is performed without incision to the body and is one that we can expect to maintain the quality of life (QOL) of the patients.

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