



# ADVANCES IN PROSTATE CANCER TREATMENT

## “You have prostate cancer.”

These words can stop a man and his family in their tracks. After all, according to the American Cancer Society, prostate cancer is second only to skin cancer among men’s cancers in the U.S. In fact, ACS has forecast that more than 191,000 new cases would be reported in 2020, and about 1 in 9 men would receive the diagnosis in their lifetime. Furthermore, about 6 cases in 10 are diagnosed in men who are 65 or older.

The good news: Patients with a prostate cancer diagnosis now have a variety of treatment options, right in their own community. Depending on several factors, such as age or stage of the cancer, these may include conservative approaches, such as watchful waiting or active surveillance. Other options may include surgery to remove the prostate gland; hormone therapy to reduce levels of male hormones that can fuel prostate cancer cells; or radiation therapy, to target cancer cells while sparing healthy tissue.

## REDUCING THE SIDE EFFECTS OF RADIATION THERAPY

An advanced technology used at Saint Anne’s Hospital that has proven to be effective in reducing radiation therapy’s side effects for qualified patients is called SpaceOAR.

SpaceOAR (“OAR” refers to “organ at risk”) uses a hydrogel that is inserted by a urologist under

ultrasound guidance. It serves as a protective spacer between the prostate and the rectum, greatly reducing the likelihood that the rectum is exposed to radiation. The hydrogel is minimally invasive, remains stable during radiation therapy treatments, and is gradually absorbed by the body after radiation treatments.

At Saint Anne’s since 2019, prostate cancer patients and their doctors agree that it creates a more satisfactory radiation therapy experience.

Urologist Derek Hausladen, MD, of Hawthorn Medical Associates, and Raymond Dugal, MD, chief of radiation oncology at Saint Anne’s Hospital, note the benefits for patients.

“Radiation treatment is very effective, but the side effects of radiation to the surrounding tissue, such as the bowel, have often discouraged patients from seeking this therapy,” said Dr. Hausladen. “SpaceOAR technology works by separating the prostate from surrounding tissue, which keeps the healthy tissue farther away from the malignant tissue during treatment.”

Likewise, Dr. Dugal notes its value during radiation treatments. “Targeting just cancer cells, while avoiding healthy organs and tissue, is always the goal of radiation therapy,” he said. “For patients with prostate cancer, SpaceOAR can greatly increase our capacity to do just that.”

## ROBOTIC-ASSISTED PROSTATECTOMY: 21ST-CENTURY TECHNOLOGY IN THE HANDS OF THE SURGEON

For prostate cancer patients whose recommended treatment is removal of the prostate, 21st-century technology can make a big difference.

At Saint Anne's Hospital, urologists use highly sophisticated da Vinci robotic-assisted surgical technology to remove the prostate gland.

Dr. Hausladen, who chairs the hospital's Robotics Committee, explains. "As with other robotic-assisted procedures, we start with a few very small incisions," says Dr. Hausladen. "A 3-D high-definition camera magnifies the surgeon's view inside the body, and the small robotic instruments allow us to perform surgery far more flexibly than the human hand. The da Vinci platform is ideal for procedures, such as prostatectomy, that require a high degree of precision and accuracy in a small space."

Dr. Hausladen notes that surgery using the da Vinci has great benefits for the patient.

"Very small incisions and the da Vinci's dexterity means that there is less blood loss and a much lower risk of infection," he says. "It also results in greater pain control, with most patients going home with just ibuprofen (Advil) or acetaminophen (Tylenol) and being able to resume normal activities more quickly. It's gratifying to offer this to our patients."



Dr. Raymond Dugal  
*Chief of Radiation Oncology*



Dr. Derek Hausladen  
*Urologist,  
Chair of Robotics Committee*

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### LEARN MORE:

**SpaceOAR technology for radiation therapy of the prostate**

[saintanneshospital.org/services-directory/urology](http://saintanneshospital.org/services-directory/urology)

**Robotic-assisted surgery: See and hear Dr. Derek Hausladen explain robotic-assisted prostatectomy at:**

[saintanneshospital.org/robotic-surgery](http://saintanneshospital.org/robotic-surgery)

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