

DR. METZGER'S SATURDAY EVENING NEWSLETTER

MARCH 29, 2025

THE PROSTATE FORUM

[HTTPS://WWW.PROSTATEFORUM.ORG/NEWSLETTERS](https://www.prostateforum.org/newsletters)

PROSTATEFORUMOC@GMAIL.COM

“ADT with SBRT versus SBRT alone for hormone-sensitive oligorecurrent prostate cancer (RADIOSA): a randomised, open-label, phase 2 clinical trial. Giulia Marvaso, Giulia Corrao, Mattia Zaffaroni, Maria Giulia Vincini”

DG Journal Club February 28, 2025

<https://dgjc.docguide.com/article/adt-with-sbirt-versus-sbirt-alone-for-hormone-sensitive-oligorecurrent-prostate-cancer-radiosa-a-randomised-open-label-phase-2-clinical-trial>

Good Saturday evening.

I'm finding more good news out of Europe lately, with another Italian study. This from the European Institute of Oncology, IRCCS, Milan, Italy. <https://www.ieo.it/en/>. It's a step forward for precision medicine.

Researchers wanted to know if adding ADT's to SBRT to treat oligometastatic disease. They found their patients receiving two therapies at once delays Mets for more than twice as long as the group treated with SBRT only.

One hundred and five patients with an average age of 70 who had Oligometastatic disease were divided into an SBRT + ADT group or SBRT only group. The patients had 3 or less lesions and those lesions developed more than six months after the diagnosis of the first lesions and their disease responded well to ADT's. The ADT added group got a six-month dose of an unnamed drug. Patients were followed and side effects were rare and mild. Then, both groups were scanned for Mets. The group getting only SBRT experienced on average 15.1 months of progression free survival while the SBRT + ADT group achieved 32.2 months.

The researchers now want to know what the optimal dose of ADT is to give patients to achieve better results and are encouraging identifying biomarkers to see who will benefit from hormone therapy.

**We look forward to seeing you at our 2nd and 4th Tuesday evening
Support and Information Groups.**

Please bookmark these zoom links so you can join us easily:

2nd Tuesday at 5:00 p.m. Pacific Time: <https://us02web.zoom.us/j/86164783897>

4th Tuesday at 5:00 p.m. Pacific Time: <https://us02web.zoom.us/j/85450819246>

Best regards,

CKM