

# European Prostate Cancer Awareness Day

17 November 2020

Hendrik Van Poppel, MD., PhD.

EAU Adj. Secretary General



## Setting the Scene

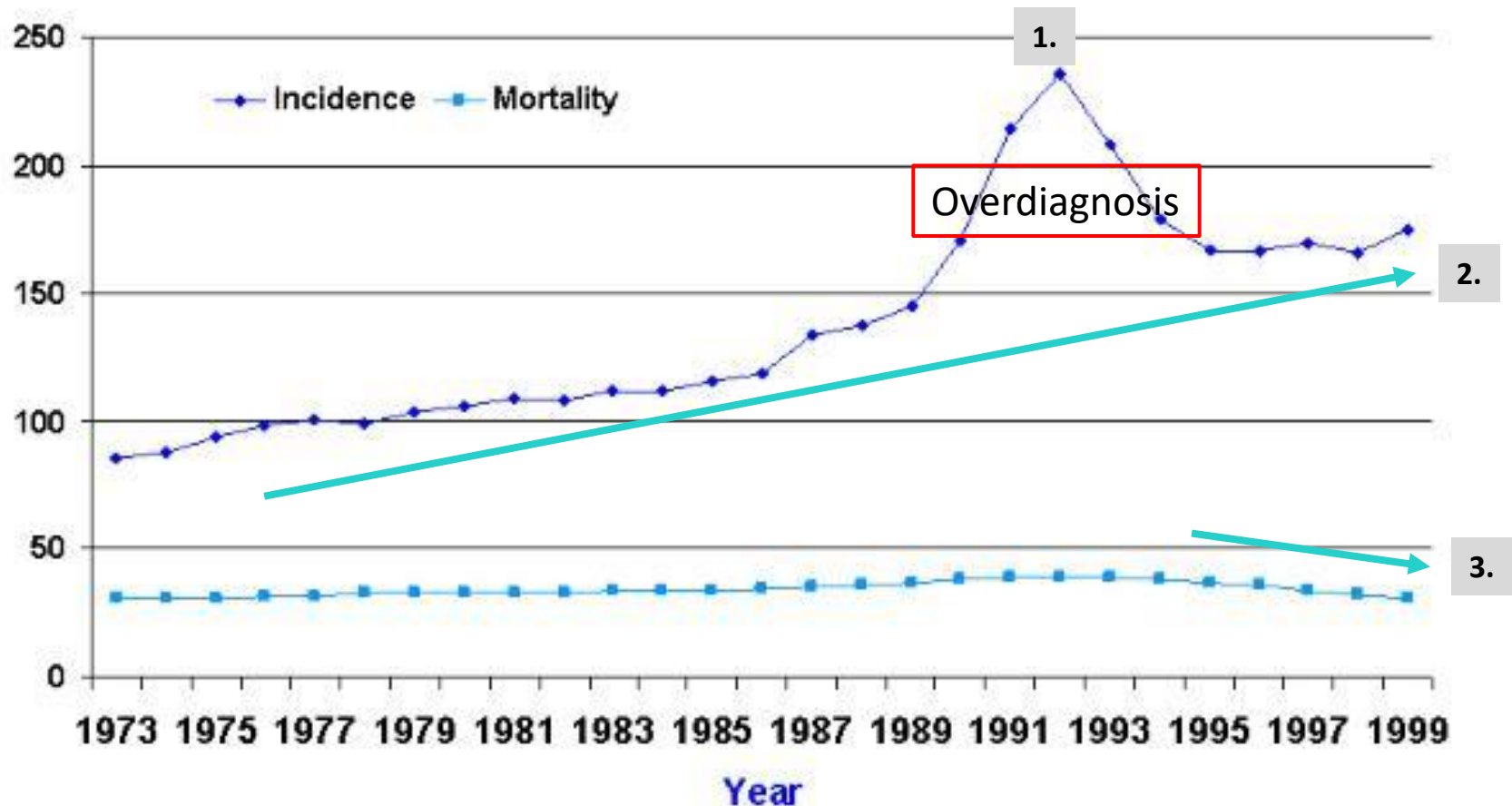
“The sad story of PSA”

# Prostate Cancer in the European Society

- **Prostate cancer (PCa) is the most common male cancer in the EU**
- **1 in 7 men in Europe will develop prostate cancer before 85y**
- **Before Prostate Specific Antigen (PSA) 1/3 to 1/2 men died**
- **In 2018, 107,000 men died from Prostate Cancer in the EU**

# When PSA was introduced,

## Prostate cancer was detected early, and Mortality declined



# Changes of Cancer Mortality



“At the cost of Over Diagnosis and Overtreatment”

---

# We know today : no debate...

1. Early detected disease can be cured
2. Treatment of early disease has less side effects : better QoL
  - Less incontinence/impotence , No need of hormones
  - Costs: +/- €25,000
3. Treatment of more advanced disease has more side effects, impacts heavily on QoL and often does not cure
4. Treatment of metastatic disease is extremely expensive: €250,000

## and testing was discouraged!

Prostate cancer is said not to be a killing disease:

- “You will die with, not from prostate cancer”

Treatment can lead to unpleasant side effects

PCa diagnosis automatically led to active treatment

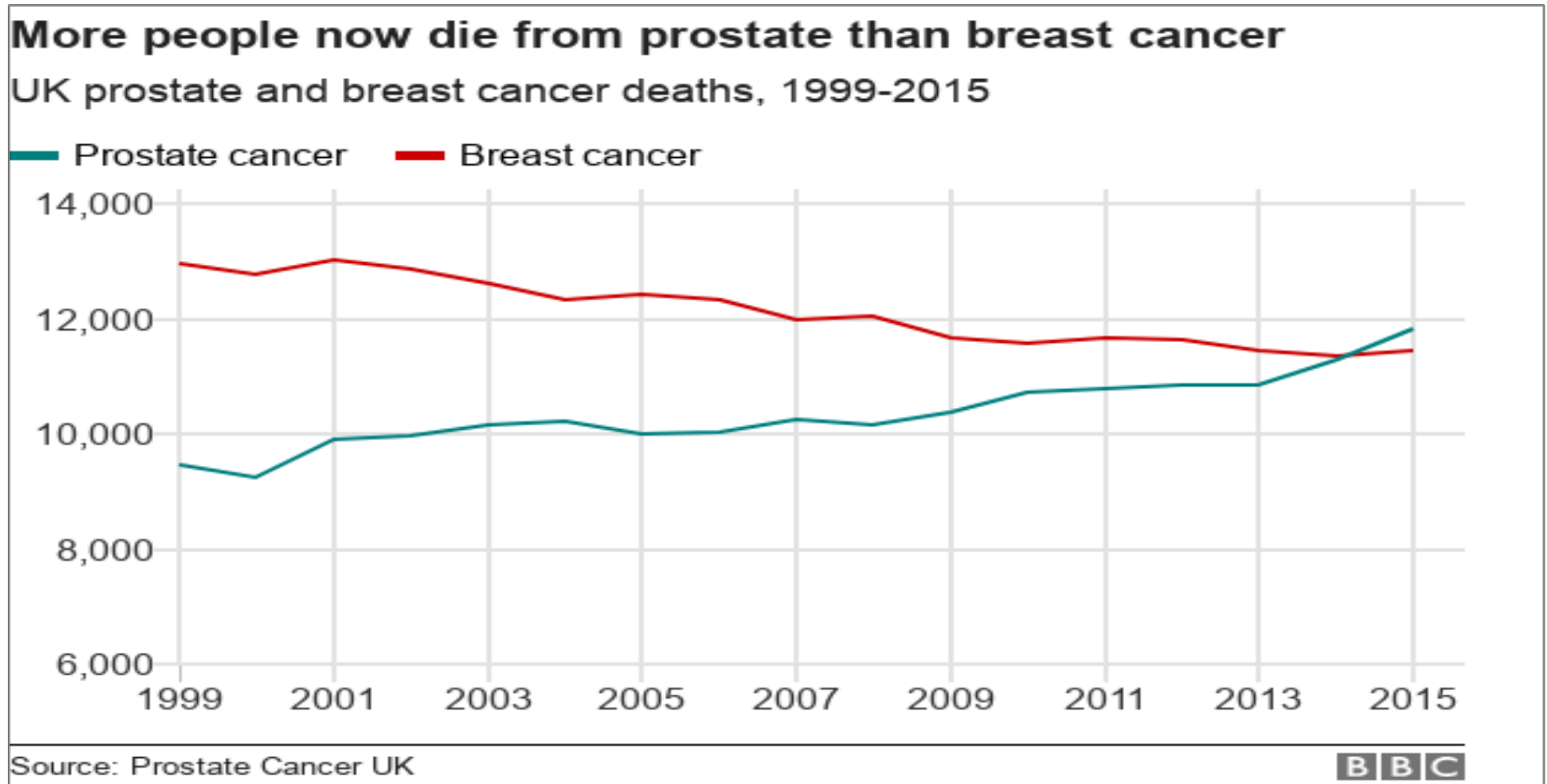
We were not able to discriminate between significant and insignificant cancer



Anti - PSA Propaganda !

**What happened with less PSA testing?**

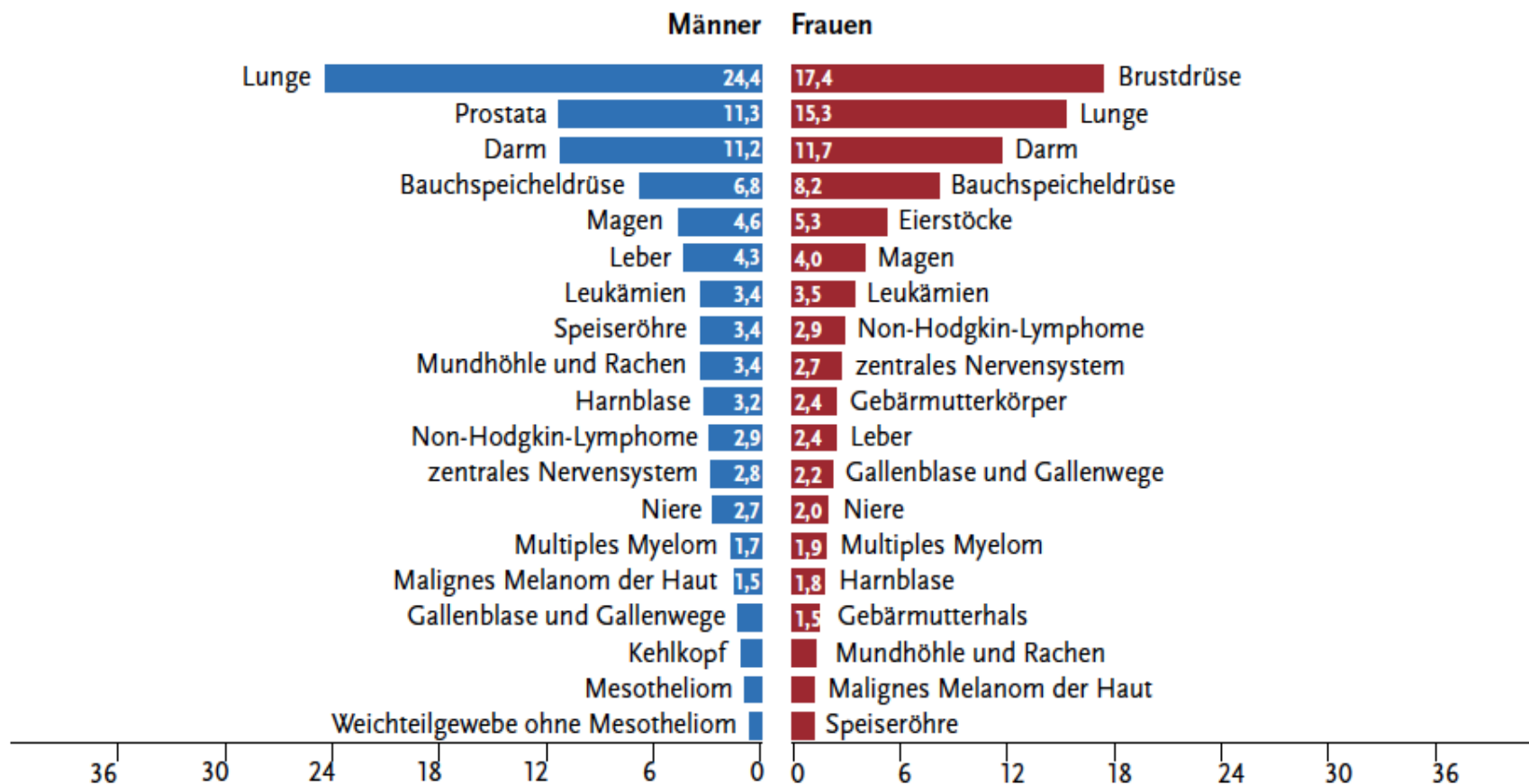
# UK: PCa death increased by 17% in 10 years



# Germany : PCa Mortality ranks 2nd

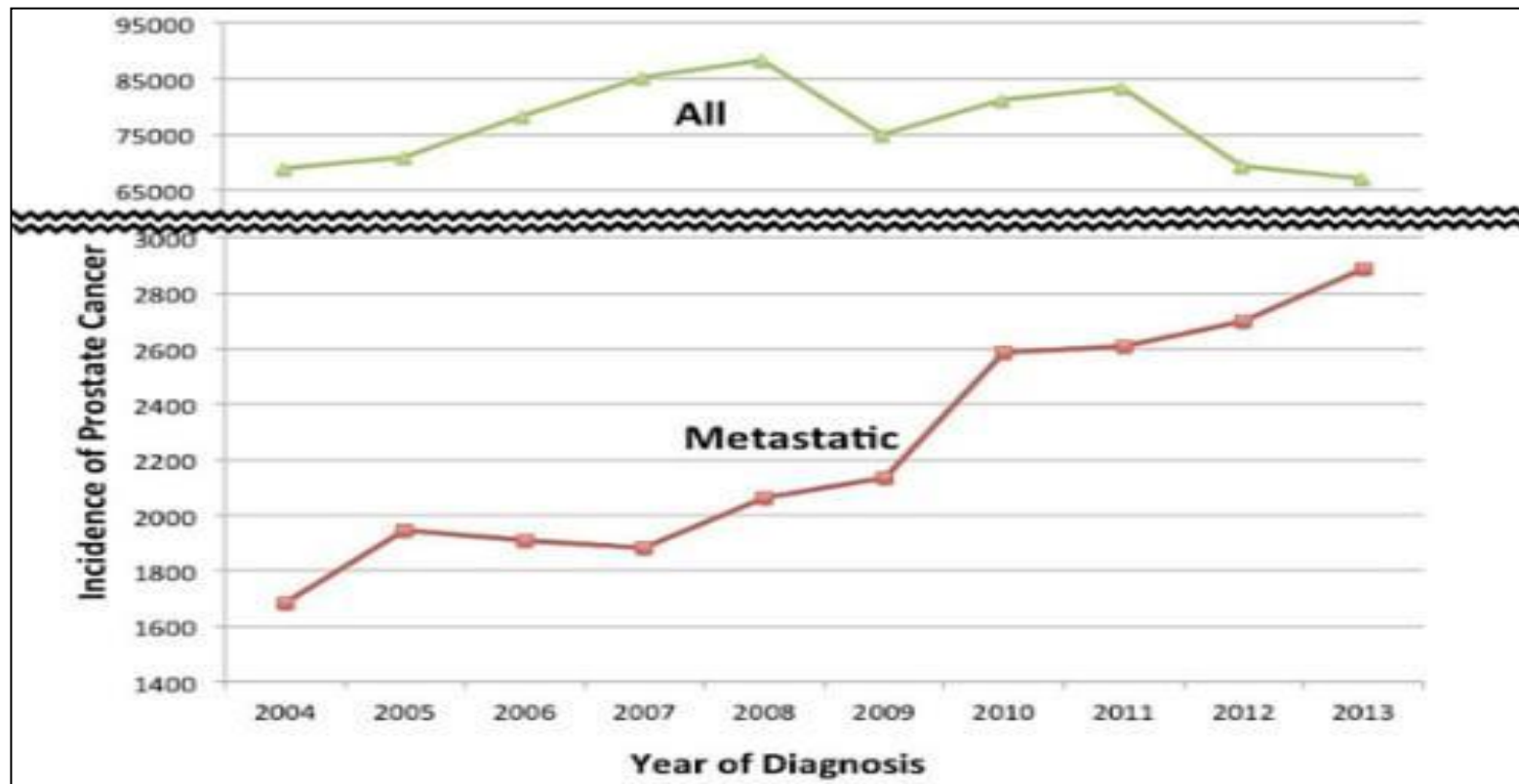
Abbildung 3.o.2

Prozentualer Anteil der häufigsten Tumorlokalisationen an allen Krebssterbefällen in Deutschland 2014



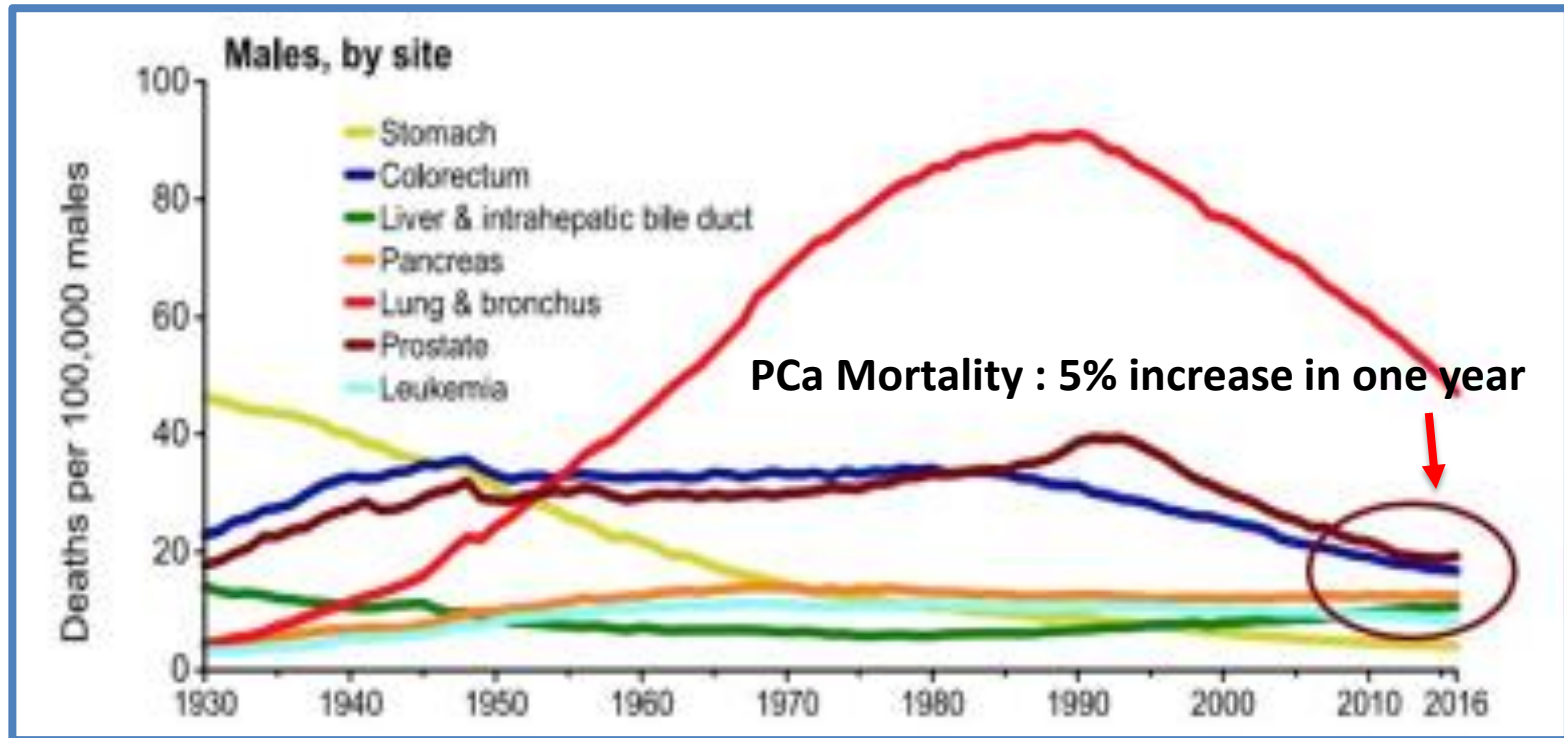


# USA: Aggressive prostate cancer on the rise



**Prostate cancer more and more detected too late**

# The result of less PSA testing?



Overall, the ever decreasing mortality rate from PCa has come to a stop

**And we let this happen!**

# Times have changed !

## 1. We are able to avoid over diagnosis:

- Better use of PSA: age-related PSA, PSA Density
- Risk Calculators (PCPT and ERSPC)
- mp(bp)MRI before biopsy

Mannaerts et al., Eur. Urol. Oncol. 2018

....decrease of number of biopsies

.....detect more significant and less insignificant cancers

Amin et al., J. Urol. 2020

## 2. We can reduce overtreatment:

- Application of Active Surveillance in 65% of low & intermediate risk

Nomogram to predict disease progression for men on AS

Van Hemelrijck, EAU20

## A new Early Detection Strategy?

# Costs versus Savings

1. PSA: €10/x

2. mpMRI: €136 (bp as good?)

3. Early detected significant PCa  
R/ €10-15,000

1. Less biopsies, less complications of biopsies and treatments
2. Less over-diagnosis, avoiding over-treatment
3. No costly treatment of castrate refractory disease (€240,000)
4. Less PCa deaths > increased professional life spent
5. Better QoL

# European Prostate Cancer Awareness Day

17 November 2020

Hendrik Van Poppel, MD., PhD.

EAU Adj. Secretary General



**Thank you**