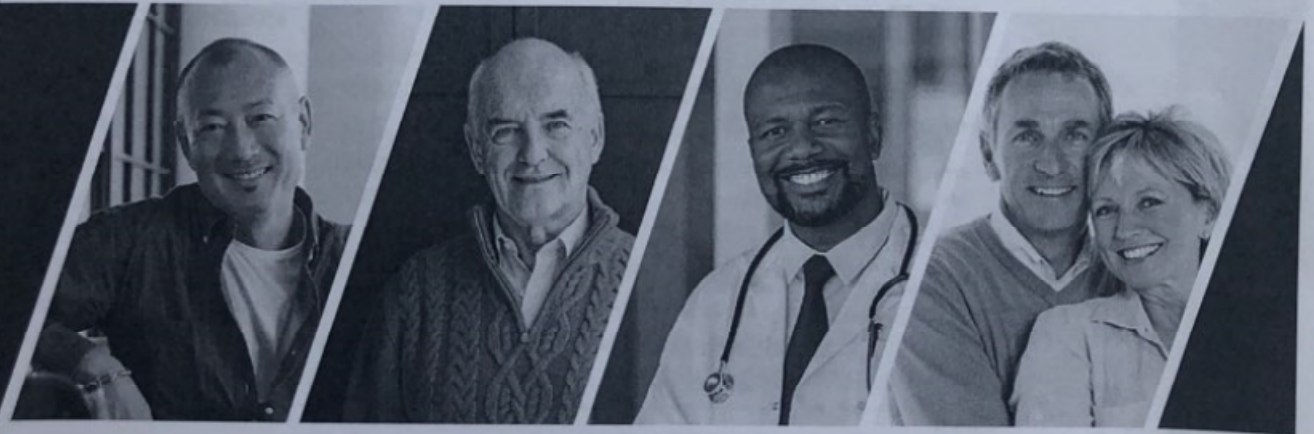




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2021 *Annual Report on* PROSTATE DISEASES

Covering advances in the diagnosis and treatment of prostate cancer, benign prostatic hyperplasia, erectile dysfunction, prostatitis, and related conditions



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A year of progress in prostate research

What made news in 2020

The past year gave rise to many impressive developments in prostate research. Take, for instance, the FDA's approval of two new drugs, olaparib (Lynparza) and rucaparib (Rubraca), for BRCA-positive prostate tumors that no longer respond to other treatments. These drugs add to a growing arsenal of personalized therapies that give new hope to genetically defined subgroups of men who often achieve excellent responses to treatment.

Active surveillance—the increasingly common practice of monitoring slow-growing prostate cancers instead of treating them immediately—also made news in 2020. Men on active surveillance typically have a prostate biopsy every one to three years to assess whether a tumor is growing. But an important study shows that fewer biopsies may be adequate for some men, while those with the lowest-risk cancer can potentially avoid additional biopsies completely.

In 2020, researchers published findings on a new and highly focused type of radiation therapy for men with advanced prostate cancer. Called stereotactic ablative radiotherapy, it aims intense beams of radiation at metastatic tumors to stop them from growing.

In the following pages, you'll find more detailed descriptions of these and other leading stories in prostate news in 2020, each selected by Dr. Marc Garnick, editor in chief of the *Annual*, and Charles Schmidt, editor of the *Annual*. Many other important findings are cited throughout the report.

Updated expert guidelines for BPH treatment focus on minimally invasive procedures

Relieving urinary symptoms caused by an enlarged prostate—a condition known as benign prostatic hyperplasia (BPH)—can be accomplished with drugs as well as surgery. For decades, the gold standard surgical approach has been transurethral resection of the prostate (TURP). Performed in an operating room under general anesthesia, it entails using an electric loop to cut away excess prostate tissue, so that men can urinate normally.

TURP is still considered an excellent treatment option. But in recent years, the pendulum has swung toward less invasive outpatient procedures that pose less risk of bleeding and other side effects. In 2020, the American Urological Association (AUA) issued updated treatment guidelines for BPH that put these minimally invasive approaches front and center in its recommendations.

Reserved for men with prostates smaller than 80 grams, the AUA's recommended procedures—described elsewhere in this report—include prostatic urethral lift (see page 34), water vapor thermal therapy (the Rezum system; see page 35), and aquabla-

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