

# Predictors of time to biochemical recurrence in a radical prostatectomy cohort within the PSA-era

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## Abstract

**Introduction:** We sought to determine predictors for early and late biochemical recurrence following radical prostatectomy among localized prostate cancer patients.

**Methods:** The study included localized prostate cancer patients treated with radical prostatectomy (RP) at the University of Southern California from 1988 to 2008. Competing risks regression models were used to determine risk factors associated with earlier or late biochemical recurrence, defined using the median time to biochemical recurrence in this population (2.9 years after radical prostatectomy).

**Results:** The cohort for this study included 2262 localized prostate cancer (pT2-3N0M0) patients who did not receive neoadjuvant or adjuvant therapies. Of these patients, 188 experienced biochemical recurrence and a subset continued to clinical recurrence, either within (n=19, 10%) or following (n=13, 7%) 2.9 years after RP. Multivariable stepwise competing risks analysis showed Gleason score  $\geq 7$ , positive surgical margin status, and  $\geq$ pT3a stage to be associated with biochemical recurrence within 2.9 years following surgery. Predictors of biochemical recurrence after 2.9 years were Gleason score 7 (4+3), preoperative prostate-specific antigen (PSA) level, and  $\geq$ pT3a stage.

**Conclusions:** Higher stage was associated with biochemical recurrence at any time following radical prostatectomy. Particular attention may need to be made to patients with stage  $\geq$ pT3a, higher preoperative PSA, and Gleason 7 prostate cancer with primary high-grade patterns when considering longer followup after RP.

## Introduction

Radical prostatectomy (RP) remains a mainstay of treatment for localized prostate cancer (PCa). However, up to 30% of patients will experience biochemical recurrence (BCR) following RP,<sup>1-4</sup> of which 20–30% will progress to clinical metastasis or recurrence (CR).<sup>4, 5</sup> Although guidelines are available for post-RP surveillance, there is no clear consen-

sus on an optimal followup strategy.<sup>6, 7</sup> Optimal risk stratification is crucial to avoid patient anxiety while tailoring risk-adapted surveillance and potentially earlier adjuvant therapy in those who require it.

Existing models and nomograms using preoperative or postoperative clinical and pathologic data provide risk estimates of recurrence.<sup>8-12</sup> Few studies have further examined the timing of BCR after surgery as a possible predictor of metastatic disease and PCa-related mortality<sup>4,5,13-15</sup> or the association of potential risk factors with earlier or later BCR.<sup>1,16,17</sup> Approximately 27% of BCR patients have been reported to experience late BCR.<sup>13</sup> In this study, we sought to determine clinical and pathologic characteristics predictive of early BCR vs. late BCR in a large cohort of patients treated with RP for localized PCa.

## Methods

### Patient population

The University of Southern California maintained an institutional review board-approved database that included prospectively collected clinical data for 4063 males who underwent open radical retropubic prostatectomy with bilateral pelvic lymph node dissection (RRP/PLND) from 1972 to 2009. We excluded patients who did not consent to participate in the database (n=85), non-adenocarcinoma pathology (n=7), salvage cases (n=23), laparoscopic cases (n=39), patients who were treated before July 1, 1988 in the pre-PSA era or after June 30, 2008 to ensure at least two years of followup on patients (n=375). Further exclusions (not mutually exclusive) included PSA-era cases with clinical stage cTX or cT4 (n=2), lymph node metastasis (n=344), neoadjuvant hormonal therapy (n=703), neoadjuvant chemotherapy (n=7), patients classified as never having “no evidence of disease” after surgery (n=110), patients with any adjuvant therapy (hormone therapy only, n=13; radiation only, n=373; hormone and radiation, n=13; and

chemotherapy,  $n=8$ ), and patients who were recorded as having a clinical recurrence without a prior biochemical recurrence ( $n=51$ ). The final study population used for the analyses included 2262 patients who achieved undetectable PSA after surgery.

As previously described,<sup>18,19</sup> all specimens were assessed using consistent pathological reporting, and followup at our institution was standardized, with patients monitored every four to six months in the first year after RP, every six months in the following second and third years, and annually thereafter. Patients were recommended adjuvant radiotherapy for positive surgical margins and/or  $\geq pT3$  disease and salvage radiotherapy was offered to those with BCR or CR with evidence supporting of local disease.

Patient followup was completed through chart review of patient medical records and phone calls to the patients or the patient's primary care provider. Cause of death was confirmed through review of medical records or direct contact with the primary physician or the patient's family. The date of death was confirmed in all patients using the Social Security Death Index. Last followup of patients was completed in May 2010.

Biochemical recurrence (BCR) was defined as a detectable PSA level based on the era-specific assay's detectability limit, verified by two consecutive increased PSA tests, with three to four months in between blood draws.<sup>20</sup> The current National Comprehensive Cancer Network (NCCN) guidelines recommend followup until five years post-surgery, when annual PSA testing is then recommended.<sup>21</sup> However, guidelines for the management of patients following BCR have evolved during the course of followup within the time period reflected in this cohort. Therefore, for this study, we used the cutoff point indicating early and late biochemical recurrence using the characteristics of the cohort itself. To distinguish early vs. late BCR, we used the median time to biochemical recurrence (2.91 years) as the cutoff within this population. This time frame is consistent with other work that showed a three-year cutoff was the best indicator of prostate cancer-specific mortality following BCR.<sup>14</sup> Time to BCR was calculated as the time from RP to the time when BCR was documented based on physician's evaluation of the two consecutive PSA tests. Patients were defined as having a CR after the detection of recurrent local or distant disease by imaging.

## Statistical analyses

Demographic and clinical characteristics were evaluated and presented as counts and percentages for categorical variables and medians, interquartile ranges, and ranges for continuous variables. To account for the possible risk of either early or late recurrence for each patient, rather than one mutually exclusive event, multivariable competing risks regression models were used to determine sub hazard

ratios (SHR) for risk, taking into account all clinical variables from the univariable analyses that showed associations with  $p<0.2$ . Clinical variables considered include age at surgery, preoperative PSA, pathologic Gleason score, surgical margin status, pathologic stage, and operation year. Race/ethnicity was not included, since most of the categories did not reach significance ( $p<0.2$ ) in the univariable analyses. All analyses were performed using Stata (Stata 12, StataCorp LP, College Station, TX).

## Results

Characteristics of all study patients ( $n=2262$ ) are presented in Table 1. The median followup after RP of patients who did not experience any recurrence ( $n=2074$ ) was 6.55

**Table 1. Characteristics of radical prostatectomy patients in the study cohort (N=2262)**

Total (N)	2262
<b>Age at RP (years)</b>	
Median	63
IQR	57–68
Range	35–83
<b>Race/ethnicity, n (%)</b>	
Non-Hispanic White	1948 (86)
Hispanic	118 (5)
African-American	91 (4)
Asian/PI	77 (3)
Missing	27 (1)
<b>PSA before surgery (ng/ml)</b>	
Median	6.36
IQR	4.70–8.94
Range	0.40–109
<b>Clinical stage, n (%)</b>	
cT1	1676 (74)
cT2	581 (26)
cT3	5 (<1)
<b>D'Amico risk classification,* n (%)</b>	
Low	1033 (53)
Intermediate	680 (35)
High	247 (13)
<b>Prostatectomy year, n (%)</b>	
07/1988–07/1994	302 (13)
07/1994–03/2005	1448 (64)
03/2005–06/2008	511 (23)
<b>Pathologic Gleason score, n (%)</b>	
$\leq 6$	1091 (48)
(3+4)	799 (35)
(4+3)	238 (11)
8–10	126 (6)
Missing	8 (<1)

\*Risk categories were determined for clinically localized PCa patients who had all preoperative variables available: PSA, biopsy Gleason score, and clinical stage. BCR: biochemical recurrence; IQR: interquartile range; PI: RP: radical prostatectomy.

**Table 1. Characteristics of radical prostatectomy patients in the study cohort (N=2262) (cont'd)**

<b>Total (N)</b>	<b>2262</b>
<b>Pathologic stage</b>	
pT2a–pT2c	1900 (84)
pT3a–pT4a	362 (16)
<b>Surgical margin status, n (%)</b>	
Negative	1935 (86)
Apex only	154 (7)
Other with +/- apex	135 (6)
Positive but missing location	38 (2)
<b>Recurrence status</b>	
No recurrence	2074 (92)
Only BCR	156 (7)
BCR and CR	32 (1)
<b>Followup for patients without any recurrence following surgery (years)</b>	
Median	6.55
IQR	3.92–10.05
Range	0–20.35
<b>Time from surgery to biochemical recurrence (years)</b>	
Median	2.91
IQR	1.67–4.55
Range	0.17–13.69
Clinical recurrence based on median time to BCR (2.91 years after RP)	
Early BCR ( $\leq 2.91$ years after RP)	19 (59)
Late BCR ( $> 2.91$ years after RP)	13 (41)

BCR: biochemical recurrence; IQR: interquartile range; RP: radical prostatectomy.

years (interquartile range [IQR]=3.92–10.05) and 2.91 years (IQR=1.67–4.55) to BCR after surgery. A total of 188 (8.3%) patients experienced disease recurrence: 156 with only BCR, and 32 with BCR followed by CR.

Table 2 presents characteristics stratified by early or late BCR categorized based on the median years until BCR (2.91 years). The majority of early BCR patients had pathologic Gleason score of 7 (3+4) (41%) whereas the majority of late BCR patients had pathologic Gleason score  $\leq 6$  (40%). As expected, late BCR patients were more likely to have a negative surgical margin status (80%) than early BCR patients (62%). Of the 32 with CR, 19 were early BCR patients (20%) and 13 were late BCR patients (14%). There were a total of 11 patients who experienced PCa-related mortality after CR (5.8%), of which six had BCR  $\leq 2.91$  years after surgery and five deaths  $> 2.91$  years after surgery (data not shown).

All clinical variables evaluated except race/ethnicity were associated with early BCR in the competing risks models for univariable and multivariable analyses shown in Table 3. By using competing risks models, we accounted for the additional possible risk of late recurrence for each patient rather than one mutually exclusive event. In multivariable

**Table 2. Characteristics of localized prostate cancer patients based on biochemical recurrence status**

	Time of biochemical recurrence		
	No BCR	Early BCR ( $\leq 2.91$ years after RP)	Late BCR ( $> 2.91$ years after RP)
<b>Total (N)</b>	2074	94	94
<b>Age at surgery (years)</b>			
Median (IQR)	62.5 (57–68)	66 (58–70)	63 (60–68)
<b>Race/ethnicity</b>			
Non-Hispanic			
White	1787 (86)	80 (85)	81 (86)
Hispanic	106 (5)	6 (6)	6 (6)
African-American	85 (4)	2 (2)	4 (4)
Asian/PI	68 (3)	6 (6)	3 (3)
Missing	27 (1)	0 (0)	0 (0)
<b>Pathologic Gleason score</b>			
$\leq 6$	1033 (50)	20 (21)	38 (40)
(3+4)	732 (35)	38 (40)	29 (31)
(4+3)	203 (10)	18 (19)	17 (18)
8–10	98 (5)	18 (19)	10 (11)
<b>PSA before surgery (ng/ml)</b>			
Median (IQR)	6.27 (4.67–8.71)	7.25 (5.5–10.4)	7.65 (5.7–11.7)
<b>D'Amico risk classification*</b>			
Low	990 (55)	21 (25)	22 (31)
Intermediate	609 (34)	40 (48)	31 (43)
High	206 (11)	22 (27)	19 (26)
<b>Surgical margin status</b>			
Negative	1802 (87)	58 (62)	75 (80)
Apex only	133 (6)	14 (15)	7 (7)
Other with +/- apex	101 (5)	22 (23)	12 (13)
Positive but missing location	38 (2)	0 (0)	0 (0)
<b>Clinical stage</b>			
cT1	1551 (75)	66 (70)	59 (63)
cT2	519 (25)	27 (29)	35 (37)
cT3	4 (<1)	1 (1)	0 (0)
<b>Prostatectomy year</b>			
07/1988–07/1994	253 (12)	15 (16)	34 (36)
07/1994–03/2005	1316 (63)	72 (77)	60 (64)
03/2005–06/2008	504 (24)	7 (7)	0 (0)
<b>Pathologic stage</b>			
pT2a–pT2c	1780 (86)	58 (62)	62 (66)
pT3a–pT4a	294 (14)	36 (38)	32 (34)
<b>Clinical recurrence</b>			
No	2074 (100)	75 (80)	81 (86)
Yes	0 (0)	19 (20)	13 (14)

\*Risk categories were determined for clinically localized PCa patients who had all preoperative variables available: PSA, biopsy Gleason score, and clinical stage. Time of biochemical recurrence based on median years after surgery until biochemical recurrence (2.91 years) BCR: biochemical recurrence; IQR: interquartile range; RP: radical prostatectomy.

**Table 3. Competing risks analysis to determine predictors of earlier biochemical recurrence with later recurrence being the competing risk**

	Univariable			Multivariable		
	SHR	95%CI	p value	SHR	95%CI	p value
<b>Age at surgery (years)</b>	1.04	1.01–1.07	0.006			
<b>Pathologic Gleason score</b>						
≤6	1.0 <sup>REF</sup>			1.0 <sup>REF</sup>		
(3+4)	2.74	1.60–4.71	<0.001	2.23	1.30–3.85	0.004
(4+3)	4.41	2.34–8.33	<0.001	3.17	1.60–6.29	0.001
8–10	8.66	4.37–16.43	<0.001	6.01	2.97–12.16	<0.001
PSA before surgery (ng/ml)	1.02	1.01–1.04	0.003			
<b>Surgical margin status</b>						
Negative	1.0 <sup>REF</sup>			1.0 <sup>REF</sup>		
Positive: Apex only	2.95	1.64–5.29	<0.001	2.75	1.53–4.96	0.001
Positive other location with +/- apex	5.48	3.36–8.95	<0.001	3.42	1.92–6.10	<0.001
<b>Pathologic T stage</b>						
pT2a–pT2c	1.0 <sup>REF</sup>			1.0 <sup>REF</sup>		
pT3a–pT4a	3.42	2.25–5.18	<0.001	1.75	1.05–2.92	0.032
<b>Race/ethnicity</b>						
Non-Hispanic White	1.0 <sup>REF</sup>					
Hispanic	1.28	0.56–2.93	0.558			
African-American	0.57	0.14–2.34	0.438			
Asian/PI	2.00	0.87–4.58	0.102			
<b>Prostatectomy year</b>						
07/1988–07/1994	1.0 <sup>REF</sup>					
07/1994–03/2005	1.01	0.58–1.76	0.957			
03/2005–06/2008	0.36	0.15–0.87	0.024			

BCR: Biochemical recurrence; CI: confidence interval; PI: PSA: prostate-specific antigen; SHR: subdistribution hazard ratio.

analysis, pathologic Gleason score >6 (7(3+4) SHR=2.23, 95%CI: 1.30–3.85; 7(4+3) SHR=3.17, 95%CI: 1.60–6.29; 8–10 SHR=6.01, 95%CI: 2.97–12.16), positive surgical margin status (apex only SHR=2.75, 95%CI: 1.53–4.96; apex and another location SHR=3.42, 95%CI: 1.92–6.10), and stage ≥pT3 disease (SHR=1.75, 95%CI: 1.05–2.92) were statistically significantly associated with earlier BCR.

Table 4 presents univariable and multivariable competing risks analyses for late BCR. Similar to early BCR, all clinical variables evaluated except race/ethnicity were associated with early BCR in univariable analysis. Multivariable analysis shows pathologic Gleason score 7(4+3) (SHR=2.11, 95%CI: 1.11–4.01), preoperative PSA (SHR=1.02, 95%CI: 1.00–1.04), and stage ≥pT3 disease (SHR=2.40, 95%CI: 1.47–3.93) to be associated with risk of later BCR.

Figure 1 shows the estimated cumulative incidence curves with earlier biochemical recurrence as the competing risk. Patients with Gleason (4+3) and stage ≥pT3 had the highest cumulative incidence of later BCR, followed by patients with Gleason (3+4) and stage ≥pT3 disease, then patients with Gleason (4+3) and stage pT2 disease, with patients with Gleason (3+4) and stage pT2 disease having the lowest cumulative incidence of later BCR.

## Discussion

In this study, we sought to understand the clinical factors associated with early or late biochemical recurrence among a cohort of localized PCa patients who underwent RP. Our results show that there are similarities and also differences in patient characteristics among those who are at risk of earlier vs. later BCR after surgery. Stage ≥pT3 disease is consistently a risk factor BCR any time after surgery, while any Gleason score >6 and positive surgical margin status independently predict earlier BCR, and Gleason score of 7 (4+3) and higher pre-operative PSA predict later BCR.

These findings further support ongoing followup for these patients, particularly for stage ≥T3a disease, who had a higher risk of BCR any time after surgery. While higher Gleason score and positive surgical margin status are known risk factors for early recurrence after surgery,<sup>13, 17</sup> these factors may not be associated with patients who are at risk for later biochemical recurrence of disease and subsequent clinical recurrence. According to our results, having a primary Gleason 4 pattern in a Gleason score 7 tumour continues to be associated with an increased risk of later BCR after surgery. Previous studies have shown that a Gleason score of 7 with a primary Gleason 4 pattern is an independent



**Table 4. Competing risks analysis to determine predictors of later biochemical recurrence with earlier recurrence being the competing risk**

	Univariable			Multivariable		
	SHR	95%CI	p value	SHR	95%CI	p value
<b>Age at surgery (years)</b>	1.01	0.99–1.03	0.393			
<b>Pathologic Gleason score</b>						
≤6	1.0 <sup>REF</sup>			1.0 <sup>REF</sup>		
(3+4)	1.33	0.82–2.16	0.242	1.14	0.68–1.90	0.621
(4+3)	2.98	1.68–5.26	<0.001	2.11	1.11–4.01	0.022
8–10	2.68	1.34–5.35	0.005	1.83	0.85–3.96	0.122
PSA before surgery (ng/ml)	1.03	1.01–1.04	0.001	1.02	1.00–1.04	0.021
<b>Surgical margin status</b>						
Negative	1.0 <sup>REF</sup>					
Positive: Apex only	1.23	0.57–2.67	0.600			
Positive other location with +/- apex	2.23	1.22–4.09	0.009			
<b>Pathologic T stage</b>						
pT2a–pT2c	1.0 <sup>REF</sup>			1.0 <sup>REF</sup>		
pT3a–pT4a	2.95	1.92–4.52	<0.001	2.40	1.47–3.93	<0.001
<b>Race/ethnicity</b>						
Non-Hispanic White	1.0 <sup>REF</sup>					
Hispanic	1.52	0.67–3.44	0.318			
African-American	1.53	0.56–4.20	0.406			
Asian/PI	1.05	0.33–3.40	0.934			
<b>Prostatectomy year</b>						
07/1988–07/1994	1.0 <sup>REF</sup>					
07/1994–03/2005	0.49	0.33–0.75	0.001			
03/2005–06/2008						

BCR: Biochemical recurrence; CI: confidence interval; PI: PSA: prostate-specific antigen; SHR: subdistribution hazard ratio.

risk factor for BCR and recurrence-free survival continues to be lower than that of tumours with primary Gleason 3 at any time after RP.<sup>22,23</sup>

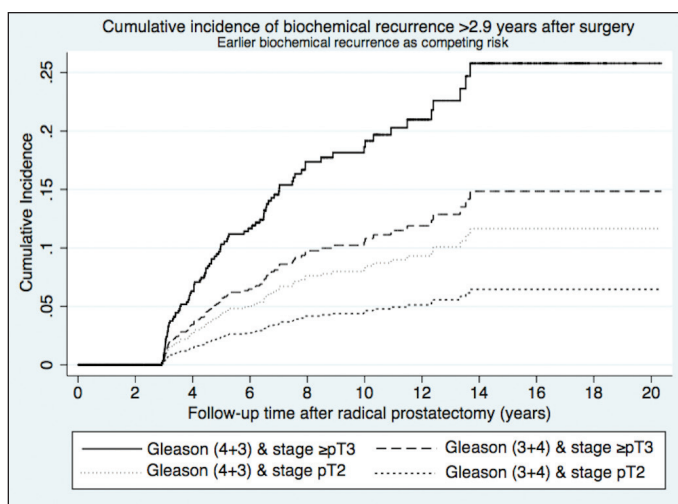
Our results are comparable to other studies that have sought to identify predictors of early and late BCR following RP for localized PCa.<sup>1,5,13,16,17</sup> Specifically, Gleason score of >6, positive surgical margin, and extracapsular extension have been previously shown to be independently associated with earlier recurrence.<sup>17,24</sup> Ward et al also found that Gleason, pre-operative PSA, and positive surgical margins were associated with an increased risk of BCR within five years after RP in multivariable analyses; late BCR was associated with Gleason score and preoperative PSA.<sup>13</sup> These same variables for late BCR also reached statistical significance in our study, in addition to stage. Our results showed pathologic stage to be a strong predictor of both early and late BCR, supporting findings from previous reports.<sup>1,16</sup> Loeb et al additionally showed that the actuarial probability of BCR and CR increased among men BCR-free at 10 years after surgery with increasing Gleason score, particularly among patients with stage pT3.<sup>5</sup>

Our results are in agreement with a previous study that suggests that low-risk patients, such as patients with organ-confined disease (stage pT2) without high Gleason scores or high PSA levels may not need annual lifelong PSA fol-

lowup.<sup>25</sup> However, patients with stage ≥pT3a disease are at risk for both early and late BCR, and therefore, appropriate followup should be maintained after approximately three years from surgery for these patients. Differences in the study populations, (such as inclusion of cases with lymph node involvement in some studies) should be noted, as these may contribute to the differences in findings across studies.<sup>13,17</sup>

Strengths of our study include the use of a large cohort of patients who were treated and actively followed at a single institute with standardized operative technique, along with a standardized pathologic evaluation by dedicated genitourinary pathologists and a meticulous postoperative followup protocol. Limitations of our study included the use of a single institutional dataset with a small number of recurrences without pathologic re-review of the prostatectomy specimens to confirm the reported Gleason score. We were also not able to consider PSA doubling time and details on tumour volume as possible predictors of timing of BCR.

In summary, identified clinical and pathologic characteristics among patients who experience earlier or late BCR after RP support risk-adapted surveillance. Based on the results from this cohort, followup should be maintained, especially for patients with high-stage disease, higher preoperative PSA level, and tumours with higher primary Gleason pattern.



**Fig. 1.** Estimated cumulative incidence of late biochemical recurrence after radical prostatectomy based on combinations of pathologic Gleason score and stage.

**Competing interests:** Dr. Shahabi, Dr. Satkunasivam, Dr. Lieskovsky, and Dr. Stern declare no competing financial or personal interests. Dr. Gill has served on Advisory Boards for EDAP TMS, Mimic, and Hansen Medical. Dr. Daneshmand has received grant(s) or honoraria from Photocure and Taris, and is currently or has participated in a clinical trial for Photocure. Dr. Pinski is a member of a Speakers' Bureau for Janssen, Astellas, and Dendreon and is currently or has participated in clinical trials for Xanthus Life Sciences, Sanofi-Aventis, Eli Lilly, Cougar Biotechnology, and Millenium Pharmaceuticals.

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