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Summary of Research Results for RTOG-0232: A Phase III Study Comparing Combined External Beam Radiation And Transperineal Interstitial Permanent Brachytherapy With Brachytherapy Alone For Selected Patients With Intermediate Risk Prostatic Carcinoma

Introduction

First and foremost, thank you for participating in this study. Your energy, effort, and willingness have the potential to help many people. Without assistance from individuals like you, making advances would be nearly impossible. This summary reviews the main results of the study. There may be benefits and risks to learning study results. A benefit for some people is knowing that they contributed to the research and their participation is appreciated. Another benefit is what was learned from the study may help them make decisions about their health care now or in the future.

For some people, a risk is getting results that make them feel distressed or remember a difficult time in their lives. Some people may feel upset about the study results if the study did not help their condition.

Please talk with your doctor about any questions you may have about this summary. Your doctor can help explain these results to you in relation to your medical concerns.

NRG Oncology thanks you for your participation in this research. Your participation has helped us learn more about your disease as described below.

Background of the study

The purpose of this study is to compare the effects of two different radiation treatments in patients with prostate cancer. The effects of placing small radioactive pellets inside your prostate (brachytherapy) after external radiation therapy will be compared to the effects of using brachytherapy alone in patients with prostate cancer.

What did the study involve?

After enrolling on to this study, participants were randomized to one of two study groups. The external beam radiation therapy with the addition of brachytherapy (COMBO) compared to brachytherapy (BT) alone. Brachytherapy is a form of radiation therapy that uses radioactive seeds to deliver a somewhat higher dose of radiation.

What were the major findings of the study?

Five hundred eighty-eight men were randomly assigned; 579 were eligible: 287 and 292 in COMBO and BT arms, respectively. Compared with BT, COMBO did not improve freedom from progression for prostate cancer but caused greater toxicity. BT alone can be considered as a standard treatment for men with intermediate-risk prostate cancer.

Are there any steps that may need to be taken at this time or in the future for those who participated in the study?

For participants in this study, there are no immediate or long-term steps that need to be considered because of these findings. All participants in this study have completed their treatment and should be followed by their doctor.

What did the researchers learn that will be helpful to other people with this condition?

Based on the study results, brachytherapy alone can be considered as a standard treatment for men with intermediate-risk prostate cancer.

Who can I contact for further information?

Please talk with your doctor about any questions or concerns you may have about this summary. Further details about the design, conduct and results of this study are available at www.clinicaltrials.gov. Once you access the webpage, you can search by NRG Oncology study number.

List of publications with references that were generated from this study.

1. Michalski JM, Winter KA, Prestidge BR, Sanda MG, Amin M, Bice WS, Gay HA, Ibbott GS, Crook JM, Catton CN, Raben A, Bosch W, Beyer DC, Frank SJ, Papagikos MA, Rosenthal SA, Barthold HJ, Roach M 3rd, Moughan J, Sandler HM. Effect of Brachytherapy With External Beam Radiation Therapy Versus Brachytherapy Alone for Intermediate-Risk Prostate Cancer: NRG Oncology RTOG 0232 Randomized Clinical Trial. J Clin Oncol. 2023 Aug 20;41(24):4035-4044. doi: 10.1200/JCO.22.01856. Epub 2023 Jun 14. PMID: 37315297; PMCID: PMC10461953.