

## Welcome to the Prostate Active Surveillance Study (PASS) Participant Newsletter

Thank you for being part of Canary PASS! This newsletter will update you on many of the exciting things happening in PASS. Your participation in PASS helps make the study possible, and your continued participation will help ensure the success of the study.

Like you, all men enrolled in PASS were diagnosed with localized prostate cancer and chose to use active surveillance to manage their cancer. The health information and specimens you provide at each study visit are used in research to improve the management of early prostate cancer. PASS is seeking better tests to detect which cancers will be more aggressive and require earlier treatment, and which cancers will not need to be treated at all. We also aim to find the best strategies for active surveillance: which tests are needed and how often tests are needed. To conduct this research, many people and samples are needed. We are currently enrolling new participants at ten locations across North America. In addition, we continue to collect information from our existing PASS participants. It is important that patients at each clinical site follow the same study protocol for active surveillance. We also collect information about PASS participants' health after they have had treatment or after they finish all study visits. Following prostate cancer patients over time gives us key information about the longer-term outcomes for prostate cancer that was diagnosed at an early stage.

Please read on for an update on the study and a summary of developments in research related to early stage prostate cancer.

### Canary PASS Continues to Grow

- ❖ Over 1,650 men have enrolled in PASS.
- ❖ The average age of men entering the study is 64.
- ❖ The average length of follow-up is about 5 years.
- ❖ About 500 men have had their cancer reclassified to a higher Gleason grade.
- ❖ About 510 men have received definitive treatment such as surgery or radiation therapy.
- ❖ No deaths have occurred that were due to prostate cancer.
- ❖ Over 8,500 study visits have occurred.
- ❖ Over 300,000 specimens have been collected.
- ❖ More than 13,000 specimens have been used in studies evaluating biomarkers of aggressive prostate cancer.

### Emory University Joins PASS

We are now enrolling PASS participants at a new location: Emory University in Atlanta, GA. Under the direction of Dr. Chris Filson, the Emory staff were trained and men are joining the study. With the addition of Emory, there are now ten PASS sites:

- Beth Israel Deaconess Medical Center (Boston, MA)
- Eastern Virginia Medical School (Norfolk, VA)
- Emory University (Atlanta, GA)
- Stanford University (Stanford, CA)
- University of British Columbia (Vancouver, BC, Canada)
- University of California San Francisco (San Francisco, CA)
- University of Michigan (Ann, Arbor, MI)
- University of Texas Health Science Center San Antonio (San Antonio, TX)
- University of Washington (Seattle, WA)
- Veteran Affairs Puget Sound Health Care System (Seattle, WA)

## The ProtecT Study Compared Monitoring to Treatment

The New England Journal of Medicine published results from a large clinical trial of prostate cancer management in the United Kingdom. In the ProtecT Trial, 1,643 men with localized prostate cancer were randomly assigned to active monitoring, surgery, or radiotherapy, and were then followed for 10 years. In this study, active monitoring consisted of frequent PSA testing with further review when PSA increased. Unlike PASS, the monitoring did not include routine prostate biopsies.

ProtecT was designed to find out if there were differences in death from prostate cancer among men who used the three different treatments (radiation, surgery, or active monitoring). At the time the study was published, there were very few prostate cancer deaths in the study overall. Seventeen patients died due to prostate cancer among the 1,643 men enrolled. The small number of deaths makes it difficult to know if differences among groups was a result of the treatment type or only due to chance. The study team concluded that greater than ten years of follow-up time is needed before the question can be answered with more certainty.

ProtecT also looked at occurrence of metastatic disease among the three treatment groups. Overall, there were also low rates of metastasis; however, more cases with metastasis occurred in the active monitoring group than in either immediate treatment group. This suggests that while active monitoring is safe for most patients, some men with early prostate cancer will develop more aggressive disease and should be more closely monitored or perhaps consider treatment immediately. At this time, there is no way to identify which of these early localized cancers will become aggressive, and we aim to answer this critical question using the PASS specimens and information.

(Hamdy et al., NEJM, 2016)

### Research in PASS

**Biopsies in PASS:** We recently examined whether a negative biopsy on active surveillance (a prostate biopsy where no cancer is found in any of the cores) can help to predict the chance of finding more advanced cancer in future biopsies. The results of our analysis of 657 men in PASS indicate that men who have a biopsy with no evidence of cancer during active surveillance are less likely to have higher grade cancer found in future biopsies. (Kearns, JT et al, Eur Urol, 2018)

**PSA in PASS:** We also conducted an analysis of repeat PSA measurements, also known as “PSA kinetics”, during active surveillance. We found that PSA kinetics improves the prediction of biopsy outcomes during active surveillance. If confirmed in other studies, this result could lead to improved guidelines for how to use PSA measures during active surveillance to guide biopsy decisions. (Cooperberg, MR et al, Eur Urol, 2018)

### New PASS Website

We have a new PASS study website with information about our study, as well as previous issues of the PASS Periodicals newsletter.

Check it out at: [www.canarypass.org](http://www.canarypass.org)

***To all PASS participants,  
our research team appreciates YOU  
for taking part in this important  
study!***

***Your continued participation is  
invaluable.***

***We thank you for your support!***

PASS Periodicals is produced by the PASS Coordinating Center at the Fred Hutchinson Cancer Research Center in Seattle, WA.

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