



Recent advancements in personalized management of prostate cancer biochemical recurrence after radical prostatectomy

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Purpose of review

Biochemical recurrence (BCR) after radical prostatectomy exhibits heterogeneous prognostic implications. Recent advancements in imaging and biomarkers have high potential for personalizing care.

Recent findings

Prostate-specific membrane antigen imaging (PSMA)-PET/CT has revolutionized the BCR management in prostate cancer by detecting microscopic lesions earlier than conventional staging, leading to improved cancer control outcomes and changes in treatment plans in approximately two-thirds of cases. Salvage radiotherapy, often combined with androgen deprivation therapy, remains the standard treatment for high-risk BCR postprostatectomy, with PSMA-PET/CT guiding treatment adjustments, such as the radiation field, and improving progression-free survival. Advancements in biomarkers, genomic classifiers, and artificial intelligence-based models have enhanced risk stratification and personalized treatment planning, resulting in both treatment intensification and de-escalation.

Summary

While conventional risk grouping relying on Gleason score and PSA level and kinetics remain the foundation for BCR management, PSMA-PET/CT, novel biomarkers, and artificial intelligence may enable more personalized treatment strategies.

Keywords

biochemical recurrence, prostate cancer, prostate-specific membrane antigen imaging, recurrent prostate cancer

INTRODUCTION

Biochemical recurrence (BCR) after definitive treatment of prostate cancer (PCa) is a common phenomenon that occurs in up to half of all patients [1]. Given this high prevalence, the substantial heterogeneity in cancer control outcomes following BCR is unsurprising [2]. Pivotal work by Pound and later Freedland *et al.*, relying on Walsh's radical prostatectomy (RP) series at John Hopkins, showed >20 years ago that BCR is often indolent despite being the universal predecessor to metastatic progression [3,4]. Back then, Freedland *et al.* identified Gleason score ≥ 8 and short PSA doubling time as major risk factors for rapid disease progression [4]. Both criteria were incorporated into the EAU BCR risk categories and are still invariably used in guidelines today [1,5,6], although prostate-specific membrane antigen imaging (PSMA) positron emission tomography (PET)/computed tomography (CT), biomarkers, and artificial intelligence (AI) approaches have recently redefined how and if a "PSA value alone" should be treated.

REVIEW

Prostate-specific membrane antigen imaging-PET/CT

Serum PSA levels broadly correlate with the volume of prostate (cancer) tissue [7,8]. After surgical removal of the prostate, PSA measurements can detect BCR before it is visible on conventional imaging. Early detection of cancer recurrence may enable the curation of localized therapy, thereby delaying or ideally eliminating the need for long-term

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KEY POINTS

- Prostate-specific membrane antigen imaging (PSMA)-PET/CT imaging and derived treatment aid in the development of personalized therapeutic strategies. Specifically, radiation field planning and the necessity for concomitant androgen deprivation therapy may be significantly improved.
- Genomic and artificial intelligence-based biomarkers complement the classic characteristics of prostate cancer in tailoring treatment. Therefore, de-escalation of toxic treatments may be safely achieved in low-risk patients.

systemic therapy. PSMA-PET/CT can visualize microscopic prostate cancer lesions before correlating morphological changes are visible on conventional imaging [9–16]. Therefore, BCR with negative PSMA-PET/CT behaves differently from BCR with negative conventional staging [16,17]. This challenges current treatment algorithms, which are based predominantly on level-1-evidence generated in the pre-PSMA era. But emerging evidence suggest improved cancer control by PSMA-guided treatment algorithms for BCR [13,17,18]. For instance, Meijer *et al.* reported improved cancer control outcomes for salvage radiotherapy (SRT) patients with PSMA-PET/CT, compared to those using conventional imaging [17]. PSMA-PET/CT can alter the BCR treatment plans in up to two-thirds of cases [13,19–24]. PSMA-derived personalized treatment results in both treatment intensification and de-escalation [11,25–27]. For (high-risk) BCR post-RP, the standard treatment is SRT to the prostatic fossa plus/minus the pelvis because local recurrences are frequent and the sensitivity of local biopsies after radical prostatectomy as well as conventional imaging is low [28]. The addition of short-term androgen deprivation (ADT) to SRT may be considered in patients with adverse prognostic features, although the heterogeneity of trial designs and patient populations precludes a clear recommendation [29–31]. Recently, the EMBARK trial improved metastasis-free survival in high-risk BCR patients receiving enzalutamide with/without ADT [32]. However, many patients with EMBARK-like disease would be positive on PSMA-PET/CT [33] and are potential candidates for local salvage therapies [34]. The primary aim of PSMA-PET/CT in that setting is to rule out prostate cancer lesions outside the standard radiation field but not to confirm local recurrences [13,21,22]. PSMA-PET/CT is highly predictive of progression-free survival following SRT for BCR postprostatectomy [25]. EAU high-risk BCR is

associated with more frequent positive PSMA-PET/CT findings and the EAU BCR risk classification remains prognostic relevant in PSMA-PET/CT staged patients as well [12,35,36]. In patients with distant metastases, the substantial toxicity of SRT on urinary continence, stricture formation or other genitourinary / gastrointestinal toxicities may outweigh the potential oncological benefits of local treatment intensification [37–40]. Conversely, patients with BCR without distant metastases on PSMA-PET/CT especially benefit from SRT independent of local findings [25,41¹¹,42¹¹,43]. For instance, Scharl *et al.* found no difference in progression-free survival after SRT in patients with miN0 and miM0 with and without local PSMA-PET-avid findings [41¹¹]. If pelvic recurrences are visible on PSMA-PET/CT, enhanced targeting by tailored radiation templates or PSMA-radioguided surgery may improve cancer control outcomes [13,19–22,34,44,45]. This may be particularly pertinent to concomitant nodal radiotherapy. The prospective randomized SPPORT trial, including BCR patients postprostatectomy without PSMA-PET/CT, showed significantly improved progression free survival for the addition of nodal radiotherapy to prostate bed radiotherapy and short-term androgen deprivation therapy (5-year progression-free survival: 87.4 vs. 81.3%) [31]. In a PSMA-PET/CT mapping study by Boreta *et al.*, pelvic lymph node metastases were present in 47/125 patients eligible for SRT [13]. Therefore, the addition of nodal radiotherapy may be even more beneficial if the template and indication is tailored to personalized PSMA-PET/CT findings. Indeed, previous evidence suggests a cancer control benefit by metastasis-directed therapy for nodal recurrences [26,27,44,46]. If no recurrences in the pelvis are visible on PSMA-PET/CT, patients especially benefit from local SRT [41¹¹,42¹¹,43,47¹¹]. Specifically, Harsini *et al.* recently reported a three-year progression-free survival of 94% for SRT patients with negative PSMA-PET/CT compared to 71% for their non-SRT counterparts [47¹¹]. Similarly, Adebahr *et al.* reported a favorable three-year metastasis free survival of 88% in SRT patients with negative PSMA-PET/CT [42¹¹]. However, the sensitivity of PSMA-PET/CT for micro-metastases is limited, which are common in prostate cancer [48,49]. In conclusion, SRT should be initiated timely after BCR, independent of local findings on PSMA-PET/CT; however, the radiotherapy template should be adjusted accordingly to PSMA-PET/CT findings if available. Conversely, in most studies, initial prostate cancer characteristics, such as Gleason score or seminal vesicle infiltration, were significant predictors of cancer control outcomes. Therefore, it may be hypothesized that in a well selected subset of PSMA-negative patients with

favorable cancer characteristics, SRT may be safely delayed or even omitted [50]. Two PSMA-PET/CT guided nomograms recently showed promising results in translating these observations into improved SRT decision planning [51,52].

Biomarker, genomic alterations, and artificial intelligence

The strongest and most established biomarker for SRT is the absolute PSA level. (Very) early vs. late SRT is classified by a PSA threshold of 0.2–0.5 ng/ml, and early SRT was invariably associated with improved cancer control outcomes [29,53,54,55²²,56]. For instance, Tilki *et al.* reported increased mortality if SRT was administered at a PSA level above 0.25 ng/ml [55²²]. Notably, pre-SRT PSA levels were also highly predictive of survival in patients with negative PSMA-PET/CT results [42²²]. In PSMA-PET/CT staged patients with BCR postprostatectomy, PSMA-PET/CT findings and PSA significantly correlated with SRT response, whereas classical clinical parameters such as Gleason score did not [43]. Moreover, patients with higher pre-SRT PSA levels may benefit more from the addition of ADT to SRT [56]. A systematic review of the available literature suggested a risk stratification approach for SRT ± ADT relying on PSA levels, surgical margin status, and Gleason score [57]. Similarly, Preisser *et al.* validated the EAU BCR risk classification using PSA doubling time and the Gleason score as decision tools for SRT [58]. In addition to these classic clinical parameters, several novel biomarkers based on genomic alterations or tissue characteristics have been tested in the BCR setting. Pooled data from the prospective STOMP and ORIOLE trials suggested higher efficacy of metastasis-directed therapy in patients with high-risk somatic mutation albeit small sample size of such individuals [27]. Moreover, rapid disease progression in prostate cancer patients with genetic alterations may be seen as a rationale for earlier treatment intensification in the context of BCR, although specific data addressing the BCR setting are still limited. Gallagher *et al.* reported that BRCA2 carriers exhibited a trend towards faster progression from BCR to castrate resistance compared to non-carriers [59]. Similarly, specific single nucleotide polymorphisms have been linked to a shorter time from BCR to death [60]. Basic science considerations suggested more rapid metastatic progression after BCR in TP53-enriched prostate cancer patients [61,62]. Several commercially available biomarkers, which were primarily established in a localized setting, are slowly extending their indications into the BCR realm as well. As a biomarker with the most convincing evidence, Decipher Prostate, a

commercial 22-Gene Genomic Classifier, has shown promising results in risk at BCR [63–66]. Specifically, the Decipher genomic classifier score was an independent predictor of disease progression and overall survival in patients who underwent SRT [66]. Moreover, patients with a high Decipher score benefitted more from the addition of long-term ADT, whereas patients with a low Decipher score did not [64]. As a consequence, the Decipher score has been implemented in the current NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines) [5]. Similarly, Prolaris, a cell cycle progression marker, was strongly associated with the SRT response and metastatic progression in a small sample of BCR patients [67]. Specific studies addressing the use of Oncotype Dx Prostate in the BCR setting are lacking [68]. In the search for better risk stratification, more complex models have been proposed using AI. Because the Gleason score at initial radical prostatectomy was invariably a significant predictor of risk after BCR, using AI techniques to provide more granular risk scoring of radical prostatectomy specimens appears especially appealing. Several AI-based models have achieved pathologist-like grading of radical prostatectomy specimens [69–72]. ArteraAI is a multimodal AI digital pathology-based biomarker that has been validated for prostate cancer prognosis and as a decision aid for ADT in addition to initial radiotherapy [73–75]. At the 2024 AUA annual meeting, Morgan *et al.* reported the initial results of its use in the BCR setting. Specifically, ArteraAI was an independent biomarker for metastatic progression [76,77]. Similarly, AI techniques have also been used within large institutional databases for the development of improved prognostic models in the BCR setting [78²²,79,80]. Sabbagh *et al.* developed and externally validated an AI model for the prediction of metastatic progression after SRT for BCR. Relying on the same clinical variables, this model outperformed the classical Tendulkar model slightly (AUC 0.72 vs. 0.60) [78²²]. However, it must be mentioned that AI techniques, such as gradient boosting or random forest classification, consume substantially more “degrees of freedom” and estimate substantially more parameters than traditional prediction models. Therefore, the (modest) improved predictability must be weighed against the lessened interpretability and vulnerability to statistical flukes and overfitting.

CONCLUSION

While there is a broad consensus that BCR treatment decisions should be based on risk factors, precise treatment algorithms are lacking: who should receive SRT and to what extent? Who should receive

concomitant ADT and for how long? The integration of PSMA-PET/CT, novel biomarkers, and AI exhibits great potential for tailoring more personalized therapeutic strategies. However, long-term data with clear survival benefit are still lacking.

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Conflicts of interest

There are no conflicts of interest.

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- of special interest
- of outstanding interest

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