

None of the developments in medicine is beneficial, if it does not reach the patient. For this reason, the Professional Association of the German Urologists (Berufsverband der Deutschen Urologen e.V., BDU) wants to translate the new S3 Guidelines for the treatment of the prostate carcinoma into practice. In a statewide initiative furthering education, the currently available knowledge of early detection, diagnosis, and therapies is to be conveyed to all urologists in Germany. According to the President of the Association, Dr. Martin Bloch, the stated objective of the BDU is that patients profit as quickly as possible from the new developments, and receive "beneficial treatment in accordance with the guidelines".

- PSA-tests for men starting at age 40
- Strengthening the obligation of the treating surgeon to inform patients about diagnosis and planned therapies
 - Active surveillance as equal therapy option in the localized prostate carcinoma with low-risk profile
 - Lower risk of incontinence and impotence in cases of brachytherapy in comparison to radical prostatectomy
 - According to the current data, cryotherapy and HIFU are not justifiable as an alternative treatment

What does this mean for the practice?

More than 70 per cent of all diagnosed prostate carcinoma are currently in an organ-defined and thus potentially treatable stage. "Thanks to the improved early detection methods", so Dr. Pedram Derakhshani, urologist at the West-German Prostate Center, "we detect also those kind of carcinoma that would generally not have been discovered, and which would possibly not have caused any problems during the lifetime of the patient" „Against this background, treatment options such as low-risk brachytherapy or defensive strategies, e.g. the active surveillance, gain great importance", explains Dr. Derakhshani. The currently implemented S3 Guidelines take these developments into account, since they focus especially on the life quality of the patients and thereby emphasize low-risk treatment methods with fewer side effects.