

# Is There Decreased Duration of Acute Urinary and Bowel Symptoms After Prostate Brachytherapy with Cesium 131 Radioisotope?



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## Introduction

Recently a new isotope, Cesium 131, has been introduced for use in prostate brachytherapy in hopes of decreasing the duration of the bothersome urinary and bowel side effects which occur after the procedure. The present study evaluates the severity and time to resolution of acute urinary and bowel symptoms in men undergoing prostate brachytherapy with Cesium 131.

## Methods

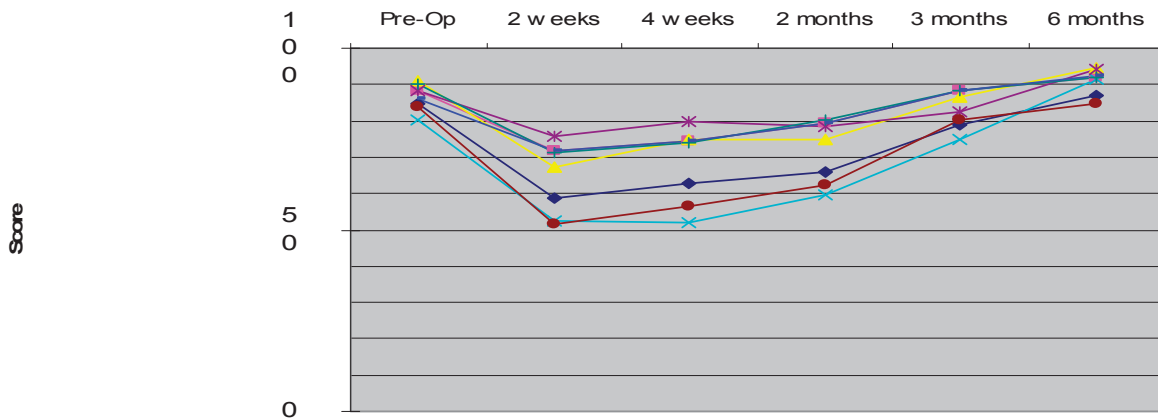
To date, 94 patients have undergone prostate brachytherapy with Cesium 131 at our institution and were asked to complete the Expanded Prostate Cancer Index Composite (EPIC) pre-operatively and at 2 weeks, 4 weeks, 2 months, 3 months, and 6 months post-operatively.

79 patients who completed at least 2 EPIC surveys were included in this study. Student 't' test was used for comparing the difference between the means.

## Conclusion

In patients undergoing prostate brachytherapy with Cesium 131, post-operative bowel and urinary symptoms peaked between 2 to 4 weeks and returned to baseline at 3 and 6 months respectively. The symptom scores suggest early peak and decreased duration of symptoms probably because of shorter half life of Cesium 131 radioisotope.

Mean EPIC Urinary and Bowel Scores



	Pre-Op	2 weeks	4 weeks	2 months	3 months	6 months
Urinary Summary	84.77	58.69	62.82	66.06	79.03	87.03
Urinary Function	88.2	71.59	74.33	79.42	88.33	92.04
Urinary Bother	91.17	67.14	75.06	74.89	86.35	94.75
Incontinence	80.19	52.66	52.08	59.75	74.68	91.51
Irritative/Obstructive	88.41	75.69	79.7	78.31	82.64	94.21
Bowel Summary	83.86	51.44	56.72	62.46	80.12	84.8
Bowel Function	90.12	71.33	74.17	80.3	88.51	91.89
Bowel Bother	86.29	71.85	74.49	79.49	88.15	92.18

Time

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