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### Quality Of Life Assessment In Patients Receiving A Spacer Between Prostate And Anterior Rectal Wall To Optimize Radiotherapy Of Localized Prostate Cancer

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#### Abstract : **Purpose/Objective(s):**

To explore the effects of using Polyethylene glycol (PEG) based hydrogel spacer on health-related quality of life (HRQOL) among men with localized prostate cancer treated with IMRT.

#### **Materials/Methods:**

The injection of a spacer gel (SpaceOAR™, 10ml) was performed under transrectal ultrasound guidance after dissecting the space between prostate and rectum in 11 patients with prostate cancer. Patients were followed up with four self-assessment questionnaires ( EORTC QLQ-C30 and -PR25). Questionnaires were completed before the spacer application (baseline), 1 week after the injection of hydrogel at the start of radiotherapy and three months after completion of the treatment.

#### **Results:**

The results from treatment of the eleven first consecutive, patients are included in this report. The procedure was well tolerated. No bleeding, infections or other notable complications occurred. Pain, tenderness, discomfort and flatulence were specifically questioned. Except for a tendency for increased stool frequency during the first week after injection no deterioration of quality of life was observed.

#### **Conclusions:**

The use of a hydrogel spacer does not affect the quality of life and may reduce the rectal toxicity. However, long term results are necessary before general use.