A Ready To Use Web-Application Providing a Personalized Biopsy Schedule for Men With Low-Risk PCa Under Active Surveillance*

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Abstract

Background: Prostate cancer active surveillance (AS) patients undergo repeat biopsies. Active treatment advised when biopsy Gleason grade group ≥ 2 (upgrading). Many patients never experience upgrading, yet undergo biopsies frequently. Personalized biopsy decisions based on upgrading risk may

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reduce patient burden.

Objective: Develop risk prediction model and web-application to assist patients/doctors in personalized biopsy decisions.

Design, Setting, and Participants: Model development: world's largest AS study PRIAS, 7813 patients, 1134 experienced upgrading; External validation: largest five cohorts of Movember Foundation's GAP3 database (¿20,000 patients, 27 centers worldwide); Data: repeat prostate-specific antigen (PSA) and biopsy Gleason grade.

Outcome Measurements, and Statistical Analysis: Bayesian joint model fitted to PRIAS dataset. Model validated in GAP3 cohorts using risk prediction error, calibration, area under ROC (AUC). Model and personalized biopsy schedules based on predicted risks implemented in a webapplication.

Results and Limitations: Upgrading rate at year five of follow-up: 35% in PRIAS, at most 50% in GAP3 cohorts. PSA velocity stronger predictor of upgrading (Hazard Ratio: 2.47, 95%CI: 1.93–2.99) than PSA value (Hazard Ratio: 0.99, 95%CI: 0.89–1.11). Validation: Moderate AUC (0.55–0.75) in PRIAS and GAP3 cohorts. Moderate prediction error (0.1–0.3) in GAP3 cohorts with upgrading rate similar to PRIAS, but large (0.3–0.45) otherwise. Recalibration advised for external cohorts.

Conclusions: We successfully developed and validated a model for predicting upgrading risk, and providing risk based personalized biopsy decisions, in prostate cancer AS. The model made available via a web-application, enables shared decision making of biopsy schedules by comparing fixed and personalized schedules on total biopsies and expected time delay in detecting upgrading.

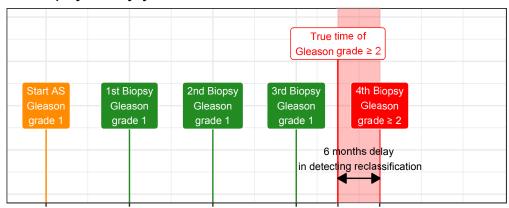
Patient Summary: Personalized prostate biopsies are a novel alternative to fixed one-size-fits-all schedules. The underlying statistical models are made available through a user-friendly web-application and may help to reduce unnecessary prostate biopsies while maintaining cancer control.

Keywords: Active Surveillance, Biopsies, Personalized Medicine, Prostate Cancer, Shared Decision Making

1 1. Introduction

- Patients with low- and very low-risk screening-detected localized prostate
- cancer are usually advised active surveillance (AS) instead of immediate
- 4 radical treatment [1]. In AS, cancer progression is routinely monitored via
- prostate-specific antigen (PSA), digital rectal examination, and repeat biop-
- 6 sies. Among these, the strongest indicator of cancer-related outcomes is the
- ⁷ biopsy Gleason grade group [2]. When the Gleason grade group increases
- from group 1 (Gleason 3+3) to 2 (Gleason 3+4) or higher, called upgrad-
- o ing [3], patients are commonly advised curative treatment [4].
- In most AS protocols, biopsies are conducted periodically. Consequently,
- upgrading is always detected with a time delay (Figure 1). For detecting

A Biopsy every year



B Biopsy every 2 years

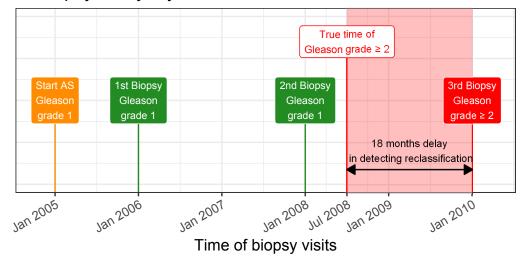


Figure 1: Trade-off between the number of biopsies and time delay in detecting upgrading (Increase in Gleason grade group from 1 to 2 or higher): The true time of upgrading for the patient in this figure is July 2008. When biopsies are scheduled annually (Panel A), upgrading is detected in January 2009 with a time delay of six months, and a total of four biopsies are scheduled. When biopsies are scheduled biennially (Panel B), upgrading is detected in January 2010 with a time delay of 18 months, and a total of three biopsies are scheduled. Since biopsies are conducted periodically, the time of upgrading is observed as an interval. For example, between Jan 2008–Jan 2009 in Panel A and between Jan 2008–Jan 2010 in Panel B.

upgrading timely, many AS programs schedule fixed and frequent biopsies
(e.g., annually) for all patients [5, 6]. However, this leads to many unnecessary biopsies in slow/non-progressing patients. Biopsies are invasive, may
be painful, and are prone to medical complications such as bleeding and
septicemia[7]. Thus, biopsy burden and patient non-compliance to frequent
biopsies [8] has raised concerns regarding the optimal biopsy schedule [9, 10].
To this end, infrequent schedules such as biennial biopsies have been proposed as an alternative [9, 11]. Although, biennial biopsies may still lead
to five unnecessary biopsies over ten years (current study period of large
AS programs) for slow/non-progressing patients. A promising alternative
to fixed and frequent biopsies is personalized biopsy schedules based on the
patient-specific risk of upgrading (Figure 2).

The first challenge in developing personalized biopsy schedules is consolidating accumulated patient data (e.g., PSA, previous biopsy results) into risk estimates for upgrading. Existing calculators for risk of upgrading [12, 13] use only the latest PSA measurement of a patient. In contrast, we intend to utilize all repeated measurements of PSA, previous biopsy results, and baseline characteristics of a patient. To this end, a suitable model is the joint model for time-to-event and longitudinal data [14, 15, 16]. A joint model predicts risk of upgrading in a personalized manner. A subsequent challenge, however, is translating risks into clinical decisions. For example, a 10% risk of upgrading can be perceived high/low depending upon the patient age. Patients may also weigh risks of upgrading with the potential consequences of another biopsy. Two relevant consequences of biopsies (Figure 1) are the timing and total number of biopsies (burden), and the time delay in detecting

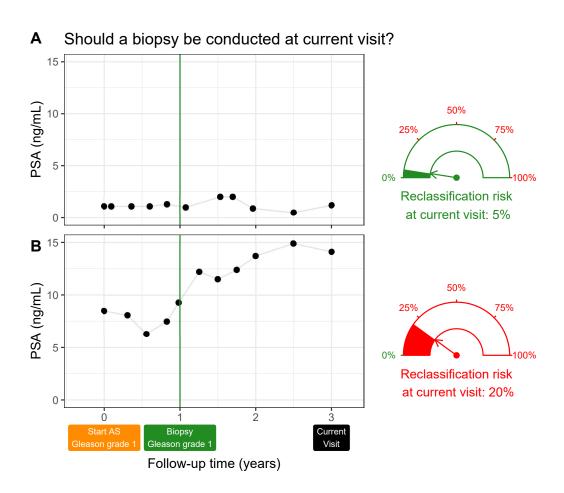


Figure 2: Motivation for personalized risk-based decisions of biopsy: Patient A (Panel A) and B (Panel B) had their latest biopsy at year one of follow-up (green vertical line). Patient A's prostate-specific antigen (PSA) profile remained stable until his current visit at year three, whereas patient B's profile has shown a rise. Consequently, patient B's cumulative risk of upgrading at the current visit (year three) is higher than that of patient A. This makes patient B a more suitable candidate for biopsy than Patient A. Risk estimates in this figure are only illustrative.

upgrading (smaller is beneficial). The relative importance of these *conse*quences can vary between the patients, and also over the follow-up period for the same patient.

The goal of this work is to develop a robust, generalizable model that gives reliable estimates for individualized risk of upgrading, and to create personalized biopsy schedules based on these risks. To further assist patients and doctors in shared decision making of a biopsy schedule, we also aim to provide quantitative estimates of *consequences* of opting for a personalized biopsy schedule versus the standard fixed protocol. For developing our model we will use the worlds largest AS dataset PRIAS. Subsequently, we will externally validate our model in the largest five AS cohorts from the Movember Foundation's GAP3 database [17]. Last, we intend to implement our model and methodology in a web-application.

50 2. Patients and Methods

51 2.1. Study Cohort

For developing a statistical model to power our web-application, we used
the Prostate Cancer International Active Surveillance (PRIAS) database. It
is an ongoing (December 2006 – to date) prospective cohort study of men with
low- and very-low risk prostate cancer diagnoses [4]. More than 100 medical
centers from 17 countries contributed to PRIAS, using a common protocol
(https://www.prias-project.org). Upon inclusion in PRIAS, PSA was
measured quarterly for the first two years of follow-up and semiannually
thereafter. Biopsies were scheduled at year one, four, seven, and ten of
follow-up. Additional yearly biopsies were scheduled when PSA doubling

time was between zero and ten years.

We selected all 7813 patients who had Gleason grade group 1 [2] at the time of inclusion in PRIAS (Table 1). Our primary event of interest is increase in this Gleason grade group upon repeat biopsy, called *upgrading* (1134 patients). Upgrading is a trigger for treatment advice in PRIAS. Although, 2250 patients were provided treatment on the basis of their PSA, or number of biopsy cores with cancer, or anxiety/other reasons. Our reasons for focusing solely on upgrading are, namely, upgrading is strongly associated with cancer-related outcomes, and other triggers for treatment vary between cohorts.

71 2.2. Statistical Model

To create personalized biopsy schedules based on patient-specific risk of upgrading, we aimed to develop a risk prediction model. Available data was patient age at inclusion in AS, longitudinally measured PSA, timing of repeat biopsies and corresponding Gleason grades, and observed time of upgrading. Analysis of this data required modeling the within-patient correlation for PSA, association between the Gleason grades and PSA profiles of a patient, and handling missing PSA measurements after a patient experienced upgrading. In such situations, a commonly used model is the joint model for time-to-event and longitudinal data [14, 15, 16].

Our joint model consisted of two sub-models. First, a linear mixed model [18] for longitudinally measured PSA (log-transformed). Second, a relative-risk model (similar to Cox model) for obtaining the risk of upgrading. In the model for PSA, we fitted a curve to PSA measurements (Panel A, Figure 3). From each patient's fitted PSA profile, we extracted the instan-

Table 1: **Summary of the PRIAS dataset**. The primary event of interest is upgrading, that is, increase in Gleason grade group from group 1 to 2 or higher. IQR: interquartile range, PSA: prostate-specific antigen.

Characteristic	Value
Total patients	7813
Upgrading (primary event)	1134
Treatment	2250
Watchful waiting	334
Loss to follow-up	249
Death (unrelated to prostate cancer)	95
Death (related to prostate cancer)	2
Median age at diagnosis (years)	66 (IQR: 61–71)
Median follow-up period per patient (years)	1.8 (IQR: 0.9-4.0)
Total PSA measurements	67578
Median number of PSA measurements per patient	6 (IQR: 4–12)
Median PSA value (ng/mL)	5.7 (IQR: 4.1–7.7)
Total biopsies	15686
Median number of biopsies per patient	2 (IQR: 1–2)

taneous PSA velocity. This velocity varies over time (Panel B, Figure 3).
Consequently, it is more precise than the currently used constant PSA velocity assumption [19]. We connected the two sub-models by using the fitted PSA and instantaneous velocity as predictors in the sub-model for risk of upgrading (Panel C, Figure 3). Patient age was included in both sub-models.
The parameters of the two sub-models were estimated jointly (Supplementary A) using the R package **JMbayes** [20].

93 2.3. Risk of Upgrading Based Personalized Biopsies

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The key component in personalized schedules is the cumulative-risk of upgrading. Given a patient's accumulated PSA measurements and biopsy results, our joint model predicted the cumulative-risk of upgrading at his current as well as future visit times (Panel C, Figure 3). This cumulative-risk is updated with more patient data over follow-up (Figure 5, Supplementary B). In PRIAS, patient PSA was measured every six months. If during a PSA visit, a patient's predicted cumulative-risk of upgrading was more than a cer-100 tain threshold (e.g., 10%), we scheduled an immediate biopsy. We scheduled 101 future biopsies too because our model predicts patient's cumulative-risk at his 102 future follow-up visits as well. We achieved this by repeatedly applying the 103 same risk threshold rule at each future follow-up visit (Supplementary C). 104 We maintained a minimum gap of one year between consecutive biopsies 105 (PRIAS recommendation). Example personalized schedules based on 5% and 10% risk thresholds are shown in Panel B, Figure 4. Due to the cur-107 rently limited follow-up period of PRIAS, we were able to schedule biopsies during the first six years of follow-up only (Table 12, Supplementary C). 109

The choice of the risk threshold in the personalized schedule dictates the

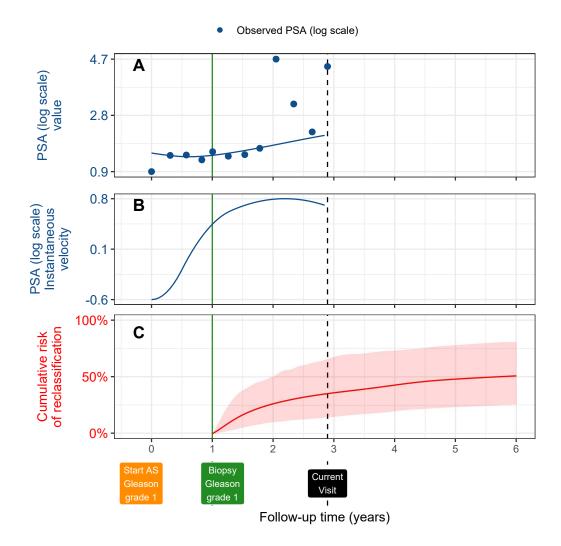


Figure 3: Illustration of the joint model on a real PRIAS patient. Panel A: Observed PSA (blue dots) and fitted PSA (solid blue line), log-transformed. Panel B: Estimated instantaneous velocity of PSA (log-transformed). Panel C: Predicted cumulativerisk of upgrading (95% credible interval shaded). Upgrading is defined as an increase in Gleason grade group from group 1 to 2 or higher. This risk of upgrading is available starting from the time of the latest negative biopsy (vertical green line at year 1 of followup). The joint model estimated it by combining the fitted value and fitted instantaneous velocity of PSA (log scale), and time of the latest negative biopsy. Black dashed line at year 3 denotes the time of current visit.

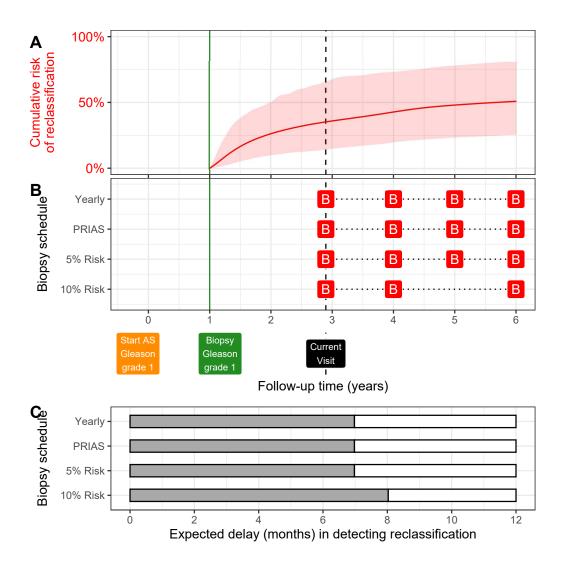


Figure 4: Illustration of personalized and fixed schedules of biopsies. The PSA profile of this patient is shown in Figure 3. Panel A: Predicted cumulative-risk of upgrading (95% credible interval shaded). Panel B: Personalized and fixed schedules of biopsies, with a red 'B' indicating a scheduled biopsy. Green vertical line at year 1 denotes the time of latest negative biopsy. Black dashed line at year 3 denotes time of current visit. Panel C: Expected time delay in detecting upgrading (months) for different schedules.

consequences of following that schedule. Consequences are the timing and the total number of biopsies, and the expected time delay in detecting upgrading.
Our model estimated consequences in a personalized manner (Panel B,C in Figure 4, and Figure 9–11 in Supplementary C) given any schedule of biopsies.
Thus, patients can compare personalized schedules based on different risk thresholds, with fixed schedules, before making a choice.

117 2.4. Model Validation

We validated the PRIAS based model internally using the PRIAS cohort, 118 and externally using the largest five GAP3 database [17] cohorts. These were, 119 namely, University of Toronto AS (Toronto), Johns Hopkins AS (Hopkins), 120 Memorial Sloan Kettering Cancer Center AS (MSKCC), King's College Lon-121 don AS (KCL), and Michigan Urological Surgery Improvement Collaborative AS (MUSIC). We assessed our model's ability to discriminate between pa-123 tients who experience/do not experience upgrading, via the area under the 124 receiver operating characteristic curve or AUC [21]. We employed calibra-125 tion plots [22, 23] and mean absolute prediction error [21] to graphically and quantitatively evaluate the prediction accuracy of our model. Due to the 127 longitudinal nature of AS studies, the AUC and prediction error varies over 128 follow-up (Supplementary B.1). Lastly, to resolve any potential model mis-129 calibration in external GAP3 cohorts we aimed to recalibrate our model's 130 baseline hazard of upgrading, individually for each GAP3 cohort (Supplementary B.1). 132 IMPORTATN...make this a subsection and move web-application to re-133

IMPORTATN...make this a subsection and move web-application to results Finally we aim to transform our model into a user friendly web application including visualization of different biopsy risk thresholds and the consequence (i.e dealy time???)

137 2.5. Web-Application

We implemented our methodology in a web-application https://emcbiostatistics.
shinyapps.io/prias_biopsy_recommender/. It utilizes the joint model fitted to the PRIAS dataset. Currently, the web-application supports PRIAS
and the five external cohorts in which we validated our model. Patient
data can be entered manually or can be uploaded in Microsoft Excel format.

Predictions for risk of upgrading are shown for a currently limited, cohortspecific, follow-up period (Table 12, Supplementary C). The web-application
allows comparison of the consequences of following these schedules: personalized schedules based on 5%, 10%, and 15% risk threshold; annual biopsies;
biennial biopsies; and PRIAS schedule.

3. Results

The rate of upgrading at year five of follow-up was 35% in PRIAS, and at most 50% in the five validation GAP3 cohorts (Panel B, Figure 5). That is, many patients do not require any biopsy in the first five years of AS.

In the fitted joint model, when patient age increased from 61 to 71 years (25-th to 75-th percentile), the adjusted hazard ratio of upgrading was 1.45 (95%CI: 1.30–1.63). When fitted PSA value (log scale) increased from 2.36 to 3.07 (25-th to 75-th percentile), the adjusted hazard ratio was 0.99 (95%CI: 0.89–1.11). When estimated instantaneous PSA (log scale) velocity increased from -0.09 to 0.31 (25-th to 75-th percentile), the adjusted hazard ratio was 2.47 (95%CI: 1.93–2.99). Hence, instantaneous velocity of

PSA was a stronger predictor of upgrading than PSA value. Detailed parameter estimates are in Supplementary A.2.

The time-varying mean absolute prediction error, time-varying AUC, and 161 calibration plot of our model in different cohorts are shown in Panel B, Figure 8, Supplementary B; Panel A, Figure 5; and Panel B, Figure 5, respec-163 tively. The AUC was moderate (0.55 to 0.75) in all cohorts. Mean absolute 164 prediction error was large (0.3 to 0.45) in cohorts with rate of upgrading dif-165 ferent from PRIAS, and moderate (0.1 to 0.3) otherwise. Our model required 166 recalibration of baseline hazard of upgrading in all cohorts (Figure 6, Supplementary B). Although, calibration was fine in Johns Hopkins cohort, whose 168 rate of upgrading was similar to PRIAS (Panel B, Figure 5). The risk pre-169 dictions from the recalibrated models were as good as risk predictions from 170 joint models fitted separately to each cohort (Figure 7, Supplementary B). 171 Comprehensive validation results are in Supplementary B.

Various personalized and fixed biopsy schedules for a demonstration patient in Figure 4 show that a personalized schedule based on 10% risk threshold leads to one less biopsy than other schedules. At the same time, the corresponding time delay in detection of upgrading is expected to be only one month more than other schedules. A compulsory biopsy was scheduled at year six (maximum biopsy scheduling time in PRIAS, Supplementary C) in all schedules for a meaningful comparison between them. Additional demonstrations are in Figure 9–11, Supplementary C.

4. Discussion

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First mention overall result and performance

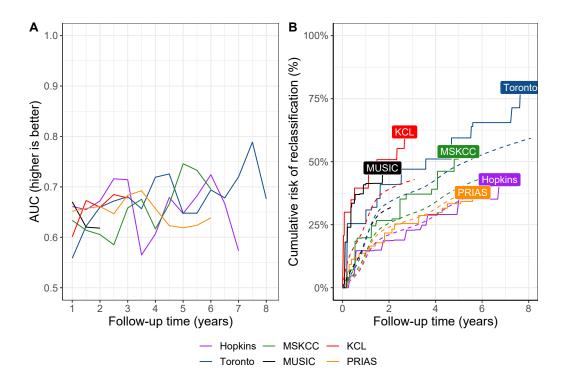


Figure 5: Model Validation Results. Panel A: time dependent area under the receiver operating characteristic curve or AUC (measure of discrimination). Panel B: calibration-at-large [22, 23], with solid lines depicting the non-parameteric estimate of the cumulative-risk of upgrading [24], and dashed lines showing the average cumulative-risk of upgrading obtained using the joint model fitted to the PRIAS dataset. Full names of Cohorts are PRIAS: Prostate Cancer International Active Surveillance, Toronto: University of Toronto Active Surveillance, Hopkins: Johns Hopkins Active Surveillance, MSKCC: Memorial Sloan Kettering Cancer Center Active Surveillance, KCL: King's College London Active Surveillance, MUSIC: Michigan Urological Surgery Improvement Collaborative Active Surveillance.

We developed a web-application for assisting patients/doctors in mak-183 ing biopsy decisions during prostate cancer active surveillance (AS). Our 184 web-application provides the patient's current and future risks of upgrading 185 (increase in Gleason grade [2] from grade 1 to 2 or higher), and personalized biopsy schedules based on this risk. Our work has four novel features 187 over earlier risk calculators [15, 25]. First, for personalized biopsy sched-188 ules, we developed a statistical model using the world's largest AS dataset 189 PRIAS. Second, for following any biopsy schedule, fixed or personalized, our 190 model predicts the corresponding time delay in detection of upgrading (less is beneficial). Thus, patients/doctors can compare schedules before making a choice. Third, we externally validated our model in the largest five 193 GAP3 database [17] AS cohorts. Fourth, we implemented our methodology in a web-application (https://emcbiostatistics.shinyapps.io/prias_ biopsy_recommender/) for PRIAS and validated GAP3 cohorts.

Currently, biopsies are decided either according to fixed schedules (e.g., an-197 nual biopsies) or utilize PSA. Both approaches have drawbacks [19, 8]. In 198 particular, PSA has not been exploited fully and correctly. For example, 199 using observed PSA is incorrect because it has measurement error. Other 200 approaches utilize only the latest PSA, and/or when they utilize all PSA 201 data, they assume constant PSA velocity. In contrast, our model employs all 202 PSA measurements to build a patient-specific profile of PSA. This profile is 203 allowed to increase/decrease non-linearly over time (non-constant PSA veloc-204 ity). Subsequently, the model consolidates the PSA profile, previous biopsy results, and baseline characteristics of a patient, into a single personalized risk of upgrading. This risk also gets updated as more patient data becomes

available over follow-up. Due to currently limited magnetic resonance imaging (MRI) data, we could not incorporate it into our model. However, MRI
data can be added as a predictor in our model in the future. Decisions based
on information combined from multiple sources can yield better results than
based on MRI or PSA alone.

MRI is used a lot today and more and more before the first biopsy and a lot in AS patients to avoid re-biopsy. I would suggest to write that it is used in revised protocols and that the value of it is still to be determined when more follow-up data has been collected.

Our model is useful for a large number of patients from PRIAS (model development), and the largest five GAP3 database AS cohorts (model external validation). These are the University of Toronto AS, Johns Hopkins AS, Memorial Sloan Kettering Cancer Center AS, King's College London AS, and Michigan Urological Surgery Improvement Collaborative AS. During validation, we required recalibration of our model's baseline hazard of upgrading, individually for all validation cohorts. Our model's prediction error was moderate in cohorts with rate of upgrading similar to PRIAS, and large otherwise. Both prediction error and AUC can be improved with newer biomarkers or MRI data in the future.

Our work has important clinical implications. The rate of upgrading after five years of follow-up was at most 50% in all cohorts (Figure 5). That is, a large number of patients do not require any biopsy during the first five years of follow-up. Given the non-compliance and burden of frequent biopsies [8], the availability of our methodology as a web-application may encourage patients/doctors to consider personalized schedules instead. To

assist them in this decision making, the web-application provides an estimate of time delay in detection of upgrading for both personalized and fixed schedules, in a personalized manner. We hope this will objectively address patient apprehensions regarding adverse outcomes in AS.

This work has certain limitations. Due to currently limited follow-up period of PRIAS and GAP3 cohorts, the proposed model is valid only for a restricted period (Table 12, Supplementary C). This problem can be mitigated by refitting the model with new follow-up data in the future. While we focused only on upgrading, the number of positive biopsy cores can also be used to trigger treatment. We did not consider such additional criteria because they differ between cohorts [5], whereas upgrading is used widely. Upgrading is susceptible to inter-observer variation too. Models which account for this variation [15, 26] will be interesting to investigate further. However, the methodology for personalized scheduling, and for comparison of various schedules need not change.

48 5. Conclusions

Prediction tool for risk of upgrading presented in a web-based application
(https://emcbiostatistics.shinyapps.io/prias_biopsy_recommender/),
for assisting patients/doctors in making biopsy decisions during prostate cancer AS. Our web-application provides the patient's current and future risks
of upgrading, and personalized biopsy schedules based on this risk. Our
web-application enables shared decision making of biopsy schedule by comparing fixed and personalized schedules on the total biopsies and expected
time delay in detection of upgrading.

Currently supported cohorts are the worlds largest AS cohort PRIAS

(model development), and the largest five GAP3 database cohorts (model

external validation). Risk prediction accuracy in validation cohorts was bet
ter only if they had the rate of reclassification similar to PRIAS

Instead of mentionre currently supported cohorts say: Not in conclusion,

more a general remarks that calibration to a specific setting is adviasble or

something like that.

264 Author Contributions

- Anirudh Tomer had full access to all the data in the study and takes responsibility for the integrity of the data and the accuracy of the data analysis.
- Study concept and design: Tomer, Nieboer, Roobol, Bjartell, and Rizopoulos
- 270 Acquisition of data: Tomer, Nieboer, and Roobol
- 271 Analysis and interpretation of data: Tomer, Nieboer, and Rizopoulos
- 272 Drafting of the manuscript: Tomer, and Rizopoulos
- 273 Critical revision of the manuscript for important intellectual content: Tomer,
- Nieboer, Roobol, Bjartell, Steyerberg, and Rizopoulos
- 275 Statistical analyses: Tomer, Nieboer, Steyerberg, and Rizopoulos
- 276 Obtaining funding: Roobol, and Rizopoulos
- 277 Administrative, technical or material support: Nieboer
- Supervision: Roobol, and Rizopoulos
- 279 Other: none

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