

Comparison of Survival after Surgical and Nonsurgical Treatment in Septuagenarians with Muscle Invasive Bladder Cancer

Introduction and Objective: Radical Cystectomy (RC) is the gold standard treatment for muscle invasive bladder cancer (MIBC), and its effectiveness has been proven in the elderly patients. However, the alternate treatment modalities like radiation therapy are usually offered or considered due to related co-morbid conditions or fear of operative morbidity. This study aims at determining the overall survival of elderly patients who underwent RC, with those who had an alternate treatment (AT).

Materials and Methods: We retrospectively reviewed the patients, more than 70 years of age, diagnosed with MIBC. Patients were divided into 2 groups, surgical and non-surgical treatment. Overall survival was determined for both the groups, using appropriate tests.

Results: A total of 47 patients were analyzed, with 29 undergoing RC and 18 having AT. Both groups were comparable in terms of mean age, gender distribution, mean Charlson's Index and T stage. There was a single mortality seen with in 30 day period, with overall 30 day complication rate of 47% following RC. Overall only 1 patient was alive in the AT group while 10 patients were alive in RC group. The mean survival time was 48 months in RC group in comparison with 21 months in AT group, which was statistically significant. ($p=0.02$). The 5-year overall survival was 60% and 20% in RC and AT groups, respectively.

Conclusion: RC results in 60% improvement in the overall 5-year survival in elderly patients, as compared with alternative treatment. The early complication rate of surgical and nonsurgical modalities is similar, thus proving the safety of RC in this select group of elderly patients without incurring significant additional morbidity.