

Laparoscopic Cryoablation of Small Renal Tumours in the Elderly: Age Should not Be a Factor

Introduction and Objective: There has been a significant increase in the incidental diagnosis of small renal tumours. A significant number are in elderly patients who may not want or may not be fit enough to undergo partial nephrectomy. However they may be candidates for curative treatment. We assess the role and outcome of laparoscopic cryoablation in this group of patients.

Materials and Methods: We looked at the records of 26 patients over the age of 80 years who underwent laparoscopic cryoablation for renal tumours (all had a biopsy performed at the time). Data on patient demographics, operative time, complications, and inpatient stay were collated. We also looked at cancer specific and overall survival rates.

Results: There were 26 patients with a mean age of 82.4 years who underwent laparoscopic renal cryoablation. The average Eastern Cooperative Oncology Group (ECOG) performance status score was 2.4. Average tumour size was 26mm. Mean operative time was 122 minutes. There were no conversions and no patients required transfusion. Average inpatient stay was 1.7 days. Two patients developed post-operative pneumonia. In one case there was ureteric injury which was managed with ureteric stenting. Histology showed that 13 lesions were clear cell RCC, 6 papillary RCC and 2 chromophobe RCC. Three were oncocytomas and in 2 were inconclusive. Mean follow-up was 18.4 months. There have been no local recurrences and no cancer specific deaths.

Conclusions: Laparoscopic cryoablation in the over 80s with good performance status is a safe operation with good outcomes and 100% cancer-specific survival in this series.