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Ten-year outcome study in a cohort of non-metastatic renal cell carcinoma treated with curative intent at Shaukat Khanum Cancer Hospital & Research Centre Lahore: Survival and progression after radical nephrectomy in 344 patients

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Background: Radical nephrectomy (RN) is a standard treatment of cure for non-metastatic renal cell carcinoma (NMRCC). Long-term outcome data are limited for Pakistani population. Our aim was to assess the long-term outcomes of RCC (renal cell carcinoma) treated with curative intent with radical nephrectomy (RN).

Objectives: To study the 5 and 10 years of outcomes in patients with NMRCC who underwent radical nephrectomy.

Methods: This is a retrospective analysis of prospectively collected data between February 2006 and December 2016. We included all the adult patients (age ≥ 18 years) with NMRCC from both genders irrespective of their histologic subtypes who underwent radical nephrectomy (RN) with a curative intent. The data were analyzed for overall survival and recurrence rates at 5 and 10 years using Kaplan-Meier survival analysis. Multivariate analysis was done using Cox-regression to identify risk factors associated with poor overall outcome in terms of recurrence and mortality.

Results: 344 patients with 195 (55.5%) males and 149 (44.2%) females with a mean age of 53.5 ± 14.1 years were followed for a mean follow-up of 31.1 ± 26.77 months (range: 3–132 months), with 46 (13.4%) deaths. 49 (14.2%) cases had disease recurrence with 33 (9.5%) deaths from disease progression. The five-year progression-free survival was 37% (95% CI: 49.04–2.76) with the median time to recurrence was 33 months (95% CI: 27.6–38.4) and the median overall survival was 103.7 months (95% CI: 95.7–111.7). The five-year overall survival was 76.1% (95% CI: 75.2–77) while 10-year survival was 70.8%. There was a significant median survival difference for cases with and without recurrence (log-rank χ^2 : 117.5, $p < 0.001$) T stage, Fuhrman's grade, and early postoperative recurrence.

Conclusion: Radical nephrectomy offers the best survival for non-metastatic renal cell carcinoma patients with excellent postoperative survival and progression-free profile.

Biography

Nouman Khan has completed his MBBS from Khyber Medical college Peshawar and Fellowship in Urology from the College of Physicians and Surgeon Pakistan (FCPS-Urology) in December 2015. He worked as Registrar Urology at North West General Hospital Peshawar for one year and later moved to Lahore city for fellowship in Urological Oncology at Shaukat Khanum Cancer Hospital Lahore. He is currently working as a Fellow of Urological-Oncology at Shaukat Khanum Cancer Hospital & Research Centre, Lahore. He has published 8 papers in Pakistani journals and 6 articles are ready for publication.

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