

REDUCE Trial

We, at EVMS and The Foundation for Urological Research, are excited about the results of a large international Prostate Cancer prevention trial that showed Dutasteride (Avodart) lowered the risk for prostate cancer by a significant 23%. This trial, called REDUCE, stands for Reduction by Dutasteride (Avodart) of Prostate Cancer and involved men from 50 to 75 years of age with elevated PSA levels (between 2.5 to 10 ng/ml) and a negative prostate biopsy.

We enrolled patients at two of our clinical sites in this landmark trial where they were randomized to take Dutasteride 0.5 mg daily or a placebo in a double-blinded study. PSA blood tests were done twice a year and prostate biopsies were conducted at 2 and 4 years. The incidence of cancer by year 2 was 13.4% with Dutasteride and 17.2% with placebo. By year 4, the incidence was 9.1% with Dutasteride and 11.8% with placebo. There was a 23% reduction in risk of developing prostate cancer with the most marked reduction in high-grade tumors. There was no increase in incidence of more aggressive tumors.

There is currently no approved treatment for risk reduction in prostate cancer. Dutasteride (Avodart) is an FDA approved drug for non-cancerous enlargement of the prostate or BPH. These exciting results from our chemoprevention study strongly support considering using Dutasteride in high-risk men to help prevent prostate cancer. This group would include men with an elevated PSA or abnormal prostate exam and negative biopsy; positive family history; high body mass index (BMI).

We continue to work with Dutasteride, which has proven safety and tolerability, for both BPH treatment and to seek FDA approval for prostate cancer prevention.

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