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"Evaluation of Strontium-89 in palliative treatment of widespread and painful bone metastases due to breast and prostate cancer "

"Ghadiri F, Haddad P, Mehdifar J, Zeraati H "

Abstract:

Treatment of bone metastases comprises over 10% of the workload of a radiation-oncology center. Bone metastases produce severe pain and immobility, necessitate narcotic use, and reduce the quality of life. A good palliative treatment must be complete, free from side effects and fast; Thus we decided to evaluate Strontium-89 (89Sr) effectivity for palliation of breast and prostate cancer bone metastases in relation to above factors. The use of 89Sr radionuclide therapy started on 1992 in radiation-oncology department of Cancer Institute. Until early 1999, 91 patients with bone metastases have been treated for pain relief in our department with 4 mCi of 89Sr. Of these, 80 were breast and prostate metastatic cancers. 35 patients came back for follow-up and were completely evaluated. Response was seen in 65% of patients (Complete response in 40% and partial response in 25%). Side effects were negligible, and quality of life of the responding patients significantly increased. There was no significant relationship between the type of primary cancer or patient age and response. In conclusion, treatment of metastatic bone cancer from prostate and breast primaries in our department was effective, with a relatively high rate of response and no serious side effects.

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