

⁶⁸Ga-PSMA PET/CT in Initial Diagnosis and Bone Metastasis Evaluation in Saudi Patients with High-Grade Prostate Cancer

Sahar Mansour^{1*}, Meshael Al-Khalaf¹, Sarah Al-Hantoshi¹, Mead Al-Mutairi¹, Fatima Al-Asqah¹, Nouf Al-Subaie¹, Sadeem Al-Qarni¹, Futun Suwaylim¹, Rawan F. Alkhodiri², Ola Faden², Abdulrahman Albatly³

¹Radiological Sciences Department, College of Health and Rehabilitation Sciences, Princess Nourah bint Abdulrahman University, Riyadh, Saudi Arabia

²Nuclear Medicine Department, King Abdulaziz Medical City, Riyadh, Saudi Arabia

³Nuclear Medicine Department, Prince Sultan Military Medical City, Riyadh, Saudi Arabia

Abstract

We present the first study performed in Saudi Arabia to evaluate ⁶⁸Ga-PSMA PET/CT in prostate cancer (PCa) initial diagnosis and its added value in bone metastases (BM) diagnosis in such patients. Twenty-six male patients underwent prostate histopathological examination and all imaging studies (⁶⁸Ga-PSMA PET/CT and CT); all of them were confirmed with high-grade PCa. Patients' mean PSA levels and Gleason score were 5.12±1.12 and 7.0±0.9, respectively. ⁶⁸Ga-PSMA PET/CT (20/26; sensitivity of 76.9%) was superior to traditional CT (18/26; sensitivity of 69.2%) in PCa detection. There was a non-significant association ($P=0.332$) between patients' age and BM. Based on bone scintigraphy (BS), in patients without BM ($n=16$), ⁶⁸Ga-PSMA PET/CT detected metastasis-suspicious lesions in six patients (37.5%) and negative results in ten patients (62.5%). ⁶⁸Ga-PSMA PET/CT showed no false-negative cases among patients with confirmed BM using BS.

In conclusion, ⁶⁸Ga-PSMA PET/CT performed well in PCa initial diagnosis in Saudi male patients with high-grade tumors. ⁶⁸Ga-PSMA PET/CT also accurately detected BM in all PCa patients with confirmed BM by BS. Larger prospective studies are urgently required to compare ⁶⁸Ga-PSMA PET/CT diagnostic performance with other standard modalities in PCa and BM diagnosis. (**International Journal of Biomedicine. 2024;14(1):72-76.**)

Keywords: prostate cancer • ⁶⁸Ga-PSMA PET/CT • diagnosis • bone metastasis • sensitivity

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Abbreviations

BM, bone metastases; **BS**, bone scintigraphy; **PCa**, prostate cancer; **PSA**, prostate-specific antigen; **PET/CT**, positron emission tomography/computed tomography

Introduction

Prostate cancer (PCa) is the second most frequently diagnosed tumor Among men worldwide, with about 1414000 new cases in 2020, and the fifth leading cause of cancer-related death, with about 375304 related deaths in 2020.⁽¹⁾ Owing to the economic growth and population aging, it is worth noting that the PCa burden is assumed to increase.⁽²⁾ PCa incidence

varies from nation to nation. In the Kingdom of Saudi Arabia (KSA), PCa poses a burden to public health, and its estimated age-standardized incidence rate was 7.7/100,000 men, and its age-standardized mortality rate was 5.1/100,000 men.⁽³⁾

Early PCa diagnosis plays a vital role in its overall management.⁽⁴⁾ Traditionally, PCa diagnosis depends on serum prostate-specific antigen (PSA) testing and digital rectal examination (DRE) with confirmation on transrectal

ultrasound (TRUS)-guided biopsy.⁽⁵⁾ However, the PSA test is far from specificity due to the reported false-positive results in many benign inflammations, including benign prostatic hyperplasia (BPH) and prostatitis.⁽⁶⁾ The gold standard PCa diagnostic method, TRUS-guided biopsy, has inherent disadvantages, including the risk of potentially life-threatening infections. It is an invasive procedure, and it can miss lesions in the apical and anterior prostate and can yield false-negative findings.⁽⁷⁾ In light of these disadvantages, there is an urgent need for alternative, accurate, and noninvasive methods for PCa lesion detection.⁽⁴⁾

Another noninvasive method, multiparametric MRI (mpMRI), has shown considerable promise in PCa staging and diagnosis.⁽⁸⁾ Although reports have found that mpMRI has a high sensitivity for PCa detection,⁽⁹⁾ its use is limited by the extreme range of negative predictive values, moderate interreader reproducibility, and moderate specificity.^(10,9) Thus, there is still a need to use and/or develop alternative noninvasive methods.

In virtually all PCas, prostate-specific membrane antigen (PSMA), a transmembrane glycoprotein (type II), is overexpressed.⁽¹¹⁾ It is a glutamate carboxypeptidase II metalloproteinase mainly presenting in PCa tissues.⁽¹¹⁾ In patients with intermediate-high risk PCa, gallium-68-labeled PSMA (⁶⁸Ga-PSMA) positron emission tomography/computed tomography (PET/CT) has been reported to have a potential role in recurrent PCa detection as well as PCa staging with a high degree of accuracy.⁽¹¹⁾ In advanced disease stages, bone metastases (BM) are present. BM imaging is important not only for characterization and localization but also to assess their number and size and to follow up on the disease after and during treatment.⁽¹²⁾

Therefore, this study was designated to evaluate the diagnostic accuracy of ⁶⁸Ga-PSMA PET/CT in PCa initial diagnosis in Saudi patients with histopathologically proven high-grade PCa and to assess the ⁶⁸Ga-PSMA PET/CT ability to detect BM in those patients.

Materials and Methods

Study protocol and ethical considerations

This retrospective study was conducted in the Medical Imaging - Nuclear Medicine Department of King Abdulaziz Medical City (KAMC) at the Prince Sultan Military Medical City (PSMMC), Riyadh, Saudi Arabia, from December 2019 to December 2020, and included 26 patients. The ethical approval of the study protocol was obtained from the Institutional Review Board (IRB) at the Princess Norah bint Abdulrahman University. All data was confidently obtained from the patient's medical records, and thus, the need to obtain informed consent was waived.

Patients

The study included male patients aged ≥ 40 with proven high stages PCa by histopathological findings as the gold standard. Patients with other benign diseases like BPH who have the same PCa pathological symptoms and patients who underwent post-prostatectomy were excluded. All patients were screened using traditional CT scans and ⁶⁸Ga-PSMA

PET/CT. Age, indication, Gleason score, and lab tests were also involved.

⁶⁸Ga-PSMA PET/CT

Images were obtained using ⁶⁸Ga-PSMA. ⁶⁸Ga-PSMA ligand complex solution was applied to all patients through an intravenous bolus (mean 6.1, SD 154.5, 6.1-27.4 MBq; range, 87-241 MBq). After tracer injection (range, 50-70 minutes), PET acquisition began at a mean time of 58.5 \pm 9.5 minutes. All patients underwent ⁶⁸Ga-PSMA PET/CT on a Biograph mCT scanner (Siemens, Germany). For attenuation correction, low-dose CT covered by PET (from skull to mid-thigh) was taken place. After CT scan completion, PET data were gained for three minutes/bed position. After CT scan completion, PET data were gained for three minutes/bed position. Emission data were corrected for attenuation, scatter, dead time, and randoms. They were reconstructed iteratively by an ordered-subsets expectation maximization algorithm (8 subsets, 4 iterations) followed by a post-reconstruction smoothing Gaussian filter (5 mm in full width at one-half maximum).

The dedicated software (Syngo; Siemens) was used to review PET/CT images. Two different nuclear medicine physicians quantitatively and visually analyzed images.

Briefly, the assay involved obtaining a circular semi-automated volume of interest (VOI) from the prostate bed. Concerning the assessment of distant bone and lymph node metastases, any focal uptake > surrounding background activity that did not correspond to physiological tracer uptake was suggestive of tumor pathology.

^{99m}Tc bone scintigraphy

In agreement with the guidelines of the European Association of Nuclear Medicine/Society of Nuclear Medicine (EANM),⁽¹³⁾ bone scintigraphy (BS) was conducted. Two-three hours after 9.4 MBq/kg body weight ^{99m}Tc-labelled methylene diphosphonate intravenous injection, a planar whole body BS scan was performed using a 2-headed gamma camera (Symbia T16, Siemens, Germany). At the discretion of the treating physician, supplemental single-photon emission CT (SPECT)/CT, covering 1- or 2-bed positions was conducted. SPECT/CT parameters were 16 views with 10 seconds/view, as previously described.⁽¹⁴⁾ Images were reconstructed using iterative reconstruction with scatter correction. Low-dose CT was performed for anatomical co-registration and attenuation correction. In clinical guideline recommendations, BS and any supplementary SPECT/low-dose CT are represented as the standard bone evaluation. Another contrast-enhanced CT could be conducted after BS to assess soft tissue and lymph node metastasis.

Statistical analysis

The diagnostic values for CT and ⁶⁸Ga-PSMA PET/CT were evaluated and compared. Diagnostic sensitivity for each modality was calculated. Statistical analysis was performed using the statistical software package SPSS version 20.0 (SPSS Inc, Armonk, NY: IBM Corp) and GraphPad prism (ver. 8.0, San Diego, USA). Baseline characteristics were summarized as frequencies and percentages for categorical variables and as mean \pm standard deviation (SD) for continuous variables.

Inter-group comparisons were performed using Student's t-test. Group comparisons with respect to categorical variables are performed using chi-square tests or, alternatively, Fisher's exact test when expected cell counts were less than 5. A probability value of $P < 0.05$ was considered statistically significant.

Results

Twenty-six male patients underwent prostate histopathological examination and all imaging studies; all of them were with histopathologically confirmed high-grade PCa. Patient characteristics are described in Table 1. The mean PSA levels and Gleason score were 5.12 ± 1.12 ng/mL and 7.0 ± 0.9 , respectively.

Table 1.

Characteristics of the study patients.

| Variable | Mean | SD |
|-------------------------------|-----------|-------|
| Age (years) | 70.08 | 12.17 |
| <50 (number; percentage) | 2 (7.7) | — |
| 51 to 60 (number; percentage) | 2 (7.7) | — |
| 61 to 70 (number; percentage) | 10 (38.5) | — |
| 71 to 80 (number; percentage) | 6 (23.1) | — |
| >80 (number; percentage) | 6 (23.1) | — |
| PSA (ng/mL) | 5.12 | 1.12 |
| Gleason score | 7.0 | 0.9 |

⁶⁸Ga-PSMA PET/CT was superior to traditional CT in PCa detection

⁶⁸Ga-PSMA PET/CT and CT examinations were performed for each patient, and the histologic findings were recorded. As shown in Table 2, the diagnostic ability of ⁶⁸Ga-PSMA PET/CT (20/26; sensitivity of 76.9%) was superior to CT (18/26; sensitivity of 69.2%) in identifying PCa.

Table 2.

Diagnostic values for different imaging modalities.

| Imaging method | PCa patients | TP | FN | Sensitivity |
|------------------------------|--------------|----|----|-------------|
| Computed tomography | 26 | 18 | 8 | 69.2% |
| ⁶⁸ Ga-PSMA PET/CT | 26 | 20 | 6 | 76.9% |

TP: true positive; FN: false negative.

⁶⁸Ga-PSMA PET/CT for evaluating bone metastasis

A cross-tabulation for patients' age and the values of non-metastatic and metastatic cancer after a diagnosis of patients with PCa revealed that there was a non-significant

association ($P=0.332$) between age categories and bone metastasis (Table 3).

Based on BS, in patients without BM (n=16), ⁶⁸Ga-PSMA PET/CT detected metastasis-suspicious lesions in six patients (37.5%) and negative results in ten patients (62.5%) (Table 4). ⁶⁸Ga-PSMA PET/CT showed no false-negative cases among patients with confirmed BM using BS (Table 4).

Table 3.

Age categories and BS metastasis cross-tabulation.

| | | | BS metastasis | | P-value |
|-------------|-------|------|---------------|-----------|---------|
| | | | Positive | Negative | |
| | | | n=10 | n=16 | |
| Age (years) | >50 | n=2 | 2 (100%) | 0 | 0.332 |
| | 51-60 | n=2 | 0 | 2 (100%) | |
| | 61-70 | n=10 | 4 (40%) | 6 (60%) | |
| | 71-80 | n=6 | 2 (33.3%) | 4 (66.7%) | |
| | >81 | n=6 | 2 (33.3%) | 4 (66.7%) | |

Table 4.

⁶⁸Ga-PSMA PET/CT assessment.

| | | | ⁶⁸ Ga-PSMA PET/CT | | P-value |
|---------------|----------|------|------------------------------|----------|---------|
| | | | Positive | Negative | |
| | | | n=20 | n=6 | |
| BS metastasis | Positive | n=10 | 10 | 0 | 0.0025 |
| | Negative | n=16 | 6 | 10 | |

Discussion

PET/CT using PSMA ligands has gained increasing attention for diagnosing PCa and evaluating the extent of the disease.⁽¹⁵⁾ It is recommended for high-risk cases with various advantages, including the ability to perform multimodal hybrid imaging, great specificity, and improved target-to-background ratio.⁽¹⁶⁾ Reports demonstrating ⁶⁸Ga-PSMA PET/CT for initial detection of suspected PCa are scarce.⁽⁴⁾ This study is the first conducted in Saudi Arabia to investigate ⁶⁸Ga-PSMA PET/CT diagnostic accuracy for PCa initial diagnosis in Saudi patients with histopathologically proven high-grade PCa. Also, this study evaluated the added value of ⁶⁸Ga-PSMA PET/CT in BM diagnosis in PCa patients who recently underwent BS.

In the present research, as a gold standard, the biopsy showed hormonal and functional results for positive PCa in all patients (n=26). Also, CT showed an anatomical result to locate PCa in 18/26 patients (sensitivity - 69.2%). The ⁶⁸Ga-PSMA PET/CT was superior to CT and showed functional and

anatomical results to detect PCa in 20/26 (sensitivity - 76.9%).

Similar to our results, Lopci et al.⁽¹⁷⁾ found that ⁶⁸Ga-PSMA PET/CT was capable of detecting malignancy and accurately identifying clinically relevant PCa in patients with high suspicion of cancer.

In a prospective Australian multicenter study, ⁶⁸Ga-PSMA PET/CT impact on PCa management was greater in cases with biochemical recurrence after radiation treatment or definitive surgery than in cases undergoing primary staging.⁽¹⁸⁾ Interestingly, ⁶⁸Ga-PSMA PET/CT detected distant metastatic disease in 16% of patients, locoregional lymph nodes in 39%, and unsuspected disease in the prostate bed in 27%.⁽¹⁸⁾

A recent meta-analysis and systematic review including 7 studies that comprised 389 patients revealed that PCa initial diagnosis using ⁶⁸Ga-PSMA PET/CT had pooled specificity, sensitivity, negative likelihood ratio, and positive likelihood ratio of 66%, 97%, 0.05, and 2.86, respectively.⁽⁴⁾ This finding indicates a 20-fold decrease in PCa odds being found in cases with negative PET results, thus making ⁶⁸Ga-PSMA PET/CT a potential rule-out test in patients with PCa suspicious biochemical or clinical findings and allowing unnecessary biopsies to be avoided.⁽⁴⁾

A PCa's typical characteristic is its tendency to metastasize to the bones.⁽¹⁹⁾ Accurate and timely detection of bone involvement is critical in PCa management.⁽¹⁹⁾ The highly sensitive, widely available, and cost-effective BS technique remains the standard for bone metastase diagnosis and is recommended by international guidelines.⁽²⁰⁾ However, given its poor performance compared with modern imaging techniques using tumor-specific tracers, its lack of specificity, and its poor performance in diagnosing small metastases in the bone marrow that have not resulted in enough osteoblastic response, it is debatable if classical BS is the suitable method for bone metastases diagnosis.⁽²¹⁾

In this study, ⁶⁸Ga-PSMA PET/CT diagnosed BM in 100% of patients with positive BS findings. However, ⁶⁸Ga-PSMA PET/CT also identified a notable proportion of cases in whom PSMA-avid lesions in the ribs were false positive. In line with this finding, research comparing planar BS and ⁶⁸Ga-PSMA PET in PCa cases demonstrated that ⁶⁸Ga-PSMA PET demonstrated a significantly lower equivocal lesions number, showed higher diagnostic accuracy for evaluating involved bone regions and had higher performance in diagnosing BM status of the patients.⁽²²⁾ Furthermore compared to BS, a similar study in 30 PCa cases reported that ⁶⁸Ga-PSMA PET/CT detected a significantly higher number of BM.⁽²³⁾ Sachpekidis et al.⁽¹⁹⁾ reported that ⁶⁸Ga-PSMA PET/CT is a useful diagnostic method in BM detection in PCa. Compared to low-dose CT, ⁶⁸Ga-PSMA PET/CT visualizes more BM.⁽¹⁹⁾ Authors also found that many parameters of ⁶⁸Ga-PSMA PET significantly correlate with plasma PSA levels.⁽¹⁹⁾

Conclusion

Using histology examination as the reference standard, compared to CT, ⁶⁸Ga-PSMA PET/CT performed well in PCa initial diagnosis in Saudi male patients with high-grade tumors. Also, ⁶⁸Ga-PSMA PET/CT accurately detected BM

in all PCa patients with confirmed BM by BS. Furthermore, whereas ⁶⁸Ga-PSMA PET/CT commonly detected BM in patients with negative BS results, BS rarely detected BM in patients with negative ⁶⁸Ga-PSMA PET/CT results. Given these findings, ⁶⁸Ga-PSMA PET/CT is a promising technique in PCa detection and may be a potential additive in identifying BM in PCa patients. In this setting, larger prospective studies are urgently required to compare mpMRI diagnostic performance with ⁶⁸Ga-PSMA PET/CT.

Competing Interests

The authors declare that they have no competing interests.

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