



Madison, WI

December 3-5

Thursday Breakout - Building an Interdisciplinary BPH Research Network

SUMMARY

Dr. Alex Glaser discussed a new RCT of adalimumab for BPH, currently 36% recruited, involving biweekly doses, MRIs, biopsies, and patient-reported outcomes. The trial aims to improve understanding of cellular mechanisms and imaging. Challenges include clinician engagement and patient reluctance. Dr. Shane Wells highlighted quantitative MRI techniques for prostate and bladder imaging, focusing on stiffness estimation. The discussion emphasized the need for better imaging to guide treatment decisions and the potential for pathway-specific inhibitors. The importance of targeting specific clinical questions and the challenges of recruiting and retaining patients in clinical trials were also noted.

Action Items

- Explore incorporating Dr. Wells' quantitative MRI techniques into the ongoing clinical trial.
- Reach out to Merck to request access to data and imaging from the previous M-tops trial.
- Attend the upcoming Society of Benign Prostatic Diseases meeting to network and stay informed on clinical developments.
- Follow up with Dr. Wells to discuss further collaboration on imaging modalities for the trial.

OUTLINE

Dr. Glaser's Clinical Trial Overview

- Doug Strand, PhD introduced Alex Glaser, MD to discuss a new clinical trial.
- Dr. Glaser described the Northwestern system of hospitals and the challenges of getting clinicians involved in translational research.
- Dr. Glaser shared personal experience of increasing effort in learning and working with big networks and basic scientists.
- Dr. Glaser discussed the RCT of adalimumab or in a protagonist for BPH, including patient recruitment and outcome measures.

Challenges in Clinical Trials

- Dr. Glaser explained the difficulty of recruiting patients for the RCT and their reluctance to participate.
- Other challenges included choosing endpoints and the stochastic nature of the trial.
- Identifying patients for the trial necessitated partnerships with rheumatologists and dermatologists.
- There were also challenges in getting clinicians to apply effort and the pressure on clinical reimbursement.

Radiological Imaging and Collaboration

- Dr. Strand introduced Shane Wells, MD, a radiologist, to discuss new imaging techniques.
- Dr. Wells described the use of quantitative imaging approaches, including MRI and ultrasound, for prostate and bladder imaging.
- Dr. Wells explained the development of techniques to estimate tissue stiffness and its correlation with bladder outlet obstruction.
- Dr. Wells mentioned the availability of these techniques on various platforms and the potential for vendor-agnostic applications.

Clinical Decision-Making and Imaging

- Imaging is important to drive treatment decisions. There is a need for scientists to connect their research to imaging.
- Historically, using imaging diagnostically has been challenging, but there is potential for future developments.
- Dr. Wells highlighted the cost-effectiveness of MRI and the importance of imaging in phenotyping patients.
- The limitations of CT and MRI for prostate imaging must be weighed against the advantages.

Pathway-Specific Inhibitors and Clinical Trials

- Dr. Jim Brooks discussed the need for pathway-specific inhibitors and the challenges of developing non-morbid drugs for quality-of-life diseases.
- Antibody drug conjugates and other organ-specific techniques for the prostate have potential.
- In clinical trials, it's important to identify important pathways and focus on specific clinical questions.

Designing Clinical Trials and Enrollment Criteria

- It's important to target patients who have failed multiple therapies and have specific enrollment criteria.
- At the same time, investigators should take care not to overly restrict enrollment to ensure proper population of trials.
- Dr. Glaser shared the enrollment criteria for his RCT, including prostate volume and IPSs.
- Recruiting patients for clinical trials can be challenging, underscoring the importance of long-term follow-up.

Genomic Analysis and Predictors of Response

- Simon Hayward, PhD mentioned the inclusion of genomic analysis in his studies to predict response or failure to respond.
- Dr. Glaser discussed the potential for using polygenic risk scores to predict the probability of developing BPH.
- Scott Bauer, MD, MS emphasized the importance of focusing on severe phenotypes and the challenges of targeting a large population.
- Drs. Strand and Glaser brought up the importance of early intervention and the need for justification in grant applications.

Networking and Collaboration in Clinical Research

- To conclude the session, Dr. Strand encourages scientists to network and collaborate with clinicians. Understanding the clinical space can help scientists ask the right questions in their research.
- Attending meetings and conferences offers a way to network and learn about new devices and techniques.
- The Society of Benign Prostatic Disease (SoBPD) promotes clinical and basic science research, and CAIRIBU investigators should get involved.