

## ZOLENDRONIC ACID AND QUALITY OF LIFE IN PATIENTS SUFFERING FROM METASTATIC PROSTATE CANCER

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**Aim:** The aim of the present study was the evaluation of the improvement of quality life in bone metastatic prostate cancer (MPC) patients after receiving therapy with zoledronic acid according to the scale Short Form-36 Health Survey (SF-36).

**Method:** We studied 22 MPC patients aged 26-79 years old ( $56,7 \pm 19,2$ ) that received zoledronic acid. We evaluated the improvement in the quality of life (SF-36) in the first 12 months of the therapy compared to the initial evaluation. The scale of SF-36 is an evaluation method of the health level with 36 questions that concern the somatic and Mental Health of the patients.

**Results:** Initial evaluation (baseline  $n=22$ ) and evaluation after therapy ( $n=22$ ). Somatic performance  $33,7 \pm 17,5$  ,  $51,6 \pm 20,1$  ( $p=0,01$ ), Somatic roles  $9,3 \pm 19,8$  ,  $77 \pm 43,8$  ( $p=0,01$ ), General Health  $33,5 \pm 18,8$  ,  $57,1 \pm 16,9$  ( $p=0,01$ ), Vitality  $40,8 \pm 15,5$  ,  $18 \pm 18,1$  ( $p=0,01$ ), Social Performance  $49 \pm 30,1$  ,  $73 \pm 20,1$  ( $p=0,01$ ), Emotional roles  $35,8 \pm 20,1$  ,  $69,8 \pm 40,3$  ( $p=0,01$ ), Psychological Health  $52,1 \pm 23$  ,  $63 \pm 18$  ( $p=0,01$ ).

**Conclusion:** The treatment approach with zoledronic acid improved significantly the somatic and mental health of MPC patients compared to the quality of life before the initiation of zoledronic acid as shown from the results of study