

<b>7.01.152</b>	<b>Magnetic Resonance Imaging–Targeted Biopsy of the Prostate</b>		
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<b>Section:</b>	7.0 Surgery	<b>Page:</b>	Page 1 of 26

## Policy Statement

- I. Magnetic resonance imaging-targeted biopsy of the prostate may be considered **medically necessary** for diagnosis and active surveillance of prostate cancer.

**NOTE:** Refer to [Appendix A](#) to see the policy statement changes (if any) from the previous version.

## Policy Guidelines

### Coding

There is no specific CPT code for this procedure.

This procedure would likely be reported with the following prostate biopsy code:

- **55700:** Biopsy, prostate; needle or punch, single or multiple, any approach
- **55705:** Biopsy, prostate; incisional, any approach
- **55706:** Biopsies, prostate, needle, transperineal, stereotactic template guided saturation sampling, including imaging guidance

It would also likely be reported with the following MRI guidance code:

- **77021:** Magnetic resonance imaging guidance for needle placement (e.g., for biopsy, needle aspiration, injection, or placement of localization device) radiological supervision and interpretation

## Description

Before a transrectal ultrasound-guided biopsy, a magnetic resonance imaging (MRI) scan can be used to pinpoint the location of suspicious lesions in the prostate. MRI permits a targeted biopsy (as opposed to a blind biopsy, which is the current standard of care). The use of an MRI-guided prostate biopsy serves two functions: (1) to identify areas in the prostate that could harbor a high-grade tumor; and (2) to divert attention from any clinically insignificant cancers not needing treatment. In accomplishing the secondary function, patients are placed into one of two categories: those only needing active surveillance; and those needing definitive intervention.

## Related Policies

- Focal Treatments for Prostate Cancer
- Saturation Biopsy for Diagnosis, Staging, and Management of Prostate Cancer

## Benefit Application

Benefit determinations should be based in all cases on the applicable contract language. To the extent there are any conflicts between these guidelines and the contract language, the contract language will control. Please refer to the member's contract benefits in effect at the time of service to determine coverage or non-coverage of these services as it applies to an individual member.

Some state or federal mandates (e.g., Federal Employee Program [FEP]) prohibits plans from denying Food and Drug Administration (FDA)-approved technologies as investigational. In these

instances, plans may have to consider the coverage eligibility of FDA-approved technologies on the basis of medical necessity alone.

## Regulatory Status

MRI-targeted or MRI-TRUS fusion biopsy is a medical procedure that uses MRI and ultrasound devices previously approved by the U.S. Food and Drug Administration (FDA). A prostate biopsy is a surgical procedure and, as such, is not subject to regulation by the FDA.

FDA product code, ultrasound devices: IYN, ITX, IYO. FDA product code, MRI devices: LNH, LNI, MOS.

Several MRI-US fusion software-based targeted prostate biopsy platform specifications have been cleared for marketing by the FDA through the 510(k) process. Fusion software includes Artemis™ (Eigen), BioJet™ (D&K Technologies), BiopSee® (MedCom), Real-time Visual Sonography (Hitachi, Tokyo, Japan), UroNav™ (Invivo/Philips), Urostation® (Koelis), and Virtual Navigator (Esaote).

## Rationale

### Background

#### Prostate Cancer

Prostate cancer is the most commonly diagnosed cancer and the third leading cause of cancer deaths among men in the U. S., with an estimated 161360 new cases and 26730 deaths in 2017.<sup>1</sup>

#### Diagnosis

The diagnosis and grading of prostate cancer are performed by taking a biopsy of the prostate gland. A prostate biopsy typically is performed in men who have an elevated prostate-specific antigen level or who present with symptoms. The purpose of the biopsy is to determine whether cancer is present and to determine tumor grade. Tumor grade (as measured by the Gleason score) is a major determinate in whether a patient is eligible for active surveillance (lower grade tumors) or a factor for determining definitive intervention (higher-grade tumors). Patients on active surveillance undergo periodic follow-up prostate biopsies to assess cancer progression (upgrading of Gleason score).

Prostate biopsies are currently performed using transrectal ultrasound (TRUS) guidance with a 12-core sampling strategy. TRUS was introduced in the late 1980s; with this technique, tissue cores are obtained systematically under ultrasound guidance throughout the whole prostate, although this approach still represents blind biopsy of the prostate as to the location of possible cancer. Before 12-core sampling, 6-core (sextant) sampling was thought to miss too many cases of cancer. However, the 12-core sampling method may over-diagnose clinically insignificant disease and underdiagnose clinically significant disease. Compared with subsequent prostatectomy, TRUS underestimates tumor grade up to 40% of the time and too often detects clinically insignificant disease.

Therefore, the ideal biopsy strategy would only identify men with prostate cancer of clinical significance to direct interventional therapy, and to minimize the detection of clinically insignificant prostate cancer and the risk of consequent overtreatment.

For men undergoing an initial biopsy for an elevated prostate-specific antigen, the systematic 12-core TRUS biopsy detection rate for prostate cancer is approximately 40% to 45%. If an initial 12-core biopsy is negative, and there is still a clinical suspicion of cancer, subsequent serial 12-core biopsies may detect cancer, or, other biopsy techniques such as transperineal template-guided saturation biopsy (in which 30-80 cores are typically obtained) may be used. Saturation biopsy allows for anterior and apical sampling and may detect significant cancer but also oversamples insignificant

types of cancer. In addition, transperineal biopsy requires general anesthesia and is associated with increased morbidity.

### Multiparametric Magnetic Resonance Imaging

Multiparametric MRI includes anatomic T2-weighted imaging for localization of the normal gland and cancer foci and two functional imaging techniques: diffusion-weighted and perfusion imaging. Multiparametric MRI evaluation permits identifying tumor location and extent, oversampling areas of interest, under sampling (or not sampling nontarget areas), and sampling of clinically significant disease (higher grade tumor). T2-weighted images reflect the water content of tissues and can define the zonal anatomy of the prostate and the presence of prostate cancer as focal areas of low-signal intensities. The degree of intensity decrease differs with Gleason score; higher Gleason score prostate cancer shows lower signal intensities.<sup>2</sup> False-positive findings can occur with benign abnormalities including prostatitis, atrophy, fibrosis, gland hyperplasia, or irradiation or hormonal treatment effects. Diffusion-weighted images measure the random motion of water molecules. Low diffusion coefficients are associated with prostate cancer, and there is an inverse correlation between these values and Gleason score; however, confidence intervals overlap. Perfusion imaging permits assessment of contrast kinetics in focal lesions; prostate tumors typically enhances faster and to a greater extent than the surrounding prostate; however, the nonspecificity of patterns limits the usefulness of this technique in isolation.

Several methods of MRI guidance are available for prostate biopsy: cognitive (or visual), direct ("in-bore"), and MRI-ultrasound fusion (visual targeted or software-based targeted). Image fusion is the process of combining information from more than one image into a single image, which may be more informative than any of the images separately. Based on MRI, suspicious areas are identified (i.e., regions of interest) and subjected to targeted biopsy.

With the visual method, the ultrasound operator simply aims the biopsy needle at the area of the prostate where prior MRI indicated the lesion. This method requires the MRI unit, a conventional TRUS facility, and an ultrasound operator with no additional training beyond TRUS biopsy. The disadvantage is the potential for human error in the extrapolation from MRI to TRUS without an overlay of the images.

Direct (in-bore) MRI-targeted biopsy requires the MRI tube, a fusion of a prior MRI demonstrating a lesion with a contemporaneous MRI to confirm biopsy needle location, and needles introduced into the regions of interest. Serial MRI scans are performed to confirm the biopsy needle placement. Studies have demonstrated that in-bore MRI-targeted biopsies have a median cancer detection rate significantly higher than random biopsies; however, this technique is time-consuming and costly, including the in-bore time and the two MRI sessions necessary. In addition, only suspicious lesions are sampled, because tissues with a "normal" appearance on MRI are not obtained.

MRI-TRUS fusion biopsy, done visually or using software, superimposes pre-procedure (stored) MRI over an intraprocedural (real-time) ultrasound to direct the biopsy needle to an ultrasound region of interest defined by multiparametric MRI.

Table 1 summarizes the MRI requirements for the three different MRI-guided prostate biopsy techniques described.

**Table 1. Techniques for MRI-Guided Prostate Biopsy**

Method	MRI Requirement(s)	Description
Visual	<ul style="list-style-type: none"> <li>Prior MRI of prostate lesion</li> </ul>	US operator targets the biopsy needle at the area of the prostate where prior MRI indicated a lesion during TRUS
Direct	<ul style="list-style-type: none"> <li>Prior MRI of prostate lesion</li> </ul>	Fusion of a prior MRI demonstrating a lesion with a contemporaneous MRI to confirm

Method	MRI Requirement(s)	Description
	<ul style="list-style-type: none"> <li>Contemporaneous MR images of biopsy needle in prostate lesion location</li> </ul>	biopsy needle location, and needles introduced into the regions of interest
<b>MRI-US fusion (visual targeted or software-based targeted)</b>	<ul style="list-style-type: none"> <li>Prior MRI of prostate lesion</li> <li>Overlay of prior MR image over real-time US</li> </ul>	Prior MR image superimposed over an intraprocedure (real-time) US to direct the biopsy needle during TRUS

MR: magnetic resonance; MRI: magnetic resonance imaging; TRUS: transrectal ultrasound; US: ultrasound.

Currently, there is evidence comparing these three techniques in terms of their ability to detect overall or clinically significant prostate cancer.

Proposed clinical indications for use of MRI-targeted prostate biopsy include: (1) as initial biopsy, (2) rebiopsy after a first negative standard biopsy in men with persistent suspicion of disease, including those with persistently increased prostate-specific antigen levels, suspicious digital rectal exam, previous biopsy with an atypical focus on histology, or extensive high-grade prostatic intraepithelial neoplasia, (3) follow-up for active surveillance to determine initial eligibility for active surveillance and assessing progression disease over time, and (4) for local recurrence after radical prostatectomy, after external-beam radiotherapy, or after high-intensity focused ultrasound.

### Literature Review

Evidence reviews assess whether a medical test is clinically useful. A useful test provides information to make a clinical management decision that improves the net health outcome. That is, the balance of benefits and harms is better when the test is used to manage the condition than when another test or no test is used to manage the condition.

The first step in assessing a medical test is to formulate the clinical context and purpose of the test. The test must be technically reliable, clinically valid, and clinically useful for that purpose. Evidence reviews assess the evidence on whether a test is clinically valid and clinically useful. Technical reliability is outside the scope of these reviews, and credible information on technical reliability is available from other sources.

Promotion of greater diversity and inclusion in clinical research of historically marginalized groups (e.g., People of Color [African-American, Asian, Black, Latino and Native American]; LGBTQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual); Women; and People with Disabilities [Physical and Invisible]) allows policy populations to be more reflective of and findings more applicable to our diverse members. While we also strive to use inclusive language related to these groups in our policies, use of gender-specific nouns (e.g., women, men, sisters, etc.) will continue when reflective of language used in publications describing study populations.

### Patients with a Suspicion of Prostate Cancer

#### Clinical Context and Test Purpose

The purpose of magnetic resonance imaging (MRI)-targeted prostate biopsy in men with suspicion of prostate cancer is to inform a decision whether the individual has prostate cancer that requires definitive treatment or active surveillance for prostate cancer.

The following PICO was used to select literature to inform this review.

#### *Populations*

The relevant population of interest is men with suspicion of prostate cancer. Suspicion includes elevated prostate specific antigen (PSA) levels and/or clinical symptoms of prostate cancer.

**Interventions**

The relevant interventions of interest are MRI-targeted biopsy, including the following techniques: cognitive (or visual), MRI-in-bore, and MRI-transrectal ultrasound (TRUS) fusion (visual targeted or software-based targeted).

**Comparators**

The following test is currently being used to make decisions about the diagnosis of prostate cancer: standard TRUS-guided biopsy.

**Outcomes**

The general outcomes of interest are diagnostic accuracy (ie, test accuracy and validity) of clinically significant prostate cancer and health outcomes (ie, overall survival [OS], disease-specific survival, morbid events, and quality of life).

Specific outcomes include (1) improving the detection of clinically significant prostate cancer; (2) increasing accurate risk stratification; and (3) reducing the overdiagnosis of indolent tumors requiring only active surveillance (see Table 2). These are outcomes of primary interest because they would inform the patient's treatment plan and consequently, impact health outcomes.

False-positive test results can lead to overdiagnosis and overtreatment, which exposes patients to potential treatment morbidity without benefit. False-negative test results can lead to failure to diagnose clinically significant cancers that require definitive treatment.

**Table 2. Outcomes of Interest for Individuals with Suspicion of Prostate Cancer**

Outcomes	Details
Test accuracy	Outcomes of interest include overall prostate cancer detection, clinically significant prostate cancer detection, sensitivity, and specificity. [Timing: $\geq 1$ week]

**Study Selection Criteria**

For the evaluation of clinical validity of MRI-targeted biopsy of the prostate, studies that meet the following eligibility criteria were considered:

- Reported on the accuracy of the marketed version of the technology (including any algorithms used to calculate scores);
- Included a suitable reference standard;
- Patient/sample clinical characteristics were described;
- Patient/sample selection criteria were described.

**Clinically Valid**

A test must detect the presence or absence of a condition, the risk of developing a condition in the future, or treatment response (beneficial or adverse).

**Review of Evidence****Systematic Reviews**

Several systematic reviews have been published that have compared the diagnostic performance of MRI-targeted biopsy, TRUS-guided biopsy, and/or their combination in detecting prostate cancer.<sup>3,4,5,6,7,8,9,10,11,12</sup> Despite variation in scope in terms of study designs and populations, definition of clinically significant prostate cancer, and analysis methods, these reviews have generally consistently reported significant improvements with the MRI-targeted biopsy techniques in detecting clinically significant prostate cancer compared with TRUS-guided biopsy. A sampling of several of the most recent reviews are discussed below.

The largest systematic review is a Cochrane review reported by Drost et al (2020),<sup>9</sup> which compared the diagnostic accuracy of MRI only, MRI-targeted biopsy, MRI pathway (MRI with or without MRI-

targeted biopsy), and systematic biopsy in detecting clinically significant prostate cancer as compared with a reference standard of template-guided biopsy. Based on a search of several electronic databases through July 2018, this review included 43 studies with a total of 6871 men. Of the 43 studies, 18 conducted diagnostic test accuracy analyses and 25 were agreement analyses. The majority of study participants were biopsy-naïve (77%, n=5353). Clinically significant prostate cancer was defined as International Society of Urological Pathology grade 2 or higher. In the diagnostic test accuracy studies, the sensitivity rates to detect clinically significant prostate cancer using MRI-targeted biopsy, MRI pathway, and systematic biopsy were 80%, 72%, and 63%, respectively (Table 3). Specificity rates using MRI-targeted biopsy, MRI pathway, and systematic biopsy were 94%, 96%, and 100%, respectively. In the studies that reported agreement analyses, pooled detection ratios were significantly greater overall for the MRI pathway compared with systematic biopsy (1.12; 95% confidence interval [CI], 1.02 to 1.23). However, the improved detection ratio for the MRI pathway was primarily driven by findings in studies of men with prior negative biopsies (detection ratio, 1.44; 95% CI, 1.19 to 1.75). The improvement with the MRI pathway in the biopsy-naïve studies did not reach statistical significance (detection ratio, 1.05; 95% CI, 0.95 to 1.16). The authors noted that the certainty in their findings was generally low, however, as a considerable number of studies had a high or unclear risk of bias.

**Table 3. Results of Different Biopsy Approaches versus Template-Guided Biopsy in Detecting Clinically Significant Prostate Cancer<sup>a</sup>**

Variables	MRI pathway (MRI with or without MRI-targeted biopsy)	MRI-targeted biopsy	Systematic biopsy
<b>Sensitivity (95% CI)</b>	0.72 (0.60 to 0.82)	0.80 (0.69 to 0.87)	0.63 (0.19 to 0.93)
<b>Specificity (95% CI)</b>	0.96 (0.94 to 0.98)	0.94 (0.90 to 0.97)	1.00 (0.91 to 1.00)
<b>Results per 1000 men tested (95% CI): at a baseline prevalence of 30% ISUP grade <math>\geq</math>2 prostate cancer by the reference test</b>			
<b>True positives</b>	216 (180 to 246)	240 (207 to 261)	189 (57 to 279)
<b>False negatives</b>	84 (54 to 120)	60 (39 to 93)	111 (21 to 243)
<b>True negatives</b>	672 (658 to 686)	658 (630 to 679)	700 (637 to 700)
<b>False positives</b>	28 (14 to 42)	42 (21 to 70)	0 (0 to 63)

Adapted from Drost et al (2020).<sup>9</sup>

<sup>a</sup>International Society of Urological Pathology grade  $\geq$  2 prostate cancer.

CI: confidence interval; ISUP: International Society of Urological Pathology; MRI: magnetic resonance imaging.

Results also consistently demonstrated improved detection of clinically significant prostate cancer for MRI-targeted biopsy techniques in 2 concurrently conducted systematic reviews that focused only on biopsy-naïve men. Elwenspoek et al (2019)<sup>8</sup> conducted a systematic review (literature search through December 2018) of 7 randomized controlled trials (RCTs) published from 2011 to 2018 (N=2582; range, 103 to 1140) that evaluated the diagnostic performance of 2 MRI pathways (MRI plus targeted and systematic biopsy and MRI plus targeted biopsy alone) compared to systematic biopsy alone. These RCTs are summarized below. All RCTs were conducted outside of the United States. The review evaluated the rate of patients diagnosed with clinically significant or insignificant prostate cancer as defined by the individual studies. Definitions of clinically significant prostate cancer varied across studies, but all involved a Gleason score of 6 or greater. Some examples include "Gleason score  $\geq$ 6 and histologically confirmed with adenocarcinoma", "presence of a single biopsy core indicating disease of Gleason score  $\geq$ 7", "any Gleason score  $\geq$ 7 or cumulative cancer length  $\geq$ 5 mm", and more. Risk of bias was assessed using the revised Cochrane tool, and the majority of RCTs were judged to have a low overall risk of bias. Compared with systematic biopsy alone, MRI with or without targeted biopsy was associated with significant improvement in the detection of clinically significant

prostate cancer (+57%; 95% CI, 2% to 141%). However, compared with systematic biopsy alone, the MRI plus targeted and systematic biopsy pathway did not significantly improve the rate of clinically significant prostate cancer detection (risk ratio, 1.36; 95% CI, 0.79 to 2.34). Additionally, comparison between the 2 prebiopsy MRI pathways showed mixed results. Results were similar in another systematic review by Tu et al (2020)<sup>12</sup>, that included 6 RCTs and 25 own-control cohorts. Searches for the review by Tu et al (2020) were also through December 2018 and the addition of the own-control cohort studies resulted in a total of 4020 biopsy-naïve men. Although the thresholds for clinically significant prostate cancer (Gleason score of 3 or 4) were generally lower than in the systematic review by Elwenspoek et al (2019), this review by Tu et al also found a significant increase in detection rate for MRI-targeted biopsy compared with systematic biopsy (risk ratio, 1.20; 95% CI, 1.07 to 1.34).

Tang et al (2018) published a systematic review and meta-analysis of 13 cohorts (12 studies; N=3225 patients) of men undergoing a biopsy after previous negative biopsy or initial biopsy for suspected prostate cancer.<sup>4</sup> The primary outcome was prostate cancer detection rate of MRI-TRUS fusion-guided targeted biopsy compared with the detection rate of TRUS-guided biopsy. The MRI-TRUS fusion biopsy detected prostate cancer in 52.7% (n=1698) of the entire cohort, significantly more than the 42.6% (n=1375) detected by the TRUS biopsy alone (p<.05). Reviewers also took into account whether cohorts included patients with initial biopsy (5 cohorts; n=1823 patients), a previous negative biopsy (3 cohorts; n=528 patients), or either (5 cohorts; n=874 patients). In patients with initial biopsy, MRI-TRUS fusion biopsy had a detection rate of 56.1% (n=1023 patients), and TRUS biopsy alone had a detection rate of 48.1% (n=877 patients). In patients with a previous negative biopsy, detection rates were higher for the MRI-TRUS fusion biopsy (32.8%) than for TRUS biopsy alone (p<.05). Direct comparison of the 2 biopsy methods did not identify significantly different detection rates for the entire cohort; however, subgroup analyses by Gleason score revealed that MRI-TRUS fusion biopsy was significantly superior at detecting higher Gleason score disease in patients with a previous negative biopsy (p<.05). The subgroup analyses (10 studies; n=2573 patients) also found that MRI-TRUS fusion biopsy identified fewer cases of lower Gleason score disease (12.9%) than was identified by TRUS biopsy (45.58%; p<.05). Reviewers noted that, while there was no evidence of publication bias or significant selection bias, some of the studies inconsistently reported blinding, and 10 studies came from the same center.

Wegelin et al (2017) conducted a systematic review and meta-analysis (literature search through October 2014) to evaluate whether MRI-targeted biopsy techniques had higher detection rates of clinically significant prostate cancer than TRUS-guided biopsy.<sup>5</sup> Twenty-five studies compared detection rates of all prostate cancer, while 14 studies compared detection rates of both clinically significant and clinically insignificant prostate cancer between MRI-targeted and TRUS-guided biopsy techniques. There was no significant difference between MRI-targeted (all techniques combined) (sensitivity, 81%) and TRUS-guided biopsy (sensitivity, 83%) for overall prostate cancer detection. Magnetic resonance imaging–targeted biopsy (sensitivity, 90%) had a higher sensitivity to detect clinically significant prostate cancer than TRUS-guided biopsy (sensitivity, 79%). Additionally, MRI-targeted biopsy (sensitivity, 7%) had a lower sensitivity to detect clinically insignificant prostate cancer than TRUS-guided biopsy (sensitivity, 14%).

Wu et al (2015) published a meta-analysis (literature search through May 2015) to determine whether MRI-TRUS fusion biopsy is better than standard systematic biopsy in detecting prostate cancer.<sup>6</sup> In 16 trials (1 RCT, 15 paired cohort studies), a total of 3105 participants underwent MRI-TRUS fusion or TRUS-guided biopsy. Reviewers evaluated the quality of each trial using the Quality Assessment Tool for Diagnostic Accuracy Studies. While there was variation in the methodologic quality of selected studies, none was judged to be at an overall risk of bias. The MRI-TRUS fusion biopsy had a higher detection rate of an overall prostate cancer diagnosis than TRUS-guided biopsy, with moderate heterogeneity between trials (see Tables 4 and 5). Among 10 trials that compared the detection rate of clinically significant prostate cancer between these 2 techniques, MRI-TRUS fusion biopsy had a higher detection rate (36% [892/2481] men) compared with that of TRUS-guided biopsy (30% [786/2583] men), with no heterogeneity between trials. The MRI-TRUS fusion biopsy (255 [11%] of

2395 men) had a lower detection rate of clinically insignificant prostate cancer compared with TRUS-guided systematic biopsy (15% [368/2494] men).

**Table 4. Systematic Review Results (Relative Risk, Relative Sensitivity) of Prostate Cancer Detection for Magnetic Resonance Imaging–Targeted and Transrectal Ultrasound–Guided Biopsies**

Study	Trials	Sample Size <sup>a</sup>	Outcome: Detection Rates	RR/RS	95% CI	p	<i>P</i> , %
Wegelin et al (2017) <sup>5</sup>	25	3520	Prostate cancer	0.98	0.90 to 1.07	NR	NR
	14	2328	Clinically significant prostate cancer	1.16	1.02 to 1.32	NR	NR
	14	2328	Clinically insignificant prostate cancer	0.47	0.35 to 0.63	NR	NR
Wu et al (2015) <sup>6</sup>	16	3013/3015	Prostate cancer	1.06	1.01 to 1.12	.03	28
	10	2481/2583	Clinically significant prostate cancer	1.19	1.10 to 1.29	<.01	0
	10	2395/2494	Clinically insignificant prostate cancer	0.68	0.59 to 0.79	<.01	72

<sup>a</sup>For Wu et al (2015), sample size is displayed as MRI/ultrasound fusion biopsy sample size/system biopsies sample size.

CI: confidence interval; NR: not reported; RR: relative risk; RS: relative sensitivity.

**Table 5. Systematic Review Results of Prostate Cancer Detection Rates for Magnetic Resonance Imaging–Targeted and Transrectal Ultrasound–Guided Biopsies**

Study	Sensitivity (95% CI), %, or Cancer Detection Rate, n/N		Trials	Measure	Estimate	95% CI	p	<i>P</i> , %
	MRI-Targeted Biopsy	Systematic Biopsy						
Wegelin et al (2017) <sup>5</sup>	81 (76 to 85)	83 (77 to 88)	25	Relative sensitivity	0.98	0.90 to 1.07	NR	NR
	90 (85 to 94)	79 (68 to 87)	14	Relative sensitivity	1.16	1.02 to 1.32	NR	NR
	7 (4 to 10)	14 (11 to 18)	14	Relative sensitivity	0.47	0.35 to 0.63	NR	NR
Wu et al (2015) <sup>6</sup>	1412/3103	1373/3105	16	Relative risk	1.06	1.01 to 1.12	.03	28
	892/2481	786/2583	10	Relative risk	1.19	1.10 to 1.29	<.01	0
	255/2395	368/2494	10	Relative risk	0.68	0.59 to 0.79	<.01	72

CI: confidence interval; MRI: magnetic resonance imaging; NR: not reported.

### Randomized Controlled Trials

Many RCTs have been incorporated into systematic reviews and meta-analysis to date, with the exception of the following recent RCTs. Klotz et al (2021) published a multicenter, phase 3, randomized, noninferiority trial of 453 biopsy-naïve men with suspicion of prostate cancer advised to undergo biopsy.<sup>13</sup> Patients were randomized to TRUS-guided biopsy (n=226; 225 evaluated) or MRI-targeted biopsy (n=227; 221 evaluated). A total of 83 (37%) patients in the MRI-targeted biopsy group had a negative MRI and did not receive a biopsy. A grade group 2 or greater prostate cancer was identified in 30% of patients in the TRUS-guided biopsy groups compared with 35% in the MRI-targeted biopsy group, which met the predefined threshold for noninferiority (absolute difference, 5%; 97.5% 1-sided CI, -3.4% to infinity; noninferiority margin, -5%). Diagnosis of clinically insignificant cancers was lower in the MRI-targeted therapy arm compared with the TRUS-guided biopsy arm (10.1% vs. 21.7%; absolute difference, 11.6%; 95% CI, -18.2% to -4.9%; p<.001). One limitation of this trial is the potential for undiagnosed cancer in patients that did not receive a biopsy. Patients with no diagnosis of prostate cancer or diagnosis of a grade group 1 tumor are being followed for 2 years,



and follow-up data will be evaluated when all patients complete the 2-year follow up. All MRIs were interpreted by experienced radiologists, and generalizability to less experienced practitioners is limited.

Eklund et al (2021) conducted a prospective, population-based, noninferiority trial involving 1532 men (50 to 74 years of age) with PSA levels  $\geq 3$  ng/mL who were randomly assigned in a 2:3 ratio to undergo a standard biopsy (n=603) or MRI with targeted and standard biopsy if the MRI results suggested prostate cancer (the experimental arm; n=929).<sup>14</sup> The primary outcome was the probability of detection of clinically significant prostate cancer, defined as the percentage of individuals in each group who received a cancer diagnosis with a Gleason score of 3+4 or greater. A key secondary outcome was the detection of clinically insignificant cancers (Gleason score 6). Of patients in the experimental arm, 338 (36%) underwent biopsies. In the standard biopsy group, 438 (73%) underwent biopsy. In the intention-to-treat analysis, clinically significant prostate cancer (Gleason score  $\geq 7$ ) was diagnosed in 192 (21%) patients in the experimental biopsy group versus 106 (18%) patients in the standard biopsy group, a 3% difference (95% CI, -1 to 7;  $p < .001$  for noninferiority). The experimental biopsy group also experienced a lower percentage of clinically insignificant cancers than the standard biopsy group (4% vs. 12%; difference, -8%; 95% CI, -11 to -5 ). This study was performed in Sweden, with centralized radiologic and pathological assessment, which may limit its generalizability to other settings. Additionally, the researchers completed only a single round of screening; therefore, whether the reduction in overdiagnosis will be retained through multiple screening rounds is unknown.

Wang et al (2023) published a multicenter RCT that compared TRUS-guided systematic biopsy (12 cores), MRI-guided biopsy (12 cores), and artificial intelligence ultrasound-guided biopsy (6 cores) in 400 patients with suspected prostate cancer.<sup>15</sup> The prostate cancer detection rate for the 3 biopsy strategies was 34.6%, 35.8%, and 49.6%, respectively ( $p = .036$  for artificial intelligence-guided biopsy vs. TRUS-guided biopsy;  $p = .052$  for artificial intelligence-guided biopsy vs. MRI-guided biopsy). Clinically significant prostate cancer detection rates were 26.3%, 23.1%, and 32.3%, respectively. The authors concluded that biopsy guided by artificial intelligence may become an alternative to systematic biopsy.

### Observational Studies

Hugosson et al (2022) reported the results of a prospective cohort of 17,980 men aged 50 to 60 years with a screening PSA  $\geq 3$  ng/mL who underwent MRI followed by MRI-targeted biopsy and/or systematic biopsy.<sup>16</sup> The experimental group (n=11,986) received either systematic biopsy or MRI-guided biopsy. The reference group (n=5994) received both systemic and MRI-targeted biopsy. In the intent to treat analysis, clinically insignificant prostate cancer (Gleason score 3+3) was found in 1.2% of patients in the systematic biopsy group compared to 0.6% of patients in the MRI-targeted biopsy group (relative risk [RR], 0.46; 95% CI, 0.33 to 0.64;  $p < .001$ ). Clinically significant prostate cancer (Gleason score 3+4) was found in 1.1% of the systematic biopsy group compared to 0.9% of the MRI-targeted biopsy group (RR, 0.81; 95% CI, 0.60 to 1.1). Ten patients had clinically significant cancer that was only detected by systematic biopsy. The authors concluded that overdiagnosis was reduced by half and few clinically significant cancers were missed with MRI-targeted biopsy among patients with elevated screening PSA levels.

Ahdoot et al (2020) reported on a prospective cohort study of 2103 men with MRI-visible prostate lesions who underwent both MRI-targeted and systematic biopsies at the National Cancer Institute between June 2007 through January 2019.<sup>17</sup> Prior to study enrollment, the majority of participants (79.3%) had undergone at least 1 previous biopsy. Cancer detection rates for all Gleason Grade groups were 52.5% (n=1104) for the systematic biopsy method, 51.5% (n=1084) for the MRI-targeted method, and 62.4% (n=1312) for the combined method. When detection rates were analyzed according to separate Grade groups, systematic biopsy alone was found to detect significantly more Grade 1 cancers than MRI-targeted biopsy alone (21.6% [n=454] vs. 13.7% [n=289];  $p < .001$ ) and similar rates compared with the combined method (18.7%, n=394). For Grade 2 cancers, there were no

significant differences between the systematic-alone method (17.1%; n=359), the MRI-targeted method alone (17.6%; n=370), and the combined method (21.5%; n=452). However, for Grades 3 to 5, MRI-targeted biopsy led to the detection of significantly more cancers than systematic biopsy. Differences in cancer detection rates for the MRI-targeted method alone compared with the systematic method alone (95% CIs; percentages of patients) were 1.7% (0.2% to 3.1%; 5.1% vs. 3.5%) for Grade 3, 3.7% (2.2% to 5.2%; 10.2% vs. 6.5%) for Grade 4, and 1% (0.2% to 1.8%; 4.9% vs. 3.9%) for Grade 5. Compared with MRI-targeted biopsy alone, there were small additional gains with the combined method for Grades 3, (5.9%, n=124), 4 (10.8%, n=228), and 5 (5.4%, n=114); however, these were not statistically significant. The primary limitations of this study are related to relevance of its population (ie, only MRI-visible lesions), setting (ie, single-center), and delivery methods (ie, use of a single experienced physician to perform the systematic biopsy and another to perform the MRI-directed biopsy). These factors have the potential to limit the generalizability of its findings to practice patterns in community institutions with less experienced practitioners and a broader range of patients.

Maxeiner et al (2018) retrospectively analyzed results from 318 biopsy-naive consecutive patients who underwent multiparametric MRI and subsequent MRI-TRUS fusion-guided targeted biopsy and TRUS biopsy.<sup>18</sup> Results from targeted biopsy alone detected cancer in 67% (n=213) of patients, and TRUS biopsy alone detected cancer in 70% (n=222) of patients. According to the Prostate Imaging Reporting and Data System, 55 patients had a score of 3, of whom 21 (38%) had detectable cancer; 154 had a score of 4, of whom 120 (78%) had cancer; and 109 had a score of 5, of whom 104 (95%) had cancer detected by 1 or both biopsy methods. Of the cancerous lesions detected by MRI-TRUS fusion targeted biopsy and TRUS biopsy, the prostate tumors were deemed to be clinically significant (Gleason score  $\geq 4+3=7$ ) in 61% (n=195) of the entire cohort. Diagnoses of insignificant cancer were identical for MRI-TRUS fusion plus TRUS (16%), but the combination of targeted biopsy and TRUS biopsy showed an improvement in detection of 10% over that detected by targeted biopsy alone, which only detected significant cancer in 163 (51%) patients. Study limitations included the single-center, nonrandomized design and a different definition of clinically significant prostate disease in relation to previous studies. Based on their observations of the biopsy-naive cohort, the authors concluded that targeted biopsy combined with systematic biopsy improved diagnostic accuracy considerably compared with targeted biopsy alone.

Filson et al (2016) reported a single-center prospective study evaluating 1042 men with (1) an elevated PSA level or abnormal digital rectal exam (DRE) result, or (2) confirmation of low-risk prostate cancer for patients considering active surveillance.<sup>19</sup> All patients underwent a multiparametric MRI and regions of interest (ROIs) were graded as 1 to 5. Men with ROIs underwent targeted MRI-TRUS fusion biopsy followed by TRUS-guided biopsy for detection of clinically significant prostate cancer (Gleason score  $\geq 7$ ). A total of 825 (79%) patients had at least a single ROI of grade 3 or more, and 217 (21%) had no suspicious lesions noted on MRI (Table 8). Among 825 patients with 1 or more ROI of grade 3 or higher, a combination of MRI-TRUS fusion and TRUS-guided biopsy (combined biopsy) identified 289 cases of clinically significant prostate cancer (vs. 229 cases for MRI-TRUS fusion only and 199 cases for systematic biopsy only;  $p < .001$ ). A total of 204 men were diagnosed with Gleason score 6 disease using combined biopsy (vs. 208 with systematic only [ $p < .001$ ] and 131 with MRI-TRUS fusion only [ $p < .001$ ]; Table 9).

Siddiqui et al (2015) reported on a single-center prospective cohort study of 1003 men with elevated PSA levels or abnormal DRE results undergoing both MRI-TRUS fusion biopsy and standard biopsy concurrently from 2007 through 2014 (Table 6).<sup>20</sup> There was no statistically significant difference in overall prostate cancer detection; however, MRI-TRUS fusion biopsy diagnosed 30% more high-risk cancers (Gleason score  $\geq 4+3$ ) than standard biopsy (173 cases vs. 122 cases,  $p < .001$ ) and 17% fewer low-risk (Gleason score 3+3 or low volume 3+4) cancers (213 cases vs. 258 cases,  $p < .001$ ) (Table 7), respectively. Among 170 patients who underwent prostatectomy with whole gland pathology, the predictive ability of the MRI-TRUS fusion biopsy in differentiating low-risk from intermediate- (Gleason score high volume 3+4) and high-risk disease was greater than that of standard biopsy or

both approaches combined. The sensitivity rates to detect intermediate- to high-risk prostate cancer using MRI-targeted, TRUS, and MRI-TRUS fusion biopsy were 77%, 53%, and 85%, respectively (Table 8). Accuracy rates to detect intermediate- to high-risk prostate cancer using MRI-targeted standard and combined biopsy were 73%, 59%, and 69%, respectively. The authors conducted a decision-curve analysis among this population (n=170) to compute the net benefit of decisions for prostatectomy based on biopsy results from MRI-targeted biopsy alone, TRUS biopsy alone, and MRI-TRUS fusion biopsy. The benefit was defined as a surgical intervention limited to intermediate- and high-risk tumors, while harm was a surgical procedure for low-risk tumors. The area under the curve (or net benefit) was highest for MRI-targeted biopsy (0.73). The areas under the curve for TRUS biopsy and MRI-TRUS fusion biopsy were 0.59 and 0.67, respectively ( $p < .05$  for all comparisons; Table 8).

**Table 6. Observational Study Characteristics for Prostate Cancer Detection Rates for Magnetic Resonance Imaging–Targeted and Transrectal Ultrasound–Guided Biopsies**

Study	Type	Country	Dates	MRI-TRUS Fusion Biopsy	Standard Biopsy
Filson et al (2016) <sup>19</sup>	Prospective	U.S.	2009-2014	825	825
Siddiqui et al (2015) <sup>20</sup>	Prospective	U.S.	2007-2014	1003	1003

MRI: magnetic resonance imaging; TRUS: transrectal ultrasound.

**Table 7. Summary of Observational Study Results for Prostate Cancer Detection Rates for Magnetic Resonance Imaging–Targeted and Transrectal Ultrasound–Guided Biopsies**

Study	High-Risk/Clinically Significant Prostate Cancer			Overall Prostate Cancer	
	Comparators	Detection Rate, % (n/N)	p	Comparators	Detection Rate, % (n/N)
Filson et al (2016) <sup>19</sup>	MRI-TRUS fusion only	28 (229/825) <sup>b</sup>	<.001	MRI-TRUS fusion	44 (360/825)
	Artemis-guided systematic only	24 (199/825) <sup>b</sup>		Systematic	49 (307/825)
	Combined	35 (289/825) <sup>b</sup>		Combined	60 (493/825)
Siddiqui et al (2015) <sup>20</sup>	MRI-TRUS fusion	17 (173/1003) <sup>a</sup>	<.001	MRI-TRUS fusion	46 (461/1003)
	TRUS-guided systematic	12 (122/1003) <sup>a</sup>		TRUS-guided	47 (469/1003)

<sup>a</sup>High-risk (Gleason score  $\geq 4+3$ ) cancer detection rate.

<sup>b</sup>Clinically significant (Gleason score  $\geq 7$ , both  $\geq 4+3$  or  $\geq 3+4$ ) cancer detection rate.

MRI: magnetic resonance imaging; TRUS: transrectal ultrasound.

**Table 8. Results of Different Biopsy Approaches in Detecting Intermediate- to High-Risk Prostate Cancer on Whole Gland Prostatectomy Specimen**

Variables	Targeted MRI-TRUS Fusion Biopsy	Standard Extended-Sextant Biopsy	Combined Biopsy
Sensitivity (95% CI), %	77 (67 to 84)	53 (43 to 63)	85 (76 to 91)
Specificity (95% CI), %	68 (57 to 78)	66 (54 to 76)	49 (37 to 60)
Negative predictive value (95% CI), %	70 (58 to 80)	53 (43 to 63)	73 (58 to 84)
Positive predictive value (95% CI), %	75 (65 to 83)	66 (54 to 76)	67 (58 to 75)
Accuracy (95% CI), %	73 (70 to 76)	59 (55 to 63)	69 (65 to 72)
AUC (95% CI), %	0.73 (0.66 to 0.79)	0.59 (0.52 to 0.67)	0.67 (0.60 to 0.74)
p for comparison with targeted MRI-TRUS fusion biopsy		.005	.04

Adapted from Siddiqui et al (2015).<sup>20</sup>

AUC: area under the curve; CI: confidence interval; MRI: magnetic resonance imaging; TRUS: transrectal ultrasound.

**Clinically Useful**

A test is clinically useful if the use of the results informs management decisions that improve the net health outcome of care. The net health outcome can be improved if patients receive correct therapy, more effective therapy, or avoid unnecessary therapy or testing.

**Direct Evidence**

Direct evidence of clinical utility is provided by studies that have compared health outcomes for patients managed with and without the test. Because these are intervention studies, the preferred evidence would be from RCTs.

Currently, no direct evidence from studies has demonstrated that MRI-targeted prostate biopsies result in improved patient outcomes (e.g., survival, quality of life).

**Chain of Evidence**

Indirect evidence on clinical utility rests on clinical validity. If the evidence is insufficient to demonstrate test performance, no inferences can be made about clinical utility.

There is strong evidence in favor of the prognostic value of the Gleason score based on prostate biopsy. Pierorazio et al (2013) conducted a retrospective analysis using the Johns Hopkins Radical Prostatectomy Database to examine the correlation between Gleason score and pathologic stage and biochemical recurrence in 6462 men.<sup>21</sup> Almost 95% of patients with cancer and a Gleason score of 6 on needle biopsy did not show signs of biochemical recurrence at 5 years after radical prostatectomy. The study also reported that a tumor with a Gleason score of 3+4=7 on biopsy had an estimated 5-year biochemical recurrence-free survival rate of 83%.

Antonarakis et al (2012) retrospectively analyzed 450 men who underwent prostatectomy and subsequently developed PSA recurrence ( $\geq 0.2$  ng/mL) to assess metastasis-free survival and define clinical prognostic factors modifying metastasis risk.<sup>22</sup> Among the 450 patients with a mean follow-up of 8 years, the risks of metastasis were 6%, 48%, and 81% for radical prostatectomy with a Gleason score of 6, 7, and 8 to 10.

Eggerer et al (2011) modeled clinical and pathologic data and follow-up data from 11,521 patients treated from 1987 to 2005 with radical prostatectomy at 4 academic centers to predict prostate cancer-specific mortality.<sup>23</sup> They validated their model using 12,389 patients treated at a separate institution during the same period. The study reported that the 15-year prostate cancer-specific mortality rates stratified by patient age at diagnosis for pathologic Gleason score 6 or less, 3+4, 4+3, and 8 to 10 were 0.2% to 1.2%, 4.2% to 6.5%, 6.6% to 11% and 26% to 37%, respectively. Therefore, given that the Gleason score is an important factor predictive of prostate cancer and that there is consistent evidence supporting the superiority of MRI-targeted biopsy compared with TRUS-guided biopsy in terms of detecting clinically significant (Gleason score  $\geq 7$ ) prostate cancer, MRI-targeted biopsy is likely to identify patients with clinically significant cancer better, leading to changes in management that would be expected to improve survival, reduce morbidity, and improve quality of life.

**Section Summary: Patients with a Suspicion of Prostate Cancer**

For individuals who have signs and symptoms of prostate cancer who receive a diagnostic MRI-targeted biopsy of the prostate, the evidence includes numerous prospective and retrospective studies of paired cohorts, RCTs, and systematic reviews and meta-analyses of these studies. These studies compare MRI-targeted biopsy with TRUS biopsy in detecting overall, clinically significant, and clinically insignificant prostate cancers. Studies on the use of MRI-targeted prostate biopsy have shown that the technology may diagnose more clinically significant cancers than TRUS biopsy and fewer clinically insignificant cancers, which may stratify patients for treatment or for active surveillance. Considering the prognostic value of risk stratification based on prostate biopsy, better diagnostic accuracy is likely to identify patients with clinically significant prostate cancer leading to

changes in management that would be expected to result in a clinically meaningful improvement in outcomes (e.g., survival or quality of life).

### Patients with Prostate Cancer and in Active Surveillance

#### Clinical Context and Test Purpose

The purpose of MRI-targeted prostate biopsy in individuals with prostate cancer and in active surveillance is to detect disease progression.

The following PICO was used to select literature to inform this review.

#### *Populations*

The relevant population of interest is men with prostate cancer and in active surveillance.

#### *Interventions*

The relevant intervention of interest is MRI-targeted biopsy, which includes the following techniques: cognitive (or visual), MRI-in-bore, and MRI-TRUS fusion (visual targeted or software-based targeted).

#### *Comparators*

The following test is currently being used to make decisions about monitoring for cancer progression among men under active surveillance: standard TRUS-guided prostate biopsy.

#### *Outcomes*

The general outcomes of interest are diagnostic accuracy (e.g., test accuracy and validity) of clinically significant prostate cancer and health outcomes (ie, OS, disease-specific survival, morbid events, and quality of life) (Table 9).

Specifically, improving the detection rate of clinically significant prostate cancer and upgrading the Gleason score are outcomes of primary interest because they would inform the patient's treatment plan and, consequently, impact health outcomes.

False-positive test results can lead to overdiagnosis and overtreatment, which exposes patients to potential morbidity of treatment without benefit. False-negative test results can lead to failure to diagnose clinically significant cancers that require definitive treatment.

**Table 9. Outcomes of Interest for Individuals with Prostate Cancer and in Active Surveillance**

Outcomes	Details
Test accuracy	Outcomes of interest include overall prostate cancer detection, clinically significant prostate cancer detection, sensitivity, and specificity. [Timing: $\geq 1$ week]

#### Study Selection Criteria

For the evaluation of clinical validity of MRI-targeted biopsy of the prostate, studies that meet the following eligibility criteria were considered:

- Reported on the accuracy of the marketed version of the technology (including any algorithms used to calculate scores);
- Included a suitable reference standard;
- Patient/sample clinical characteristics were described;
- Patient/sample selection criteria were described.

#### Clinically Valid

A test must detect the presence or absence of a condition, the risk of developing a condition in the future, or treatment response (beneficial or adverse).

## Review of Evidence

### Systematic Reviews

Schoots et al (2015) conducted a systematic review (literature search through April 2014) of MRI-targeted biopsy with men on active surveillance for prostate cancer.<sup>24</sup> Reviewers assessed evidence for the use of MRI in men with low- or intermediate-risk prostate cancer diagnosed with TRUS-guided biopsy who were deemed suitable for active surveillance. Reviewers addressed 2 main clinical questions: (1) Can MRI-targeted biopsy detect clinically significant disease in men in active surveillance (thereby prompting treatment intervention rather than remaining on active surveillance); and (2) Can MRI-targeted biopsy be used in place of repeat standard TRUS biopsy to detect disease progression over time. The studies included reports on 3 distinct populations of men – group 1: men with histologic suitability for active surveillance who chose radical prostatectomy and had an MRI performed preoperatively (n=10 studies); group 2: men in active surveillance who had an MRI before a confirmatory biopsy (n=7 studies); and group 3: men in active surveillance assessed for disease progression on further MRI scans after an initial baseline scan (n=2 studies). The accuracy of MRI-targeted biopsy findings was assessed using whole-mount histology from post-prostatectomy specimens (group 1), repeat standard biopsy (groups 2 and 3), or biopsies targeted to any suspicious lesions on MRI (groups 2 and 3). The MRI-targeted approach included in-bore targeting, visual registration, and software-assisted registration.

Ten publications have assessed radical prostatectomy data from men in active surveillance who had undergone preoperative MRI. Of men who chose surgery, 152 (14%) of 1070 were upstaged to T3 disease or worse, and 163 (43%) of 353 were upgraded to a Gleason score greater than 6. The likelihood of a positive MRI-targeted biopsy preoperatively was 73% (963/1326). Upgrading occurred in 43% (291/677) of cases with a positive preoperative MRI and in 27% (78/293) of men with a negative preoperative MRI. The denominators for these data differed because not all groups included reported data for upgrading. Upstaging occurred in 10% (54/557) of positive MRI cases and in 8% (16/194) with a negative MRI.

Seven studies assessed repeat biopsy data for men on active surveillance who had a prior MRI (group 2). Four studies performed MRI-targeted biopsies plus TRUS-guided biopsies, and 3 studies only performed repeat standard (TRUS) biopsy following MRI. The MRI-targeted biopsies were performed using software-registered MRI-TRUS fusion in 2 of the 4 studies, visual registered (cognitive) MRI-TRUS fusion in 1 study, and direct in-bore in 1 study. The likelihood of a positive MRI in men undergoing active surveillance and an MRI and repeat standard (TRUS) biopsy was 70% (340/488). Following a positive MRI, reclassification occurred in 39% (115/298) of those who underwent repeat MRI-TRUS targeted biopsy and those who underwent repeat TRUS biopsy only versus 17% (18/107) reclassification in patients with a negative MRI before repeat biopsy. In the cases with a positive MRI and MRI-TRUS biopsy, reclassification occurred in 47% (84/179) of cases.

Two studies included in the Schoots et al (2015) review assessed whether men in active surveillance could be evaluated for disease progression over time with MRI using repeat standard biopsy. The studies defined progression differently, and the criteria by which patients underwent repeat biopsy varied among study groups, making conclusions difficult.

### Randomized Controlled Trials

Two RCTs were identified that compared MRI-targeted biopsy with TRUS-guided biopsy in men on active surveillance for prostate cancer. Klotz et al (2019, 2020)<sup>25,26</sup> reported on the Active Surveillance Magnetic Resonance Imaging Study (ASIST), a randomized, multicenter, open-label trial in Canada that evaluated 273 men recently diagnosed with grade group 1 prostate cancer (Table 10). The primary endpoint of ASIST was the proportion of patients upgraded to prostate cancer Grade Group 2 or greater and the power calculation was based on a 1 sided Fisher's exact test, requiring 266 total patients. The initial results at the time of the confirmatory biopsy did not show a significant benefit for MRI-targeted biopsy (Table 11). However at the 2-year biopsy, use of MRI led to significantly less

disease progression compared to no MRI. However, interpretation of findings from this study may be limited by the presence of the design, conduct, and relevance limitations described in Table 10. Schiavina et al (2021) conducted an RCT in Italy that evaluated 124 men diagnosed with prostate cancer after random biopsy (Table 10).<sup>27</sup> The primary endpoint of the trial was the reclassification rate at 12 month random biopsy in the experimental versus control groups. Reclassification was defined as a biopsy International Society of Urological Pathology (ISUP)-grade group grade 1 in >2 biopsy cores or biopsy ISUP-grade group grade  $\geq 2$ . Major results are presented in Table 11. The early use of multiparametric MRI for active surveillance in men with low-risk prostate cancer after random biopsy significantly reduces reclassifications at a 12 month random biopsy. Design, conduct, and relevance limitations of this trial are stated in Table 10.

**Table 10. Summary of Key Randomized Controlled Trial Characteristics for Active Surveillance**

Study; Trial	Country	Sites	Dates	Participants	Study Groups		Design and conduct limitations	Relevance limitations
					Group 1	Group 2		
<b>Klotz et al (2019, 2020); ASIST</b> <sup>25, 26,</sup>	Canada	3	2011-2015	Men diagnosed with Grade 1 prostate cancer within the past year being managed with active surveillance	12-core systematic biopsy, n=136	MRI with systematic and targeted biopsy using the Artemis fusion targeting system, n=137	<ul style="list-style-type: none"> <li>Possible inadequate control for selection bias: Patients in MRI group had less cancer overall (15% vs. 23%)</li> </ul>	<ul style="list-style-type: none"> <li>Intervention delivery method relevance limitations: Scoring performed in time period predating 2016 release of PI-RADS v2; inexperience with fusion targeted biopsies may have underestimated benefits of MRI</li> </ul>
<b>Schiavina et al (2021)</b> <sup>27,</sup>	Italy	3	2015-2018	Men between 35 and 75 years of age diagnosed with prostate cancer after random biopsy fulfilling PRIAS criteria	Management according to PRIAS schedule and 12-core random biopsy at 12 months, n=62	Multiparametric MRI at 3 months and fusion-targeted biopsy with positive findings, n=62	<ul style="list-style-type: none"> <li>Due to the study design, the timeline of reclassification was asymmetrical, as the control group was reclassified only at 12 months</li> <li>Enrolled population relatively small</li> </ul>	<ul style="list-style-type: none"> <li>Study designed in 2015 when random biopsy was the gold standard in naive patients and the evidence regarding the role of multiparametric MRI was not as robust as the current time period</li> </ul>

ASIST: Active Surveillance Magnetic Resonance Imaging Study; MRI: magnetic resonance imaging; PI-RADS: Prostate Imaging Reporting And Data System; PRIAS: Prostate Research International Active Surveillance.

**Table 11. Key Results of Randomized Controlled Trials of Magnetic Resonance Imaging–Targeted Versus Systematic Biopsies in Active Surveillance**

Study	Detection of Disease Progression	Progression-free survival
<b>Klotz et al (2019, 2020); ASIST<sup>25,26</sup></b>	At time of confirmatory biopsy <sup>a</sup> : 33% (42/127) vs. 27% (36/132); p=.3 2-yr repeat biopsy <sup>a</sup> : 9.9% (8/81) vs. 23% (17/75); p=.048	1-yr estimate (95% CI): 75% (67% to 82%) vs. 73.4% (64.9% to 80.1%) 2-yr survival: 88% vs. 77%; p=.009
	<b>Reclassification rate at 12 month random biopsy</b>	<b>Rate of adverse pathological features at 12 months</b>
<b>Schiavina et al (2021)<sup>27</sup></b>	6.5% vs. 29%; p<.001	0% vs. 55.6%; p=.04

ASIST: Active Surveillance Magnetic Resonance Imaging Study; CI: confidence interval.

<sup>a</sup>Gleason Grade upgraded to 2 or greater.

### Observational Studies

Frye et al (2017) reported on a retrospective review of 166 men with prostate cancer in active surveillance from 2007 to 2015 in whom MRI-visible lesions were monitored by MRI-TRUS fusion biopsy.<sup>28</sup> The study categorized patients into 2 groups: National Institutes of Health low-risk (defined as ISUP grade group 1) and National Institutes of Health intermediate-risk (ISUP grade group 2) (Table 12). Pathologic disease progression was defined as any ISUP grade group 2 and 3 identified on surveillance biopsy in National Institutes of Health low- and intermediate-risk groups, respectively. During a mean follow-up of 25.5 months, 49 (29.5%) patients had pathologic disease progression. Use of MRI-TRUS targeted biopsy alone identified 22 (45%) of 49 patients who progressed compared with TRUS biopsy alone, which identified 15 (31%) of 49 patients (p=.03) (Table 13). The number needed to biopsy to detect a single pathologic progression was 7.96 (215/27) for TRUS biopsy and 3.14 (107/34) for MRI-targeted biopsy (p<.001).

Ma et al (2017) reported on a single-center retrospective cohort study of 103 men with prostate cancer who were in active surveillance and underwent both TRUS-guided prostate biopsy and MRI-TRUS fusion.<sup>29</sup> They compared the detection rates for higher grade (Gleason score  $\geq 7$ ) prostate cancer for these techniques (Table 12). Of the 25 (24.3%) men in the cohort that had higher grade cancer detected by either biopsy method, 18 men were detected by systematic biopsy only, 4 by MRI-TRUS fusion biopsy, and 3 by both (Table 13). Use of MRI-TRUS fusion biopsy alone had a lower sensitivity to detect cancer with a Gleason score of 7 or higher compared with systematic biopsy (relative sensitivity ratio, 0.33; 95% CI, 0.16 to 0.71). In the study, the urologists were not blinded to the ROIs on multiparametric MRI before the systematic biopsy, which might have affected the higher efficiency systematic biopsy if the operator targeted areas where an ROI was identified on multiparametric MRI. Additionally, not blinding the radiologists to previous systematic biopsy findings also might have affected the higher grade cancer detections in this cohort.

Da Rosa et al (2015) conducted a prospective cohort study of 72 men with prostate cancer in active surveillance from 2011 to 2012 (Table 12).<sup>30</sup> The study reported that MRI-TRUS fusion prostate biopsy showed a trend toward detecting more clinically significant cancers in active surveillance patients with substantially fewer cores than a systematic biopsy (Table 13). Additionally, MRI-TRUS fusion biopsy identified 3 Gleason score upgrades that would not have been detected with systematic biopsy alone and upgraded a Gleason score by 2 or more in 5 patients compared with 1 patient who had a systematic biopsy. To avoid bias, the operator who performed systematic biopsy following the MRI-TRUS fusion biopsy was blinded to the location of suspicious lesions on MRI.

Walton Diaz et al (2015) evaluated the performance of multiparametric MRI and MRI-TRUS fusion biopsy for monitoring patients with prostate cancer (N=58) in active surveillance (Table 12).<sup>31</sup> The study reported higher detection rates for disease progression by MRI-TRUS fusion biopsy than by systematic biopsy (Table 13). The number needed to biopsy to detect a single Gleason grade progression was 8.74 (70/8) for systematic biopsy versus 2.9 (26/9) for MRI-TRUS fusion biopsy (p<.02).



**Table 12. Summary of Key Observational Study Characteristics for Magnetic Resonance Imaging–Targeted and Magnetic Resonance Imaging–Transrectal Ultrasound Fusion Biopsy**

Study	Type	Location	Dates	MRI-Targeted Biopsy	MRI-TRUS Fusion Biopsy	Median FU, months
Frye et al (2017) <sup>28,a</sup>	Paired retrospective cohort	U.S.	2007–2015	166	166	25.5
Ma et al (2017) <sup>29</sup>	Paired retrospective cohort	U.S.	2014–2015	103	103	60
Da Rosa et al (2015) <sup>30</sup>	Prospective cohort	Canada	2011–2012	72	72	38
Walton Diaz et al (2015) <sup>31</sup>	Paired retrospective cohort	NR	2007–2014	58	58	16.1

FU: follow-up; MRI: magnetic resonance imaging; NR: not reported; TRUS: transrectal ultrasound.

<sup>a</sup>Study population includes only men with lesions identified on multiparametric MRI.

**Table 13. Summary of Key Observational Studies for Magnetic Resonance Imaging–Targeted, Magnetic Resonance Imaging–Transrectal Ultrasound Fusion Biopsy, and Both Methods**

Study	Diagnostic Yield With GS Upgrading, % (n/N)			GS $\geq$ 7 Cancer Detection, % (n/N)		
	Comparators	Outcome Rate	p	Comparators	Outcome Rate	p
Frye et al (2017) <sup>28</sup>	MRI-TRUS fusion only	44.9 (22/49) <sup>a,b</sup>	.03	NR	NR	NR
	Systematic TRUS only	30.6 (15/49) <sup>a,b</sup>		NR	NR	
	Both	24.5 (12/49) <sup>a,b</sup>		NR	NR	
Ma et al (2017) <sup>29</sup>	MRI-TRUS fusion			MRI-TRUS fusion	6.8 (7/103)	.002
	Systematic			Systematic	20.4 (21/103)	
Da Rosa et al (2015) <sup>30</sup>	MRI-TRUS fusion	87 (13/15)	NR	MRI-TRUS fusion	37 (7/19) <sup>b</sup>	.18
	Systematic	67 (10/15)		Systematic	11 (2/19) <sup>b</sup>	
	Both			Both	53 (10/19) <sup>b</sup>	
Walton Diaz et al (2015) <sup>31</sup>	MRI-TRUS fusion	53 (9/17)	NR	NR	NR	NR
	Systematic	35 (6/17)		NR	NR	
	Both	12 (2/17)		NR	NR	

<sup>a</sup>Study population includes only men with lesions identified on multiparametric MRI.

<sup>b</sup>Reference is pathologic progression/GS  $\geq$ 7 cases detected by either method or by 2 methods combined.

GS: Gleason score; MRI: magnetic resonance imaging; NR: not reported; TRUS: transrectal ultrasound.

### Clinically Useful

A test is clinically useful if the use of the results informs management decisions that improve the net health outcome of care. The net health outcome can be improved if patients receive correct therapy, more effective therapy, or avoid unnecessary therapy or testing.

### Direct Evidence

Direct evidence of clinical utility is provided by studies that have compared health outcomes for patients managed with and without the test. Because these are intervention studies, the preferred evidence would be from RCTs.

Currently, there is no direct evidence from studies demonstrating that MRI-targeted prostate biopsies result in improved patient outcomes (e.g., survival, quality of life) among prostate cancer patients who are in active surveillance.

### Chain of Evidence

Indirect evidence on clinical utility rests on clinical validity. If the evidence is insufficient to demonstrate test performance, no inferences can be made about clinical utility.

For patients in active surveillance, physicians use the Gleason score of the biopsied tumors to determine whether there is a need to start definitive prostate cancer therapy. An increase in Gleason score to 7 or higher is 1 parameter used in recommending definitive therapy in this population.

Gordetsky et al (2018) retrospectively compared management decisions in patients who had prostate cancer and received TRUS-guided biopsy with or without fusion MRI-targeted biopsy.<sup>32</sup> There were a number of significant baseline differences between the standard cohort (n=215 patients) who received TRUS biopsy alone and the target cohort (n=133 patients) who received an additional targeted biopsy of suspicious areas identified by MRI-TRUS fusion. Most patients had a disease grade 1 or 2. A significantly higher proportion of patients in the target cohort elected active surveillance (49.6%) than in the standard cohort (24.2%;  $p<.001$ ). When given a choice between radiotherapy and prostatectomy, fewer patients in the target cohort (24.4%) chose the former, compared with the standard cohort (47.2%;  $p<.001$ ). Those who underwent MRI-guided biopsy were more likely to have had a previous positive biopsy (multivariate analysis,  $p=.013$ ), but no between-group difference was observed in the PSA level prior to the biopsy ( $p=.11$ ). Multivariate analysis indicated that race was a predictive factor in disease management, with fewer African American men electing active surveillance than non-African American patients ( $p=.013$ ). Limitations included baseline differences between cohorts and a lack of analysis of socioeconomic status as a predictive factor in management choices. Overall, active surveillance was more likely to be chosen by patients who had a MRI-targeted biopsy than by men who received TRUS biopsy alone.

Klotz et al (2015) conducted a single-center prospective single-arm cohort study to describe the long-term outcomes of an active surveillance protocol among 993 men with favorable-risk prostate cancer.<sup>33</sup> All 15 patients who died of prostate cancer had confirmed metastases before death. An additional 13 (1.3%) patients with confirmed metastases are alive (n=9) or died of other causes (n=4). Only 2 of 28 patients who developed metastases were not upgraded to a Gleason score of 7 or higher before developing metastatic disease. The finding of a Gleason score of 8 to 10 on confirmatory biopsy was associated with early progression to metastasis (Gleason score of 6 vs. 8,  $p=.034$ ; Gleason score of 7 vs. 8,  $p=.023$ ). Moreover, as described above in the discussion of the clinical utility of MRI-targeted biopsy among biopsy-naïve or previously biopsy-negative populations, there is evidence favoring the prognostic value of Gleason score based on prostate biopsy.

Because detection of clinically significant cancer is the parameter of definitive therapy and a high Gleason score is a predictor of metastatic disease, higher detection rates of pathologic disease progression (Gleason score upgrading) and cancer with a Gleason score 7 or higher by MRI-targeted biopsy compared with TRUS biopsy is likely to permit physicians to make better informed decisions for definitive treatment of prostate cancer. Eventually, this would improve survival, reduce morbidity, and improve the quality of life.

### **Section Summary: Patients with Prostate Cancer and in Active Surveillance**

The evidence for the use of MRI-targeted surveillance prostate biopsy includes RCTs, prospective and retrospective studies of paired cohorts, and a systematic review. Recent studies conducted among men with prostate cancer in active surveillance have generally shown a pattern of greater detection of pathologic disease progression using MRI-TRUS fusion biopsy than systematic biopsy. However, the studies often have small sample sizes and lack the statistical power to detect significant differences. Considering the clinical similarities in the goals of biopsy during initial diagnosis and follow-up biopsy for patients in active surveillance (ie, detecting clinically significant cancer and risk stratification of prostate cancer cases) and evidence of the superiority of MRI-targeted biopsy over TRUS biopsy in detecting clinically significant prostate cancer among biopsy-naïve and previously biopsy-negative men, the diagnostic performance of MRI-TRUS would be expected to be similar among men in active surveillance.

### Supplemental Information

The purpose of the following information is to provide reference material. Inclusion does not imply endorsement or alignment with the evidence review conclusions.

### Practice Guidelines and Position Statements

Guidelines or position statements will be considered for inclusion in 'Supplemental Information' if they were issued by, or jointly by, a US professional society, an international society with US representation, or National Institute for Health and Care Excellence (NICE). Priority will be given to guidelines that are informed by a systematic review, include strength of evidence ratings, and include a description of management of conflict of interest.

### National Comprehensive Cancer Network

National Comprehensive Cancer Network (v.1.2023 ) guidelines on prostate cancer make the following statements on the use of multiparametric magnetic resonance imaging (MRI) in the staging of prostate cancer:<sup>34</sup>

"Multiparametric MRI (mpMRI) can be used in the staging and characterization of prostate cancer."  
"mpMRI may be used to better risk stratify patients who are considering active surveillance. Additionally, mpMRI may detect large and poorly differentiated prostate cancer (Grade Group  $\geq 2$ ) and detect extracapsular extension (T staging) and is preferred over [computed tomography] for abdominal/pelvic staging. mpMRI has been shown to be equivalent to [computed tomography] scan for pelvic lymph node evaluation."

### American College of Radiology

In 2022 , the American College of Radiology issued appropriateness criteria for pretreatment detection, surveillance, and staging that stated:<sup>35</sup>

- "the clinical paradigm for prostate cancer diagnosis undoubtedly is rapidly moving toward MRI-targeted biopsies, based on abundant evidence that this can improve pretreatment evaluation of prostate cancer in many aspects, such as MRI-targeted biopsies are more concordant with radical prostatectomy in determining Gleason score; better selected candidates for active surveillance; and improved risk stratification"
- "clinical pathways that incorporate MRI-targeted biopsy have been shown to increase the detection rate of clinically significant cancers, especially in patients who had a prior negative [transrectal ultrasound]-guided biopsy with continuous suspicion for prostate cancer and even in biopsy-naïve patients"
- "MRI-targeted biopsy may be useful in a subset of patients with Gleason 3 + 4 for the purpose of identifying "favorable intermediate-risk" who may be considered for active surveillance"
- "MRI-targeted biopsies have shown increasing usage for active surveillance during the past decade for reclassification of disease as part of determining eligibility or during followup....because some tumors are invisible on MRI and missed by MRI-targeted biopsies, even when

performing an MRI-targeted biopsy as part of active surveillance, concurrent systemic biopsies cannot be omitted at the moment."

In 2022 , the American College of Radiology issued appropriateness criteria for post-treatment follow-up of prostate cancer, noting that MRI-targeted biopsy may be appropriate for follow-up status post radical prostatectomy when there is clinical concern for residual disease.<sup>35</sup> For follow-up in patients with clinical concern for residual or recurrent disease following nonsurgical local and pelvic treatments, MRI-targeted biopsy is usually appropriate.

### National Institute for Health and Care Excellence

In 2019, the National for Health and Care Excellence published guidelines on the diagnosis and management of prostate cancer with the following recommendations:<sup>36</sup>

- "Do not routinely offer multiparametric MRI to people with prostate cancer who are not going to be able to have radical treatment."
- "Offer multiparametric MRI as the first-line investigation for people with suspected clinically localised prostate cancer. Report the results using a 5-point Likert scale."
- "Offer multiparametric MRI-influenced prostate biopsy to people whose Likert score is 3 or more."
- "Consider omitting a prostate biopsy for people whose multiparametric MRI Likert score is 1 or 2, but only after discussing the risks and benefits with the person and reaching a shared decision. If a person opts to have a biopsy, offer systematic prostate biopsy."

### American Urological Association and Society of Abdominal Radiology

In 2016, the American Urological Association and Society of Abdominal Radiology published a joint consensus statement on prostate MRI and MRI-targeted biopsy for patients with prior negative biopsy.<sup>37</sup> The groups recommended:

"If a biopsy is recommended, prostate MRI and subsequent MRI targeted cores appear to facilitate the detection of clinically significant disease over standardized repeat biopsy. Thus, when high-quality prostate MRI is available, it should be strongly considered in any patient with a prior negative biopsy who has persistent clinical suspicion for prostate cancer and who is undergoing a repeat biopsy."

### American Urological Association

In 2020, the American Urological Association published an update of the standard operating procedure on the use of multiparametric MRI for the diagnosis, staging, and management of prostate cancer.<sup>38</sup> The statement concluded that "data support prostate MRI use in men with a previous negative biopsy and ongoing concerns about increased risk of prostate cancer. Sufficient data now exist to support the recommendation of MRI before prostate biopsy in all men who have no history of biopsy. Currently, the evidence is insufficient to recommend MRI for screening, staging, or surveillance of prostate cancer."

### U.S. Preventive Services Task Force Recommendations

No U.S. Preventive Services Task Force recommendations for MRI-targeted or MRI-TRUS fusion biopsy of the prostate have been identified.

### Medicare National Coverage

There is no national coverage determination. In the absence of a national coverage determination, coverage decisions are left to the discretion of local Medicare carriers.

### Ongoing and Unpublished Clinical Trials

Some currently unpublished trials that might influence this policy are listed in Table 14 .

**Table 14. Summary of Key Trials**

NCT No.	Trial Name	Planned Enrollment	Completion Date
<i>Ongoing</i>			
NCT02242773	MRI-Guided Active Selection for Treatment of Prostate Cancer : The Miami MAST Trial	207	Jul 2024
NCT04081636	Prospective, Randomized Study Comparing Transperineal and Transrectal Prostate Biopsy Efficacy and Complications (ProBE-PC Trial)	830	Mar 2024

NCT: national clinical trial.

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## Documentation for Clinical Review

### Please provide the following documentation:

- History and physical and/or consultation notes including:
- Clinical findings (i.e., pertinent symptoms and duration)
- Reason for magnetic resonance imaging (MRI)-Targeted Biopsy
- Past and present diagnostic testing and results (i.e., initial biopsy and digital rectal exam)
- Prostate-specific Antigen (PSA) Test results

### Post Service (in addition to the above, please include the following):

- Results/reports of tests performed
- Procedure report(s)

## Coding

*This Policy relates only to the services or supplies described herein. Benefits may vary according to product design; therefore, contract language should be reviewed before applying the terms of the Policy.*

*The following codes are included below for informational purposes. Inclusion or exclusion of a code(s) does not constitute or imply member coverage or provider reimbursement policy. Policy Statements are intended to provide member coverage information and may include the use of some codes for clarity. The Policy Guidelines section may also provide additional information for how to interpret the Policy Statements and to provide coding guidance in some cases.*

Type	Code	Description
CPT®	55700	Biopsy, prostate; needle or punch, single or multiple, any approach
	55705	Biopsy, prostate; incisional, any approach
	55706	Biopsies, prostate, needle, transperineal, stereotactic template guided saturation sampling, including imaging guidance
	77021	Magnetic resonance guidance for needle placement (e.g., for biopsy, needle aspiration, injection, or placement of localization device) radiological supervision and interpretation
HCPCS	None	

## Policy History

This section provides a chronological history of the activities, updates and changes that have occurred with this Medical Policy.

Effective Date	Action
07/01/2016	BCBSA Medical Policy Adoption
10/01/2017	Policy revision with position change
10/01/2018	Policy revision without position change
11/01/2019	Policy revision without position change
10/01/2023	Policy reactivated. Previously archived from 11/01/2020 to 09/30/2023.

## Definitions of Decision Determinations

**Medically Necessary:** Services that are Medically Necessary include only those which have been established as safe and effective, are furnished under generally accepted professional standards to treat illness, injury or medical condition, and which, as determined by Blue Shield, are: (a) consistent with Blue Shield medical policy; (b) consistent with the symptoms or diagnosis; (c) not furnished primarily for the convenience of the patient, the attending Physician or other provider; (d) furnished at the most appropriate level which can be provided safely and effectively to the patient; and (e) not more costly than an alternative service or sequence of services at least as likely to produce equivalent therapeutic or diagnostic results as to the diagnosis or treatment of the Member's illness, injury, or disease.

**Investigational/Experimental:** A treatment, procedure, or drug is investigational when it has not been recognized as safe and effective for use in treating the particular condition in accordance with generally accepted professional medical standards. This includes services where approval by the federal or state governmental is required prior to use, but has not yet been granted.

**Split Evaluation:** Blue Shield of California/Blue Shield of California Life & Health Insurance Company (Blue Shield) policy review can result in a split evaluation, where a treatment, procedure, or drug will be considered to be investigational for certain indications or conditions, but will be deemed safe and effective for other indications or conditions, and therefore potentially medically necessary in those instances.

## Prior Authorization Requirements and Feedback (as applicable to your plan)

Within five days before the actual date of service, the provider must confirm with Blue Shield that the member's health plan coverage is still in effect. Blue Shield reserves the right to revoke an authorization prior to services being rendered based on cancellation of the member's eligibility. Final determination of benefits will be made after review of the claim for limitations or exclusions.

Questions regarding the applicability of this policy should be directed to the Prior Authorization Department at (800) 541-6652, or the Transplant Case Management Department at (800) 637-2066 ext. 3507708 or visit the provider portal at [www.blueshieldca.com/provider](http://www.blueshieldca.com/provider).

We are interested in receiving feedback relative to developing, adopting, and reviewing criteria for medical policy. Any licensed practitioner who is contracted with Blue Shield of California or Blue Shield of California Promise Health Plan is welcome to provide comments, suggestions, or concerns. Our internal policy committees will receive and take your comments into consideration.

For utilization and medical policy feedback, please send comments to: [MedPolicy@blueshieldca.com](mailto:MedPolicy@blueshieldca.com)



*Disclaimer: This medical policy is a guide in evaluating the medical necessity of a particular service or treatment. Blue Shield of California may consider published peer-reviewed scientific literature, national guidelines, and local standards of practice in developing its medical policy. Federal and state law, as well as contract language, including definitions and specific contract provisions/exclusions, take precedence over medical policy and must be considered first in determining covered services. Member contracts may differ in their benefits. Blue Shield reserves the right to review and update policies as appropriate.*

**Appendix A**

POLICY STATEMENT	
BEFORE	AFTER <u>Blue font: Verbiage Changes/Additions</u>
Reactivated Policy  Policy Statement: N/A	Magnetic Resonance Imaging–Targeted Biopsy of the Prostate 7.01.152  Policy Statement: <ul style="list-style-type: none"><li>I. Magnetic resonance imaging–targeted biopsy of the prostate may be considered <b>medically necessary</b> for diagnosis and active surveillance of prostate cancer.</li></ul>