

INCREMENTAL

**Helping Your APC
Patients Build A
Roadmap To Living
Better With ADT**



incrementaladt.com



PROGRAM OBJECTIVE

Build **Positive** Habits

While ADT is a beneficial treatment option to improve the lives for your APC patients, the physical, mental, and emotional side effects can be overwhelming. However with some small steps, your patients can help manage these effects. Incremental aims to help your patients adopt positive practices that help them manage these symptoms and stay healthy in body and mind. We break up the big lifestyle changes into small and simple actions to help patients build lasting habits.



PROGRAM OVERVIEW

Make Incremental Changes

This 12-week program sends bite-sized lessons that encourage your patients to adopt new habits into daily life. Your patients track their progress through individualized weekly check ins and progress dashboards. Patient caregivers can also enroll in email updates to stay informed on your patient's progress and help them stay accountable in their progress. The result is an ongoing feedback loop that encourages self-guided learning, making it easier for patients to develop healthy habits.



Teaching Patients About **Healthy Living**

Incremental helps remind your patients that their health is still in their control, even while on ADT. Every week, your patient navigates through four micro-lessons that teach the nuances of living while on ADT. Each lesson is focused on either diet & nutrition, physical exercise, mental wellness, or general tips for living with ADT.

Topics We Cover

While the lessons are short, the list of topics we discuss are not. Incremental covers all of these topics and more to educate your patient and help them transform their life while on ADT. See below for sample topics we cover. For a more in-depth look at what Incremental lessons look contain, turn the page.

- Bone health
- Anxiety & depression
- Cardiovascular health
- Sexual dysfunction
- Fatigue
- Mood swings
- Exercise plans
- Proper exercise form
- Navigation conversations about ADT
- Food labels & daily nutrition
- Best sleep habits while on ADT
- Hydration
- Cognitive side effects
- Health-minded hobbies

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Anxiety, Depression & ADT

In the last few years, doctors and scientists have increased their focus on studying the relationship between androgen deprivation therapy and anxiety and depression. So far, their research has supported the theory that there is a causal relationship. One recent study published the following conclusion: "Our review revealed **23 studies confirming the occurrence and worsening of depressive symptoms** in ADT-treated patients, which frequently require pharmacological interventions.¹" And this, from another study: "researchcontinues to provide robust support for the causal relationship between ADT use and depression in patients with prostate cancer..."²

Defining Anxiety & Depression

While they share some things in common, clinically speaking, anxiety and depression are two different things with different symptoms and different methods of treatment.

Anxiety: Recurring feelings of fear or worry that you can't control. Depending on the type of anxiety experienced, the worry can surface during everyday activities like meeting new people.

Depression: A persistent feeling of sadness. A noticeable lack of energy and loss of interest in activities once enjoyed. Some people with depression think about hurting themselves.

The relationship between ADT and anxiety and depression is important to understand because their symptoms **can take a serious toll** on your quality of life. Some of the most **common symptoms of depression** include:

- Muscle tension and pain
- Insomnia or trouble sleeping
- Significant weight loss or gain
- Feeling dizzy, lightheaded or faint
- Stomach pain, nausea or vomiting
- Lack of energy
- Suicidal thoughts

There are also telltale signs of anxiety, many of which are more social/behavioral in nature than physical. Some of the most common warning signs are:

- Increased heart rate/ racing heart
- Avoiding objects, people or situations which cause anxiety
- Loss of interest in hobbies or activities
- Not being assertive (i.e. avoiding eye contact)
- Difficulty making decisions
- Constant worrying, or unwanted or intrusive thoughts

If you've experienced any of these symptoms, or you're currently experiencing one or more of them, pay attention to it. Better yet, document it and be prepared to talk to your partner, peers or support group, and your doctor about it. Why is it so critical to pay attention to, document, and share these warning signs? Because, according to the latest research:

"in men with prostate cancer receiving ADT with a new diagnosis of depression or anxiety, nearly half are not receiving mental health care."³

If you're feeling hesitant about sharing your struggles, you're not alone. According to Dr. Adelman of the Irving Sherwood Wright Center on Aging, "Often, patients have the sense that if they're depressed, it means they don't have the backbone that they used to have. One thing we try to do is make it clear that depression is a disease just like high blood pressure — it's not something the patient is responsible for. And it requires aggressive treatment. If you don't treat it, it can cause prolonged suffering and significant loss of function."

You don't have to live a lesser version of the life you want to live. There are many ways to treat the symptoms of anxiety and depression as a result of being on ADT. Start by paying close attention to your mental thoughts and physical reactions. If you experience any of the common warning signs of anxiety or depression, write down the date, time and your symptoms. Then, in your next conversation with your partner, peers, or support group, share it. Continue to write down any symptoms you may be experiencing and take your notes to your next doctor appointment to share with them.

ADT & Bone Health

It should come as no surprise that bone loss and fractures are a concern for people over the age of 60. But you may not realize just how much being on ADT can impact the health of your bones. A recent study has shown that “Long-term ADT for advanced or metastatic prostate cancer was associated with decreased bone mineral density, as well as altered body composition that might affect bone health. Considering the potential impact of osteoporotic fracture, interventions to mitigate these skeletal adverse effects should be considered...”⁴

Let’s look at the **top seven things** you can do to support your bone health during ADT.

1. Choose Calcium-Rich Foods

Calcium is the building-block of bones. Calcium-rich foods you should be making a regular part of your diet include:

- Milk
- Yogurt
- Cheese
- Kefir
- Fortified plant-based beverages, like fortified soy beverage
- Beans, tofu, nuts, fish and leafy green vegetable like collards and spinach

2. Get Enough Vitamin D

Vitamin D helps you absorb the calcium in foods. Some people have trouble getting enough vitamin D. Nutritionists recommend that all adults over the age of 50 take a supplement with 180 mg of vitamin D each day. If you don’t drink milk or fortified plant-based beverages, you should speak with your doctor or other qualified health professional. They can help you decide if you need a vitamin D supplement in addition to eating other vitamin D-rich foods.

3. Get Enough Nutrients

Potassium, vitamin K and magnesium help your body absorb and use calcium. Get these important nutrients by eating a variety of healthy foods like vegetables and fruit, legumes (beans, peas, lentils), nuts, seeds, whole grains, and fish. Protein helps to build muscle, which helps keep bones strong. Choose protein-rich foods that will give you the nutrients your body needs most.

4. Stay active

Aim to be active for at least 150 minutes each week. Here are some ideas to help keep your bones strong. Try:

- Weight-bearing exercises like running, walking, hiking, low impact aerobics, dancing, tennis and golf.
- Resistance activities like lifting weights or push-ups to help build muscle, which keeps your bones strong.
- Stretching exercises like yoga and tai chi to help improve balance and coordination, which will lower your risk of falling and breaking bones.

5. Limit caffeine

Having too much caffeine can decrease the amount of calcium you absorb. Aim for no more than 400mg of caffeine per day for adults – about 3 cups of coffee per day (1 cup = 8oz or 237mL).

6. Limit alcohol

Drinking alcohol can contribute to bone loss. If you drink, follow the US drinking guidelines and have no more than 2 drinks per day or 14 drinks per week for men.

7. Avoid eating too much salt

Too much sodium (the main chemical compound found in salt) can reduce bone density. Choose lower sodium foods by comparing food labels. Adults need only 1500 mg of sodium per day.

You can take one simple step towards better bone health by tracking your calcium intake each day. After you've tracked it for a week, you can make any incremental changes that may be needed, using your own data as a reference point.

REFERENCES

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4. Mohamad NV, et.al. A Review on the Effects of Androgen Deprivation Therapy (ADT) on Bone Health Status in Men with Prostate Cancer. *Endocr Metab Immyne Disord Drug Targets* 2017;17(4):276-284.

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An Essential Aide for ADT

Help your APC patients take better care of their bodies during ADT therapy.

- Self-guided learning
- Education for healthy habits while on ADT
- Tailored lessons to patient experience
- Path to stronger caregiver support



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