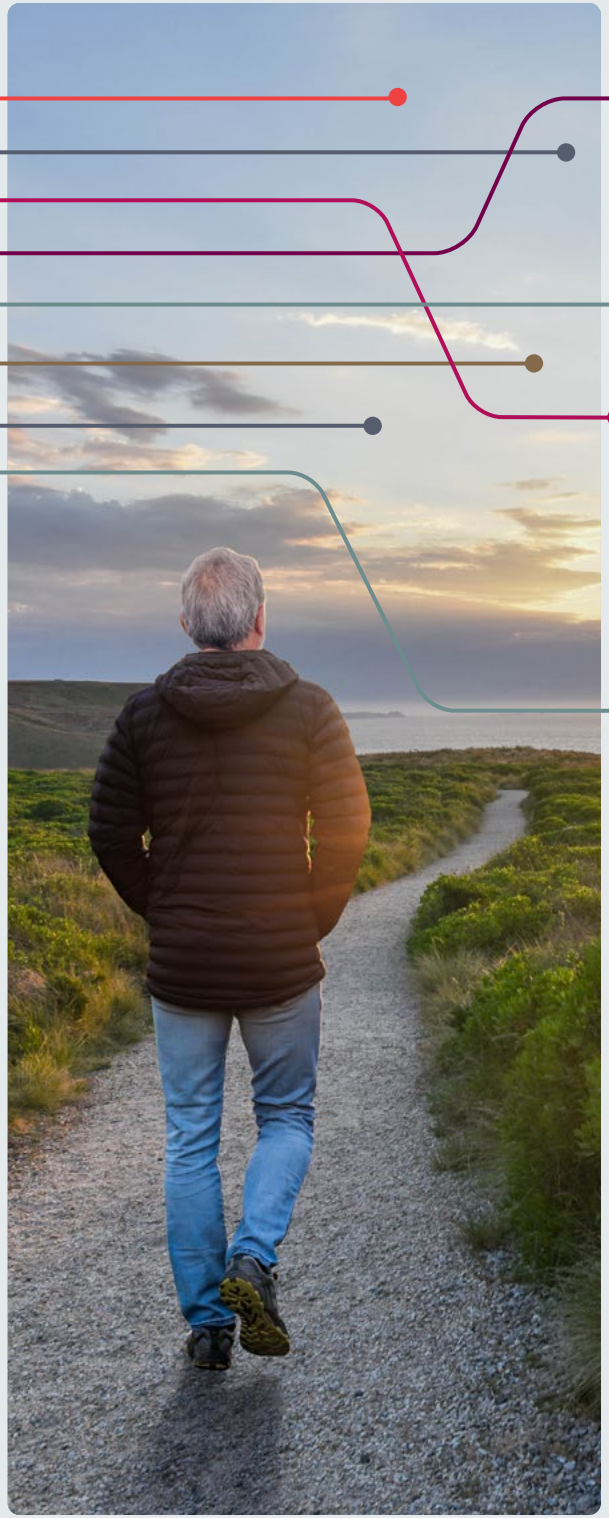

Taking Good Care of Your Health

While Receiving Androgen Deprivation Therapy (ADT)

A Roadmap for Patients with Prostate Cancer

This resource was developed by the Prostate Cancer 360 Initiative's Working Group, which is composed of urologists, medical oncologists, primary care physicians, an endocrinologist, an oncology nurse, an exercise physiologist, a nutritionist, a psychologist, and patient advocates. Those clinicians and patient advocates convened in a series of live and virtual meetings in which they reviewed the scientific evidence and drew on their own experience and expertise to develop the resource and its recommendations.

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Prostate Cancer 360

Defining the Path for Comprehensive Care of Men on Androgen Deprivation Therapy

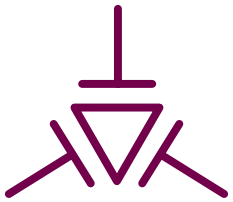
Know Before You Go:

3 Important Facts About ADT

1

ADT can control prostate cancer

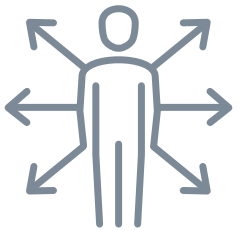
- Male sex hormones, or androgens, fuel the development and progression of prostate cancer[1]
- ADT lowers levels of androgens or blocks androgen activity, helping to control prostate cancer[1]



2

ADT can cause side effects

- ADT can cause a range of side effects involving many aspects of health[1,2]
- Not all men experience all of the potential side effects of ADT, and those effects vary in intensity from person to person[2]

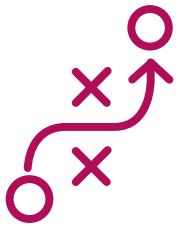


3

ADT side effects can be managed

- There are many steps you and your doctor can take to avoid, minimize, or manage the side effects of ADT[1,3]
- Eating well, being physically active, and working closely with your doctor to manage your health are key

This roadmap will show you how!



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Getting Ready for ADT: A Pre-Trip Checklist

Question	Yes	No
Do you have a primary care provider (PCP)?	Make sure your PCP knows you will be starting ADT and has the name and contact information of your cancer doctor	Ask your cancer doctor to recommend a PCP, or find a PCP another way, and schedule an initial appointment with the PCP
Do you involve a spouse, partner, family member, or friend in your cancer treatment appointments?	Have that person accompany you to doctor visits when possible and talk about healthcare decisions with him or her	Consider having a trusted person accompany you to visits to provide an "extra set of ears" and to have someone you can talk with about your health status and decisions
Has a doctor told you that you have high blood pressure, high cholesterol, diabetes, kidney disease, are overweight or obese, or do you have a history of heart attack or stroke?	Make sure the doctor treating your prostate cancer knows about any conditions you have and medications you are taking. Discuss how you can best protect your cardiovascular health while taking ADT	Good. Talk with your cancer doctor and your PCP about how best to maintain your cardiovascular health while taking ADT
Are you taking a statin medication to lower cholesterol?	ADT can affect cholesterol levels—keep taking your statin as prescribed	Ask your cancer doctor and/or your PCP if you should start statin therapy
Has a doctor told you that you have anxiety, depression, or other mental health issues? Has your mood changed since you learned you have prostate cancer?	Talk with your cancer doctor about these issues, and ask about any referrals or medications that may be helpful	Be sure to tell your cancer doctor if you experience any change in mood or outlook, anxious thoughts or feelings, depression, or other concerns
Do you exercise regularly?	Keep at it! Talk with your cancer doctor about your current exercise routine and whether any different or new approaches may be beneficial as you start ADT	Talk with your cancer doctor about strategies for adding exercise to your daily life

Getting Ready for ADT: A Pre-Trip Checklist (continued)

Question	Yes	No
Is your diet primarily based on whole foods (fruits, vegetables, whole grains, lean meats and fish) with minimal processed foods and alcohol?	Way to go! Maintain that diet, as evidence shows that it's beneficial for cardiovascular health, which is particularly important when taking ADT	Don't feel bad; you're not alone. But to improve your overall health, talk with your doctor about strategies for good nutrition, including consulting with a dietitian to develop a practical, enjoyable approach to healthy eating
Have you and your cancer doctor reviewed the benefits and potential side effects of ADT, as well as strategies for managing side effects?	Good! Stay in touch with your doctor as questions or concerns ariser	Ask your doctor what benefits ADT can provide, what side effects may occur, and how you'll manage them. Don't be shy about asking questions or raising concerns
If you have a spouse, partner, or significant other, have you talked with them about the potential effects of prostate cancer and ADT on your relationship?	Keep those lines of communication open. Prostate cancer and its treatment affect not only men but also those who love them. Consider having a counselor or therapist facilitate communication, if needed	Talk with your cancer doctor about the potential effects of prostate cancer and ADT side effects on your relationship. Ask for helpful resources, including referral to a counselor or therapist, if needed
Do you understand what coverage and benefits your health plan offers in terms of professionals (dietitians, exercise physiologists, couples therapists, etc) and resources (imaging tests, gym memberships, etc) that can help you manage your health and well-being?	Talk with your doctor about which of these professionals and services may be beneficial to you, and make full use of your health plan's coverage	Learn what benefits your plan offers, and talk with your doctor about how best to make use of them

Before You Start ADT: What Your Doctor Will Assess

Evaluation	Why It Matters
Cardiometabolic health, including personal and family history, blood pressure, lipids, blood sugar, and kidney health	ADT is associated with changes that can increase cardiovascular risk, such as dyslipidemia[4,5]
Bone health, including risk for fracture, vitamin D levels, and a bone imaging scan	Good! Stay in touch with your doctor as questions or concerns arise
Depression screen involving a few simple questions	ADT can lead to development or worsening of depressive symptoms[3]
Sexual health assessment, including questions on erectile function	Reduced sex drive, erectile dysfunction, and other sexual side effects often occur with ADT[1]
Assessment of physical activity, diet, and weight	• More than two-thirds of men gain weight on ADT[6] • Physical activity and good nutrition can help control weight gain and provide other benefits, while impact-generating exercise can protect bone health

After You Start ADT: What Your Doctor Will Assess

At Each Visit	Periodically	Annually	Every 1-3 Years
Questions • How you are feeling; any questions or concerns you may have • Whether you are taking your ADT and any other medications as scheduled • Any potential side effects or other health concerns • Your physical activity • Your dietary habits	**Assessment of:** • Blood pressure • Lipids • Glucose	Measurement of Vitamin D levels	Follow-up bone scans DEXA testing

Whether at visits or in between visits, don't hesitate to share any questions or concerns you have. There are many approaches to help you obtain the benefits of ADT while avoiding, minimizing, or managing side effects.

DEXA, dual-energy X-ray absorptiometry.

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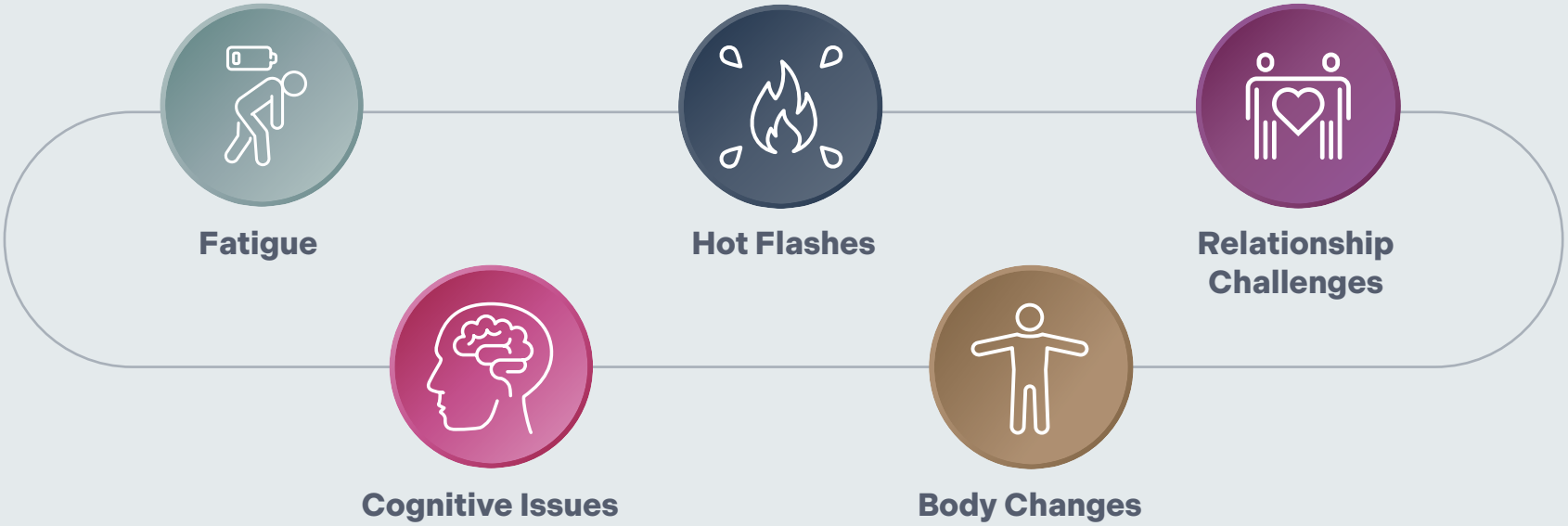
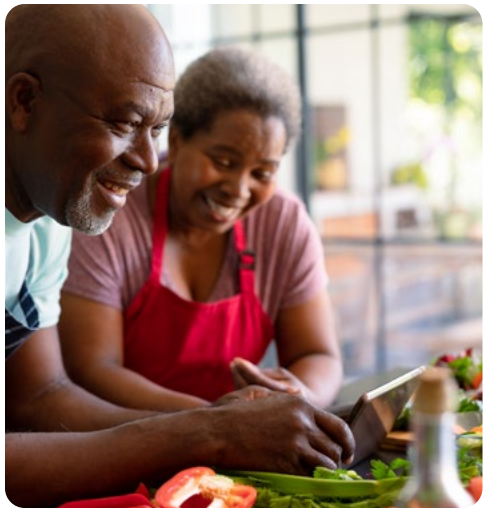
Talking to Your Doctor About Other Potential Side Effects of ADT

Not all men will have all—or even most—of the common side effects of ADT, and those side effects that do occur vary widely in intensity and duration from patient to patient.[2] However, if you experience any of the side effects mentioned before, or those listed below, talk with your doctor because help is available.



Most of these side effects and other challenges can be avoided, reduced, or managed with lifestyle changes and, in some cases, medication or therapy, without stopping treatment or reducing the dose of ADT.[3]

Charting a Course for Good Health While Taking ADT: Start With Diet and Physical Activity



- Eat a diet based on whole foods, including a variety of fruits, vegetables, and lean meats
- Avoid processed foods, foods high in trans fats and simple sugars, and alcohol
- Ask your doctor about following the Mediterranean diet or a similar eating plan
- Identify barriers to eating healthy and brainstorm ways to overcome them
- If possible, consult a dietitian

What difference does it make?

2.5x higher risk of dying from prostate cancer in men who follow a traditional Western diet compared to men who follow a non-Western diet.[7]

- Aim for 150 minutes per week of moderate-intensity physical activity, such as brisk walking or other exercise approved by your doctor[8]
- Engage in moderate to vigorous resistance training 2-3 times per week for at least a year and high-impact training as prescribed by your doctor[9]
- If possible, consult an exercise physiologist

What difference does it make?

⬇ 31% An analysis of several studies found that physical activity after a diagnosis of prostate cancer reduced the risk of dying from prostate cancer by almost one-third.[10]

Rules of the Road for Prostate Cancer Patients on ADT

1. **Keep your destination in mind.** ADT has been shown to control prostate cancer progression[1]
2. **Use the right fuel and keep your 'vehicle' in good shape** by eating well and staying physically active
3. **Be prepared for bumps along the way.** Side effects are common with ADT.[1] Know what to expect and know that most side effects can be managed with proactive steps[1-3]
4. **Don't be 'that guy'** who won't ask for directions when he's uncertain about which way to go—seek help when a question or problem arises
5. **Tap into your team.** Just like a race car driver relies on his pit crew, make the most of the doctors, other healthcare professionals, and loved ones who are there to support you

Smooth Travels and Good Health on Your Journey!

Visit **prostatecancer360.com** for more information

The information in this resource is provided by the Prostate Cancer 360 Initiative. The initiative is led by a 14-member Working Group composed of urologists, medical oncologists, primary care physicians, an endocrinologist with cardiometabolic expertise, an oncology nurse, an exercise physiologist, a nutritionist, a psychologist, and patient advocates

The information provided is not intended to constitute medical advice specific to the care of any individual person. Consult your doctor on all questions about your health and any medications, treatments, or lifestyle interventions

Tolmar Inc. funded the Working Group's meetings but did not have any role in or control over the content of this resource, nor does Tolmar's provision of funding reflect or imply the Company's endorsement of any of the information contained in the resource

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1. American Cancer Society. Treating Prostate Cancer. Accessed August 7, 2023. https://www.cancer.org/cancer/types/prostate-cancer/treating.html. **2.** NCCN Clinical Practice Guidelines in Oncology (NCCN Guidelines®) for Prostate Cancer V2.2023. © National Comprehensive Cancer Network, Inc. 2023. All rights reserved. Accessed August 2023. To view the most recent and complete version of the guideline, go online to NCCN.org. NCCN makes no warranties of any kind whatsoever regarding their content, use or application and disclaims any responsibility for their application or use in any way. **3.** Kokorovic A et al. *Can Urol Assoc J*. 2021;15(6):E307-E322. **4.** Crawford ED et al. *Urol Oncol*. 2017;35(5):183-191. **5.** Narayan V et al. *JACC CardioOncol*. 2021;3(5):737-741. **6.** Kim HS et al. *BJU Int*. 2011;107(6):924-928. **7.** Jochems SHJ et al. *BMJ Open*. 2018;8(2):e014530. **8.** U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018. **9.** American College of Sports Medicine. Effects of Exercise on Health-related Outcomes in Those With Cancer. Accessed September 8, 2022. https://www.acsm.org/blog-detail/acsm-certified-blog/2019/11/25/acsm-guidelines-exercise-cancer-download. **10.** Benke IN et al. *Ann Oncol*. 2018;29(5):1154-1179.

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