Sides Effects While on Advanced Prostate Cancer (aPC) Treatment

Side effects can be expected when you start taking a new medication, but it is important to keep track of how you are feeling to ensure minimal impact to your quality of life. These side effects should be closely monitored and discussed with your doctor to determine if there are any medications or recommendations available for persistent symptoms.

Use the chart below to familiarize yourself with some common side effects that you may experience with your aPC medications.

Common side effects for specific treatments	
Androgen deprivation therapy (ADT)[1, 2]	Fatigue, weight gain, loss of bone density, sexual dysfunction, hot flashes, and mood changes. There could also potentially be serious cardiovascular risks. The effects on bone health could increase fracture risks. There may be effects on metabolic health that could cause insulin resistance and diabetes. Loss of muscular mass could cause issues with balance and movement.
Androgen receptor inhibitors (ARI)[3-5]	Fatigue, joint pain, hypertension, nausea, swelling, low potassium levels, fluid retention, hot flushes, diarrhea, vomiting, upper respiratory tract infection, cough, headache, adrenal insufficiency, liver damage, seizures, back pain, decreased appetite, musculoskeletal pain, and coronary heart disease.
Chemotherapies and immunotherapies[6,7]	Fatigue, nausea and vomiting, lose of appetite, infusion-related reaction or injection site pain, and chills, joint pain, or muscle weakness.
Poly(ADP-ribose) polymerase inhibitors (PARPis)[8]	Hematological toxicities such as anemia, low blood platelet count, and low white blood cell count, which are more serious side effects. In addition, secondary cancers such as myelodysplastic syndrome and acute myeloid leukemia are serious complications that could warrant discontinuation of treatment.
Radioligand therapy (RLT)[9]	Urinary problems, kidney toxicity, fatigue, nausea, vomiting, dry mouth, and bone marrow suppression.

It is also important to also track of other medications and supplements you may be taking as drug-drug interactions can lead to serious health complications.

Your doctor will monitor you to assess how you are responding to treatment and may make changes to help manage any side effects.

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aPC Medication Side Effect Tracker

Use this side effect tracker to help keep track of the symptoms you experience while on your aPC treatment. Remember to bring it to your appointments to help guide conversations with your doctor and ensure that your medication plan is the right one for you.

Date	Medications Taken*	Side Effects Experienced	Severity of Symptoms (Scale 1-10)	Additional Notes

*Include all medications/supplements you are taking or have taken within the last 2 weeks.

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References: 1. Edmunds K, Tuffaha H, Galvao DA, et al. Incidence of the adverse effects of androgen deprivation therapy for prostate cancer: a systematic literature review. *Support Care Cancer.* 2020,28(5):2079-2093. **2.** Kokorovic A, So AI, Serag H, et al. Canadian Urological Association guideline on androgen deprivation therapy: adverse events and management strategies. *Can Urol Assoc J.* 2021;15(6):e307-e322. **3.** ZYTIGA (abiraterone acetate) [prescribing information]. Janssen Biotech Inc.; Revised November 2024. **4.** XTANDI (enzalutamide) [prescribing information]. Astellas Pharma US, Inc.; Revised March 2025. **5.** ERLEADA (apalutamide) [prescribing information]. Janssen Products LP, Revised August 2024. **6.** Ismail U, Kileen RB. Taxane Toxicity. In: *StatPearls.* Treasure Island (FL): StatPearls Publishing, March 12, 2023. **7.** Keytruda (pembrolizumab) [package insert]. Whitehouse Station, NJ: Merck & Co, Inc.; 2024 **8.** LaFargue CJ, Dal Molin GZ, Sood AK, et al. Exploring and comparing adverse events between PARP inhibitors. *Lancet Oncol.* 2019;20(1):e15-e28. **9.** Ksiazek I, Ligeza A, Drzymala F, et al. Role of lutetium radioligand therapy in prostate cancer. *Cancers (Basel).* 2024;16(13):2433.

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