

WHEN STARTING ADT, SOME THINGS ARE WORTH TALKING ABOUT.



Before deciding on treatment, it's important to tell your doctor about all the medications you're taking and any preexisting conditions you may have. This is because some commonly prescribed androgen deprivation therapies (ADTs) include a warning about an increased risk of diabetes, heart diseases (eg, heart attack), sudden cardiac death, and stroke. That's why your history and family history of related conditions may influence the ADT you and your doctor select.

Get the conversation started

Any of the conditions on the following checklist can affect which ADT you should be on. Print this out and talk with your doctor about these serious risk factors before starting therapy.

Once you talk with your doctor about your risk factors and which ADT is right for you, you should consider scheduling an appointment to see your primary care doctor and cardiologist. These doctors will help you to stay healthy and manage any risks while you are on ADT.

Check the box if you have a history or family history of:

- Heart disease (such as coronary artery disease, heart attack, heart failure, peripheral vascular disease, or irregular heartbeat)
- Diabetes
- Stroke
- High blood pressure
- High cholesterol
- High blood sugar
- Sudden cardiac death (family history)
- Hypertension
- Chronic obstructive pulmonary disease (COPD)
- Unhealthy diet and lack of exercise (in yourself only)
- Cigarette smoking (in yourself only)