

A healthy lifestyle guide for patients with advanced prostate cancer (APC) on ADT and their loved ones

LIVE HEALTHY

VOLUME 4

WHILE ON ANDROGEN DEPRIVATION THERAPY (ADT)

INSIDE:

LEARN HOW TO DEVELOP A HEALTHY DIET
AND EXERCISE REGIMEN AND BUILD STRONG
RELATIONSHIPS WITH LOVED ONES AND
YOUR HEALTHCARE TEAM

ADVICE FROM EXPERTS:



HEART HEALTH ON ADT,

by Dipti Gupta, MD, MPH
Memorial Sloan Kettering Cancer Center



INTIMACY AFTER ADT,

by Debbie Zeroski, RN
Wheeling Hospital's Schiffler Cancer Center

For advice on medical issues, you should always consult your medical practitioner. This booklet contains general information related to certain medical conditions and their treatment. This guide is not intended to offer personalized medical diagnosis or patient-specific treatment advice. **See more at [LiveHealthyOnADT.com](https://www.LiveHealthyOnADT.com)**

- ☐ HISTORY OR FAMILY HISTORY OF HEART DISEASE?
- ☐ DIABETES?
- ☐ HIGH BLOOD PRESSURE?
- ☐ HIGH CHOLESTEROL?
- ☐ CIGARETTE SMOKING?

Answering YES to any one of these can affect which ADT you should be on. Talk to your doctor about these serious risk factors before starting therapy.

WHEN STARTING ADT, SOME THINGS ARE WORTH TALKING ABOUT



Some commonly prescribed androgen deprivation therapies (ADTs) include a warning about an increased risk of heart attack, sudden cardiac death, and stroke (cardiovascular diseases), as well as diabetes.¹



Tell your doctor if you have a family history of heart disease, have had a previous heart attack or stroke, have diabetes, or have other cardiovascular risk factors, such as high blood pressure, high cholesterol, or cigarette smoking.



If you have any concerns about which ADT you have been prescribed, please discuss your treatment options with your doctor.



TALK TO YOUR DOCTOR TODAY ABOUT YOUR RISK FACTORS AND WHICH ADT IS RIGHT FOR YOU. VISIT ADTCHOICES.COM TO LEARN MORE.

“IT IS LIKELY THAT THROUGHOUT THE PROSTATE CANCER JOURNEY YOU WILL WORK WITH SEVERAL MEDICAL SPECIALISTS FOR TREATMENT. KEEP IN MIND THAT YOU HAVE A CHOICE IN WHO MANAGES YOUR CARE. THIS IS ABOUT FINDING THE RIGHT TREATMENT TEAM FOR YOU TO WORK WITH TO MAKE THE RIGHT DECISIONS WITH YOU.”

ZERO – THE END OF PROSTATE CANCER¹

ADVANCED PROSTATE CANCER (APC) WHAT EVERY PATIENT NEEDS TO KNOW

You’ve just been diagnosed with APC. Now what?

The diagnosis of APC indicates that the cancer has spread outside of the prostate gland.² Each case is unique, and your doctor will explain your case in detail and discuss the best treatment options with you.

Treating APC with androgen deprivation therapy (ADT)

Testosterone is a male sex hormone that is created in the testes. Testosterone can cause cell growth in the prostate, and can therefore fuel tumor growth in patients with prostate cancer. In an effort to take away the cancer’s fuel, ADT is used to reduce the testosterone levels in your body. ADT is a common treatment for APC.³ With several different medications available, your doctor will make a recommendation based on your age, disease progression, risks and history of diabetes or cardiovascular disease, and several other factors.

Get in the routine

It’s important to schedule regular visits with your healthcare team and to discuss your ongoing treatment. Because every patient responds differently to ADT, you’ll want to keep careful notes of how you’re feeling and review them with your doctor. Men have reported adverse events such as hot flashes, loss of libido, erectile dysfunction, loss of muscle mass and strength, fatigue, depression, increased weight, increased glucose, and osteoporosis.⁴ Now, more than ever, exercise and proper diet can help you maintain a healthy weight—and a healthy outlook!

FRACTURE FACTORS

Prostate cancer patients are at risk for skeletal complications, such as bone loss and fractures. As you lose testosterone, bone health becomes more important. Those on ADT have even more osteoporosis-related risk factors.^{5,6} Talk to your healthcare team about the risks and ways to mitigate them.

TABLE OF CONTENTS



1 ABOUT APC

Important facts that every patient needs to know

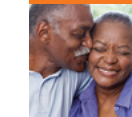
FEATURE



3 HEART HEALTH

Learn what the experts say about ADT

FEATURE



5 INTIMACY AFTER ADT

A discussion about sexuality after ADT treatment



7 TEAM BUILDING

Creating a strong team to support you through your journey



9 RELATIONSHIPS

Special messages for caregivers and loved ones



13 EATING WELL

Ideas and guidelines for a healthy diet



15 RESOURCES

A compilation of helpful organizations dedicated to prostate health

FERRING PHARMACEUTICALS

Ferring Pharmaceuticals is a research-driven, biopharmaceutical company devoted to identifying, developing, and marketing innovative products in the fields of reproductive health, urology, gastroenterology, endocrinology, and orthopedics.

Ferring has an ongoing commitment to support caregivers and their loved ones with advanced prostate cancer.

MATTERS OF THE HEART

UNDERSTANDING THE CARDIOVASCULAR RISKS OF ANDROGEN DEPRIVATION THERAPY (ADT)



Commentary provided by
Dipti Gupta, MD, MPH
Cardiologist at Memorial Sloan Kettering Cancer Center (MSKCC)

When you are first diagnosed with prostate cancer, it's easy to become overwhelmed and focused on the treatment for that disease alone. While this is completely understandable, it's important to take a holistic view of your health and ensure you are not increasing certain risks while caring for your cancer.

A growing number of studies have suggested an association between certain ADTs and increased risk of diabetes and cardiovascular diseases, such as heart attack, stroke, and sudden cardiac death.⁷ Experts are increasingly weighing in on the topic, including Dr. Dipti Gupta, cardiologist from MSKCC, a world-class cancer center, who provided some insight into the importance of understanding these risks.

**"IT'S IMPORTANT TO TELL YOUR HEALTHCARE PROVIDER IF YOU HAVE CARDIOVASCULAR DISEASE OR HAVE HAD ANY CARDIOVASCULAR EVENTS."
DIPTI GUPTA, MD, MPH**

Before receiving GnRH agonists, tell your healthcare provider if you have diabetes, heart disease, a previous heart attack or stroke, or any cardiovascular risk factors like high blood pressure, high cholesterol, or cigarette smoking.

According to Dr. Gupta, "All patients being considered for ADT should discuss the potential risks with their healthcare provider. A careful risk-benefit assessment should take place on an individualized basis. It's important to tell your healthcare provider if you have cardiovascular disease or have had any cardiovascular events."

The growing concern around the link between certain kinds of ADT and CV risks has led to increased visibility on the matter, including a safety announcement from the Food and Drug Administration (FDA). In 2010, the FDA requested that GnRH agonist therapies carry additional safety information regarding an increased risk of diabetes and cardiovascular diseases, such as heart attack, sudden cardiac death, and stroke.⁸

However, not all ADT treatment options carry these warnings, so talk to your doctor about ADT choices and your health history and family history of these diseases before starting therapy.

Dr. Gupta says, "I recommend that patients strive to optimize heart health and minimize risk factors before and during ADT treatment. This includes control of blood pressure, blood sugar levels, cholesterol, and blood clots. Talk to your doctor about these factors and how you can reduce your risk."

For all patients, lifestyle modification should be reviewed with your doctor. This includes diet, exercise, quitting tobacco use, and mental health. Compliance with a regular exercise program should be encouraged. The beneficial effects of exercise at a cardiovascular and systemic level both in patients with and without cancer are well-known.

Talk to your doctor about what treatment options are appropriate for you and discuss any concerns you have before choosing treatment with your care team.

THE **ABC's** TO HELP PROSTATE CANCER PATIENTS ON ADT MANAGE CV RISKS⁹

Awareness and Aspirin

Patients should have an increased awareness of signs and symptoms of CVD. Also, aspirin may be associated with lower prostate cancer-specific mortality in high-risk patients.

Blood Pressure

A goal for blood pressure is <140/90 mm Hg. ACE inhibitors are recommended because of their mortality benefit in patients with diabetes mellitus and CVD and possibly improved outcomes in cancer patients.

Cholesterol and Cigarettes

Cholesterol should be treated with high-intensity statin therapy, especially in the presence of diabetes mellitus or CVD. Tobacco products should be completely avoided.

Diabetes, Diet, and Exercise

ADT can negatively affect glycemic control, so frequent monitoring and appropriate adjustment of diabetes therapy are recommended.

Diets should include fruits, vegetables, and whole grains; less saturated fats; and consuming adequate vitamin D and calcium. Alcohol should be limited to ≤2 drinks a day.

Maintain a healthy weight through caloric restriction and regular physical activity (eg, 150 minutes per week of moderate exercise like brisk walking or light swimming).

LET'S TALK ABOUT IT: INTIMACY AFTER ADT

A DISCUSSION WITH AN ONCOLOGY NURSE

We spoke to Debbie Zeroski, a registered nurse at Wheeling Hospital's Schiffler Cancer Center in Wheeling, West Virginia, to get her perspective on prostate cancer and restoring sexual intimacy in couples with men who have undergone treatment.



“SOMETIMES THE SPOUSES WILL BRING AN ISSUE TO OUR ATTENTION THAT THE PATIENT MAY HAVE BEEN RELUCTANT TO TALK ABOUT.”

As you transition back into “normal” life after prostate cancer treatment, some things may have changed. Sex after androgen deprivation therapy (ADT), for example, may be affected. While most would agree that sexual function can be compromised immediately following prostate cancer treatment, there is evidence that many can enjoy restored function in time. However, it may require many months before optimal sexual functioning returns.¹⁰

It's important to have a positive outlook and a willingness to try new things, and to give yourself the time to heal. As always, talk to your medical team about any questions or issues about intimacy after treatment.

OUR CONVERSATION:

Tell us about the practice where you work.

We see all kinds of prostate cancer patients at all stages of their treatment, including some patients with merely elevated PSA levels before diagnosis. For those not yet on therapy, the oncologist will see them in consultation and make a decision on the appropriate course of treatment. In addition to caring for patients, we also try to educate them.

We include a teaching component in each of our visits, which is why it is so important for patients to come in regularly.

Are men hesitant to talk about their sexuality and functions?

I'll be honest with you, we are so close to our patients, their wives, and families, that we create a real and open relationship where dialogue feels comfortable, no matter what the topic. We handle all the teaching and counseling in-house, and we encourage the spouses and loved ones to accompany the patient at every visit. It's about bonding, so we get close over the visits.

That said, sometimes the spouses will bring an issue to our attention that the patient may have been reluctant to talk about, and we'll initiate discussion around the issue. Usually they're happy to discuss even the most personal issues.

However, these conversations happen a little further into the treatment. At the time of prostate cancer diagnosis, the patient's concern is more about survival; they want to know if we can treat this. They aren't thinking down the road about intimacy and potential erectile dysfunction (ED). In the beginning, it's really about fighting back.

Do you discuss potential side effects of the treatment early on?

From the get-go, we talk about the potential side effects. Yes, we begin an informational campaign about ADT therapy that involves discussions and printouts on the side effects, such as with lowered testosterone, they'll experience a lower sex drive. We find that patients who embrace our suggestions, such as exercise, do much better through their recovery.

It is important to note for patients who are actively undergoing ADT that the likelihood of obtaining erections is very slim. To help ensure a patent blood supply through the penis and increase the likelihood for erections after ADT therapy is completed, using a vacuum device is the more effective option.

When the partner brings up difficult or sensitive topics, how do you handle that?

Sometimes the patients just need a little nudge, and the nurses are very adept at talking to patients about sensitive topics. For example, during low testosterone, ED drugs don't work as well, so we need to bring up other solutions such as vacuum pumps that are used to create an erection, which

is important because it creates a healthy blood flow. Just like any other recovery, flexing and using the affected body part is important for long-term recovery. If you don't use it, you're going to lose it. Some doctors will prescribe their APC patients a trial of ED medicine to try to jump-start sexual function.

Do all prostate cancer patients respond positively to ED treatment?

It depends on how virile they were prior to therapy and how fast the suppressed testosterone begins to rise again. It all has an impact on how well they respond to ED therapy. For example, some patients are impotent before they have prostate cancer therapy, so they're unlikely to gain that function back. But for younger, virile men, the prognosis can be good. Regained function can be dependent on how aggressively the patients use ED medications, and/or other penile rehabilitation methodologies. Again, I remind patients of the importance of penile rehabilitation after treatment. If you don't use it, you'll lose it!

For more information or support, please discuss any issues you may be experiencing with your oncologist or healthcare team.

TEAM STRONG

Better when you work together

Keep the lines of communication open

Plan to meet with your treatment team on a regular basis. This is especially important in the early stages of your diagnosis or treatment, as you are forming a positive relationship with your healthcare team. Involve your loved ones in this routine, as it will help keep everyone informed and up-to-date on the details of your care. Be sure to ask questions as they arise, not just during appointments, and keep your

notes in a binder. Remember that while advanced prostate cancer (APC) is new to you, your doctor and healthcare team have a wealth of experience. Between your urologist, oncologist, and other members of your treatment team, like the oncology social worker, nurse navigators, and the nutritionist, your team is comprised of experts in men's health, and they can help explain the nuances of the disease and the treatments.¹ Learn about prostate healthcare teams here: www.zerocancer.org



We hope the articles and tips in this issue of *Live Healthy* are interesting and useful. If you would like to receive more information from Ferring, please email us at LiveHealthyOnADT@ferring.com



Check your levels

Testosterone is linked directly to prostate-specific antigen (PSA) levels. With prostate cancer, your goal is to achieve and maintain the lowest possible testosterone and PSA levels.³ After you begin androgen deprivation therapy (ADT), record your scores for both on the tracker below. That way, you can track your progress and see how well your treatment is working.

ASK YOUR DOCTOR ABOUT MONITORING YOUR TESTOSTERONE AND PSA LEVELS AND WHAT TO EXPECT AT YOUR NEXT VISIT.

SIGN UP FOR MORE INFORMATION

The tracker is just one of many resources available to help you with your prostate cancer diagnosis and treatment. Sign up to receive even more helpful resources to aid in your journey. Email us at LiveHealthyOnADT@ferring.com for more information.

KEEP TRACK OF IMPORTANT INFORMATION AFTER EACH VISIT

MONTH						
Appointment date/time						
PSA						
Testosterone						

PARTNERS IN PROGRESS: A MESSAGE TO LOVED ONES

YOUR SUPPORT IS NEEDED NOW MORE THAN EVER

KEEP A JOURNAL TO RECORD YOUR OBSERVATIONS, CONCERNS, OR QUESTIONS, AND BRING IT TO YOUR MEDICAL APPOINTMENTS TO GUIDE THE DISCUSSION WITH THE DOCTOR.

As a loved one, you are now finding yourself in a new and important role. Whether you are the wife, partner, son, daughter, brother, or friend, your help is crucial to the physical and mental health of your loved one. The diagnosis of advanced prostate cancer (APC) can seem like a sudden and overwhelming burden to the patient and their loved ones alike, which is why your role is so important.

Consider these factors when helping your loved one cope with an APC diagnosis:

- Changes in his body like weight gain can shake his self-confidence. Consider buying new clothing that will accommodate his new shape and doing special things like working out together or going for a walk
- Exercise is especially important to help with weight and bone density. Encourage him to regularly work out, especially weight-bearing exercise, or even consider exercising together
- Feeling discouraged is common in men with prostate cancer. Help him work through the issues by talking openly and regularly, and encourage him to speak to a therapist or psychologist
- Feeling depressed or “down” about his cancer and a lessening of his sex drive. This is natural after an APC diagnosis and/or ADT. Give him time and encouragement. While not all men experience erectile dysfunction, some of those that do can recover their libido and function post treatment, which may help their mood

Erectile dysfunction is more common in patients with APC

One of the side effects of ADT can be erectile dysfunction.⁴ This can be due to physical and psychological factors, and it can feel emasculating to the patient. Androgen deprivation therapy can reduce desire and may cause erectile dysfunction in some men because it reduces testosterone levels. As his partner, this is an important issue where he'll need your understanding and support. There may be treatments available that his doctor can recommend. Talk to his doctor about prostate cancer and erectile dysfunction.

As a caregiver, you're being asked to give a lot. Make sure you also look after yourself, get enough rest, and even schedule some “time off.” Here are some other caregiver tips:

- 1 **Don't take on more than you can physically or emotionally do.** This can be a difficult time, and you need to preserve your physical and emotional energy.
- 2 **Don't be afraid to ask for help.** Friends, family, counselors, and support groups are all good resources to discuss the situation and share your feelings.
- 3 **Be an advocate.** Ask questions, do research, talk to others. The more you know, the better for everyone.
- 4 **Be his voice.** Patients can't always advocate for themselves, so help him by expressing your concerns and keeping the lines of communication clear with the healthcare team.



START A WORKOUT ROUTINE

IMPORTANCE OF EXERCISE DURING PROSTATE CANCER TREATMENT

According to the Seattle Cancer Care Alliance, exercise is shown to be associated with better survival in men with prostate cancer. A modest amount of physical activity, greater than 3 hours a week, may improve prostate cancer survival.¹¹ The benefits of regular exercise go beyond the physical, such as increased energy and mood enhancement.

Here are some ideas on how to add regular exercise into your day:



Find a friend.

You're more likely to exercise if you have company. Enlist a friend or loved one to help you get off the couch.



Walk it off.

30 to 60 minutes of regular walking goes a long way toward maintaining health. Inclement weather? Try the mall. Enclosed malls are a great way to get your strides in while doing some window shopping.



Crunch it.

Sit-ups, crunches, whatever you call them, are good for keeping stomach muscles toned.



A call to arms.

A pair of dumbbells or hand weights can provide all sorts of arm exercises that are easy and beneficial. Consider keeping a pair handy in the TV room, and exercise while watching.



Weight for it.

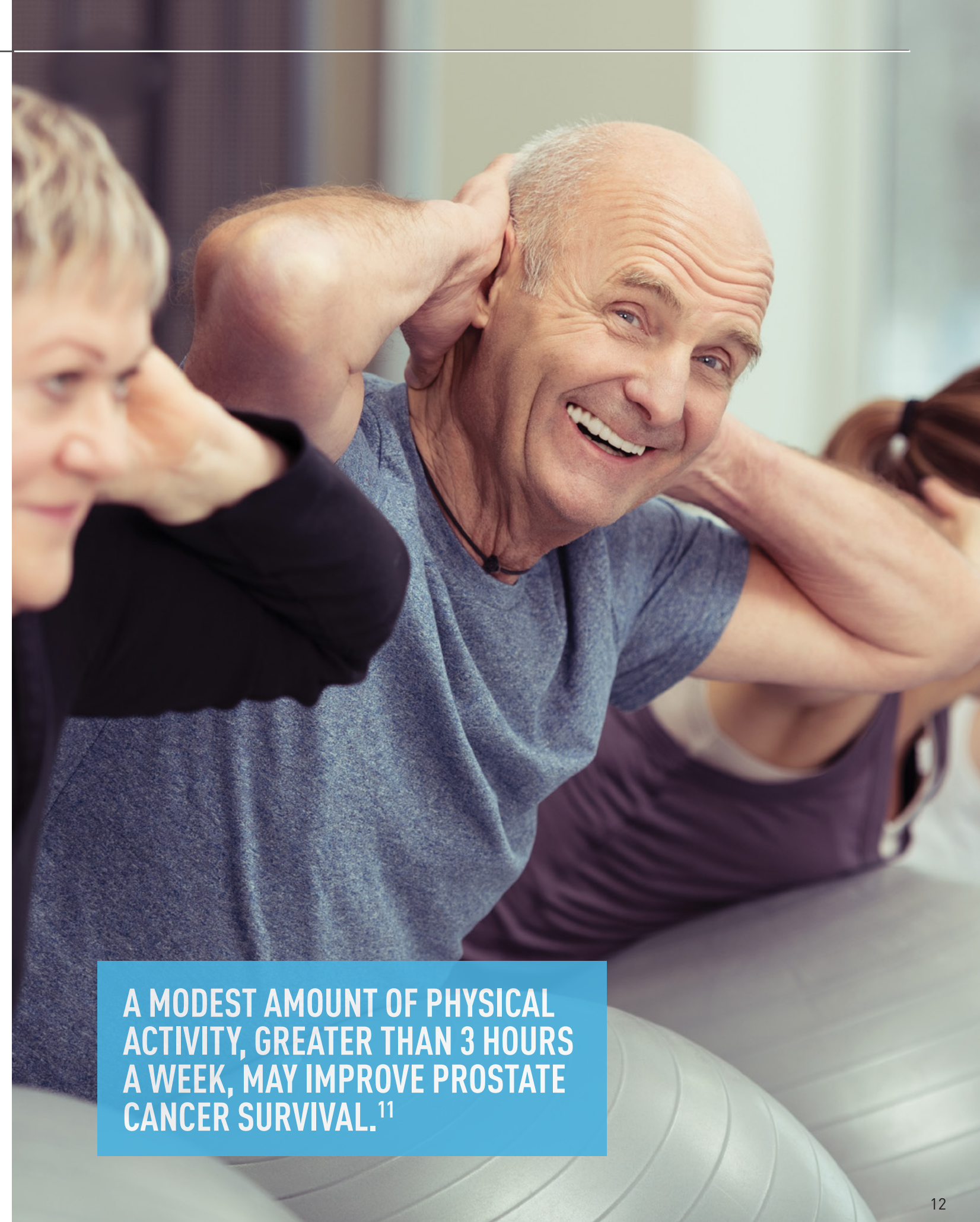
Bone health becomes important as we age, especially for those undergoing prostate cancer treatment. Weight-bearing exercises help reduce the risk of osteoporosis.



Not just for women: the benefits of Kegels.

Kegel exercises were once thought the exclusive domain of women. No more! Exercising the pelvic floor muscles can have important benefits for prostate patients with incontinence and erectile dysfunction.¹²

Be sure to discuss your proposed exercise program with your healthcare team so that, together, you can design the plan that's just right for you.



**A MODEST AMOUNT OF PHYSICAL
ACTIVITY, GREATER THAN 3 HOURS
A WEEK, MAY IMPROVE PROSTATE
CANCER SURVIVAL.¹¹**

START A HEALTHY RELATIONSHIP WITH FOOD

IMPORTANCE OF DIET AND NUTRITION WITH PROSTATE CANCER

Diet is an important component of a healthy lifestyle, not only in the prevention of disease but also for those living with prostate cancer. It is thought that a healthy diet can help you prepare for and recover from treatment.¹³

Guidelines to live by:

A healthy diet for prostate cancer survivors—and anyone concerned about their health—should be:

- Primarily plant-based
- Packed with fruits and vegetables
- High in fiber
- Low in fat
- Limited in the amount of simple sugars

THE OTHER RED MEAT

Beef is graded by the USDA as “Prime,” “Choice,” or “Select” based on the fat content. For a healthier diet, avoid “Prime” as it has the highest fat content, and choose cuts that feature less visible marbling (fat streaks). Look for cuts marked lean or extra lean, such as:

- Eye round
- Sirloin tips
- Top round
- Bottom round
- Sirloin

NOTE: Leaner meats can be tougher due to their lack of fat, but there are ways to tenderize and add some great flavor to these healthier cuts.

1. Try a little tenderness.

Use a commercial meat tenderizer or rub the meat with papaya.

2. Marinate it.

Use an acidic marinade such as citrus juice, wine, vinegar, or salad dressing. Place meat and marinade in a plastic bag or glass container, not metal.

3. Hammer time.

A meat mallet or a rolling pin can help break the connective tissue in tougher cuts of meat.

Learn more about choosing and preparing healthy cuts of meats at foodnetwork.com



GO INTO A SPIRAL

The hot new kitchen gadget is the spiralizer, and it’s perfect for putting the fun back into cooking. The spiralizer cuts long, thin, curled ribbons from vegetables such as carrots, sweet potatoes, zucchini, and squash. The ribbons can be enjoyed cold in salads, pan-fried, or parboiled and served as a healthy, low-carb pasta alternate. Experiment with different vegetables and sauces, dressings, and spices to see what you can create!

Zucchini Lo Mein

PREP: 15 m COOK: 10 m READY IN: 30 m

INGREDIENTS

MAIN

2 tablespoons avocado oil, or olive oil

2 baby bok choy, washed and thinly sliced

1 red bell pepper

1 large carrot, peeled and ends cut off

2 cloves garlic, minced

2 tablespoons ginger, minced

1 bunch of green onions

4-8 zucchini, spiralized into noodles

SAUCE

2 tablespoons corn starch

3 tablespoons low sodium soy sauce

1 teaspoon toasted sesame oil

INSTRUCTIONS

1. Prep all your veggies before starting the stir fry.
 - a. Thinly slice the red pepper and set aside.
 - b. Spiralize the carrots or buy them presliced, and set aside.
 - c. Spiralize the zucchini and set aside.
2. Mince the green onions, ginger, and garlic together.
3. Make the sauce by mixing the corn starch, soy sauce, and sesame oil, and set aside.
4. Preheat a large skillet and add 1 tablespoon oil, then stir fry red pepper, carrots, and bok choy for 2 to 3 minutes.
5. Add the garlic, ginger, and green onion mixture and stir fry for an additional 1 to 2 minutes. Transfer the stir-fried veggies to a large serving bowl and place in low-temperature oven.
6. Place the pan back over high heat, and add the remaining 1 tablespoon of oil to the pan. Add the zucchini noodles and stir fry 1 to 2 minutes. Add the sauce and remove the pan from the heat.
7. Add the noodles to the veggie mixture in your serving bowl; toss and serve immediately.



BE IN THE KNOW

Educating yourself and your family about prostate cancer is important in empowering your own treatment. There are many resources available to assist you.*

Prostate Advocates Aiding Choices in Treatments

A great source for information and further resources on prostate cancer management for both patients and physicians.

www.paactusa.org
1-616-453-1477

Prostate Cancer Foundation

The leading prostate cancer research organization for all those involved and affected by the disease.

www.pcf.org
1-800-757-CURE (2873)

Us TOO International

An organization started by cancer survivors aimed at providing useful information regarding diagnosis and treatment.

www.ustoo.org
1-800-80-US-TOO (808-7866)

ZERO

An organization that aims to alleviate suffering for patients as they navigate their lives during treatment and recovery.

www.zerocancer.org
1-888-245-9455

National Cancer Institute

The nation's leader in cancer research.

www.cancer.gov
1-800-4-CANCER (422-6237)

Help for Cancer Caregivers

A resource geared toward cancer caregivers. The site offers solutions to daily struggles surrounding cancer.

www.helpforcancercaregivers.org

Cancer.Net

A website that offers advice on coping with cancer as a caregiver, patient, and loved one.

www.cancer.net

CancerCare

An online resource offering counseling, support groups, and a variety of other resources to help on your journey.

www.cancercare.org
1-800-813-HOPE (4673)

United States Department of Agriculture

A great resource for those looking to watch what they eat and exercise more.

www.choosemyplate.gov

American Cancer Society

A nationwide, voluntary health organization dedicated to eliminating cancer.

www.cancer.org
1-800-227-2345

*The resources included in this publication are solely for your information and should not be construed as Ferring's endorsement of the organizations listed.

PLEASE CONSULT WITH YOUR DOCTOR OR OTHER QUALIFIED HEALTHCARE PROFESSIONALS BEFORE IMPLEMENTING ANY OF THE LIFESTYLE CHANGES DISCUSSED WITHIN THIS DOCUMENT.

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This guide is produced by Ferring Pharmaceuticals to help support patients with advanced prostate cancer. *Live Healthy While on ADT* was designed to inform and support advanced prostate cancer patients throughout their ADT therapy.



LIVE SMART.
LIVE WITH PURPOSE.
LIVE HEALTHY
ON ANDROGEN DEPRIVATION
THERAPY (ADT).

After your initial ADT treatment, you might be switched to a different medication. If you are experiencing good results after a month or 2, you might want to discuss with your doctor remaining on the treatment that's working for you.

If you have thoughts or questions that you'd like to see included in our next issue, please send an email to LiveHealthyOnADT@ferring.com



**Considering androgen
deprivation therapy (ADT)?**

KNOW MORE DO MORE

◆◆◆

**A DIAGNOSIS OF ADVANCED PROSTATE
CANCER (APC) IS ONE FACT YOU CAN'T
CHANGE. WHAT YOU CAN CHANGE IS
HOW YOU MOVE AHEAD. STARTING
TODAY, DISCOVER THE FACTS.**

- ◆ The growth and function of prostate cancer cells may depend on testosterone
- ◆ ADT is a type of medicine used to lower hormone levels, including testosterone levels in patients with APC
- ◆ There are several types of ADT, and they lower testosterone differently. The ADT chosen may affect your time to testosterone suppression. Talk to your doctor about which option is best for you

**YOU HAVE A CHOICE. ASK YOUR DOCTOR TODAY
» ABOUT WHICH ADT OPTION IS RIGHT FOR YOU.
VISIT ADTCHOICES.COM TO LEARN MORE.**

FERRING
PHARMACEUTICALS

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