

Androgen Deprivation Therapy (ADT)

Talking to Your Doctor



When you are diagnosed with prostate cancer, it is of great value to meet with your doctor to choose the right treatment plan for you. There are many treatment options for prostate cancer. These may involve active surveillance, surgery, radiation, hormones (Androgen Deprivation Therapy or ADT), chemotherapy and immunotherapy.

What is Hormonal Therapy or Androgen Deprivation Therapy (ADT)?

Hormonal Therapy or Androgen Deprivation Therapy (ADT) is a treatment option usually given together with another therapy for men who choose radiation or men with advanced disease. Many men tolerate ADT well. ADT works by starving prostate cancer cells of testosterone to slow cancer growth. By learning more about ADT for prostate cancer, you may feel more ready to talk with your doctor. Your health care team is there to help, and they value your questions.

Tips to Help You Get Started

It's never a bad time to start talking with your doctor. Here are a few questions you may wish to ask your health care team to know what to expect with ADT:

- o What are the benefits of ADT?
- o How is ADT given?
- o How does ADT work?
- o Is ADT right for me?
- o How long will I need ADT?
- o What are the side effects I should expect from ADT?
- o If I have side effects from ADT, what should I do?
- o What can I do to keep in good health overall while on ADT?
- o Will my prostate cancer return during or after ADT?

Prepare for Your Talk by Learning

It is of great value to come to visits prepared. So, learning the basics about ADT can help you have a better talk with your health care team. Here are some facts about the benefits and side effects of ADT:

- ADT is used as a treatment for some men with prostate cancer
- ADT is often well tolerated
- ADT can be given as a shot, taken as a pill or a person may choose surgery (orchiectomy)
- ADT may cause hot flashes, fatigue and loss of sex drive
- ADT may cause loss of lean muscle mass and an increase in fat
- ADT has been linked to heart disease, diabetes and loss of bone

It is of great value to talk with your doctor if you have any side effects. Doctors often have ways to help reduce side effects related to your prostate cancer treatment.

Learning more about ADT for prostate cancer may help you talk with your doctor. Your health care team is there to help, and they value your questions.



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What You Should Know

About the Urology Care Foundation

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts. To learn more, visit the Urology Care Foundation's website, **UrologyHealth.org/UrologicConditions** or go to **UrologyHealth.org/FindAUrologist** to find a doctor near you.

Disclaimer

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always talk to a health care provider before you start or stop any treatments, including medications. For more information, visit **UrologyHealth.org/Download** or call 800-828-7866.

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