

UROLOGYHEALTH

extra

WINTER 2015-2016



Male Fertility Preservation Before Cancer Treatment

ALSO:

Vital Health Information You Should
Know or Carry with You

Baby, It's Cold Outside: What You Need
to Know About Winter Sports Safety

Recipes and Exercises
for Healthy Winter Living

Facts About Peyronie's Disease



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gave me the information I
needed to talk to my doctor.”*

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December 2015 – February 2016

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CALENDAR OF EVENTS

December 2015 – February 2016

DECEMBER



World AIDS Day

Urology Care
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Giving Tuesday

Participate in Giving Tuesday by donating to the Urology Care Foundation to support advancing urologic research and education to improve patients' lives.

UrologyHealth.org/Donate

6-14

Hanukkah

22
First Day of Winter

25

Christmas

JANUARY



National Blood
Donor Month

Cervical Health
Awareness Month



New Year's Day

17-23

Healthy Weight Awareness Week

Obesity has a negative impact on your urologic health. It can raise your chances of being told you have stress urinary incontinence, erectile dysfunction, infertility or kidney stones. Celebrate this week by eating well-balanced meals!

18

Martin Luther King, Jr. Day



National Hug Day

According to research, hugs not only lower our stress levels, but they may also keep our bodies healthy.

FEBRUARY

National Cancer Prevention Month



American Heart Month



African American History Month

Did you know your risk of being diagnosed with Prostate Cancer is 1 in 5 if you are African American and 1 in 3 if you have a family history? Know your risk and talk to your doctor today. Learn more about Prostate Cancer:

UrologyHealth.org/ProstateCancer

2

Groundhog Day

4

World Cancer Day

5



National "Wear Red" Day

Research shows women with a history of kidney stones are at higher risk of heart disease. Wear red to show your support for the awareness of heart disease in women. Learn more about kidney stones at:

UrologyHealth.org/Kidney-Stones



7

Super Bowl 50

Join *Know Your Stats*® and Pro-Football Hall of Famer, Mike Haynes as they partner with the NFL to raise Prostate Cancer awareness at the Super Bowl.

KnowYourStats.org

14

Valentine's Day



Male Fertility Preservation

BEFORE CANCER TREATMENT

Being told you have cancer can be scary and emotional, especially if you may want to have children. Not being able to have children (infertility) can be a short-term or long-lasting result of some cancer treatments. There are successful options for male cancer patients who want to preserve their fertility and father a baby. Before you start your cancer treatment, talk with your doctor or other member of your health care team to learn if your fertility may change, and your options for preserving it. Let's talk about your choices and the questions you should ask.

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◀ CONTINUED FROM PAGE 4

What is Fertility?

For men, fertility means being able to get a woman pregnant. Common treatments for cancer like chemotherapy, radiation and surgery can impact a man's chance of this taking place. Other factors like age, where the cancer is located and the type of cancer can also have an effect on a man's chance of naturally fathering a child.

How Does Cancer Treatment Impact Fertility in Men?

A lot of things must take place for a couple to make a baby, and cancer treatments can sometimes get in the way of that occurring. Below are some common cancer treatment choices used to care for select urologic health issues. These treatments may impact men and their chance of naturally fathering a child.

Surgery

Surgery offers the best chance for removing many types of cancer, especially those that have not spread to other parts of the body. But it can also cause infertility if done in certain parts of the reproductive system. It is important to talk with your doctor about the types of surgery listed below and how they may impact your sex life and chances for fathering a child.

SURGERY FOR TESTICULAR CANCER

The surgical removal of a testicle is done for nearly all men with testicular cancer. Sometimes taking out lymph nodes in the belly and pelvis (retroperitoneal

lymph node dissection; RPLND) may also be a part of the treatment program. Most men with one testicle can still father a child. In the rare case when a man has testicular cancer in both testicles and they are both removed, he will not be able to naturally father children. But sperm banking before treatment should be discussed and has a high chance of success. For men in need of a RPLND, methods are used to preserve ejaculation. But some men will not be able to release semen from the body after surgery. All other traits of the sexual experience (e.g. sex drive, erections, and sexual peak) remain unchanged. For more facts about testicular cancer, visit: www.UrologyHealth.org/TesticularCancerFS

SURGERY FOR PROSTATE CANCER

For men who have prostate cancer, one treatment choice is to surgically remove the prostate gland and seminal vesicles. This is known as a radical prostatectomy. The seminal vesicles work with the prostate to make the semen that carries the sperm out of a man's penis. Because the gland and seminal vesicles are taken out, the sperm is no longer able to physically make it out of the man's body to fertilize the woman's egg. If you are thinking about surgery for prostate cancer and would like to have more children, talk to your doctor before surgery about sperm banking. For more facts about prostate cancer, visit:

www.UrologyHealth.org/ProstateCancer

SURGERY FOR BLADDER CANCER

Most bladder cancer surgeries are done by placing a tool into the bladder and taking out the tumor(s). For invasive bladder cancers, the most common treatment choice is to take out the whole bladder, prostate, and seminal vesicles (radical cystoprostatectomy). After that surgery, a man would not be able to naturally father children. Sperm banking before surgery is something to discuss if you would like to have children.

Radiation

Radiation treatments use high-energy rays to kill cancer cells. Below are radiation types that may impact a man's chance to father a child:

RADIATION FOR TESTICULAR CANCER

Radiation for testicular cancer most often targets lymph nodes in the back of the belly. Very rarely,

is it used on the testicle itself. Most doctors suggest a period of time (1-2 years) after radiation before attempting to father a child.

RADIATION FOR PROSTATE CANCER

There are two main types of radiation for prostate cancer. One is called brachytherapy and the other is known as external beam radiation. Both can cause short-term or long-lasting problems with fertility. It is best to ask your radiation oncologist about this. For more facts about radiation for prostate cancer visit: www.UrologyHealth.org/PCRadiation

Chemotherapy

Chemotherapy works by killing cells in the body that are splitting very quickly. Since sperm cells split quickly, they are most often harmed by chemotherapy. The risk of chemotherapy causing infertility depends on a patient's age, the type of drugs being used and the doses being given. Talk to your cancer doctor about your specific situation.

Hormone Therapy

Hormone therapy is a type of treatment used sometimes by itself, or with other treatments, to care for men with prostate cancer. Hormone therapy is also known as androgen deprivation therapy (ADT). Hormone therapy works by stopping the male sex hormones, such as testosterone, from being made. Testosterone feeds prostate

cancer cells. But when cancer cells no longer have the male sex hormone to feed them, their growth will slow. Hormone therapy for prostate cancer often harms the making of sperm. This will limit the chance for a man to fertilize a woman's egg.

Fertility Preservation Options For Men, Before Treatment

Fertility preservation is when cancer patients take steps to protect their chance for fathering a baby. Men may wish to speak to a fertility expert to explore options that might be right for them. Below are three types of fertility preservation methods to discuss.

SPERM BANKING

This is one of the most successful and least costly choices for men. Sperm banking is when you freeze your sperm. The sperm stay frozen until you need them, even if it's many years later. With freezing, sperm often do not get damaged.

SHIELDING TESTICLES DURING RADIATION

This is when the radiation cancer doctor (radiation oncologist) uses a lead tool to surround the testicles during radiation treatment. This lowers the chance of harming the sperm by lowering the radiation dose to that area.

CONTINUED ON PAGE 8 ►



"There are *successful options* for male cancer patients who want to preserve their fertility..."

◀ CONTINUED FROM PAGE 7

SPERM EXTRACTION

If a man cannot ejaculate sperm or has limited sperm in his semen, it's possible he may still have sperm somewhere in his testicles. With sperm removal, a health care provider removes pieces of the testicle tissue. If the tissue has sperm, then the sperm can be used to fertilize a woman's egg. Or, it can be frozen and used at a later time.

When to Talk to Your Doctor

If fertility is a worry for you, be sure to talk about it with your doctor. If able, you'll have this talk before you start your cancer treatment. But if you've started your cancer treatment, you may still have options.

QUESTIONS TO ASK YOUR DOCTOR...

1. What window of time do I have before I need to start cancer treatment?
2. Will any of my cancer treatments affect my fertility? If so, what are my best options to preserve my fertility?
3. Will the available choices to preserve my fertility impact my cancer treatment?
4. Will my health care plan cover some or all of the fertility preserving options?
5. Do any of the options raise my risk for the cancer coming back?

IF YOUR DOCTOR SAYS YOUR CANCER TREATMENT WON'T IMPACT FERTILITY...

Is there any chance the treatment could change to something where my fertility would be damaged and what do we do in that situation?

For more facts about fertility preservation, visit www.Cancer.net or the American Society for Reproductive Medicine at www.asrm.org.

Leave a Legacy



Ensure your legacy and the future of urologic research and education

Learn how a donation to the Urology Care Foundation may fit into your financial, tax or estate goals.

Planned gifts, large and small, have a powerful effect on our work to promote urology research and education.

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Pro Football Hall of Famer Raises Awareness Through the Know Your Stats about Prostate Cancer® Campaign

Widely recognized as one of the greatest defensive backs, Pro Football Hall of Famer, Mike Haynes was caught off-guard when he learned there was an issue with his prostate health. The NFL legend didn't know much about the prostate until a screening held at the Pro Football Hall of Fame showed something with his might be wrong.

As part of his prostate cancer screening, Mike was asked some key questions to help find out more about his prostate cancer risk. That's when his doctor told him 1 in 7 men would be told they have prostate cancer. And their odds increase to 1 in 3 if they have a family history of the disease. He asked if anyone in Mike's family had the disease, but Mike did not know.

Mike was also not familiar with his baseline Prostate Specific Antigen (PSA) level and its relation to his prostate health. Prostate cancer is the most serious cause of a high PSA level result, but other non-cancerous prostate health issues will also signal a high PSA level.

"I was told 1 in 5 African-American men will find out they have prostate cancer," Mike said. "I learned more men would have prostate cancer, than women would have breast cancer, and that was just startling."

After talking with his primary care doctor, Mike had a biopsy that showed he had prostate cancer. Following a successful treatment, he has been cancer-free for more than five years.

Since 2009, Mike has worked with the Urology Care Foundation and the NFL on the *Know Your Stats about Prostate Cancer®* campaign. As spokesperson for this national awareness campaign, he educates men and their families about knowing their prostate cancer risks and



Top: Mike Haynes, *Know Your Stats®* spokesperson

Bottom: CTCA and *Know Your Stats®* Team Up with the Chicago Bears to Offer a Winning Game Plan for Prostate Cancer Awareness

the importance of talking with their doctor about their prostate health.

"You don't want to find out you or someone you love has prostate cancer the way I found out," Mike said. "Don't sit on the sidelines. Early detection is key. Know your risk and talk to your doctor about whether prostate cancer testing is right for you."

For more information about prostate cancer, visit www.KnowYourStats.org

KNOW YOUR STATS® JOINS CTCA TO EDUCATE FANS AND RAISE MONEY FOR PROSTATE CANCER RESEARCH

Know Your Stats® joined the Cancer Treatment Centers of America (CTCA) at a Chicago Bears home game this past fall to educate fans on their prostate cancer risk. CTCA also helped raise money to fight this disease.

Fans entering the stadium received free Prostate Cancer educational materials from a booth staffed by the *Know Your Stats®* team and CTCA. Throughout the stadium, fans were encouraged to "text to donate" using their cell phones. For every text received, CTCA made a donation in support of Prostate Cancer education and research.

If you would like to donate to the *Know Your Stats®* campaign, visit www.KnowYourStats.org/Donate

UROLOGYHEALTH *extra!*

Facts about **PEYRONIE'S DISEASE**

PEYRONIE'S DISEASE IS A HEALTH ISSUE IN WHICH SCAR TISSUE, CALLED

PLAQUE, FORMS UNDER THE SKIN OF THE PENIS. MOST OFTEN, THIS PLAQUE BUILDS UP, LEADING TO

CURVED ERECTIONS, WHICH CAN BE PAINFUL.

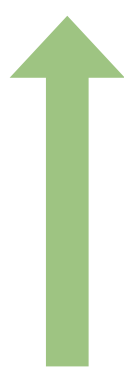


THE PLAQUE THAT BUILDS IN PEYRONIE'S DISEASE IS **NOT THE SAME** PLAQUE THAT CAN BUILD IN A PERSON'S ARTERIES.

PEYRONIE'S DISEASE IS THOUGHT TO IMPACT ABOUT

 **6%** OF MEN

BETWEEN THE AGES OF 40 AND 70 YEARS OLD.



THE NUMBER OF PEYRONIE'S CASES MAY BE **HIGHER** THAN THE PREDICTIONS BECAUSE MANY MEN MAY BE **TOO EMBARRASSED** TO SEEK HELP FROM THEIR DOCTOR.

TREATMENT OPTIONS ARE AVAILABLE. A UROLOGIST MAY TREAT PEYRONIE'S USING NON-SURGICAL OR SURGICAL TREATMENTS. **TALK TO YOUR DOCTOR AS SOON AS POSSIBLE FOR THE BEST OUTCOMES.**

NON-SURGICAL TREATMENTS MAY INCLUDE SHOTS **DIRECTLY INTO THE PLAQUE.** THIS BRINGS HIGHER DOSES OF THE DRUG **DIRECTLY TO THE PROBLEM.** COLLAGENASE, INTERFERON AND VERAPAMIL INJECTIONS HAVE BEEN **PROVEN TO WORK.**

A UROLOGIST MAY ALSO USE **SURGICAL CARE** TO REMOVE SCAR TISSUE AND LESSEN PLAQUE SIZE AND/OR CURVATURE. THESE TREATMENTS INVOLVE:

STRAIGHTENING SURGERY (PLICATION)

REMOVING THE PLAQUE AND
ADDING TISSUE (GRAFT)

REMOVING PLAQUE AND
INSERTING A PENILE PROSTHESIS

SIGNS OF PEYRONIE'S DISEASE MAY INVOLVE:

- A CURVE IN THE PENIS
- HARD LUMPS ON ONE OR MORE SIDES OF THE PENIS
- PAINFUL ERECTIONS
- SOFT ERECTIONS
- HAVING TROUBLE WITH SEX OR HAVING SEX THAT HURTS BECAUSE OF A BENT/CURVED PENIS

THINGS THAT CAN RAISE A MAN'S CHANCE OF HAVING PEYRONIE'S DISEASE:

RUNS IN THE FAMILY

FORCEFUL SEXUAL OR NONSEXUAL ACTIONS THAT TIME AFTER TIME CAUSE MINOR INJURIES TO THE PENIS

CERTAIN CONNECTIVE TISSUE AND AUTOIMMUNE PROBLEMS

A UROLOGIST **CLASSIFIES** PEYRONIE'S DISEASE BASED ON:

- A FULL HEALTH EXAM
- SOMETIMES AN ULTRASOUND OF THE PENIS
- HEALTH AND FAMILY RECORDS

EXPERTS DO NOT KNOW HOW TO STOP PEYRONIE'S DISEASE BEFORE IT STARTS.

PEYRONIE'S WAS NAMED AFTER THE FRENCH SURGEON **FRANÇOIS GIGOT DE LA PEYRONIE**, WHO DESCRIBED IT IN 1743.

PEYRONIE'S DISEASE IS **NOT** A DISEASE YOU CAN CATCH FROM SOMEONE ELSE AND IT IS **NOT** CAUSED BY ANY KNOWN DISEASE THAT CAN BE **PASSED TO OTHERS.**

MYTH: PEYRONIE'S DISEASE ONLY IMPACTS MEN OVER 50 YEARS OF AGE

FACT: UP TO **10 PERCENT** OF THOSE WITH PEYRONIE'S ARE AGE 40 OR YOUNGER

For more information about Peyronie's Disease, visit the Urology Care Foundation's website: **UrologyHealth.org/Peyronies**

Living Healthy



Keep Warm and Fit During Winter

Take advantage of the extra time you spend inside this winter to make some tasty meals. Here are recipes for dishes that use 'good for you' ingredients — and won't bother a sensitive bladder.

◀ Apple Crisp

Makes 6 servings, 1 cup each

Calories per serving: 260

INGREDIENTS

- 5 medium apples
- 1 cup granulated sugar
- 1-1/4 cups white all-purpose flour
- 1 teaspoon cinnamon
- 1 cup oatmeal
- 1 cup brown sugar
- 1/4 teaspoon baking soda
- 1/4 teaspoon baking powder
- 1/4 cup unsalted butter
- 1/4 cup shortening

PREPARATION

1. Preheat oven to 350° F.
2. Spray a 9" x 9" pan with nonstick cooking spray.
3. Peel, core and slice apples.
4. Mix 1 cup granulated sugar, 3 tablespoons flour and 1/2 teaspoon cinnamon. Add sliced apples and toss to coat.
5. Pour apple mixture into prepared pan.
6. Mix oatmeal, remaining flour, brown sugar, remaining cinnamon, baking soda and baking powder. Cut butter and vegetable shortening into this mixture with a pastry blender or a fork.
7. Pour topping over apples.
8. Bake for 1 hour.



Chicken and White Bean Soup

Makes 6 servings, 1 1/2 cups each

Calories per serving: 172

INGREDIENTS

- 2 teaspoon extra-virgin olive oil
- 2 leeks, white and light green parts only, cut into 1/4-inch rounds
- 1/2 teaspoon dried sage
- 3 14-ounce cans reduced salt chicken broth
- 1 15-ounce can cannellini beans, rinsed
- 3 boneless chicken breasts, baked and shredded

PREPARATION

1. Heat oil in large pot over medium high heat.
2. Add leeks and cook, stirring until soft (about 3 minutes).
3. Stir in sage and keep cooking until aromatic (about 30 seconds).
4. Stir in broth, raise heat to high, cover and bring to a boil.
5. Add beans and chicken and cook until heated through (about 3 minutes).
6. Serve hot.



Stay In Shape This Winter

The cold weather may be keeping you indoors, but don't let it keep you from staying fit. Many exercises can be done in the comfort of your own home or in some other indoor setting. Check out your local town center or gym for classes in yoga, pilates, water aerobics, dance or tai chi.

If you want to stay at home, try these ideas:

- Play video games designed to boost your fitness level, using Wii Fit or PlayStation Move.
- Get low-cost, low-tech workout equipment such as resistance bands to include in your fitness routine.
- Invest in a workout DVD or look for workout programs through the On Demand feature from your local cable provider.
- Don't have light weights? Use soup cans—they're good for low-weight, high-repetition moves like bicep curls.



XTANDI takes on advanced prostate cancer while you take on what matters to you.

Who is XTANDI for? XTANDI is a prescription medicine used to treat men with prostate cancer that no longer responds to a medical or surgical treatment that lowers testosterone and that has spread to other parts of the body.

FIND OUT HOW YOU CAN FIGHT BACK.

Talk to your doctor and visit [XTANDI.com/info](https://www.xtandi.com/info)

Important Safety Information

Who should not take XTANDI?

XTANDI is not for use in women. Do not take XTANDI if you are pregnant or may become pregnant. XTANDI can harm your unborn baby. It is not known if XTANDI is safe and effective in children.

Before you take XTANDI, tell your healthcare provider if you:

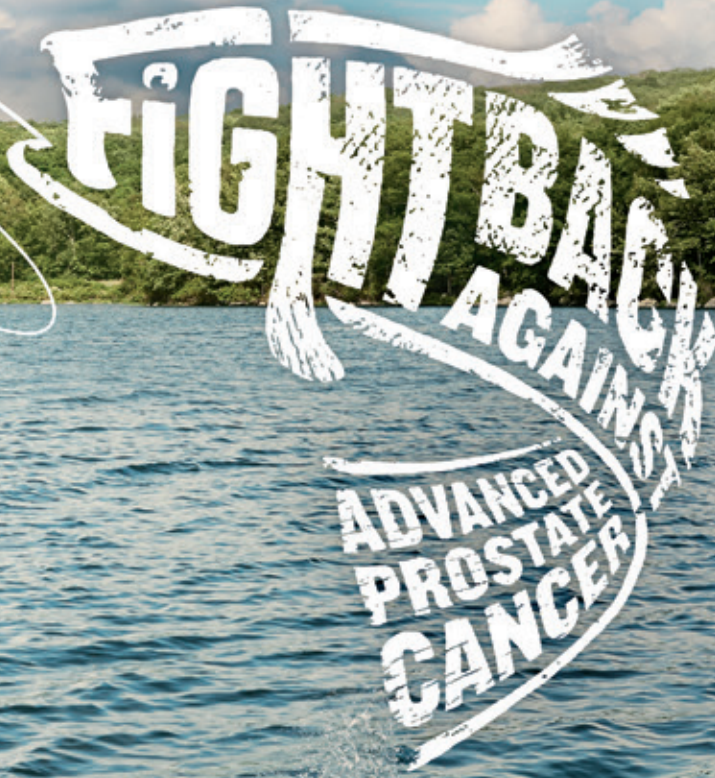
- Have a history of seizures, brain injury, stroke or brain tumors.
- Have any other medical conditions.
- Have a partner who is pregnant or may become pregnant. Men who are sexually active with a pregnant woman must use a condom during and for 3 months after treatment with XTANDI. If your sexual

partner may become pregnant, a condom and another form of birth control must be used during and for 3 months after treatment. Talk with your healthcare provider if you have questions about birth control. See “Who should not take XTANDI?”

- Take any other medicines, including prescription and over-the-counter medicines, vitamins, and herbal supplements. XTANDI may affect the way other medicines work, and other medicines may affect how XTANDI works. You should not start or stop any medicine before you talk with the healthcare provider that prescribed XTANDI.

How should I take XTANDI?

- XTANDI is four 40 mg capsules taken once daily.
- Take XTANDI exactly as your healthcare provider tells you.
- Take your prescribed dose of XTANDI one time a day, at the same time each day.
- Your healthcare provider may change your dose if needed.
- Do not change or stop taking your prescribed dose of XTANDI without talking with your healthcare provider first.
- XTANDI can be taken with or without food.
- Swallow XTANDI capsules whole. Do not chew, dissolve, or open the capsules.
- If you miss a dose of XTANDI, take your prescribed dose as soon as you remember that day. If you miss your daily dose, take your



prescribed dose at your regular time the next day. Do not take more than your prescribed dose of XTANDI in one day.

- If you take too much XTANDI, call your healthcare provider or go to the nearest emergency room right away. You may have an increased risk of seizure if you take too much XTANDI.

What are the possible side effects of XTANDI?

XTANDI may cause serious side effects including:

- **Seizure.** If you take XTANDI you may be at risk of having a seizure. You should avoid activities where a sudden loss of consciousness could cause serious harm to yourself or others. Tell your healthcare provider right away if you have loss of consciousness or seizure. Your healthcare provider will stop XTANDI if you have a seizure during treatment.
- **Posterior Reversible Encephalopathy Syndrome (PRES).** If you take XTANDI you may be at risk of developing a condition involving the brain called PRES. Tell your healthcare provider right away if you have a seizure or quickly worsening symptoms such as headache, decreased alertness, confusion, reduced eyesight, blurred vision or other visual problems. Your healthcare provider will do a test to check for PRES. Your healthcare provider will stop XTANDI if you develop PRES.

The most common side effects of XTANDI include weakness or feeling more tired than usual, back pain, decreased appetite, constipation, joint pain, diarrhea, hot flashes, upper respiratory tract infection, swelling in your hands, arms, legs, or feet, shortness of breath, muscle and bone pain, weight loss, headache, high blood pressure, dizziness, and a feeling that you or things around you are moving or spinning (vertigo).

XTANDI may cause infections, falls and injuries from falls. Tell your healthcare provider if you have signs or symptoms of an infection or if you fall.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of XTANDI. For more information, ask your healthcare provider or pharmacist.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see the Brief Summary on the following page and the Full Prescribing Information on XTANDI.com.

**QUESTIONS
ABOUT XTANDI?**

**Call 1-855-8XTANDI
(1-855-898-2634)**





PATIENT INFORMATION
XTANDI® (ex TAN dee)
(enzalutamide)
capsules

What is XTANDI?

XTANDI is a prescription medicine used to treat men with prostate cancer that no longer responds to a medical or surgical treatment that lowers testosterone and that has spread to other parts of the body.

It is not known if XTANDI is safe and effective in children.

Who should not take XTANDI?

XTANDI is not for use in women.

Do not take XTANDI if you are pregnant or may become pregnant. XTANDI can harm your unborn baby.

What should I tell my healthcare provider before taking XTANDI?

Before you take XTANDI, tell your healthcare provider if you:

- have a history of seizures, brain injury, stroke, or brain tumors
- have any other medical conditions
- have a partner who is pregnant or may become pregnant. Men who are sexually active with a pregnant woman must use a condom during and for 3 months after treatment with XTANDI. If your sexual partner may become pregnant, a condom and another form of effective birth control must be used during and for 3 months after treatment. Talk with your healthcare provider if you have questions about birth control. See **"Who should not take XTANDI?"**

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. XTANDI may affect the way other medicines work, and other medicines may affect how XTANDI works.

You should not start or stop any medicine before you talk with the healthcare provider that prescribed XTANDI.

Know the medicines you take. Keep a list of them with you to show your healthcare provider and pharmacist when you get a new medicine.

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If you take XTANDI you may be at risk of developing a condition involving the brain called PRES. Tell your healthcare provider right away if you have a seizure or quickly worsening symptoms such as headache, decreased alertness, confusion, reduced eyesight, blurred vision or other visual problems. Your healthcare provider will do a test to check for PRES. Your healthcare provider will stop XTANDI if you develop PRES.

The most common side effects of XTANDI include:

- weakness or feeling more tired than usual
- back pain
- decreased appetite
- constipation
- joint pain
- diarrhea
- hot flashes
- upper respiratory tract infection
- swelling in your hands, arms, legs, or feet
- shortness of breath
- muscle and bone pain
- weight loss
- headache
- high blood pressure
- dizziness
- a feeling that you or things around you are moving or spinning (vertigo)

XTANDI may cause infections, falls and injuries from falls.

Tell your healthcare provider if you have signs or symptoms of an infection or if you fall.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of XTANDI. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store XTANDI?

- Store XTANDI between 68°F to 77°F (20°C to 25°C).
- Keep XTANDI capsules dry and in a tightly closed container.

Keep XTANDI and all medicines out of the reach of children.

General information about XTANDI.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use XTANDI for a condition for which it was not prescribed. Do not give XTANDI to other people, even if they have the same symptoms that you have. It may harm them.

This Patient Information leaflet summarizes the most important information about XTANDI. If you would like more information, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about XTANDI that is written for health professionals.

For more information go to www.Xtandi.com or call 1-800-727-7003.

What are the ingredients in XTANDI?

Active ingredient: enzalutamide

Inactive ingredients: caprylocaproyl polyoxylglycerides, butylated hydroxyanisole, butylated hydroxytoluene, gelatin, sorbitol sorbitan solution, glycerin, purified water, titanium dioxide, black iron oxide

Manufactured by:

Catalent Pharma Solutions, LLC, St. Petersburg, FL 33716

Marketed by:

Astellas Pharma US, Inc., Northbrook, IL 60062
Medivation Inc., San Francisco, CA 94105
14L082-XTA-BRFS

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076-1121-PM

This Patient Information has been approved by the U.S. Food and Drug Administration.

Revised: August 2015

'HEALTHY' NEW YEAR'S RESOLUTIONS AND 5 WAYS TO MAKE THEM STICK

Lose weight. Eat better. Exercise. Go to the doctor. Get more sleep. Nearly half of all Americans make New Year's resolutions, but fail to keep them.

Are you ready to live healthier in 2016? Here are few tips on how you can make it happen!

- 1 One thing at a time.** Instead of thinking about everything you need to do to get healthy, start with scheduling a routine medical check-up. Having a conversation with your doctor is the first step to staying on top of your health.
- 2 Keep a food journal.** Research has shown that people who track their food intake make better eating choices. Eating the same foods all the time can get boring. Change it up with a new recipe book or a trip to a nice restaurant with healthy options. For a few healthy recipes, visit: www.UrologyHealth.org/living-healthy
- 3 Make exercise enjoyable.** Walking with friends, enrolling in a fitness class, dancing or biking may be your cup of tea! There are many avenues to getting fit, including urologic exercises – did you know that simple pelvic floor exercises, also known as 'Kegel Exercises,' can strengthen your pelvic floor muscles and help prevent urinary leakage or calm the urge to go: www.UrologyHealth.org/living-healthy/kegel-exercises-for-incontinence
- 4 Pace yourself.** Small changes can add up to big changes over time. If you are overweight, then losing as little as 5 percent of your body weight can lower your cholesterol, blood pressure and risk for kidney stones, erectile dysfunction (ED), diabetes, stroke or heart attack. Be kind and gentle to your body. Try adding a serving of vegetables to every meal. Add protein to your snacks. Add a glass of water to your daily routine. You'll find that over time these small steps will make a big difference.
- 5 Get more sleep.** If you want to achieve success without much of an effort, try getting more shut-eye. The average adult needs 7-9 hours of sleep a night to recharge the mind and body. Sleeping also helps you burn fat, lower stress, improve your immune system and boost your mood. Remind yourself of why you're making the change and how it will improve your life. This will keep you focused and motivated.

Eating right, exercising and watching your weight can improve your health and help avoid or reverse certain urologic conditions such as incontinence, benign prostatic hyperplasia (BPH, or enlarged prostate), low sperm count and ED. For more information about maintaining a healthy lifestyle, visit: www.UrologyHealth.org

IN CASE OF EMERGENCY

Ten Vital Pieces of Health Information You Should Know or Carry with You

You never know when a sudden event may happen. Be fully prepared by having your health care information in a place where it can be quickly found when help arrives, such as in your wallet. You should list:

1

Personal medical history.

List such health issues as high blood sugar, kidney issues, heart problems, seizures, high blood pressure, lung disease or asthma.



2



Major surgeries.

This list may include a knee surgery, prostate cancer surgery and/or hip surgery. Don't forget to also include pacemaker operations or ones for other implanted devices.

3



Family health records.

This would note any family history of high blood pressure, heart problems, diabetes, blood clots, cancer or other family health problems. This history can have an effect on how you are treated.

4



Name of medications.

Also list the dose of each medication and how often you take it. Medicines such as blood thinners, water pills, blood pressure pills, antibiotics and even over-the-counter drugs may have interactions with other drugs. Doctors need this data to avoid any unsafe reactions.

5

Name of who to reach in case of an emergency.

When you list this person, remember to include his/her cell, work and home phone numbers. Choose a back-up person in case your main contact cannot be reached.



6

Shot records.

List dates for the last time you had shots for the flu, pneumonia and tetanus.



7

Name and phone numbers of your urologist/primary care doctor.

If you are being treated by other doctors, make certain to add their names and phone numbers as well.



8

Allergies.

Sensitivities to foods (such as shellfish or peanuts) or medicines (ex: penicillin). Include allergies to latex, contrast dye or other man-made materials. If known, describe the type of allergic reaction (such as itch, rash, hives, hard time breathing, swelling, etc.).



10

Basic insurance information.

Include the insurance company name and phone number.

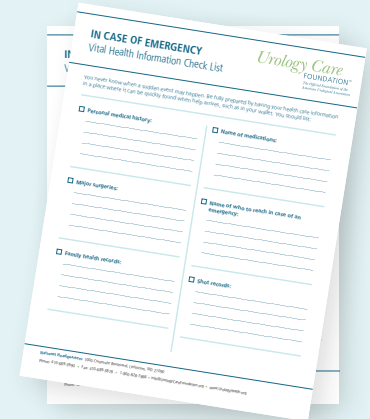


9

Blood type.



Visit
**UrologyHealth.org/
Checklist**
to download this Vital
Health Information
Check List



WINTER SPORTS AND OUTDOOR SAFETY TIPS FOR THE WHOLE FAMILY

More than 440,000 people are treated at hospitals, doctors' offices and emergency rooms for winter sports-related injuries each year. These injuries include:

- 58,500 from **ice skating**
- 91,000 from **sledding** and **tobogganing**
- 144,000 from **snow skiing**
- 148,000 from **snowboarding**

The coldest temperature listed on record in the U.S. record is -80° F, logged in Fort Yukon, Alaska, on January 23, 1971.

To avoid these injuries, keep in mind these winter sports safety tips:

- Skiing and snowboarding have their own special equipment. The right gear and the right fit are as vital as knowing what you are doing on the slopes. They will lower your chances of getting hurt.
- Ice skating injuries are often the result of tripping on bumps in the ice or bumping and crashing into other skaters. Know about the state of the ice before you step onto the ice and be aware of others around you when skating.
- Hockey-related injuries can happen on the ice or in the street. Always wear protective gear such as a helmet, pads, hockey pants, gloves, jockstrap or cup and neck protector.

How do these tie back to Urology?

High-contact winter sports such as snowboarding, ice hockey, sledding and skiing can cause a ruptured kidney or testicular and bladder injuries. Most people believe these types of injuries are a result of a ski pole or tree branch going into the belly and puncturing the kidney. However, in reality, these injuries most often happen as a result of falling or from a direct blow to the stomach, groin, side or mid-to-low back.

The **kidney** is the third most common organ, after the spleen and liver, to be hurt as a result of **blunt force trauma**.

More men suffer a **kidney injury** from sports than do women.

While the chance of frostbite is less than 5 percent when the air temperature is above 5° Fahrenheit, the chance of getting frostbite raises as the wind chill falls. At wind chill levels below minus -18° Fahrenheit, frostbite can occur on exposed skin in 30 minutes or less.

Frostbite happens mostly on fingers, toes, ears, noses and cheeks. The area becomes very cold and turns white or yellowish gray. If you notice frostbite on you, a family member or friend, head right away to the nearest hospital emergency room.

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