



Prostate cancer is fueled by hormones called androgens. The primary male androgen is testosterone. **Hormone therapy**, also called androgen deprivation therapy (ADT), stops or slows the body's ability to make testosterone. The goal is to stop tumor growth and/or shrink the tumor.

Hormone therapy may be used:

- before radiation to try to shrink the tumor
- if your prostate cancer returns after surgery or radiation
- if your prostate cancer has spread (metastasized)

Possible side effects of hormone therapy include hot flashes, erectile dysfunction, loss of sexual desire, mood changes, increased risk of heart attacks and other heart problems, increased blood sugar, fatigue, weight gain, and loss of bone density.

QUESTIONS FOR YOUR DOCTOR

- Why are you recommending hormone therapy? What is the goal of treatment?
- Is this standard of care or have you modified the approach for my situation?
- When should I begin hormone therapy? What will my treatment schedule be?
- How soon will we know it is working? How will we measure success, failure, and/or progression?
- Will I need other treatments during or after hormone therapy? If so, when?
- How will hormone therapy be given?
- What are my options if hormone therapy stops working?
- How will it affect my lifestyle/quality of life during treatment? After treatment?
- How can my side effects be managed?
- What side effects should I report to you? Who can I call if I need help immediately?
- What type of support will I need from my caregiver or others? What help will you provide? What other support is available? From where?
- How much does this cost? Are there cheaper options?
- How can I find support and resources to help pay for my cancer treatment?

Some ADTs include a warning about an increased risk of diabetes, heart disease, and stroke. Follow-up with your primary care doctor and a cardiologist will help you manage risks while on hormone therapy.



Consider using a notebook at your appointments and taking someone with you if you can.

CONSIDER A SECOND OPINION?

Many people seek second opinions to explore all options. Seeking a second opinion is common and doing so can make you feel more confident in the treatment decision that you make.

LEARN MORE

We encourage you to use this information in conversations with your healthcare team about prostate cancer and related topics. For more information about prostate cancer and ZERO Prostate Cancer, visit our website [zerocancer.org/learn](https://www.zerocancer.org/learn).

ZERO Prostate Cancer provides this information as a service. It is not intended to take the place of medical professionals or the recommendations of your healthcare team. We strongly suggest consulting your healthcare team if you have questions about your specific care.

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For information about a treatment for prostate cancer, visit: <https://www.accordbiopharma.com/ourtherapies/>