

Understanding advanced prostate cancer

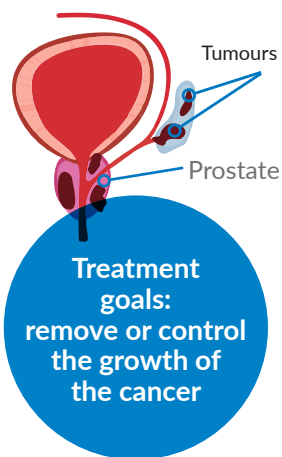
This resource is for men who have just been diagnosed with advanced prostate cancer or who have been told by their doctor that their cancer has now spread.

If you need information about prostate cancer not responding to hormone therapy, please see our resource called **Understanding your options if hormone therapy stops working**.

Types of advanced prostate cancer

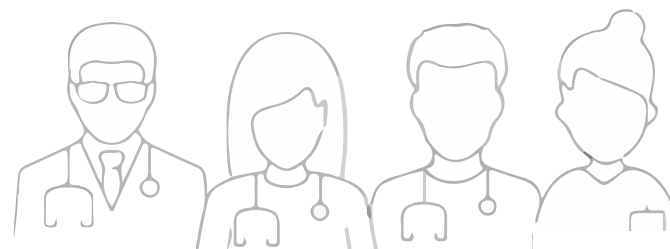
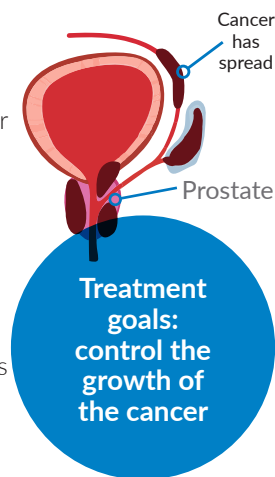
Locally advanced prostate cancer

Locally advanced prostate cancer has spread outside the prostate to nearby parts of the body like the seminal vesicles, bladder and rectum





Metastatic prostate cancer

Metastatic prostate cancer has spread to other parts of the body even further away from the prostate such as the lymph nodes or bones




Treatments for advanced prostate cancer

The treatment you receive will depend on your overall health, how far the cancer has spread and the type of treatment you received before the cancer started to spread.

	Radiation therapy	Used for: locally advanced or metastatic	Possible side effects
	<ul style="list-style-type: none"> You may be offered different types of radiation therapy to treat prostate cancer: <ul style="list-style-type: none"> External radiation therapy: A machine delivers high-energy x-rays to the tumour Brachytherapy: Radioactive pellets (seeds) are inserted directly into or near the prostate to kill nearby cancer cells If cancer has spread to the bones, you may be offered: <ul style="list-style-type: none"> Systemic radiation therapy: A radioactive substance is injected into the body Radiation therapy may be combined with hormone therapy 		<ul style="list-style-type: none"> Fatigue Urinary or bowel problems Difficulty getting and keeping an erection
	Surgery Also called prostatectomy	Used for: locally advanced	Possible side effects
	<ul style="list-style-type: none"> Surgery removes the prostate, tissues around it and sometimes the pelvic lymph nodes if the cancer is there Radiation therapy, hormone therapy or both may be offered after surgery to lower the risk of the cancer coming back 		<ul style="list-style-type: none"> Difficulty controlling urination Difficulty getting and keeping an erection

Other treatments on the next page.

 <h2>Hormone therapy</h2>	<p>Used for: locally advanced or metastatic</p>	<p>Possible side effects</p>
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- Drugs or surgery block the production or effects of male hormones, like testosterone, which prostate cancer needs to grow
- Hormone therapy may be used alone or in combination with radiation therapy or chemotherapy
- You may be offered different types of hormone therapy, including:
 - **Luteinizing hormone–releasing hormone (LHRH) agonists** stop the testicles from making testosterone
 - **LHRH antagonists** stop the pituitary gland from making luteinizing hormone, which in turn stops the testicles from making testosterone
 - **Anti-androgens** stop cancer cells from using testosterone to help them grow
 - **Androgen synthesis inhibitors** block enzymes that the body needs to make testosterone
 - **Orchiectomy** is surgery to remove the testicles, which reduces the amount of testosterone in the body
- Your doctor will recommend that you take calcium and vitamin D to keep your bones strong

- Low sex drive
- Difficulty getting and keeping an erection
- Hot flashes
- Mood swings
- Breast tenderness and growth of breast tissue
- Loss of muscle and physical strength
- Decrease in bone strength and risk of bone fractures

 <h2>Chemotherapy</h2>	<p>Used for: metastatic</p>	<p>Possible side effects</p>
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- Uses drugs to kill cancer cells
- For metastatic prostate cancer, chemotherapy may be offered at the same time as hormone therapy

- Nausea
- Hair loss
- Low blood cell counts, which may make it difficult to fight infections
- Numbness
- Weakness or tingling in hands and feet

 <h2>Clinical trials</h2>	<p>Used for: locally advanced or metastatic</p>	<p>Possible side effects</p>
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- A clinical trial is a type of research study that tests new treatments and medical approaches
- Ask your healthcare team about clinical trials that may be open to men with prostate cancer

- Different for each clinical trial
- Ask your team about them before joining

Questions to ask your healthcare team

1. What treatment or combination of treatments is best for me?
2. How do I know if the treatment is working? How will I be monitored?
3. What happens if the treatment stops working?
4. What can I do to prevent or help reduce side effects? How long will they last?
5. Can I change the treatment I'm on or take medicines to help with the side effects?



Treatment follow-up and monitoring

Your healthcare team will continue to measure the prostate-specific antigen (PSA) levels to monitor how well the treatment is working. All treatments carry the risk of side effects and it is important to remember that not everyone will react the same way. Your healthcare team may be able to help you control side effects and some may go away when treatment is finished.