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Androgen Deprivation Therapy (ADT) for Prostate Cancer

What is ADT?

ADT is done for patients with prostate cancer. Prostate cancer cells thrive in the presence of androgens (testosterone and Dihydrotestosterone). By depriving the supply of these hormones, we will be able to control the cancer for a good length of time

When is ADT given?

For patients with wide spread metastasis, life long ADT is required. For patients with locally advanced disease or high grade disease, ADT may be required immediately before or after treatment. The length of the course will be decided by the physician. For patients who are found to have lymph node positive disease after radical prostatectomy , a course of ADT is given.

How is ADT given?

ADT can be achieved by three methods

1. Bilateral Orchiectomy .This entails removal of both testis by a short operation done under local or general anaesthesia. This is a permanent form of ADT. This is recommended only for patients with diffusely metastatic disease.
2. LHRH agonist. This is most commonly used injection and is given generally every 3 months.
3. LHRH antagonists. This is the latest form of treatment. This is given every month

The costs vary between treatments.

Bilateral Orchiectomy is generally done only for diffusely metastatic disease and not for localised or locally advanced disease.

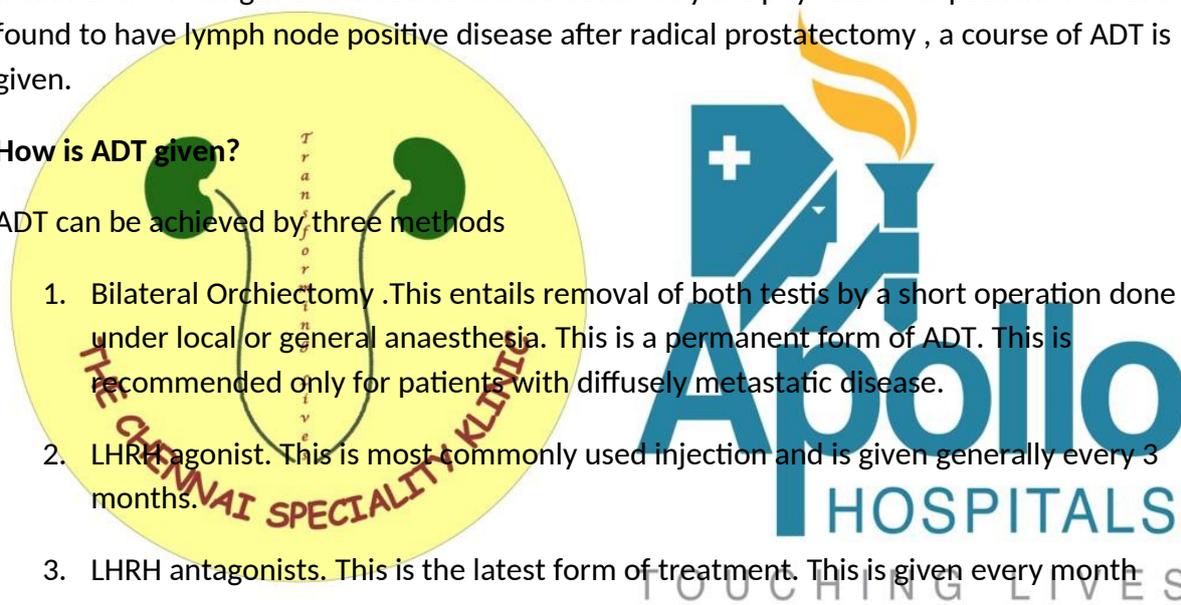
Injection type of therapies could be given both for short / intermediate length course treatment as well as life long course of treatment.

Side effects of ADT

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Orchiectomy is a surgery and hence a small risk associated with that remains

Injections have side effects include the injection site irritation and allergy. This is usually self limiting

Side effects common to any form of ADT include

Anaemia – self limiting, mild drop in hemoglobin

Weight gain and mild worsening of Diabetes

Cardiovascular risk

Bone loss and osteoporosis

Cognitive decline

Hot flashes

Many of the side effects are similar to the effects of menopause in women

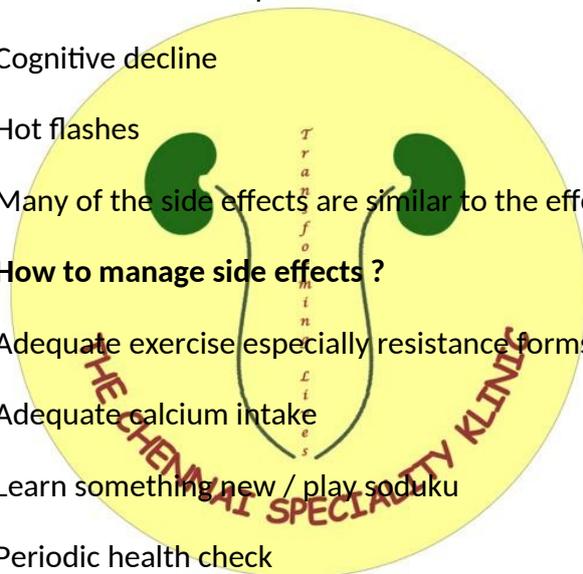
How to manage side effects ?

Adequate exercise especially resistance forms of exercises

Adequate calcium intake

Learn something new / play sudoku

Periodic health check



What additional medications are required?

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In addition to ADT, doctor will recommend bone strengthening injections which needs to be administered periodically

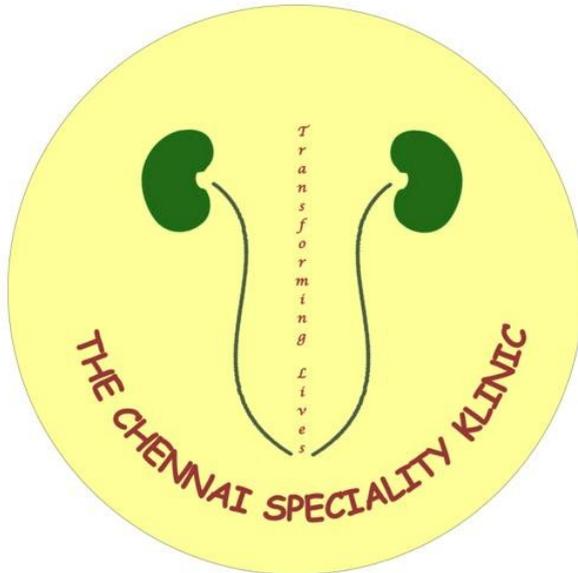
Please also take

1. T. Calcium / Vit D3 once a day
2. T. Ecospirin 75 mg once a day

How to be on follow up?

Meet the doctor every 3-4 months for a check up with the following tests

CBC, Renal Package, HbA1c, PSA



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