

## Prostate cancer and your heart health

# Your role while on hormone therapy for prostate cancer

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For men living with prostate cancer, like you, a short- or long-duration of hormonal therapy, may be combined with another treatment (e.g. radiation therapy). This offers you hope for your illness and a longer life.

The hormone therapy (HT) decreases your testosterone levels. Testosterone is known to stimulate prostate cancer growth.

## A matter of heart

Although it is a standard treatment, HT is not without adverse effects. There is more and more research that your cardiovascular health may be at risk due to the metabolic effects of the treatment. This risk is even greater if you have had cardiovascular problems or if you have other risk factors.



## Examples of metabolic effects

While on treatment, you may notice some changes, including:

- a weight gain, especially at the level of your abdomen
- a decrease in your muscle mass
- a higher sugar level during your blood glucose test
- a higher cholesterol level in your blood test
- a higher blood pressure when taking your blood pressure

You may notice that these changes are worsened by:

- fatigue limiting your activities
- a poor diet - rich in fat, salt and sugar
- mood changes such as anxiety or great stress
- consumption of alcohol and/or tobacco

## Your role as a patient is important

As you have prostate cancer, it is important to consider your heart health during your treatment.

- Ask your family doctor how to control risk factors to maintain your heart health
- Choose two or three goals from this leaflet and write down one or two steps to help you reach them
- Keep track of your medical follow-ups and assessments of your risk factors for the duration of your treatment



## What you can do now

Be sure to read and share this leaflet with your life partner and family. Also share with your family doctor who will play a key role in your care. Do not hesitate to ask for help!



Your goals	What to do – Tips and advice
Achieve and maintain a healthy weight	<ul style="list-style-type: none"> <li><input type="checkbox"/> Ask your doctor for your ideal weight</li> <li><input type="checkbox"/> Calculate your body mass index (BMI); it should be between 18.5 and 24.9</li> </ul>
Move and exercise	<ul style="list-style-type: none"> <li><input type="checkbox"/> Target 150 min/week of moderate to sustained exercise: walk, bicycle, swimming, aerobic exercise...</li> <li><input type="checkbox"/> Try a gym membership or join a walking club</li> </ul>
Eat healthy	<ul style="list-style-type: none"> <li><input type="checkbox"/> Favour a Mediterranean diet</li> <li><input type="checkbox"/> Integrate a diet rich in fruits, vegetables and whole grain products, and low in saturated fat</li> <li><input type="checkbox"/> Ensure a good vitamin D intake (1000 IU/day) and calcium intake (1200 mg/day)</li> <li><input type="checkbox"/> Limit alcohol consumption (1 to 2 glasses/day)</li> </ul>
Maintain a lifestyle without tobacco	<ul style="list-style-type: none"> <li><input type="checkbox"/> Get support and treatment to quit smoking</li> <li><input type="checkbox"/> Contact the toll-free line « Quit Now » 1-866-366-3667</li> </ul>
Reduce stress level	<ul style="list-style-type: none"> <li><input type="checkbox"/> Participate in a stress management workshop (e.g. Mindful meditation)</li> </ul>
Control blood pressure	<ul style="list-style-type: none"> <li><input type="checkbox"/> Aim for a target of <math>\leq 140/90</math> mm Hg. If you are diabetic aim for <math>\leq 130/80</math> mm Hg</li> </ul>
Maintain normal levels of cholesterol and blood sugar	<ul style="list-style-type: none"> <li><input type="checkbox"/> Aim for a target of LDL-C <math>&lt; 2.0</math> mmol/L</li> <li><input type="checkbox"/> Maintain a fasting blood sugar <math>&lt; 7.0</math> mmol/L</li> </ul>
Treat cardiovascular diseases and diabetes	<ul style="list-style-type: none"> <li><input type="checkbox"/> Take your medicine as prescribed by the physician (e.g. statin; metformin)</li> <li><input type="checkbox"/> Report any side effects to your care team</li> <li><input type="checkbox"/> Go to all your medical appointments</li> </ul>

Visit the heart and stroke foundation website to learn more about your risk of heart disease and make lifestyle changes to promote your health: [www.heartandstroke.ca](http://www.heartandstroke.ca)

Calculate your cardiovascular age with the life expectancy model (1) [www.chiprehab.com](http://www.chiprehab.com) and (2) your cardiovascular risk using the Framingham Risk Score (FRS) [www.myhealthcheckup.com](http://www.myhealthcheckup.com)

Your virtual ally: [www.feelplus.com](http://www.feelplus.com)