

5 POINTS TO REMEMBER ABOUT:

## Advanced Prostate Cancer Treatment Strategies

*Speaker: Dr. Paul Toren, uro-oncologist and researcher at the CHU de Québec*

### 1. At what point is prostate cancer considered advanced, and what is the first-line therapy?

Specialists consider it when it has spread beyond the prostate gland to other areas of the body or when a single treatment, such as radical surgery or radiation therapy, is not sufficient. Hormone therapies (in injection and oral) remain the cornerstone of treatment for this type of cancer. These are now often used in combination after a recurrence or in cases of metastatic prostate cancer at diagnosis, with the aim of controlling cancer growth and spread.

### 2. When does chemotherapy come into play?

Chemotherapy, primarily used when metastases are present, proves to be effective and generally well-tolerated by patients. Typically administered for a set period, it can be stopped earlier if it's not working or if side effects become intolerable. It's often combined with standard and new-generation hormone therapy. Studies suggest that this triple combination leads to improved outcomes and better control of cancer cells, highlighting the importance of starting aggressive treatment early for better long-term survival rates.

### 3. What about radiation therapy, immunotherapy and targeted therapies?

Effective for bone metastases and pain, radiation therapy can now be used to target the prostate gland for prostate cancer at the metastatic stage in specific patients. As for immunotherapy, it has not yet become a standard treatment for advanced prostate cancer as indicated by clinical trials. Regarding targeted therapies, they have displayed effectiveness, especially among patients with specific gene mutations.

It is important to note that the treatment plan may vary depending on the progression of cancer, the patient's genetic characteristics, and other individual factors. Patients should discuss with their medical team the most appropriate medical approaches for their specific situation, including the possibility of participating in a clinical trial.

#### 4. What makes nuclear medicine exciting yet complex?

Nuclear medicine, such as radiopharmaceutical drugs targeting cancer cells to destroy them, offers promising prospects in the treatment of advanced prostate cancer. It is typically used towards the late stage of the disease, but it is a field in constant evolution. Although approved in Canada, their availability in hospital settings is expanding but still limited and requires organizational efforts. However, it is encouraging to see that the situation is improving.

#### 5. What types of treatment strategies can patients with advanced prostate cancer expect?

Patients with advanced prostate cancer can expect a treatment approach that focuses on symptom management, slowing the progression of the disease, and improving quality of life. Treatment strategies may include, as mentioned above, a combination of therapies tailored to each patient's specific situation.

It is essential for patients to be fully informed about available options, the benefits and risks associated with each treatment, as well as support and management of side effects, so that the medical team can collaborate with them in the process of making informed decisions.

EDUCATIONAL GRANT BY:



PROCURE IS RECOGNIZED BY :

