



TREATMENTS

Different Types of Advanced Prostate Cancer

This info-sheet aims to present the various treatment options available for different types of advanced prostate cancer, helping you understand the therapeutic approaches and make informed decisions about your medical care. In some cases, with appropriate treatment and management, patients can live for many years with advanced prostate cancer.

Understanding Your Condition

Some cancers are curable, while others are manageable. At the metastatic stage, treatment aims to destroy cancerous tumors, relieve symptoms, limit cancer spread, and improve quality of life. Therefore, your treatment plan will be tailored to your type of cancer and other medical factors. Discuss with your medical team the available options for you, including the possibility of participating in a [clinical trial](#).

Types of Advanced Cancer

Locally advanced cancer: When it reaches nearby tissues such as the seminal vesicles, bladder, rectum, or a pelvic lymph node.

Recurrent cancer: When it reappears after initial treatment (surgery, radiation therapy/brachytherapy) with or without metastases.

Metastatic cancer: When it spreads to other distant parts of the body, such as the bones.

Castration-resistant prostate cancer (CRPC): When it continues to progress despite standard hormone therapy injections.

Treatment Options

The [treatment](#) you'll receive will depend on your general health condition, the degree which the cancer has spread in your body, and the treatment you initially received before the disease spread.

Radical Surgery Locally advanced cancer	<ul style="list-style-type: none">▪ The surgery involves removing the prostate, surrounding tissues, and sometimes the pelvic lymph nodes if cancer cells are found there.▪ After surgery, radiation therapy, hormone therapy, or both may be recommended to reduce the risk of cancer recurrence.
External or Internal Radiation Therapy Locally advanced or metastatic cancer	<ul style="list-style-type: none">▪ Radiation therapy targets the prostate from an external or internal source (brachytherapy) to shrink tumors and destroy cancer cells.▪ Radiation therapy is always combined with hormone therapy.
Hormone Therapy Locally advanced or metastatic cancer	<ul style="list-style-type: none">▪ Hormone therapy, either alone or combined with radiation therapy or chemotherapy, blocks the production or effects of testosterone, which is necessary for the growth of cancer cells.▪ You may receive a hormone therapy injection every 1, 3, 4, or 6 months, either alone or in combination with next-generation hormone therapy tablets.

Chemotherapy Metastatic cancer	<ul style="list-style-type: none"> ▪ Chemotherapy uses drugs to destroy cancer cells. For metastatic prostate cancer, chemotherapy can be combined with hormone therapy.
Targeted Therapy Metastatic cancer	<ul style="list-style-type: none"> ▪ Targeted therapy is recommended for treating metastatic prostate cancer that no longer responds to hormone therapy and has specific genetic mutations.
Nuclear Therapy Metastatic cancer	<ul style="list-style-type: none"> ▪ Radioligand therapy is sometimes the best option for treating metastatic prostate cancer that no longer responds to other treatments. ▪ Nuclear medicine treatments can destroy cancer cells expressing a protein called PSMA, reduce disease-related symptoms, and shrink or stabilize cancerous tumors.
Complementary Treatments Bone metastases	<ul style="list-style-type: none"> ▪ Different treatments are available for bone metastases, including medications and external or systemic radiation therapy, to destroy bone tumors, reduce bone complications, strengthen bones, and relieve pain.
Clinical Trials All cancers	<ul style="list-style-type: none"> ▪ Clinical trials offer new promising treatments or improvements to existing ones before they become widely available. ▪ Your medical team can inform you if there is a suitable clinical trial for you.

Management of Side Effects

Treatments can cause [side effects](#), with intensity and duration varying from one man to another. However, these side effects may diminish over time or be managed.

You can take control of some of these effects by maintaining a [healthy diet](#) that includes calcium and vitamin D supplements, staying [physically active](#), and seeking advice from your medical team.

Questions to Ask Your Doctor

- What treatment or combination of treatments is best for me?
- How will I know if the treatment is effective?
- What will happen if the treatment stops being effective?
- What are the side effects I should expect?
- How can I prevent or reduce side effects, and how long do they last?
- Can I adjust my treatment or take medications to lessen the side effects?
- How will these treatments affect my quality of life, particularly in terms of mobility, energy, or mental health?

Treatment Follow-Up

Your medical team will monitor your PSA level and testosterone level as needed to assess the effectiveness of the treatment. Treatments carry risks of side effects, and everyone reacts differently. Seek advice from your medical team.

Our health care professionals are here 7 days a week to answer all your questions as well as those of your family. Call **1-855-899-2873** or visit **procure.ca**

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This document is intended to serve as a guide to facilitate discussions between patients and their medical team, ensuring that they have all the necessary information to make informed decisions about their treatment.