

Improving Your Quality of Life on Androgen Deprivation Therapy

Our Goal: Improving Your Quality of Life

The treatment of prostate cancer by decreasing the level of hormones in the body, known as *Androgen-deprivation therapy (ADT)*, has increased the life expectancy of patients with prostate cancer. These drugs do have side effects and our goal is to better manage these adverse effects, resulting in a better quality of life for you.

What causes these side effects?

Prostate cancer can be associated with a hormone called *testosterone*. ADT works by shutting off production of this hormone in your body, which controls the cancer. Testosterone, however, is an important component of male physiology and can have many different effects on the body. ADT has been shown to increase bone loss, increase development of diabetes, and increase the risk of heart disease.

What should your personal physician be monitoring?

Your personal physician should routinely monitor:

- Cholesterol changes
- Blood pressure changes
- Glucose/ insulin changes
- Weight changes

How are you involved?

We want you to be *directly & actively* involved! This will include:

- A questionnaire before and after completion of the program.
- Making necessary diet/lifestyle modifications. You will receive information with some nutritional/ dietary suggestions.
- Documenting your fitness regimen.
- Asking questions and being well informed in your treatment!

Food & Fitness

ADT is an important treatment in prostate cancer. However, ADT also changes blood pressure, cholesterol, body fat composition, and insulin regulation in your body. Each of these changes may increase your risk of heart disease or cause further problems later on in life. Exercise and nutrition can help limit these changes.



Food

Here are recommendations from the American Diabetes Association (ADA) & American Heart Association (AHA) to help improve your food selection and maintain a healthier lifestyle.

- **Carbohydrates:** Carbohydrates are foods that can raise your blood sugar level such as starches, sugar, and fiber. A diet rich in whole grains, fiber, and fruit and vegetables is recommended.
- **Fats:** Foods rich in unsaturated fats (such as monounsaturated fats, omega-3 fatty acids, and polyunsaturated fats) reduce the risk of heart disease.
- **Protein:** Choosing lean meats instead of more fatty selections cuts down on saturated fats.
 - ✓ *Processed meat:* Limit the amount of processed meat (i.e.: luncheon meat) to less than 2 servings per week.
 - ✓ *Lean meats:* Choose lean cuts of meat. Limit portions to 2-3 ounces per meal (size of a closed fist) and not be more than $\frac{1}{4}$ of your plate.
 - ✓ *Fish:* Two 3.5 ounce servings per week

Other Tips

- **Fruits & vegetables:** 4.5 cups per day
- **Fiber-rich whole grains:** three 1-oz servings per day
- **Alcohol:** **Maximum** of 2 drinks per day for men.



Fitness

What are the benefits of exercise?

- Lowers blood glucose, blood pressure, and cholesterol.
- Reduces your risk for heart disease and stroke.
- Relieves stress.
- Strengthens your heart, muscles, and bones.
- Helps insulin work better.
- Helps with losing, and keeping off, weight

What type of exercise?

- **Flexibility exercises:** Keep your joints flexible to reduce your chances of injury. Gentle stretching for 5 to 10 minutes helps your body warm up for aerobic activities such as walking or swimming.
- **Strength training:** builds muscle & burns calories.
- **Aerobic exercises:** Increases your heart rate, works out the muscles, and helps your muscles use the sugar in your blood.

How much exercise?

A minimum of **30 minutes*** of aerobic exercise is recommended on most days of the week. Start with 10 minutes per day and add more time each week or split up the 30 minutes throughout your day.

***Check with your doctor before beginning any exercise program.**

Questions?

If you have any questions please call the GU/Urology Center at **716-845-3197**. If we miss your call, please leave a message and we will return your call.

Resources

Find more ideas on recipes, creative exercises, and tips on how to maintain an overall healthier lifestyle.

American Institute for Cancer Research (AICR)

aicr.org

American Dietetic Association

eatright.org

American Diabetes Association

diabetes.org/food-and-fitness/food

American Heart Association

heart.org

Centers for Disease Control and Prevention

cdc.gov/physicalactivity

U.S. Department of Health & Human Resources

health.gov/dietaryguidelines