

# Treatment Intensification for Hormone Sensitive Prostate Cancer (HSPC)

## Talking to Your Doctor



Hormone Sensitive Prostate Cancer (HSPC) is a type of prostate cancer that is sensitive to hormone therapy. Hormone therapy works by blocking the production of the androgen hormones. High levels of androgen raise the risk of prostate cancer. Hormone therapies are treatments that can slow down the growth of prostate cancer. Most prostate cancers stop responding to hormone therapy at some point and need different forms of treatment.

Treatments can be intense, and the side effects may impact quality of life, to include daily activities, urinary health, sexual health and mental health. There can be value in having good communication with care providers to help manage the symptoms and maintain overall well-being.

### Questions to ask your doctor about treatment for HSPC:

- What is treatment intensification for HSPC?** Intensification therapy is used to kill cancer cells that may be left in the body. The goal is to help improve both overall survival and quality of life in patients with hormone-sensitive prostate cancer.
- What other doctors will I need to see during my treatment plan?** It is rare to have only one doctor who is managing the disease. Very often, advanced prostate cancer patients see many types of specialists like a urologic oncologist, a radiation oncologist and others. Patients can expect to have a care team who will help manage their disease.
- What types of treatments are available and how will they intensify over time?** The treatment plan is unique to each patient and is often a layered approach involving oral drugs, systemic chemotherapy and, for certain patients, radiation treatment. These treatments may become more intense over time and vary based on the outcome of each patient.
- How long does HSPC treatment typically last?** Patients should expect life-long exposure to treatment. Breaks from treatment may be allowed, but patients may receive treatment for the rest of their lives.
- What other testing will I need to know if the treatments are working?** The goal of the treatment is to see the PSA levels go down and stay down. High levels of PSA may mean the presence of prostate cancer. PSA is a protein produced by both cancerous and noncancerous tissue in the prostate, a small gland that sits below the bladder in males. Your doctor may order periodic PSA tests and imaging scans to see if the cancer has changed. Based on the results of those tests, your doctor can help you determine treatment options.
- What side effects can I expect and how will they impact my quality of life?** Treatment to the prostate may cause bladder symptoms, and hormone therapy may cause negative side effects like hot flashes, chronic fatigue, brain fog and issues with bone and cardiovascular health. A support system of doctors, family and friends is key to help manage these symptoms and maintain a good quality of life.
- Where can I find support groups and other resources?** Being diagnosed with HSPC can cause physical and mental challenges not only for the patient, but also the entire family. Your doctor can help direct you to local and national resources and groups to connect you with a community of patients going through a similar experience.



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- **I'm considering participating in a clinical trial for HSPC. Will this affect my treatment plan?** Clinical trials can be a great way to get exposure to new treatment options. Talk to your doctor about safe ways to get involved to help further advance prostate cancer care in the future.

The layered therapy approach has turned advanced prostate cancer from a fatal disease to a chronic medical condition where patients can live quite long with proper medical care. Communicating with your doctors and getting your questions answered may help you know what is coming next in your treatment plan and the years ahead.

### About the Urology Care Foundation

The Urology Care Foundation is the world's leading urology foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts. To learn more, visit the Urology Care Foundation's website, **UrologyHealth.org/UrologicConditions** or go to **UrologyHealth.org/FindAUrologist** to find a doctor near you.

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### Disclaimer:

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or healthcare provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications. For more information, visit **UrologyHealth.org/Download** or call 800-828-7866.

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