

# Non-metastatic CRPC, Answering Your Patient's Questions

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The Official Foundation of the  
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## WHAT EVERY PROVIDER NEEDS TO KNOW:

New therapeutic agents have been approved by the FDA for patients with Metastatic (m) AND Non-metastatic (nm) Castration-Resistant Prostate Cancer (CRPC).

Clinical Guidelines have been updated by the AUA to reflect new CRPC treatment options.

Clinical guidelines for patients with nmCRPC:

**Standard:** Clinicians should offer apalutamide or enzalutamide with continued androgen deprivation to patients with non-metastatic CRPC at high risk for developing metastatic disease.

**Recommendation:** Clinicians may recommend observation with continued androgen deprivation to patients with non-metastatic CRPC at high risk for developing metastatic disease who do not want or cannot have one of the standard therapies.

**Option:** Clinicians may offer treatment with a second-generation androgen synthesis inhibitor (i.e. abiraterone + prednisone) to select patients with non-metastatic CRPC at high risk for developing metastatic disease who do not want or cannot have a standard therapy and are unwilling to accept observation.

**Recommendation against:** Clinicians should not offer systemic chemotherapy or immunotherapy to patients with non-metastatic CRPC outside the context of a clinical trial.

When hormone therapy alone cannot stop the growth of prostate cancer, it becomes a challenge for the treating doctor. Fortunately, there are now more agents that may help.

Below, are answers to common questions asked by newly diagnosed patients with nmCRPC.

## ARE YOU SURE MY CRPC IS NOT METASTATIC?

Proving that there are no-metastases is not easy. Routine screening will be important. The best thing to do is for us to observe what's going on with scans, every three to six months. We can use CT scans and bone scans to look for metastases. Unfortunately, sometimes they don't show everything. Occult (or not easy to see) metastases may be identified using stronger tools like Axumin® (fluciclovine F 18) or PSMA PET scans. These stronger scans may not be covered by your insurance, but we can look into it.

## WHAT'S MY NEXT STEP IN FIGHTING NON-METASTATIC CRPC?

The good news is that there are choices. The US Food and Drug Administration (FDA) recently approved two drugs taken by mouth, apalutamide and enzalutamide, to treat nmCRPC. Some men have done very well with these medications, combined with ADT drugs. Other men choose to stick with active surveillance. In this case, you would schedule regular PSA tests and scans, but would not take any new drugs right away. To decide what to do, we can talk about the pros and cons of your options. Our best plan will depend on your health, symptoms and practical things like cost and time.

## WHAT ARE THE BENEFITS AND RISKS OF THESE NEW DRUGS?

Apalutamide and Enzalutamide are oral drugs. They are

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used to block the effects of androgens in the prostate and throughout the body to stop cancer growth. These new drugs may slow down metastases. So, it may make it possible to be symptom free for a longer period of time.

The most common side effects of apalutamide are rash, fatigue, joint pain, weight loss, thyroid problems and bone fractures. Common side effects of enzalutamide include fatigue, back pain, hot flashes, falls, hypertension, dizziness, and decreased appetite. Many of these side effects can be managed easily.

## ABOUT THE UROLOGY CARE FOUNDATION

The Urology Care Foundation is the world's leading urologic 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](http://UrologyHealth.org/UrologicConditions) or go to [UrologyHealth.org/FindAUrologist](http://UrologyHealth.org/FindAUrologist) to find a doctor near you.

It is not certain that insurance will cover these new drugs for everyone. You should ask your insurance company about coverage before taking apalutamide or enzalutamide.

## WHAT IF MY CRPC BECOMES METASTATIC?

Metastatic CRPC is when the cancer has spread beyond the prostate, and grows even with ADT drugs. There are many treatment choices for this type of prostate cancer. Together, we will work on easing your symptoms and side effects. Let's talk about your options and get a sense of the pros and cons of each.

## 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 urologists or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For copies of printed materials about Prostate Cancer and other urologic conditions, visit [UrologyHealth.org/Order](http://UrologyHealth.org/Order) or call 800-828-7866.

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