

Understanding Your Options for Advanced Prostate Cancer Androgen Deprivation Therapy (ADT)

WHAT IS ANDROGEN DEPRIVATION THERAPY (ADT)?

Androgen Deprivation Therapy (ADT) is a treatment that lowers testosterone or blocks the effects of testosterone. Testosterone is a hormone that helps the growth of prostate cancer. ADT is used to help manage advanced prostate cancer.



WHEN IS ADT USED?

ADT may be recommended to lower testosterone at different stages of your prostate cancer treatment:

As Main Treatment for Advanced Prostate Cancer:

ADT can help slow the growth and spread of cancer beyond the prostate.

For High-Risk or Recurrent Cases:

ADT may help delay the cancer from getting worse in aggressive cases or in patients where it has come back after treatment.

Post-Treatment: After Surgery or Radiation (Adjuvant Therapy):

ADT can be used after surgery or radiation to lower the chance of the cancer returning.



UNDERSTANDING YOUR ADT OPTIONS

Androgen deprivation can be achieved with surgical castration or using different classes of medications. Each works differently to lower testosterone levels in the body. Medication could be given orally or as an injection, and at different intervals.

TYPE OF ADT	HOW IT WORKS
LHRH Agonists (GnRH Agonists)	These medications first cause a short-term rise in testosterone for a few weeks, but then lower testosterone to very low levels.
LHRH Antagonists (GnRH Antagonists)	These medications lower testosterone right away to very low levels, without the short term rise.
Surgical Castration (Bilateral Orchiectomy)	A one-time surgery to remove the testicles, which permanently stops the body from making testosterone.

Note: This sheet talks only about ADT. Other hormone treatments are not included.



HOW IS ADT GIVEN

There are a few ways ADT can be given. Talk with your care team to understand which ADT option may be right for you.

HOW ADT IS GIVEN	WHAT IT MEANS
Injection or Implant Under the Skin 	A shot given every 1, 3, 6, or 12 months at a clinic, or a small implant placed under the skin that slowly releases medicine over time.
By Mouth (Oral) Medication 	A pill that can be taken daily at home.
Surgical Castration 	Bilateral orchiectomy is a one-time surgery to remove the testicles and reduce testosterone levels permanently.



TALKING WITH YOUR PROSTATE CANCER CARE TEAM

It's important to talk with your doctor and care team to determine the best treatment approach for you. Ask questions to help you understand your options and feel confident in your care plan. Be sure to talk with your healthcare provider about both the benefits and the risks of ADT, including possible side effects, so you know what to expect and ways you may be able to manage them.

Here are some helpful questions to consider:

- What are my ADT options?
- Why are you recommending ADT for me?
- How will the treatment be given?
- What is the treatment schedule?
- What are the potential risks and benefits of each option?
- What side effects should I expect, and how can we manage them?
- Will I receive other treatments during or after ADT?

Tip: Your voice matters in treatment planning. Ask questions. Share your thoughts. You and your doctor can work together to make a plan that is right for you.

Prostate Conditions Education Council is pleased to offer one-on-one patient support services with trained Patient Navigators. A Patient Navigator plays a crucial role in the prostate cancer journey by providing personalized support and guidance to patients and their families.

HOW PATIENT NAVIGATORS CAN HELP YOU:

EMOTIONAL SUPPORT:

A prostate cancer diagnosis can be emotionally overwhelming. Patient Navigators offer compassionate support, helping patients and family members cope with the emotional aspects of their journey, providing a sense of understanding and companionship.

INFORMATION AND EDUCATION:

Navigating the complexities of prostate cancer, treatment options, and healthcare systems can be challenging. Patient Navigators ensure that patients are familiar (or knowledgeable) with their diagnosis status, additional tests and scans, treatment options, and procedures, empowering them to make informed decisions.

ADVOCACY AND COMMUNICATION:

Patient Navigators are an advocate within the healthcare system to facilitate clear communication between patients and medical professionals and ensure that patient concerns and preferences are conveyed. When the communication gap is addressed, a collaborative approach to care is achieved.

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TO CONTACT OUR
NAVIGATOR TODAY!**



PROSTATE CONDITIONS EDUCATION COUNCIL

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September 2025 PP-ORG-USA-0018

Reference: NCCN Guidelines
Version 2.2026 – Prostate Cancer, Section G