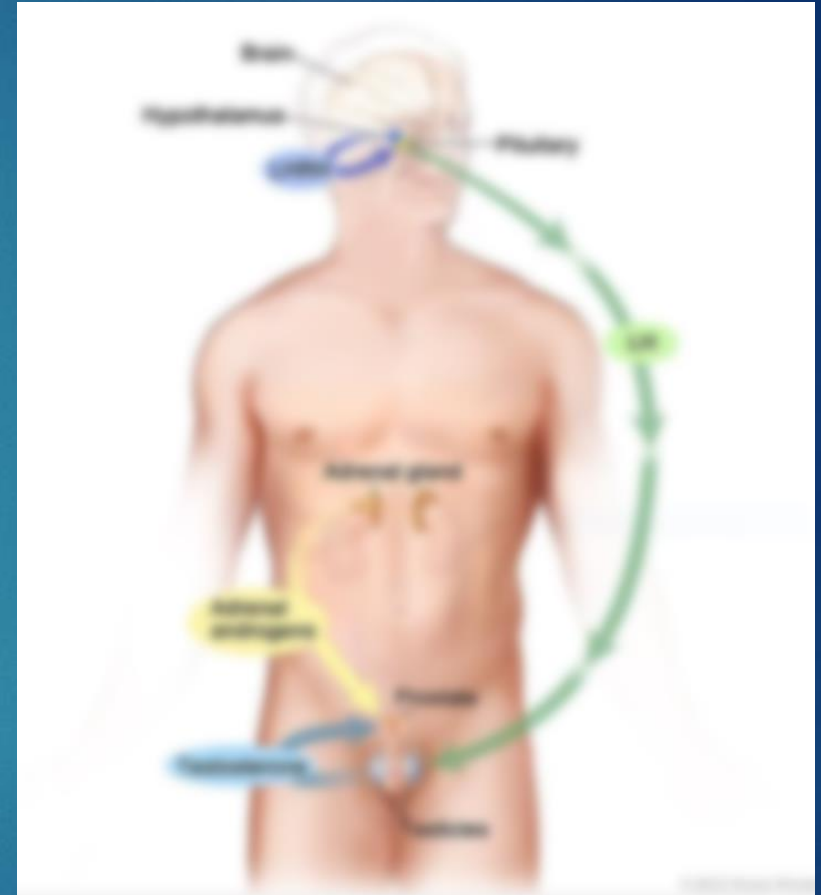


Hormone Therapy Prostate Cancer

GILL DELL, LEAD UROLOGY CANCER NURSE

TORBAY AND SOUTH DEVON FOUNDATION TRUST



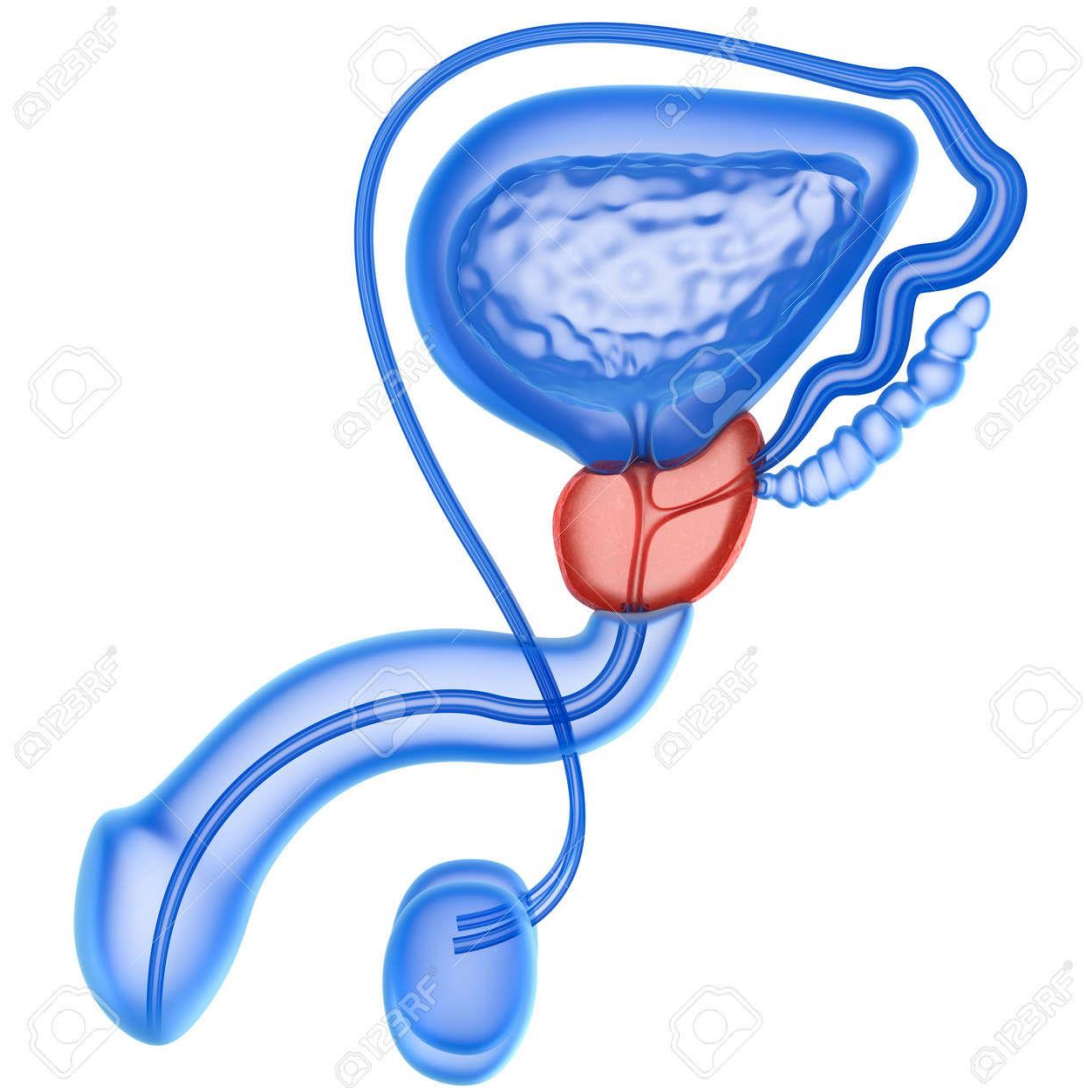
Objectives

- ▶ Hormone therapy in Prostate cancer
- ▶ What does the prostate do
- ▶ Why are hormones and why do we need them
- ▶ How does hormone therapy work
- ▶ When can we use hormone therapy
- ▶ Impacts of hormone therapy
- ▶ Help and self management
- ▶ Health and Well being
- ▶ Pre-hab Project at Torbay
- ▶ Questions

The Prostate

Functions:

- Produces seminal fluid
- Produces PSA
- Prostate nerves create erections and sexual feelings
- Prevents UTI's and controls urine flow
- Produces hormones
- Acts as a filter



Why do we use Hormone therapy to treat prostate cancer ?

Most prostate cancers rely on the male sex hormone testosterone to aid its activity

Hormone ablative therapy stops production in the body of testosterone (an Androgen)

Starves the cancer of testosterone, resulting in cancer cell inactivity

Makes the cancer cell weak and dormant

Enables normal body cells to heal damage caused by prostate cancer cell damage

Shrinks prostate cancer tumours and cells

Enhances the effectiveness of other treatments for prostate cancer.

Male Hormones

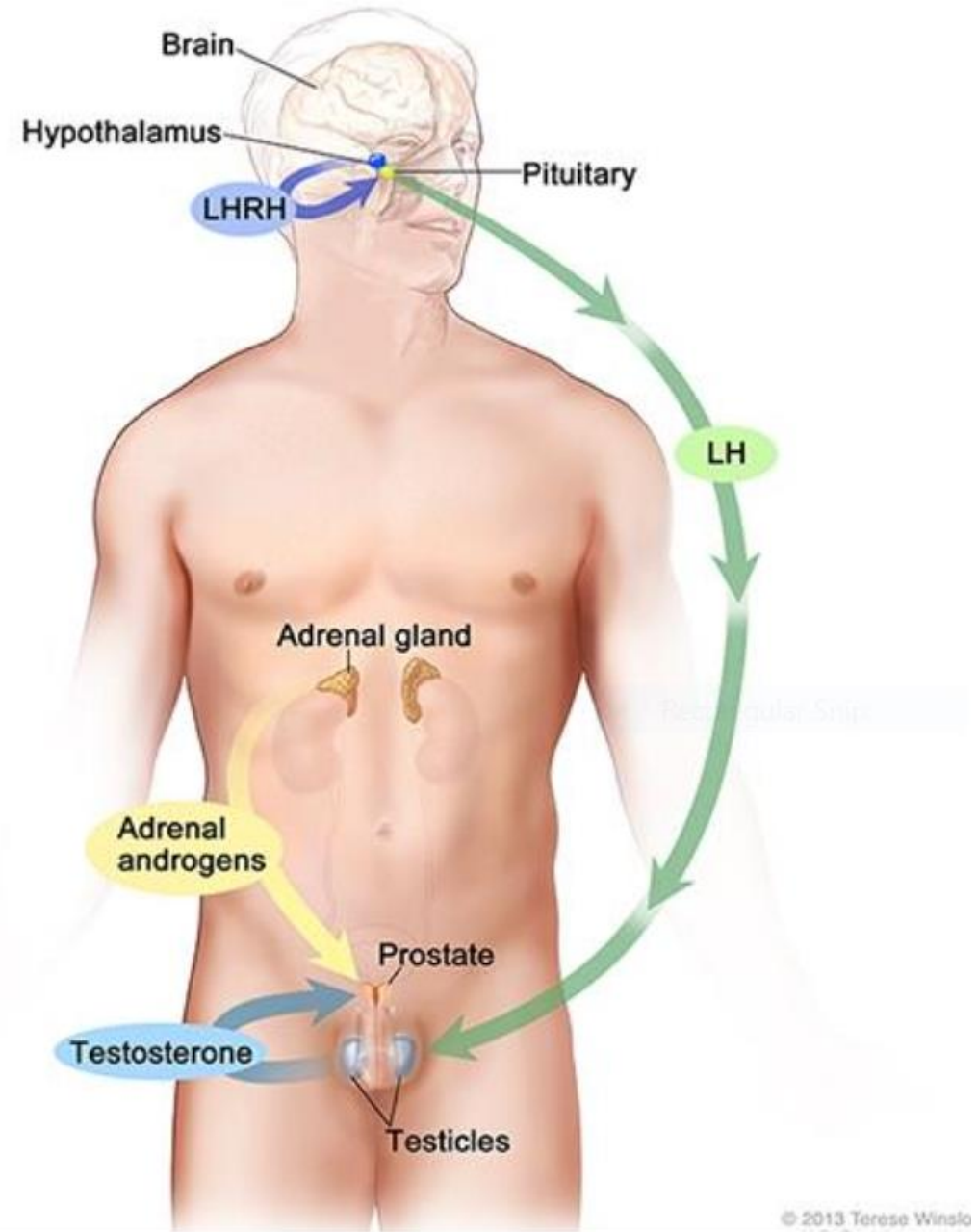
- ▶ Made by glands in the body
- ▶ Circulate in the blood stream
- ▶ Regulate cell and organ activity
- ▶ Androgens (male sex hormones) are a class of hormones that control the development and maintenance of male characteristics. The most abundant androgens in men are testosterone and dihydrotestosterone (DHT).
- ▶ Androgens are produced in the adrenal glands and the testes

LHRH (luteinizing hormone-releasing hormone) Mode of action

reducing androgen production by the testicles

blocking the action of androgens throughout the body

block androgen production (synthesis) throughout the body



When do we use hormone therapy for prostate cancer ?

- ▶ Early Stage prostate - cancer short course therapy if patients undergoing a course of radiotherapy
- ▶ Locally Advanced prostate cancer – longer course up to 3 years post radical radiotherapy
- ▶ Metastatic prostate cancer – life long therapy
- ▶ Symptomatic and or biochemical progression (rise in PSA values) men with prostate cancer on Watchful waiting.
- ▶ Different types of hormone therapy according to stage and treatments previously received if any.

Treatment options

Surgery

- **Orchiectomy** , removes the tissue from the testicle that stimulates production of androgens, this is non reversible, permanent

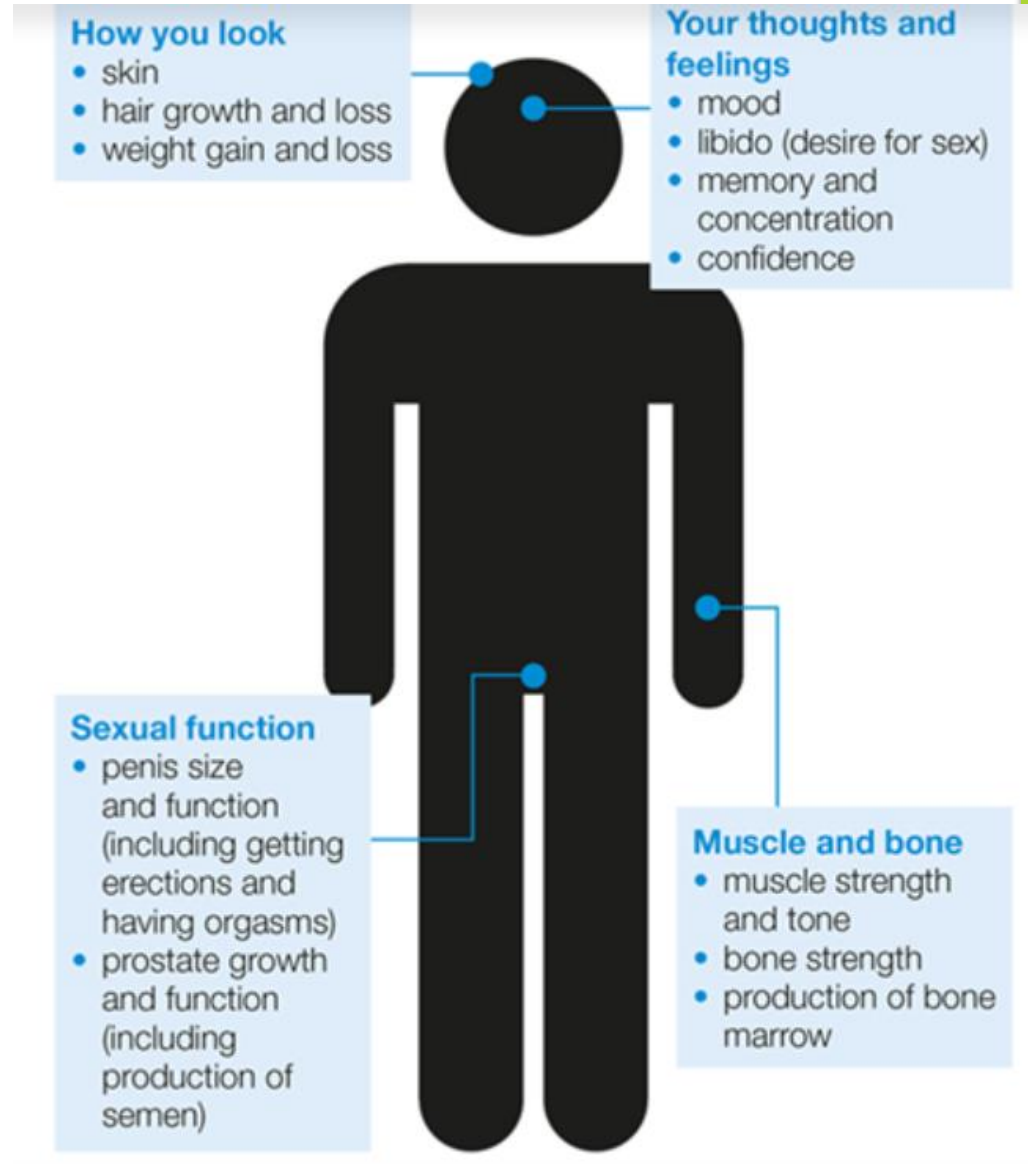
Medications (recommended)

- Anti androgen blockers and gonadotropin-releasing hormone (LHRH) injectables
 - ▶ Anti Androgens –
Biclutamide, Flutamide
- LHRH – Decapeptyl, Prostag, Zoladex – injections

Novel 2nd generation hormone therapy

- ▶ Newer more powerful agents which form a stronger bond to the androgen receptor, blocking its receptors preventing any external cell stimulation to drive growth.
- ▶ Enzalutamide , Apalutamide, Darolutamide Used in combination with standard LHRH injection therapy
- ▶ Licensed in metastatic prostate cancer newly diagnosed hormone sensitive or hormone castrate resistant.
- ▶ Darolutamide can be given to patients that have non metastatic castrate resistant disease with biochemical relapse

Impacts of treatment



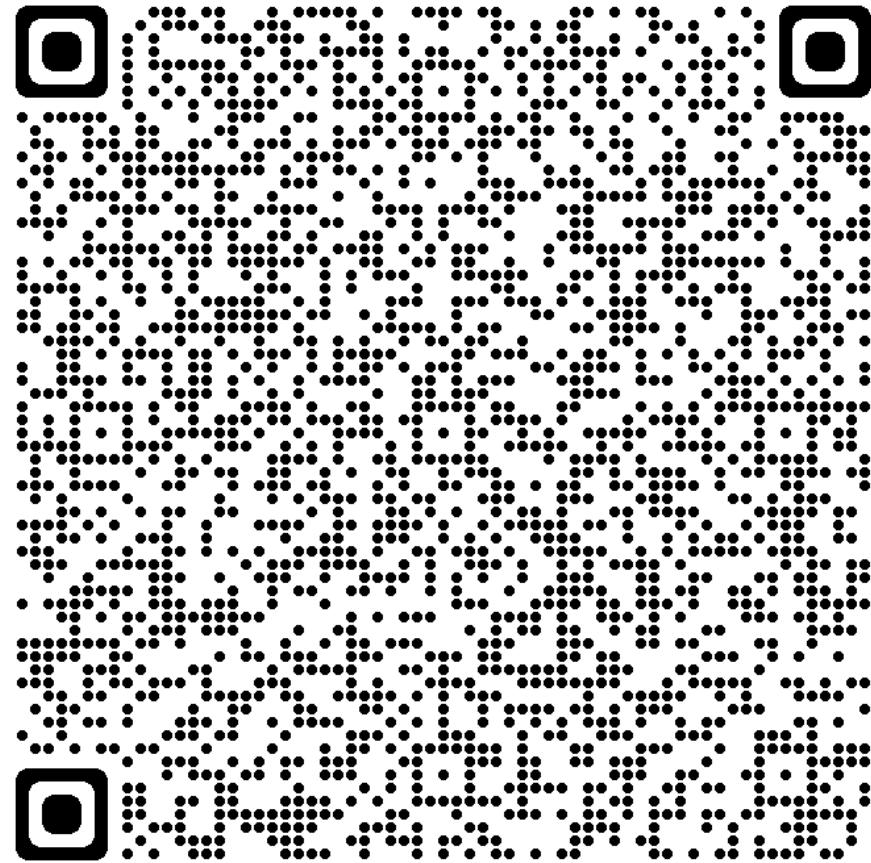
How will hormone therapy make me feel



Information guide

Living with hormone therapy from Prostate cancer UK

[Living with hormone therapy |
Prostate Cancer UK Shop](#)



What can I do to help myself with the side effects of hormone therapy ?

- ▶ Exercise , consider pre hab pilot project.
- ▶ Diet, weight management
- ▶ Mental health and well being
- ▶ Routine
- ▶ Consider medications that may be helpful
- ▶ Seek a medication review via the GP pharmacist
- ▶ Seek advice from peers or HCP
- ▶ Ask for support
- ▶ Use online advice if access to internet
- ▶ Smoking and alcohol cessation/reduction
- ▶ Apps
- ▶ Prostate cancer UK support tools
- ▶ Education

Pre-hab Pilot Project

Contact details

Personalised Cancer Care Team

Richard Dimpleby Education Room, Level 6
Torbay and South Devon NHS Foundation Trust
Newton Road
TQ2 7AA

09:00 – 16:00

Mondays to Fridays (except bank holidays)

📞 **01803 656693** Answerphone available

✉️ tsdft.cancerprehabilitationreferral@nhs.net

📧 @Torbaypersonal1

www.torbayandsouthdevon.nhs.uk/services/cancer-support-services/prehabilitation-for-cancer/

www.torbayandsouthdevon.nhs.uk/

Useful resources:

Macmillan leaflets available online or please ask for copy

- * Coping with fatigue (tiredness)
- * Healthy eating and cancer
- * Physical activity and cancer

25775 V1/Cancer Services/TSDFT/03.23/Review Date 03.25

MACMILLAN
CANCER SUPPORT

NHS

Torbay and South Devon
NHS Foundation Trust



PATIENT INFORMATION

**Personalised Care Team
Torbay and South Devon**

Prehabilitation

for Cancer

You are invited to take part in our
Prehabilitation pilot.

Supporting you at the beginning of
your cancer pathway to help improve
your own health outcomes.

Working with you, for you

Cancer Nurses Torbay/Paignton Hospitals



Torbay and South Devon
NHS Foundation Trust

UROLOGY CANCER NURSING TEAM

Gill Dell

Mary Mathew

Meike Cregan

Charlotte Matthews

Kathryn Sykes

Urology Department, Paignton Health and Well-being Centre,
Church Street, Paignton, Devon, TQ3 3AG

 **01803 655009 - Option 6 (9am-4.30pm Mon-Fri)**



tsdft.urologycancernurses@nhs.net

MY Sunrise app Torbay



For Cancer Support at
your fingertips,
download the free
MySunrise App





Thank you

ANY QUESTIONS ?