

PROSTATE CANCER AND YOUR HEART HEALTH

- A low testosterone level is associated with an increase in cardiovascular mortality in the general male population.
- Testosterone stimulates growth of prostate cancer and hence, treatment that lowers the testosterone levels, or androgen deprivation therapy (ADT), is the backbone of therapy for the disease.
- ADT for a short- or long-duration may be used alone or combined with other treatments such as radiation therapy.
- Cardiovascular disease is a narrowing or blockage of the blood vessels that can lead to high blood pressure, heart attack, heart failure or stroke.
- Both cardiovascular disease and prostate cancer occur more commonly in older men, so it is not surprising that the most common non-cancer cause of death is cardiovascular disease.

IMPORTANT SIDE EFFECTS OF ADT RELATIVE TO HEART HEALTH

- Increased appetite and weight gain, especially at the level of your abdomen
- Decrease in your muscle mass
- Higher sugar level in the blood
- Higher cholesterol level in your blood test
- Higher blood pressure when measured
- Fatigue or lack of initiative limiting your activities
- Mood changes such as anxiety or great stress

YOUR ROLE AS A PATIENT IS IMPORTANT

- Make sure your family doctor knows you have prostate cancer and are on ADT.
- Ask your family doctor what you can do to maintain heart health
- Report changes in medications or cardiovascular status to your prostate cancer doctor
- Take control and chose some goals for better prostate cancer and heart health. The Prostate Cancer Supportive Care (PCSC) Program is here to help you achieve these goals!



GOALS FOR ACHIEVING BETTER PROSTATE CANCER AND HEART HEALTH

GOALS	HOW TO ACHIEVE YOUR GOALS	HELP FROM PCSC PROGRAM PCSCPROGRAM.CA
ACHIEVE & MAINTAIN A HEALTHY WEIGHT	Know what your ideal body weight and calculate your body mass index (BMI)	<ul style="list-style-type: none"> Attend the Nutrition Education Module Make an appointment with a dietician to customize a diet
EAT A HEALTHY DIET	Favor a Mediterranean diet Eat “real food”, not processed. Read labels for content. Diet should be rich in fruits, vegetables, whole grains, low in saturated fat If on ADT, ensure adequate vitamin D (1000 IU/day) and calcium (1200 mg/day)	
MOVE & EXERCISE	Target 150 min/week of moderate to sustained exercise: walk, bicycle, swimming, aerobic and resistance exercises Join a gym and work with a trainer or take part in a group sport activity such as walking or boating	<ul style="list-style-type: none"> Attend the Exercise Education Module Meet with our physical therapist to get exercise prescription for your situation
TREAT CARDIOVASCULAR DISEASE & DIABETES	Take prescribed medications for blood pressure, cholesterol (eg. statin), and diabetes (eg. metformin, insulin)	<ul style="list-style-type: none"> Attend the ADT Education Module to understand the potential side effects of ADT in addition to cardiovascular risks Meet with our nurse practitioner who specializes in prostate cancer and management of ADT complications.
CONTROL BLOOD PRESSURE	Goal is less than 140/90 or 130/80 if diabetic	
MAINTAIN HEALTHY CHOLESTEROL LEVEL	Aim for a target of LDL-C less than 2.0 mmol/L	
MAINTAIN HEALTHY BLOOD SUGAR LEVELS	Aim for a fasting blood sugar less than 7.0 mmol/L	
REDUCE STRESS LEVELS	Participate in a stress management workshop Try Mindfulness Meditation techniques	<ul style="list-style-type: none"> Visit our counsellor who is trained in stress reduction methods
STOP SMOKING	<p>REGIONAL <u>BC Smoking Cessation Program</u></p> <ul style="list-style-type: none"> FREE nicotine patch, gum, inhaler or lozenge. Visit a local pharmacy with your Care Card For more information, visit the BC Smoking Cessation Program website <p><u>QuitNow</u></p> <ul style="list-style-type: none"> FREE support online (www.quitnow.ca), by phone (1-877-455-2233) or by text QUITNOW to 654321 <p>VANCOUVER <u>VGH Smoking Cessation Clinic</u></p> <ul style="list-style-type: none"> FREE counselling with a doctor or nurse trained in helping people stop smoking. 604-875-4800 press 2 Gordon and Leslie Diamond Health Care Centre or email cessationclinic@vch.ca , 6 th Floor – 2775 Laurel Street, Vancouver <p><u>For more information, please contact:</u> Vancouver Coastal Health Tobacco Reduction Program at 604-675-3801</p>	