

Newly Diagnosed with Advanced Prostate Cancer Requiring Androgen
Deprivation Therapy
Compiled by Charles (Chuck) Maack – Prostate Cancer Activist/Mentor

Disclaimer: Please recognize that I am not a Medical Doctor. I have been an avid student researching and studying prostate cancer as a survivor and continuing patient since 1992. I have dedicated my retirement years to continued research and study in order to serve as an advocate for prostate cancer awareness, and, from a activist patient's viewpoint, to help patients, caregivers, and others interested develop an understanding of prostate cancer, its treatment options, and the treatment of the side effects that often accompany treatment. Readers of this paper must understand that the comments or recommendations I make are not intended to be the procedure to blindly follow; rather, they are to be reviewed as my opinion, then used for further personal research, study, and subsequent discussion with the medical professional/physician providing prostate cancer care.

I am a strong proponent of including the 5Alpha Reductase (5AR) inhibitor dutasteride/Avodart as a third ADT medication. Reasoning here: <http://tinyurl.com/3ulagd2> supported by <http://tinyurl.com/74bkzam>.

With a next blood draw I recommend you ask your treating physician to have your Prolactin level determined because the level should be below 5. Reasoning: <http://tinyurl.com/7w5omeo>.

If prescribed Firmagon/degarelix and the LHRH activity is working with your testosterone significantly dropping, you might want to discuss switching from Firmagon to one of the LHRH agonists – Lupron, Trelstar, or Eligard that can be injected in the hip, muscle, or subcutaneously under the skin, thus avoiding the issue some experience with administration of Firmagon to the belly. Additionally, one of these LHRH agonists could be prescribed at a dose that only has to be injected every three, four, or even six months (though I prefer every three months).

If experiencing uncomfortable side effects from the ADT medications, information in this paper may help: <http://tinyurl.com/3p9pl3p>

If you have already been prescribed and started Xgeva/denosumab or Zometa/zoledronic acetate to counter bone issues, I hope that your physician explained that your dental work should have been completed prior to beginning either of these medications for bone issues since once on either of these

medications, any dental work that would otherwise require extraction, root canal, or any access to the jawbone must be avoided. This is explained more fully here: <http://tinyurl.com/3m78ymg>. In addition to the bone medication, it would be prudent to add a bone supplement to your treatment, and I would highly recommend you consider the following:

IMPORTANT CONSIDERATION IF EXPERIENCING BONE ISSUES OR TO STRENGTHEN BONE AS WELL AS TO INCLUDE IN YOUR VITAMIN INTAKE IMPORTANT VITAMINS FOR YOUR GENERAL HEALTH IS THE FOLLOWING:

Medical Oncologist Stephen Strum, a specialist specifically in research and treatment of prostate cancer, determined a more promising supplement to deal with several PC/health issues, but particularly bone issues, that is available from Life Extension Foundation (LEF) – www.lef.org - known as “Dr. Strum’s Intensive Bone Formula.” This is, in my opinion, the most comprehensive bone and heart supplement available. Life Extension Foundation (LEF) as item #01506, this supplement incorporates the several vitamins/products important to bone and heart health. This supplement was formulated by Medical Oncologist Stephen B. Strum, one of the top specialists in the treatment of recurring or advanced prostate cancer since 1983. This supplement/formula is explained here:

Dr. Strum’s Intensive Bone Formula

<http://tinyurl.com/qg2qrwn>

A daily serving of ten capsules includes these nine bone-healthy nutrients:

- **Potassium citrate 1173 mg (as potassium citrate supplying 30 milliequivalents of potassium)** — favorably affects bone mineral density through a unique calcium-sparing process in the body, increasing the availability of calcium necessary for boneremodeling.
- Extracts of the Ayurvedic herb *Cissus quadrangularis* 600 mg (aerial part) [std. to 10% ketosterones (60 mg)]— scientific research indicates it possesses potent bone health-promoting properties, including support for bone generation, healing, and strengthening capabilities. Very few formulas contain this plant-based bone defender.

- **DimaCal®** 800 mg (as 1 DimaCal® (Dicalcium Malate)— a patented form of calcium that exhibits significantly better absorption than other calcium supplement options.
- **Vitamin D3 8000 IU** — the optimally bioactive form of vitamin D.
- **Vitamin K2 200 mcg**(as menaquinone-7)— long-acting form essential to transport calcium from the bloodstream into the bone. Working together with vitamin D, it helps maintain youthful calcium musculoskeletal distribution throughout the body.
- **Magnesium 400 mg (as magnesium citrate)** and **Zinc 10 mg (as zinc citrate)** — the citrate forms for exceptional bioavailability.
- **Boron 6 mg (from boron citrate, aspartate, glycinate)** and **Silica 5 mg** (from standardized Bamboo (*Bambusa vulgaris*) extract (stem)— to support the bone matrix as it undergoes already-normal growth and turnover.

Other ingredients: vegetable cellulose (capsule), vegetable stearate, silica, maltodextrin.
Contains corn.

Dosage and Use

- Take three capsules in the morning, three capsules in the afternoon, and four capsules in the evening daily with meals, or as recommended by a healthcare practitioner.

Caution

Individuals consuming more than 2,000 IU/day of vitamin D (from diet and supplements) should obtain a serum 25-hydroxy vitamin D measurement. Do not exceed 10,000 IU per day unless recommended by your healthcare provider. This product is not recommended for individuals with high blood calcium or potassium levels. Because potassium may have numerous drug interactions (most commonly, diuretics and blood pressure medications), consult your healthcare provider before taking this product if you are taking prescription medications and/or have heart or kidney disease. Due to the vitamin K, consult your healthcare provider before taking this product if you are taking anti-platelet or anti-coagulant medications, or have a bleeding disorder.

Therefore, if using Strum's Intensive Bone Formula, though this formula costs around \$56 per month, when considering that it replaces separate purchases of the vitamins and supplements listed, that price is not as significant, particularly in recognizing you would not likely be needing additional Vit D or Vit K, and the calcium dose is likely sufficient to not require additional calcium supplements; and you would be getting a very comprehensive bone formula. The potassium citrate

alkalinizes urine and helps promote bone formation. You would need to advise your treating physician in order to have your blood serum potassium, blood serum 25-hydroxyvitamin D, blood serum and urine calcium, and parathyroid hormone levels monitored.

You have likely already been explained that modifying your diet to one closer to those foods included in a Mediterranean type diet accompanied by a regular exercise program could help in reducing the activity of your prostate cancer as well as good for your heart and general health. Here are some considerations:

<http://www.doctoroz.com/videos/mediterranean-diet-shopping-list>

<http://allrecipes.com/recipes/healthy-recipes/special-diets/mediterranean-diet/>

<http://nutrition.about.com/od/foodfun/a/mediterranean.htm>

I know...looks like a lot of work reading all this material...but trust me, the more you research and study your disease the more you will be educating/empowering yourself with understanding and more aware what is most appropriate in your treatment.