

Us Too Warriors, I hope you can come to the meeting and bring a copy of the handout to follow the discussion if you can.

Thoughts on Mitigating the Side effects of ADT treatment for PCa

RVA US Too Prostate Cancer Meeting Nov17, 2016 - Peter Moon

Possible Problems: **Cognitive** – Depression, Stress, Alzheimer's, Parkinson's increase, Headache

Metabolic- Weight gain, Muscle mass loss, Fat mass up, Lipids LDL +/HDL -, TriGly. +, Diabetes

Physical- Fatigue, Muscle weakness, Falls, BMD -, Fractures, B. +, Sex organs –, ED, Hot Flashes

Heart - Heart disease ~+20 to 40 % if already present, Diabetes, Insulin resistance.

Cognitive Interventions

Vitamin D3, Fish Oil, Curcumin, Green Tea, Meditation, L- Theanine, Exercise, Mediterranean diet.

Metabolic Interventions

Diet, Exercise, Fish oil, Poly Phenols, Metformin, Red Rice Yeast (Nat.+)

Physical Interventions

Sleep, Exercise (Ocean Waves, Vibration board, Fencing lunge), Vitamin D3 for muscles, for Falls- balance on one foot; roll on falling. BMD- Vitamin D3

and K2, Prevent Breast+ with tamoxifen or radiation therapy before+, For stress from Hot flashes – L-Theanine???

Heart

Have Heart Doctor monitor extra Carefully 1 st 6 months, Exercise, diet & metformin for diabetes, insulin resistance & metabolic syndrome, Vitamin K2 to remove calcium from hardened arteries.

Hot Flashes a major stressor on ADT

Table 1. Practical recommendations for patients to manage hot flushes Actions that can be taken

- Wear natural fibers such as cotton or linen that allow the skin to breathe.
- Dress in layers so you can peel off one layer after another as you get warmer.
- Put a wet, cold cloth on your neck (not on your forehead).
- Drink a glass of cold water or fruit juice when the hot flush starts.
- Make sure the bedroom is well ventilated and cool.
- Put a can of ice water with ice cubes next to the bed at night to drink or to cool your forehead or wrists.
- Use a double set of sheets or put a towel on your bed which can easily be removed after a hot flush with sweating.
- Exercise regularly. Actions that need to be avoided
- Avoid large temperature changes; do not put the air conditioning too low. Avoid hot tubs, saunas.
- Avoid food or beverages that trigger hot flushes, such as coffee, alcohol or spicy food.
- Avoid clothes or sheets made of synthetic fibers.
- Try to avoid stress. – Try to stop smoking

Best regards, Peter

Peter Moon PhD
VCU Biomaterials Laboratory
VCU Dept of General Practice
pcmoon@vcu.edu