

Metastatic Hormone-Sensitive Prostate Cancer (mHSPC)

What You Should Know

What is Advanced Prostate Cancer?

When prostate cancer spreads beyond the prostate or returns after treatment, it is often called advanced prostate cancer. There are many ways to control advanced prostate cancer. Treatment can stop advanced prostate cancer from growing and causing symptoms.

What are the Symptoms of Advanced Prostate Cancer?

Men with advanced prostate cancer may or may not have symptoms. Symptoms depend on where cancer is growing in your body. With advanced disease, mainly if you have not had treatment to the prostate itself, you may have problems passing urine or see blood in your urine. Some men may feel tired, weak or lose weight. When prostate cancer spreads to bones, you may have pain. Tell your doctor and nurse about any pain or problems you may have.

What is Metastatic Hormone-Sensitive Prostate Cancer (mHSPC)?

Metastatic hormone-sensitive prostate cancer (mHSPC) is when cancer has spread past the prostate into the body, but it can be treated with hormone therapy. This means that male sex hormones, including androgens like testosterone, can be blocked or stopped to slow cancer growth. Un-checked, these male sex hormones “feed” the prostate cancer cells to let them grow. Hormone therapy to stop hormones is also called Androgen Deprivation Therapy, or ADT.

How is mHSPC Diagnosed?

Treatment depends on the extent of your cancer, your general health and what you want. Your symptoms and past treatments may also affect how you are treated.

Diagnosing exactly where cancer has spread is an important first step. Men with mHSPC may be advised to undergo imaging tests to look for cancer in other parts of the body, including your bones. Your doctor may advise you to talk with a genetic counselor or get a genetic test like the germline test. This test finds gene mutations that could impact your risk of other health problems and assess the risk of family members developing prostate cancer. Some individuals find it helpful to get as much information about their cancer as they can.

How is mHSPC Treated?

Although there is currently no cure for mHSPC, the goal of treatment is to help slow the progression of your prostate cancer. There are many treatment choices for men with mHSPC. Options may be:

Hormone Therapy

Hormone blocker therapy is any treatment that lowers a man’s androgen levels, which are the male sex hormones. It is also called androgen deprivation therapy, or ADT. This type of treatment for mHSPC helps block production of male sex hormones as a way to slow cancer growth. Types of hormone treatments may include:

- Surgery to remove the testicles (in place of ADT drugs)
- Primary ADT therapy using either LH-RH agonists or Gn-RH antagonists (like leuprorelin, goserelin, triptorelin, histrelin, and degarelix)



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- Primary ADT combined with other therapies, such as:
 - Androgen pathway-directed therapy (like abiraterone acetate plus prednisone, apalutamide, enzalutamide)
 - Chemotherapy (docetaxel)
 - Radiotherapy (to help control prostate cancer in the prostate gland itself)

Clinical trials

Clinical trials are research studies that test new treatments or learn how existing treatments can help in new ways. To learn more, visit UrologyHealth.org/ClinicalTrials.

Active Surveillance / Watchful Waiting

Some men opt to use active surveillance (disease is closely monitored) or watchful waiting (only new symptoms trigger testing) to track cancer growth rather than trying an aggressive therapy.

Before you begin treatment, ask about side effects and how to manage them. It is important to ask your doctor or nurse questions so you understand what is best for you.

Other Considerations

If you have been told you have mHSPC, you may be wondering what the next steps are. Your health care team will likely work with you to set a treatment schedule and to help you track your progress. Throughout treatment, you will be asked to take prostate-specific antigen (PSA) tests about every few months to track how you are doing. During your care, it is of great value to tell your health care provider about your symptoms and feelings.

Cancer can be hard to deal with, especially metastatic cancer. Your health care team is available to help you.

Questions to Ask a Health Care Provider about mHSPC

- What does “advanced cancer” mean for me?
- What tests can help figure out the best way to treat my cancer?
- What treatment options are available for my cancer?
- Which treatment do you suggest for me and why?
- Would a clinical trial be an option for me?
- How do I decide whether to continue or to stop cancer treatment?
- What kind of care could keep me comfortable if I decide not to have active treatment?
- What can I do to manage my symptoms and treatment side effects?
- Can you refer me to another expert for a second (or third) opinion?
- Can you refer me to an oncology social worker or support group to help me with my mental health?
- How can I make sure I have the best quality of life possible – so I am comfortable and free of pain?

About the Urology Care Foundation

The Urology Care Foundation is the world’s leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts. To learn more, visit the Urology Care Foundation’s website, UrologyHealth.org/UrologicConditions or go to UrologyHealth.org/FindAUrologist to find a doctor near you.

Disclaimer:

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or healthcare provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications. For more information, visit UrologyHealth.org/Download or call 800-828-7866.

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