

## TREATMENTS

# Non-Metastatic Castration-Resistant Prostate Cancer (nmCRPC)

This type of cancer develops when standard hormone therapy injections lose their effectiveness and the cancer continues to progress despite very low testosterone levels, with no visible tumors on imaging tests. Some cells may still be sensitive to standard hormone therapy, which is why it is maintained as the base treatment.

## Treatment Options

### For non-metastatic cases with low risk of progression

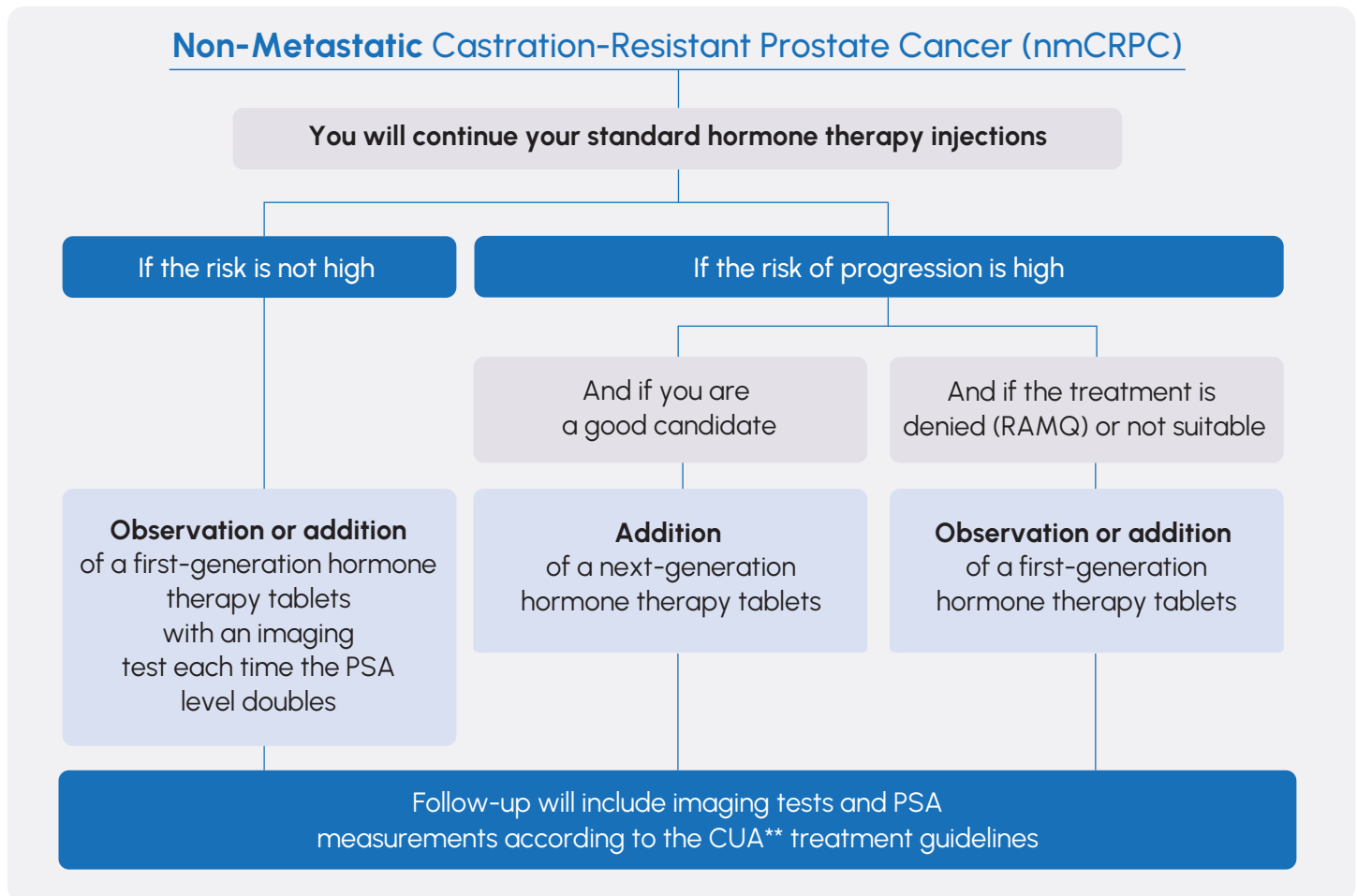
**Observation:** The PSA level does not double within 10 months and progresses more slowly.

Observation or addition of first-generation hormone therapy with imaging tests each time the PSA level doubles.

### For high-risk non-metastatic cases

**Observation:** The PSA\* level has doubled in less than 10 months, and life expectancy is more than 5 years.

- Addition of next-generation hormone therapy in tablet form. This treatment blocks testosterone, delaying progression to the bones, postponing chemotherapy in the event of metastases, and extending life expectancy



\*PSA: Prostate-specific antigen

\*\*CUA: Canadian Urological Association



## Management of Side Effects

- Treatments can cause [side effects](#), with intensity and duration varying from one man to another. However, these side effects may diminish over time or be managed.
- You can take control of some of these effects by maintaining a [healthy diet](#) that includes calcium and vitamin D supplements, staying [physically active](#), and seeking advice from your medical team.

## Decision-Making and Informed Consent

- Your treatment plan will be tailored to your type of cancer and other medical factors. Discuss with your medical team the options available to you, including the possibility of participating in a [clinical trial](#).

### Questions to Ask Your Doctor

- What treatment or combination of treatments is best for me?
- How will I know if the treatment is effective?
- How often will follow-ups occur?
- What will happen if the treatment stops being effective?
- How can I avoid or reduce side effects, and how long will they last?
- How will these treatments affect my quality of life, particularly in terms of mobility, energy, or mental health?

### Notes

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## Conclusion

The choice of treatment for non-metastatic castration-resistant prostate cancer (nmCRPC) depends on various factors, such as the absence of metastases, cancer progression, your overall health, and your personal preferences. A personalized approach, developed in collaboration with your doctor, is essential to optimize outcomes and manage your cancer.

**Our health care professionals** are here 7 days a week to answer all your questions as well as those of your family. Call **1-855-899-2873** or visit **procure.ca**

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This document is intended to serve as a guide to facilitate discussions between patients and their medical team, ensuring that they have all the necessary information to make informed decisions about their treatment.