



your
**TREATMENT
TOOLBOX**

Prepare for hormone treatment

Hormone treatment affects the level of hormones such as testosterone and estrogen in your body. Depending on the type of medication you take, side effects can vary. Because hormone therapy may increase your risk of high blood pressure, diabetes, osteoporosis, stroke and heart attack, it's important to talk with your doctor about the tests you'll need to keep track of your health.

- Talk to your doctor about the medications or supplements you currently take. Find out what you need to stop taking—and when—during hormone treatment.
- Ask about lifestyle changes—including diet and exercise—you can make to limit side effects like fatigue, high blood sugar and loss of muscle and bone.
- Find out if you'll need more frequent tests while on therapy, such as a CBC and tests for lipid levels and blood sugar, and who will prescribe them.
- Ask about the side effects you should report immediately, and those you should talk about at your next appointment.
- Ask about the changes in libido and potency you are likely to experience—and what you can do about them.
- Ask about any signs that could indicate a health concern that needs to be investigated.
- If you have other health conditions, find out how you can stay on top of them during hormone treatment. For example, if you have hypertension (high blood pressure), your doctor may suggest buying a home blood pressure cuff to take regular checks.
- Ask about screening exams you might need to monitor your bone health (e.g., bone density tests that can show whether or not you've developed bone mets, or if your treatment for them is working) and how often you will need them.
- Ask if there are medications that make sense for you. Medications are available that can prevent or treat hot flashes, high cholesterol, bone thinning and fatigue.
- Ask about the benefits of intermittent (on again, off again) hormone treatment.
- Ask what your options are if your cancer continues to grow despite hormone therapy.