



## Advanced Prostate Cancer Management: Addressing Metastatic and Hormone-Resistant Disease

Shapiro MD\*

Department of Obstetrics and Gynecology, University of Toronto, Ontario, Canada

\*Corresponding author: Shapiro MD, Department of Obstetrics and Gynecology, University of Toronto, Ontario, Canada; E-Mail: shapiro@utoronto.ca

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### Description

Advanced prostate cancer is a type of cancer that has spread beyond the prostate gland to other parts of the body. This can include nearby tissues and organs, such as the bladder or rectum, as well as distant organs, such as the bones, liver, or lungs. Symptoms of advanced prostate cancer can include bone pain, weight loss, fatigue, difficulty urinating, blood in the urine or semen, and erectile dysfunction [1-3]. Treatment options for advanced prostate cancer may include hormonal therapy, chemotherapy, radiation therapy, and surgery. It is important for individuals with advanced prostate cancer to work closely with their healthcare team to develop a personalized treatment plan that takes into account their overall health, the extent of the cancer, and their individual preferences and goals [4-6]. Regular monitoring and follow-up are also important to track the progression of the cancer and adjust treatment as needed.

Metastatic prostate cancer is cancer that has spread beyond the prostate gland to other parts of the body. Castration-resistant prostate cancer (CRPC) is a form of advanced prostate cancer that no longer responds to hormonal therapy.

### Treatment of metastatic and castration-resistant prostate cancer

**Hormone Therapy:** Hormone therapy, also known as Androgen Deprivation Therapy (ADT), is the primary treatment for metastatic and CRPC. ADT aims to reduce the levels of testosterone, which is a hormone that fuels prostate cancer growth [7]. This can be done by surgical removal of the testicles or through medications.

**Chemotherapy:** Chemotherapy is a treatment that uses drugs to kill cancer cells. It is typically used in later stages of prostate cancer, such as when the cancer has spread to other parts of the body. Chemotherapy drugs can be given through a vein or as a pill.

**Immunotherapy:** Immunotherapy is a type of cancer treatment that uses the body's immune system to fight cancer. It can be used in some

cases of metastatic prostate cancer, such as in those with high levels of a protein called PD-L1 [8].

**Targeted Therapy:** Targeted therapy is a type of cancer treatment that targets specific molecules or pathways that are involved in cancer growth. Some targeted therapies have been approved for the treatment of metastatic prostate cancer.

**Radiation Therapy:** Radiation therapy is a treatment that uses high-energy radiation to kill cancer cells [9]. It may be used to treat areas of the body where the cancer has spread, such as the bones.

**Surgery:** Surgery may be an option for some men with metastatic prostate cancer if the cancer has spread to a limited number of sites, such as the lymph nodes or bones. Surgery may also be used to relieve symptoms such as pain.

The choice of treatment depends on various factors, such as the extent of cancer, the patient's overall health, and the potential side effects of treatment [10]. Treatment plans are typically personalized to each individual's specific needs and may involve a combination of different therapies.

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