

DR. CHARLES METZGER'S SATURDAY EVENING NEWSLETTER

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PROSTATE FORUM OF ORANGE COUNTY

PROSTATEFORUMOC@GMAIL.COM

WWW.PROSTATEFORUM.ORG

...Impact of Relugolix Versus Leuprolide on the Quality of Life of Men with
Advanced Prostate Cancer:
Results from the Phase 3 HERO Study...
European Urology (Letters to the Editor)

[https://www.europeanurology.com/article/S0302-2838\(24\)02251-6/fulltext?dgcid=raven_jbs_aip_email](https://www.europeanurology.com/article/S0302-2838(24)02251-6/fulltext?dgcid=raven_jbs_aip_email)

Good Saturday evening.

Something old is new again. Years ago, men with Mets. were treated with estrogen instead of ADT's to deprive prostate cancer of testosterone. The study cited above says patients who opted for treatment with estradiol skin patch had fewer side effects such as hot flashes, mood swings, blood pressure, blood sugar and cholesterol issues, reduced bone density and so forth than those who got ADT's. **But the estradiol patents had an equal to greater occurrence of breast enlargement. Pre-treatment breast irradiation can be done in two or three sessions to prevent breast enlargement. Estradiol is more affordable and those costs drop even more when the patient does not need to add additional drugs to control side effects.**

The study also says that there's little difference between ADT's Relugolix and Lupron's side effects. **But Relugolix patients recovered testosterone levels faster thus ending their side effects sooner.**

You might want to print and share this European Urology journal article with your care team especially if your ADT side effects are hard to tolerate.

I hope to see you at our support and information group meetings on the second and fourth Tuesdays of every month at 5:00 p.m. Pacific on zoom and at our monthly presentations. Find out more about the Prostate Forum and how we can help you and your loved ones at www.ProstateForum.org.

Warmly,

CKM