

# Large Observational Study Suggests Different Effects of Different Types of ADT

Treatment	Incident CHD	Myocardial infarction	Sudden cardiac death	Stroke
	Adjusted HR (95% CI)	Adjusted HR (95% CI)	Adjusted HR (95% CI)	Adjusted HR (95% CI)
No ADT	Ref	Ref	Ref	Ref
LHRH agonist	1.19* (1.10–1.28)	1.28* (1.08–1.52)	1.35* (1.18–1.54)	1.21* (1.05–1.40)
Orchiectomy	1.40* (1.04–1.87)	2.11* (1.27–3.50)	1.29 (0.76–2.18)	1.49 (0.92–2.43)
CAB	1.27* (1.05–1.53)	1.03 (0.62–1.71)	1.22 (0.85–1.73)	0.93 (0.61–1.42)
Antiandrogen Casodex	1.10 (0.80–1.53)	1.05 (0.47–2.35)	1.06 (0.57–1.99)	0.86 (0.43–1.73)

The last line is the treatment I am using with metformin. By comparison with the other ADT treatments it easy to see why I choose it.

## Hormone Therapy Side Effects

## What Do The Guidelines Say

See Table 12

**Table 12: Side-effects of hormonal treatment\***

<b>Side-effects of therapy</b>	<b>Treatment/prophylaxis</b>
<b>Castration</b>	
• Loss of libido	None
• Erectile dysfunction	Phosphodiesterase-5 (PDE5)-inhibitors, intracavernosal injection (ICI), vacuum device
• "Hot flashes" (55-80% of patients during androgen deprivation therapy)	Diethylstilboestrol (DES), cyproterone acetate (CPA), venlafaxine, clonidine
• Gynaecomastia and breast pain (49-80% DES, 50% complete androgen blockade (CAB), 10-20% castration)	Prophylactic radiotherapy, mastectomy, tamoxifene, aromatase inhibitors
• Increase in body fat	Exercise
• Muscle wasting	Exercise
• Anaemia (severe in 13% CAB)	Erythropoietin (EPO)
• Decrease in bone mineral density (not DES)	Exercise, calcium+ vitamin D, bisphosphonates
• Cognitive decline (not DES)	None

**+++ Fatigue, loss of Balance, loss of Mobility, Falls, inability to exercise to maintain strength. This is beside the increased heart problems and strokes!!! These comments added by Peter Moon**