

# Prostate Cancer & Heart Health

If you or someone you love has prostate cancer, protecting your heart is just as important as treating the cancer. Here's why, and what you can do today.

## BY THE NUMBERS



### 1 in 5

men already have heart disease before starting prostate cancer treatment



### #1

Heart disease is the leading non-cancer cause of death in men with prostate cancer

**The good news:** Many heart risk factors can be managed, especially when you know what to look for and act early.

## HOW HORMONE THERAPY AFFECTS YOUR HEART

Hormone therapy treats prostate cancer by lowering or blocking testosterone. It's an important part of treatment for many patients, especially if you have higher-risk or advanced disease.

But lower testosterone can cause muscle loss, weight gain (especially belly fat), and changes to blood sugar and cholesterol. Over time, this can lead to more plaque buildup in your arteries and increase your risk of heart disease and stroke.

Newer hormone therapies work very well at reducing testosterone levels, some can raise blood pressure and increase your risk for heart disease and stroke — especially if you're already at risk or have a history of heart disease. Talk to your doctor about hormone therapy options and risks.

## HEART RISK FACTORS TO BE AWARE OF

- Personal or family history of heart attack, stroke, or heart failure
- Sedentary lifestyle (little exercise or walking)
- Age 65 or older
- High blood pressure, high cholesterol, or uncontrolled diabetes
- Diet high in processed carbs and red or processed meats
- Currently on hormone therapy



# How to Protect Your Heart

## DAILY HABITS MAKE A DIFFERENCE



### Move your body

30 min most days (walking counts!), plus strength training 2x a week.

*Consult your doctor before starting anything new*



### Eat for your heart

Vegetables, fruits, plant proteins, fatty fish, whole grains & nuts.



### Track your numbers

Check blood pressure at home and share readings with your doctor



### Prioritize sleep

Limit caffeine, alcohol, and late-night screen time



### Quit smoking

One of the most powerful things you can do for your heart



### Take your medicines

Blood pressure, cholesterol, and diabetes medicines as prescribed

**Tell your doctor right away if you have chest pain, shortness of breath, or leg swelling**

## QUESTIONS TO ASK YOUR DOCTOR

### 1 BEFORE STARTING OR CHANGING HORMONE THERAPY

*"Which hormone therapy options are available? Which one may be best for me?"*

### 2 IF YOU'RE ALREADY ON HORMONE THERAPY

*"Can we check my blood pressure, cholesterol, and blood sugar at each visit? How are my numbers trending? Should I see a cardiologist to help manage my risk factors?"*

### 3 ABOUT LIFESTYLE CHANGES

*"Can you refer me to an exercise or cardiac rehab program? Are there nutrition resources for prostate cancer patients?"*

### 4 ABOUT HEART HEALTH MEDICINES

*"Should I be on cholesterol or blood pressure medicines? Which ones are safest for me?"*

## THE ONE BEST THING YOU CAN DO



**Bring up your heart health at your next appointment.**

Men with prostate cancer can live long, full lives. Simple changes make a real difference.

### SOURCE

Adapted from "A Practical Tool for Cardiovascular Risk Assessment in Prostate Cancer Treated With Hormone Therapy," a peer-reviewed manuscript developed through a Prostate Cancer Foundation Clinician-Industry Roundtable. Full authorship and citations available upon request.



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Prostate Cancer  
CV Risk  
Calculator