

October 24 Health and Wellness



Dear friend,

Your bones matter at every point in your prostate cancer journey. Some treatments, like hormone therapy, can make bones thinner and weaker. This raises the risk of a broken bone, and some medicines can also make falls more likely.

Here's what you can do to keep your bones strong:

- **Ask about a bone density test.** It shows how strong your bones are. This is important if you are starting hormone therapy.
- **Eat foods that build bone.** Try leafy greens, sweet potatoes, and salmon.
- **Ask about vitamin D.** It helps your body use calcium. Your care team can tell you if you need more.
- **Move most days.** Aim for a 30-minute walk or bike ride, five days a week. It builds strength and helps prevent falls.
- **Limit alcohol and don't smoke.** Both make falls more likely.

Not on hormone therapy? These steps are still good for your bones and your overall health.

Talk with your care team about your bones at your next visit.

Want to learn more?

Watch this short [video](#) to learn more about bone health and its importance during your prostate cancer journey.

PROSTATE CANCER FOUNDATION

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2025 Virtual Summit for Patients · Advanced Prostate Cancer

Living Well: Your Bone, Heart, and Mental Health







Phillip Koo
MD

Kristine Lacuna
MD

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