

To: All Patients on Hormonal Treatment for Prostate Cancer (Lupron/Zoladex)

Recent studies and literature have raised the possibility of the development of osteoporosis in patients who are on chronic hormonal therapy such as Lupron and Zoladex. You may have heard of these findings either on the news or from other physicians.

Although we have never seen nor had any problems associated with this in our practice, the present recommendation is for patients on long-term treatment with Lupron/Zoladex to supplement their diet with Calcium and Vitamin D.

Therefore, our present recommendation is for patients to supplement their diet with Calcium 1200mg a day and Vitamin D 600 units per day. This has been shown to decrease the potential problems associated with osteoporosis.

If there are any specific questions, please feel free to ask the doctor.