

## **A programme to support men on Androgen Deprivation Therapy: Launch at the EAU21 Virtual Congress**

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Androgen Deprivation Therapy (ADT) controls prostate cancer by shutting down testosterone production from the testes. However, testosterone depletion has side effects that can negatively impact the quality of life of patients and their loved ones.

Many centres across the world have programmes and strategies to support and educate men on ADT. One Canadian programme, the [ADT Educational Programme](#), has been running successfully since 2013. In collaboration with the founder of the programme, Dr. Richard Wassersug, the EAU is bringing the programme to help European prostate cancer patients and their support circles.

The ADT Educational programme supports men who are about to start, or have already started, ADT and includes patients' partners and loved ones. The programme has two elements: the ADT book and a professionally facilitated class. The programme begins with a 1.5-hour group educational session, offered online or face to face, which introduces patients and their loved ones to ADT, the side effects and management strategies. Participants are introduced to the ADT Book and how to use goal setting exercises to manage ADT side effects. Men receive a copy of the ADT Book, which they can read at their own pace. The goal is to help prostate cancer patients maintain a good quality of life and strong intimate relationships while on ADT.

The ADT Educational Programme for Europe will be launched at the EAU21 Virtual Congress with an educational course to teach nurses at already established pilot sites in the UK and Ireland to deliver the educational sessions.

This is a fantastic opportunity to bring a well evaluated and high-quality programme to Europe which will benefit men with prostate cancer on ADT and their loved ones.



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