

## PATIENT SUMMARY

**European Association of Urology**  
Mr. E.N. van Kleffensstraat 5  
6842 CV Arnhem  
The Netherlands

### **Living with Advanced Hormone-Sensitive Prostate Cancer and Treatment with Abiraterone and Androgen Deprivation Therapy: The Patient, Nursing and Physician Perspective**

Tony Collier, Shievon Smith, Michelle Greenwood, Kenrick Ng  
Oncol Ther (2020) 8:197–207  
<https://doi.org/10.1007/s40487-020-00132-2>

This patient summary was written by Juul Seesing, editor EAU Communications Dept.

In February 2017, Tony Collier, who had recently completed a 56-mile ultramarathon, felt “a niggling runners’ groin strain whilst training to take part in an ultramarathon.” Three months later, at the age of 60, he was diagnosed with advanced prostate cancer. The cancer had spread “pretty much throughout” his skeleton, from his pelvis to his skull, even though he hadn’t had any symptoms whatsoever three months earlier.

This article tells about Tony’s struggle with the diagnosis, the impact it has had on his personal and family life, and the treatments with abiraterone and androgen deprivation therapy. Both forms of treatment aim to stop or slow down the growth of cancer cells by lowering the amount of male hormones made by the body.

Besides Tony’s story from a patient’s perspective, the article includes a nursing perspective, addressing the range of physical and emotional side effects of the treatments mentioned. The physician’s perspective deals with some queries and concerns related to these treatments and their side effects. In their final remarks, the authors advocate for shared decision-making between healthcare professionals and patients about treatment options. This would tailor the treatment to the patient’s preferences and lifestyle.

[Read the full article](#)