

What characteristics of testosterone-lowering medicines are preferred by patients with prostate cancer?

The full title of this abstract is: Preferences for androgen deprivation therapies by prior hormonal treatment exposure in patients with prostate cancer: A discrete choice experiment.

VIEW ABSTRACT

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Date of summary:
May 2024

KEY TAKEAWAYS

What are the key takeaways from this study?

- Patients with prostate cancer mostly preferred a testosterone-lowering medicine that:
 - is taken by mouth once a day, rather than an injection received at a doctor’s office once a month.
 - has a smaller effect on interest in sexual activity.
 - has a shorter time between stopping treatment and testosterone returning to normal.
- Preferences were similar regardless of whether patients had received testosterone-lowering medicines in the past or not.
- These results may help doctors to discuss treatment options and make treatment-related decisions with their patients.

PHONETICS

Find out how to say medical terms used in this summary



Prostate cancer
<PROS-tayt KAN-ser>

INTRODUCTION

What was this study about?

- **Prostate cancer** is one of the most common cancers in males.
 - The prostate is part of the male body that helps makes semen.
 - Cancer is a disease where abnormal cells multiply to form a tumor.
- Prostate cancer typically needs male sex hormones, such as **testosterone**, to grow.
- **Advanced prostate cancer** is a cancer that began in the prostate and has spread beyond the prostate. Advanced prostate cancer can also be a cancer that has returned following initial treatment such as radiation or surgery.
- Treatment for advanced prostate cancer can involve lowering testosterone through medicine or a type of surgery. This often slows the growth of prostate cancer.
- This study looked at patient preferences for characteristics of medicines that lower testosterone to treat prostate cancer.

What was the aim of this study?

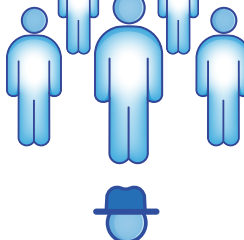
Researchers wanted to see:

- how important were different characteristics of testosterone-lowering medicines for patients when choosing treatment.
- These characteristics included:
 - the cost of the medicine.
 - how the medicine is taken (by injection under the skin or into muscle, or a pill by mouth), how often and where it is taken (doctor’s office or home).
 - effect on interest in sex.
 - whether an additional pill is needed to prevent testosterone from increasing at the start of treatment.
 - the chance of having heart or blood-vessel issue.
 - the time it takes for testosterone levels to return to normal after treatment is stopped.
- If preferences for these characteristics differ based on whether patients have received treatment with testosterone-lowering medicine in the past.

STUDY DETAILS

Who took part in this study?

- This study looked at males in the United States diagnosed with prostate cancer who were 40 years old or older.
- These patients completed a survey. They expressed their preferences for different characteristics of testosterone-lowering medicines.
- Researchers then ranked each characteristic by how important it was to patients when choosing treatment.
- Researchers looked at the results assuming costs were the same for all patients. This means that cost was not included in the ranking.



304 patients
were included in this study



64 years
was the average age of patients in this study



155 out of 304 patients (51%)
had never received testosterone-lowering medicine



149 out of 304 patients (49%)
had received testosterone-lowering medicine in the past

RESULTS

What were the results of this study?

- The characteristics of testosterone-lowering medicines that were **more important** to patients with prostate cancer were:
 - how, how often, and where the medicine is taken.
 - whether the medicine affects interest in sexual activity.
 - the time it takes for testosterone to return to normal after stopping treatment.
- The characteristics that were **less important** to patients were:
 - whether the medicine is associated with a lower chance of heart or blood-vessel issues.
 - no additional pill is needed to prevent testosterone from increasing at the start of treatment.
- Preferences were similar between patients who had or had not received testosterone-lowering medicines in the past.

In the figure below, the higher the number is for each characteristic, the more important it was to patients.

The importance of different characteristics of testosterone-lowering medicine				
	Treatment characteristic	Patients who had received testosterone-lowering medicine in the past (149 patients)	Patients who had never received testosterone-lowering medicine (155 patients)	
	A pill taken by mouth once a day rather than an injection received in a doctor’s office once a month	33%	33%	Most important Least important
	Smaller effect on interest in sexual activity	25%	25%	
	Shorter time between stopping treatment and testosterone becoming normal	24%	24%	
	Lower chance of heart or blood-vessel issues	12%	11%	
	No additional pill is needed to prevent testosterone from increasing at the start of treatment.	7%	7%	

This summary reports the results of a single study. The results of this study may differ from those of other studies. Healthcare professionals should make treatment decisions based on all available evidence, not on the results of a single study. Relugolix is approved by the U.S. Food and Drug Administration to treat adults with advanced prostate cancer and by the European Medicines Agency to treat adults with advanced hormone-sensitive prostate cancer.

CONCLUSIONS

What were the researchers’ main conclusions?

- Patients with prostate cancer mostly preferred a testosterone-lowering medicine that:
 - is taken by mouth once a day rather than an injection received at a doctor’s office once a month.
 - has a smaller effect on interest in sexual activity.
 - has a shorter time between stopping treatment and testosterone returning to normal.
- Preferences were similar regardless of whether patients had received testosterone-lowering medicines in the past or not.
- These results may help doctors to discuss treatment options and make treatment-related decisions with their patients.

MORE INFORMATION

Who sponsored this study?

This study was sponsored by Pfizer Inc. in collaboration with Sumitomo Pharma Switzerland GmbH.

Pfizer Inc.
66 Hudson Boulevard,
Hudson Yards,
New York, NY, 10001
Phone (United States): +1 212 733 2323

Sumitomo Pharma Switzerland GmbH
Aeschengraben 27,
4051 Basel, Switzerland
Phone: +41 61 563 12 35

The sponsors would like to thank everyone who took part in this study.

Where can I find more information?

For more information on this study, please visit:

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