Nutrition Education for Osteoporosis Prevention in Men With Prostate Cancer Initiating Androgen Deprivation Therapy

Heather Millar, RD, MSc, and Joyce Davison, RN, PhD

Osteoporosis is a common side effect of treatment with androgen deprivation therapy (ADT) in men with prostate cancer. ADT may prolong survival; however, deterioration of bone mass density occurs soon after initiation. A systematic review of current literature revealed the importance of adequate nutrition during treatment with ADT to reduce the risk of osteoporosis. More specifically, this literature stressed achieving adequate intake of calcium and vitamin D through a combination of supplements and food. The necessity of providing nutrition education to patients with prostate cancer at initiation of ADT was identified. Healthcare professionals, including nurses, oncologists, and dietitians, can be instrumental in identifying patients with prostate cancer initiating ADT who are at risk for osteoporosis. Research on nutrition and lifestyle modification interventions to maintain bone health and reduce fracture risk for patients initiating ADT is limited. Additional research is required to develop and evaluate nutrition education interventions that will reduce the risk and prevent osteoporosis in men on ADT.