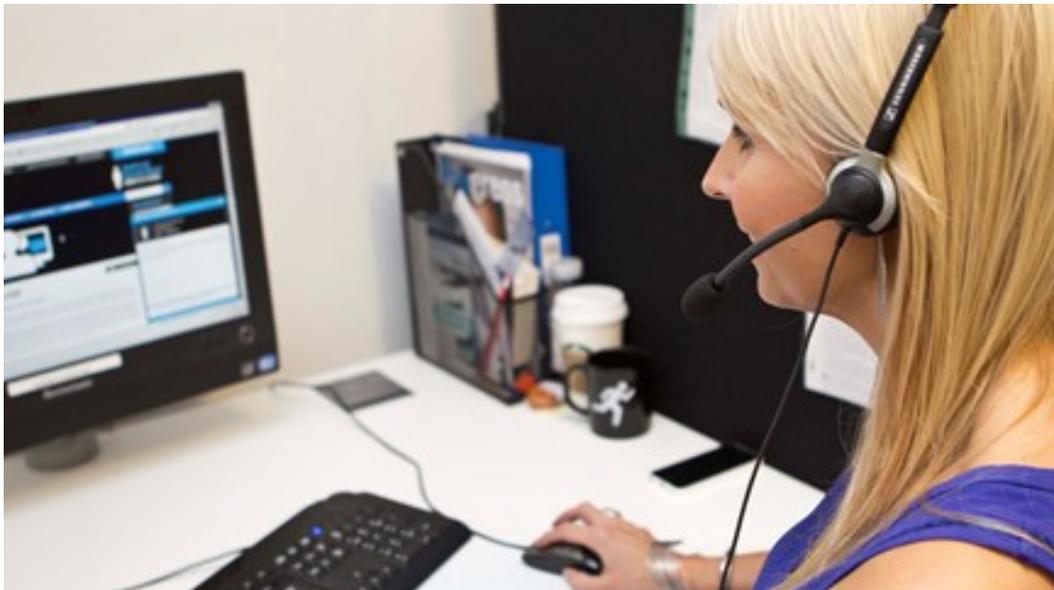


## Abiraterone

### What is abiraterone?

Abiraterone (Zytiga®) is a new type of **hormone therapy** for men with prostate cancer that has spread to other parts of the body (**advanced prostate cancer**) and has stopped responding to other hormone therapy treatments. It may help some men to live longer. It can also help control symptoms.

[What other treatments are available?](#)



### Our Specialist Nurses

Ask all the questions you need answers to, or just talk. Our nurses have time for you.

## Who can have abiraterone?

### Before chemotherapy

Abiraterone is suitable for men with advanced prostate cancer that has stopped responding to other types of [hormone therapy](#), but who haven't yet had [chemotherapy](#).

If you live in England, Wales, Scotland or Northern Ireland, you should be able to have abiraterone before chemotherapy.

### After chemotherapy

Abiraterone is also suitable for men whose cancer has stopped responding to other types of hormone therapy and chemotherapy, such as docetaxel. Abiraterone is available for these men on the NHS.

But if you've already had [enzalutamide](#) as well as chemotherapy, abiraterone is not widely available.

- In England, you won't be able to have abiraterone if you've already had enzalutamide – unless you had to stop taking enzalutamide within three months because of severe side effects or because your cancer continued to grow.
- In Wales, you won't be able to have abiraterone if you've already had enzalutamide.
- In Scotland and Northern Ireland, if you've already had enzalutamide, you should speak to your doctor about whether abiraterone is available for you.

Ask your doctor or nurse whether abiraterone is suitable for you. You can also speak to our [Specialist Nurses](#).

If you're having trouble getting abiraterone, even though your doctor thinks it is suitable for you, please [let us know](#).

## New treatments

Several new treatments for prostate cancer have recently been developed. This page describes some of these treatments and how they work.

[Find out more](#)

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## How does abiraterone treat prostate cancer?

Abiraterone works by stopping the production of the hormone testosterone. Without testosterone, the cancer cells can't grow, wherever they are in the body.

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## What does treatment involve?

Abiraterone is taken as tablets. You will usually take 4 tablets once a day, although this can vary depending on what your doctor suggests. Abiraterone should be taken on an empty stomach, so your doctor or nurse may suggest taking the tablets before breakfast, and waiting an hour before eating.

You will also take a steroid called prednisolone to reduce the risk of side effects. This is also a tablet and is usually taken twice a day.

## One-to-one support

Anyone affected by prostate disease can talk with one of our trained support volunteers.

[Find out more](#)

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## What are the side effects?

Like all treatments, abiraterone can cause side effects. Taking prednisolone as well as abiraterone will reduce the risk of side effects. Most men don't have many problems with side effects. Possible side effects include:

- fluid retention, which can cause swelling in your ankles or hands
- high blood pressure
- liver problems.

Abiraterone can also cause the level of potassium in your blood to drop. This could make you feel tired and you may be at risk of a fast, irregular heartbeat. Speak to your doctor if you notice anything unusual.

## Living with hormone therapy: A guide for men with prostate cancer

This booklet is for men who are having hormone therapy for prostate cancer, their partners and families. It describes the different types of hormone therapy, how they work and what the treatment involves. It includes information on the possible side effects men may experience and suggests ways to help manage these.

[Download or order](#)

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## What happens next?

Your doctor will monitor your health with blood tests, and you will have regular blood pressure checks. They will also check how you are feeling and ask if you have any side effects.

For more information on abiraterone, speak to your doctor or nurse, or call our [Specialist Nurses](#).

## Advanced prostate cancer: Managing symptoms and getting support

This booklet is for men who have prostate cancer that has spread to other parts of the body (advanced prostate cancer) and who have symptoms such as fatigue or bone pain. We describe the symptoms you might get and the treatments available to help manage them.

[Download or order](#)

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## References

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[List of references](#)

