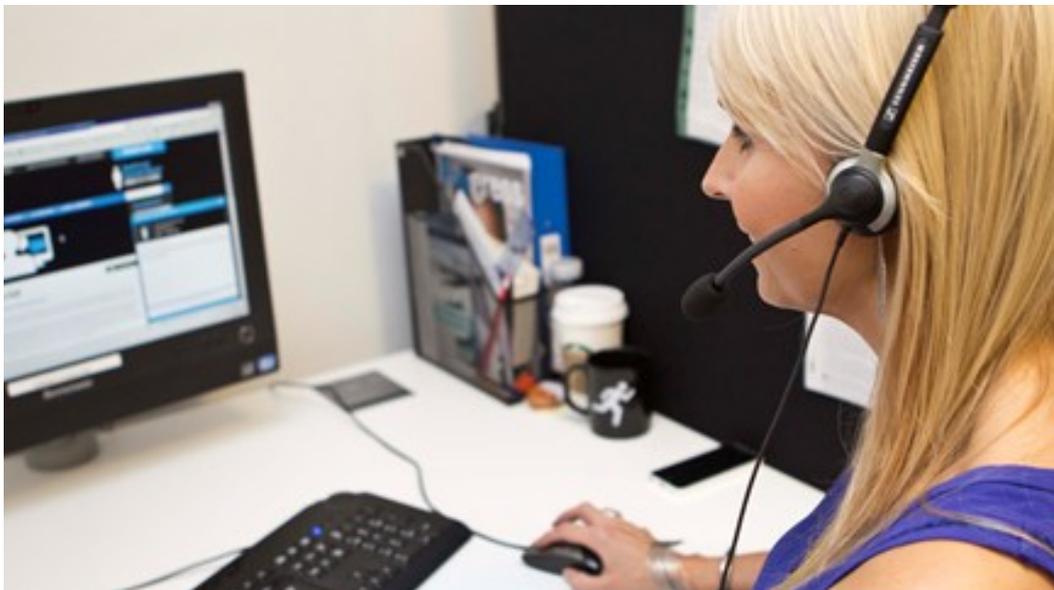


Enzalutamide

What is enzalutamide (Xtandi®)?

Enzalutamide is a new type of **hormone therapy** for men whose prostate cancer 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 enzalutamide?

Before chemotherapy

Enzalutamide is suitable for men who have stopped responding to hormone therapy but haven't yet had chemotherapy.

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

After chemotherapy

Enzalutamide is also available for men with advanced prostate cancer that has stopped responding to other types of hormone therapy and the chemotherapy drug docetaxel.

But if you've already had [abiraterone](#) as well as chemotherapy, you may not be able to have enzalutamide.

- In England, you won't be able to have enzalutamide if you've already had abiraterone – unless you had to stop taking abiraterone within three months because of severe side effects or because your cancer continued to grow.
- In Scotland, the Scottish Medicines Consortium (SMC) has approved the use of enzalutamide for men who have already had abiraterone – but not all hospitals are giving it to these men, as they don't have to follow the [SMC guidance](#).
- In Wales and Northern Ireland, enzalutamide may not be available for men who have already had abiraterone.

Early research has shown that enzalutamide may only have a small effect in men who have previously had abiraterone. But we need more research into this.

Ask your doctor if it's better to have abiraterone or enzalutamide as the next treatment after chemotherapy. Speak to your doctor or nurse about whether enzalutamide is suitable for you. You can also talk things through with our [Specialist Nurses](#).

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

About 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](#)

How does enzalutamide treat prostate cancer?

Enzalutamide works by stopping the hormone testosterone reaching the prostate cancer cells. Without testosterone, the cancer cells can't grow, wherever they are in the body.

In a recent [clinical trial](#), men who had enzalutamide lived about four months longer than men who were given a placebo. A placebo is a dummy treatment, for example, a sugar pill.

What does treatment involve?

Enzalutamide is taken as four tablets, once a day. You should take the tablets at the same time each day.

What are the side effects?

Like all treatments, enzalutamide can cause side effects, including:

- fatigue (extreme tiredness)
- loose and watery bowel movements (diarrhoea)
- hot flushes
- bone pain
- headaches.

There is also a small risk of having a seizure (fit). This is rare, and may be more likely if you have other health problems that make you more likely to have a seizure. Enzalutamide may not be suitable for you if you've had seizures, a stroke or injury to your brain in the past, or if the cancer has spread to your brain.

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](#)

What happens next?

Your doctor will monitor your health with blood tests. They will also check how you are feeling, and if you are having any side effects.

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

If you are having problems getting treatments that your doctor thinks are suitable for you, please [let us know](#).

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](#)

References

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[List of references](#)

