

### Our Mission

To improve and save lives from prostate cancer through advocacy, awareness, education, and support.

### Our Vision

A future where prostate cancer detection is early, support is unwavering, and care is accessible to all.

## A Message from the ZERO Patient & Caregiver Advisory Board



**Walt Frye**

Chair – [ZERO Patient & Caregiver Advisory Board](#)

Member – ZERO Board of Directors

Welcome to *The Advanced Prostate Cancer Companion*. We are members of the Patient & Caregiver Advisory Board, and we are honored to share this guide with you. Our board includes patients, survivors, and caregivers – some who know firsthand the weight and uncertainty that can come with an advanced diagnosis.

This guide was created to provide the information and support we wish we had during our own journeys. Inside, you will find practical tools, expert insights, and guidance for navigating treatment decisions, daily life, and conversations with those you love.

Above all, this resource reflects our commitment to ensuring that no one faces advanced prostate cancer alone. We hope it offers clarity, direction, and hope.

You are part of a strong and resilient community. We stand with you every step of the way.

With strength and hope,

Walt Frye

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## New Prostate Cancer Medicine Approvals in 2025

There continues to be exciting progress to treat advanced prostate cancer. The following medicines were approved by the Food & Drug Administration (FDA) in 2025. Several of these give patients strong options earlier in their treatment.

**Darolutamide (Nubeqa):** This medicine was approved to treat metastatic hormone-sensitive prostate cancer (mHSPC), also known as metastatic castration-sensitive prostate cancer. mHSPC is cancer that has spread but still reacts to hormone therapy. This medicine is an androgen receptor inhibitor. It helps stop the “fuel” that cancer needs to grow.

**PARP Inhibitors:** These are like “DNA fixers.” They are used for cancer that has certain gene changes (like BRCA1 or BRCA2). These medicines find the damaged parts of cancer cells and stop them from fixing themselves. PARP inhibitors receiving approval in 2025 included:

- Rucaparib (Rubraca) was approved to treat men with metastatic castration-resistant prostate cancer (mCRPC) who have a *BRCA* mutation.
- Niraparib and abiraterone (Akeega) is a combination medicine that received approval to treat men with mHSPC who have a *BRCA2* mutation. It combines hormone therapy and a PARP inhibitor in one pill.

**Lutetium Lu 177 (Pluvicto):** This is a targeted radioactive medicine. It treats men with PSMA-positive mCRPC who have already used hormone therapy. It received expanded approval in 2025 for use before chemotherapy.

These new choices show that treatment is becoming more personal. Doctors can use biomarker tests to see which medicine may work best for you. Talk to your medical team about these new options and clinical trials. For more information on all treatment options for advanced prostate cancer, visit our [Advanced Prostate Cancer Information Center](#).



### Prostate Cancer Medications Tool

Keeping track of different medicines can be hard. ZERO's Medications Tool makes it simple. It explains the drugs approved by the FDA so you can feel ready to ask your doctor the right questions.

Explore the tool at [zerocancer.org/prostate-cancer-drugs](https://zerocancer.org/prostate-cancer-drugs).

## Doublet and Triplet Therapy — What Does It Mean?



**Alexandra  
Sokolova, MD**

Oregon Health & Science  
University (OHSU)  
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When someone is told they have metastatic hormone-sensitive prostate cancer (mHSPC), a key question is whether to use doublet or triplet therapy. These terms describe how many treatments are given together.

Doublet therapy uses two hormone-based treatments. The first is androgen deprivation therapy (ADT). ADT lowers how much testosterone the testicles make. The second is a daily pill called an androgen receptor pathway inhibitor (ARPI). ARPIs either lower testosterone made in other parts of the body or block testosterone from attaching to prostate cancer cells. Used together, this “one-two punch” can slow the cancer and help people live longer. Many patients start with this approach.

Triplet therapy adds a third treatment: chemotherapy with docetaxel. It is usually given over 18 weeks. Doctors often recommend it when the cancer has spread more widely, also called high-volume disease. Studies show that triplet therapy can control cancer better than ADT plus chemotherapy alone. But no randomized study has directly compared triplet therapy with ADT plus an ARPI. So it is still unclear if adding chemotherapy helps everyone who already gets modern hormone therapy.

Researchers are studying this in clinical trials, such as the Triple Switch trial (NCT06592924). This study tests whether adding docetaxel helps patients whose PSA does not drop enough after starting hormone therapy. The goal is more personal care: enough treatment to control the cancer while avoiding extra side effects.

Talk with your cancer care team about which plan fits your cancer, your health, and your goals. Shared decision-making can help you choose the best path.



### **CLINICAL TRIALS: Could One Be Right for You?**

Clinical trials give patients a chance to try the newest treatments. Talk to your doctor and see if a trial is a good next step for you.

Find trials and learn more at  
[zerocancer.org/clinical-trials](https://www.zerocancer.org/clinical-trials).



### **Need more information on Advanced Prostate Cancer?**

Check out our Advanced Prostate Cancer Information Center. You'll find more on treatment options, patient stories, Questions for Your Doctor, and resources.

Go to [zerocancer.org/stages-and-treatment/advanced-prostate-cancer-information-center](https://www.zerocancer.org/stages-and-treatment/advanced-prostate-cancer-information-center).

## Advanced Imaging & Prostate Cancer – A Patient Story

PSMA PET stands for prostate-specific membrane antigen (PSMA) positron emission tomography (PET). It is a type of scan that allows you to see where your prostate cancer is located in your body and if it has spread. For more information on PSMA PET, visit [zerocancer.org/about-prostate-cancer/diagnosis/imaging-mri](https://www.zerocancer.org/about-prostate-cancer/diagnosis/imaging-mri).



**Michael "Bing"  
Crosby**

Veteran &  
Prostate Cancer Patient

Interview transcript edited from [time2see.com](https://www.time2see.com)

### **What's your experience of PSMA PET?**

I'm a big promoter of it becoming more of a diagnostic tool, way up front in the discovery of the disease. It's a very easy procedure. It's just like any other scan or anything else – you take a little bit of an IV, you wait for about 30-40 minutes for it to travel through your body and get mixed up in your blood. And then you go through the PET CT scanner, and it takes 20 minutes, and off you go.

### **What does the scan show you?**

Most of the [PSMA PET] scan is sort of black and gray. But when you see some prostate cancer, it's bright yellow and red. So it's very easy to see. For years and years, all you would have as a prostate cancer patient is a number on a piece of paper. Maybe you would get to see the MRI or CT scans, and they would try to tell you that this black dot is a bit denser than this dot. The real change now is that you can actually visualize where your cancer is and how extensive it is. It gives you a picture of what you're really up against.

### **How does having a mental picture help?**

For me, and I think a lot of guys, that mental picture of what you're trying to combat gives you a sense of courage to actually go against this thing. If you're trying to fight something on paper, it is hard to visualize what it is. If we can see it, you just have a little more motivation to go after it.

### **What's your advice for other men with prostate cancer?**

Stop and ask questions and learn about the disease. Learn what your options are for treatment. I encourage everyone to look at new clinical trials and also get second opinions.

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## Caregiver Corner

Prostate cancer affects the whole family. ZERO is here to make sure caregivers feel supported, too. Our online resources help you speak up for your loved one while taking care of yourself.

Helpful tools include:

- **Caregiver Guide:** Developed with caregivers, this guide provides clear information and resources.
- **Support Videos**
- **Caregiver Organizations and Practical Tools**

These resources are designed to help you face the future with confidence and hope. Visit [zerocancer.org/caregivers](https://zerocancer.org/caregivers) to learn more.



### Taking Care of You

Check out our “Care for the Prostate Cancer Caregiver” quick guide. It helps you manage doctor visits and take care of your own health. View at [zerocancer.org/educational-materials/caregiver-tips-and-resources-pdf](https://zerocancer.org/educational-materials/caregiver-tips-and-resources-pdf).



### Caregiver Support Groups

You are not alone! Find support from other caregivers. There are virtual and in-person support group options. Many general groups welcome partners or family members. There are groups for female caregivers and also for partners of gay men. [Find one that's right for you.](#)





**Information. Encouragement. Community.**  
**Find this and more at the Virtual Education & Support Conference!**  
**Save the Date – June 9–11, 2026**

Join us for the most impactful education and support event in the prostate cancer community. Get your questions answered from leading experts on the latest in diagnosis, treatments, managing side effects, and living well with prostate cancer.

*“The speakers, information, and resources are invaluable in helping to overcome fears inherent with prostate cancer.” – 2025 attendee*

Learn more and watch for registration: [zerocancer.org/virtual-conference-2026](https://zerocancer.org/virtual-conference-2026)

### **ZERO360: Patient Support Helpline** [zerocancer.org/zero360](https://zerocancer.org/zero360)

A free, comprehensive support service where trained case managers help patients and families navigate insurance, find financial resources, and connect with emotional support services. **To connect, call 1 (844) ZERO360.**

### **Support Groups** [zerocancer.org/supportgroups](https://zerocancer.org/supportgroups)

Peer-led virtual and in-person groups offer emotional support, resources, and education to empower those impacted by prostate cancer. Groups are also available for Black Men, the LGBTQIA+ Community, Caregivers, Spanish Language, and Deaf Men, among others.

### **MENTor Program** [zerocancer.org/mentor](https://zerocancer.org/mentor)

Talk to someone who’s “been there.” Our one-to-one peer support program matches trained volunteer survivors with prostate cancer patients who want to connect and get support from someone with similar experiences.

### **Online Support Communities**

Options of online communities for patients, survivors, and caregivers to ask questions and connect include:

- [Prostate Cancer Forum, powered by Inspire](#)
- [ZERO Connect on Facebook](#)
- [Black Men’s/Caregiver Group on Facebook](#)
- [Veterans Connect on Facebook](#)

## ZERO Prostate Cancer Resources

### **Veterans** [zerocancer.org/veterans](https://zerocancer.org/veterans)

Learn more about prostate cancer in Veterans, resources including guidance on accessing VA benefits, and the dedicated support ZERO can provide you in your cancer journey.

### **Volunteer** [zerocancer.org/volunteer](https://zerocancer.org/volunteer)

We can't do what we do without you! Together, we can raise awareness, advocate, and educate more people to save lives. Find an opportunity that is right for you.

This publication is provided with support from:



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PROSTATE CANCER

[ZEROCancer.org](https://zerocancer.org)