ZERO PROSTATE CANCER

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A Message from ZERO Prostate Cancer

ZERO's Takeaway: Use trusted information and talk with your health care team before you start any new treatment, vitamin, supplement, herbal product, or other approach you are considering.

A prostate cancer diagnosis can feel overwhelming. It is normal to have questions and to look for answers wherever you can. Learning more about your options can help you feel more prepared and more involved in your care. But not all health information is accurate, complete, or safe.

Today, there are many proven treatment options for prostate cancer. Your health care team can help you and your loved ones understand your choices, including the risks and benefits of each option, and decide what is best for your needs, values, and goals.

All treatments have some risks. Proven treatments have been carefully studied in people, including in clinical trials. Doctors know more about their possible benefits, side effects, and how they may interact with other medicines or affect other health conditions. With unproven approaches, the possible benefits may be unclear, and the risks may be unstudied or not fully explained. Some may also interfere with treatments that are known to help. Even supplements or products that seem harmless can pose risks if they are used without discussing them with your health care team.

Here are a few examples of products or approaches you may have heard about online or from others:

- **Ivermectin or fenbendazole**: Some people use ivermectin or fenbendazole for prostate cancer, either alone or with cancer treatment, but these products are **not** approved for this use and have **not** been proven to help treat prostate cancer.
    - Ivermectin can cause serious side effects, including nerve damage and liver problems. It may also interact in harmful ways with other medicines, including blood thinners. More information on Ivermectin.
    - Fenbendazole is a veterinary antiparasitic drug and is not approved for treating cancer in people. More information on fenbendazole.
- **High-dose vitamin E or selenium**: Large studies have shown that these supplements do **not** prevent or treat prostate cancer. In some cases, they may even increase risk. More information.
- **Herbal supplements**: Some herbal supplements may interact with cancer treatments or other medicines, affect hormone levels or liver function, increase bleeding risk, or cause other health problems. More information.

Continued on next page >

Questions to Ask Your Care Team

If you are thinking about trying something you heard about or read, talk with your health care team first. You might ask:

- Is this safe for me?
- Could it affect my treatment or other health conditions?
- Is there good evidence that it helps people with my type of prostate cancer?
- Could it interfere with my medicines?

These questions and decisions are best discussed with your care team. ZERO is here to support you with trusted information, resources, and a community that understands what you are going through. As part of that support, **ZACH (ZERO's Access to Community Health)** can help answer your prostate cancer questions and connect you to resources. ZACH is a free, AI-supported text service available anytime, anywhere. **Text your question to 1-844-660-9376** to start. This tool can help you prepare for conversations with your doctor, but it does not replace medical advice from your health care team.

For more information

- Visit the ZERO website for trusted information and resources
- NCCN Guidelines for Patients: Early-Stage Prostate Cancer
- NCCN Guidelines for Patients: Advanced-Stage Prostate Cancer