Degarelix

for Urological cancer

About the treatment

Degarelix is an anti-hormone, where the effect of testosterone (the male sex hormone) is blocked and the cancer cells are prevented from multiplying. Degarelix is injected under the skin. The drug works as a drug depot that continuously releases the right dose into the body. A new injection is given regularly once a month. g. Before the first treatment and for a month, it is usually supplemented with Bicalutamide, tablets. This is to reduce side effects that occur early in the treatment

Side effects - symptoms and tips

The side effects we list here are the most common and important. They can vary greatly from person to person, and even from time to time. Side effects may determine your dose or require you to stop taking the medicine.

Tell your doctor or nurse if you have any side effects. Often the symptoms can be prevented or alleviated.

Hot flashes

Hot flashes and sweating are common.

Tips: Try to exercise and move around.

Decreased sexual desire

Decrease in testosterone level can lead to loss of sexual desire. The potency can disappear, that is, it becomes difficult to get an erection, you become impotent.

Fatigue

Fatigue is common in connection with cancer and its treatment. The severity of the symptoms and their duration vary from person to person. You may continue to feel tired long after treatment has ended. This type of extreme exhaustion is known as fatigue—a tiredness that does not always improve with rest or sleep. Many describe fatigue as a total lack of energy, and it can occur even without physical exertion. Your ability to remember, concentrate, and solve problems may be impaired. Fatigue is sometimes associated with feelings of resignation, stress, anxiety, and depression. Tip: Try to stay active. Physical activity often helps alleviate tiredness and fatigue. Find a balance between activity, rest, and sleep that works for you.

Weight gain

The hormone treatment can affect the body's metabolism so that you gain weight more easily. Fatigue can also make you unable to move as usual. Tip: There is no particular diet or diet that is better than any other for losing weight. What determines is how much energy you eat in relation to what you need. It is also important that you enjoy your eating habits and can maintain them over a long period of time.

Problems with stomach and intestines

Constipation is common. You may also get diarrhoea.

Tip: Drink a lot, a few glasses more than usual per day. If you're constipated, try high-fibre foods and exercise. If you have diarrhoea, avoid fatty, spicy and high-fibre foods. Talk to your doctor if you get diarrhoea or constipation - you may need medication.

Initiative, mood and moodiness

You may feel that you lack initiative, have mood swings and feel depressed.

Tips Fatigue and low mood can be alleviated by moving regularly in your daily life. Physical exercise or other activities can have a positive impact on your mood and sleep.

Common advice

The medication may affect the fetus. If you are sexually active, use a condom and another form of contraception during treatment and for some time afterwards. Check FASS or the medication's package leaflet for the specific instructions applicable to your medication.

General information about cancer

Useful information about cancer is available from both 1177 Vårdguiden and Cancerfonden:

www.1177.se

www.cancerfonden.se