

Vitamin D Supplementation for ADT-induced Side Effects



- **Why are we doing this study?**

Osteoporosis and bone loss are more common in men with prostate cancer than in the general population. This study hopes to find out if vitamin D can help slow bone loss and prevent osteoporosis. It may also be effective in preventing other side effects of ADT like loss of muscle strength, increased falls, and decrease in physical performance.

- **What does this study involve?**

Your participation in the study will last about 24 weeks. You will be asked to take a study pill (vitamin D or placebo), a multivitamin, and a calcium supplement. You and the researchers will not know if you are taking vitamin D or placebo until the end of the study. We will also ask you to stop taking any vitamin D or calcium supplements you may take at home.

We will ask you to come in for 5 total study visits, one every 6 weeks. Visits 1,3, and 5 we will have a blood draw, questionnaires, and physical fitness testing. Visits 2 and 4 will only be a blood draw. Visits will take between 15 minutes and 3 hours. We will also perform a bone scan when you start the study and at the end of your study participation.

- **Who qualifies for this study?**

To qualify men must:

- Have been diagnosed with prostate cancer (Stage I-IV, not spread to bone or other organs)
- Have been on androgen-deprivation therapy for less than 6 months
- Have a low Vitamin D level

- **What are the benefits for participating?**

You might not benefit from participating in this study. You and your doctor will receive all results from the study as well as bone scans when you start and finish the study.

- **What are the costs and will I be paid?**

All study procedures are at no cost to you. You will not be paid but will receive up to three \$25.00 Wegmans gift cards for participation.

- **How do I join?**

Ask your physician if you qualify for this study or you can call the study coordinator, Jennifer Reschke at 275-0690, to find out if you are eligible.

MEDICINE of THE HIGHEST ORDER

