

*Find out about a  
once-yearly implant that  
delivers continuous  
hormonal treatment for  
prostate cancer*



**ONCE-YEARLY**  
**VANTAS**<sup>®</sup>  
(histrelin acetate) subcutaneous implant

Please see Important Safety Information inside.



## ***Facing the challenge of prostate cancer***

Prostate cancer. Two words that aren't easy for a man to hear.

Whether you've just been diagnosed or are already being treated for prostate cancer, you know what a challenge the disease can be. But you also know that it can be managed with therapy and your doctor's supervision. And, that family and friends can help with physical and emotional support.

### ***Finding the therapy that's right for you***

There isn't a "right way" to decide how to treat your prostate cancer. The best place to start is to get as much information as you can from your doctor. That way you'll have a better chance of choosing a therapy that's right for you and your specific type of prostate cancer. Also, you can choose a therapy that may best suit your individual lifestyle.



***This brochure can help in 3 ways by providing you with:***

• ***Information about a specialized hormonal treatment option called VANTAS® (histrelin acetate) subcutaneous implant***

VANTAS is a drug-delivery system that contains the medicine histrelin and is placed under the skin. It looks like a small, thin flexible tube. After it's placed under the skin, VANTAS delivers histrelin to your body continuously for 12 months. VANTAS may help relieve the symptoms of prostate cancer. VANTAS isn't a cure for prostate cancer.

VANTAS is a type of hormone suppression therapy. The implant is different from multiple injection therapies because you get 12 months of continuous medicine with only 1 administration. Ask your doctor if VANTAS is right for you.

• ***Ways to enhance your treatment program***

In addition to prescription medicine, your doctor may suggest that you make changes in some areas of your life—changes that will help you be healthier and support your medical care.

• ***Resources with helpful tips and facts about prostate cancer***

Knowledge is a powerful thing. The more you understand prostate cancer the more confident you'll feel about asking questions and discussing your treatment program with your doctor. A list of informative Web sites is provided.

## **Important Safety Information**

- Do not use VANTAS if you are allergic to the medicine histrelin or other medicines called gonadotropin releasing hormone (GnRH) agonists, are a woman or are a child under 18 years of age.
- The most common side effects of VANTAS are hot flashes, tiredness, skin reactions at the implant site, testicles become smaller, urination problems, breasts become larger, erectile dysfunction (impotence), and constipation.



## **VANTAS<sup>®</sup> (histrelin acetate) subcutaneous implant: *The once-yearly implant that may suit you***

### ***About VANTAS<sup>®</sup>***

VANTAS is a hormone suppression therapy. It's an implant, so your doctor places it just under the skin during a minor surgical procedure at your doctor's office. VANTAS is different from multiple injection therapies because you get 12 months of medicine with 1 administration per year, which may best suit your individual circumstances.

### ***One implant delivers medicine for a full year***

The VANTAS implant is a small cylinder about an inch long. It's made out of the same type of thin, flexible material used in contact lenses.

You might be wondering how something so small can give you the medicine you need. The specialized technology of VANTAS begins releasing medicine immediately after the implant is placed in your arm and releases medicine continuously for a full year. VANTAS may help relieve the symptoms of prostate cancer. It is not a cure.

### ***Flexibility in scheduling your doctor appointments***

Even though you only need to go to your doctor once a year to get the VANTAS implant, there are other reasons why you'll need to see the doctor treating your prostate cancer, such as for a prostate specific antigen (PSA) test.\* Once-yearly therapy may give you flexibility in scheduling appointments for administration.

### ***Another year, another VANTAS<sup>®</sup>***

After 1 year you'll need to make an appointment to have the implant removed. Just like the insertion procedure, this can be done in your doctor's office. You and your doctor can then decide if you should get a new implant for another year of treatment.

### ***Ask your doctor if VANTAS<sup>®</sup> is right for you.***

\*Levels of PSA, a protein made by the prostate, are often high if you have prostate cancer. Measuring levels of PSA in the blood can help doctors monitor the effectiveness of treatment.

VANTAS<sup>®</sup> (histrelin acetate) implant is a drug-delivery system that contains the medicine histrelin and is placed under the skin. After it is placed under the skin, VANTAS delivers histrelin to your body continuously for 12 months. VANTAS may help relieve the symptoms of prostate cancer. VANTAS is not a cure for prostate cancer.

## **Important Safety Information**

- Do not use VANTAS if you are allergic to the medicine histrelin or other medicines called gonadotropin releasing hormone (GnRH) agonists, are a woman or are a child under 18 years of age.
- Before using VANTAS, tell your doctor about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements.
- VANTAS is placed under the skin of your upper arm. Your doctor will numb your arm, make a small cut (incision), and place VANTAS under the skin. The cut will be closed with stitches and special surgical tape and covered with a bandage. Keep your arm clean and dry for 24 hours. Your doctor will give you complete instructions. You may have some pain, bruising, and redness at the insertion site during and after VANTAS is inserted and removed. These usually go away without treatment within 2 weeks.
- Your doctor will do blood tests to check on your response to treatment with VANTAS. For example, your doctor may check your prostate specific antigen (PSA) or testosterone levels.
- The most common side effects of VANTAS are hot flashes, tiredness, skin reactions at the implant site, testicles become smaller, urination problems, breasts become larger, erectile dysfunction (impotence), and constipation.
- VANTAS can cause an increase in testosterone during the first week after it is implanted. Your symptoms may get worse during the first few weeks of treatment or you may get new symptoms. Call your doctor right away if you get new or worse bone pain, weakness or lose feeling in your legs, have blood in your urine, or you have trouble urinating or cannot urinate.
- These are not all of the side effects of VANTAS. For more information, ask your doctor or pharmacist.
- VANTAS can be expelled from your body through the original incision site. This occurs infrequently. Remember to see your doctor for routine checks on your condition to ensure that VANTAS is present and functioning in your body.
- If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about VANTAS that is written for health professionals. More information about VANTAS is available on the internet at [www.vantasimplant.com](http://www.vantasimplant.com).



## ***Take an active role in managing your health***

### ***Ways to start healthy habits or find support***

Besides treatment with medication, there are things you can do that may help keep you feeling well. Talk to your doctor about how you can incorporate each one into your treatment program.

#### ***1. Team up with your doctor***

Remember, the better the teamwork, the better the treatment program. The more your doctor knows about how you're feeling and what you're thinking, the better he or she can help. Write down any thoughts or questions you may have and share them with your doctor.

#### ***2. Reach out to family and friends who want to help***

You might think that asking family and friends for help may seem unmanly, but they want to help. Find ways to let them. They can be there to listen when you want to talk about the disease, drive you to appointments, and run your errands. Your doctor may have suggestions about how to talk to your family about prostate cancer and what they can do to support you.

### ***Resources providing helpful information***

The Web sites listed here can provide you and those supporting you with helpful tips and facts about prostate cancer.

#### **The American Cancer Society**

[www.cancer.org](http://www.cancer.org)

1-800-ACS-2345

#### **National Cancer Institute**

Prostate cancer page

[www.cancer.gov/cancertopics/types/prostate](http://www.cancer.gov/cancertopics/types/prostate)

#### **Prostate Cancer Foundation**

[www.prostatecancerfoundation.org](http://www.prostatecancerfoundation.org)

1-800-757-2873

#### **Us TOO International**

[www.ustoo.org](http://www.ustoo.org)

### ***3. Talk to men who understand what you're experiencing***

It's not easy to express what you're feeling, even about something as potentially life changing as prostate cancer. Sometimes it's easier to talk to people who are not family or friends, and are experiencing the same thing. Consider joining a support group. Ask your doctor for a list of support groups in your area, or call the American Cancer Society at 1-800-ACS-2345.

### ***4. Make eating right a part of your daily routine***

It's a commonly known fact that a diet high in fresh fruits and vegetables and fish, and lower in animal fat, is better for your health. But did you know that many vegetables and fruits contain antioxidants, or cancer-fighting ingredients like vitamin C? Discuss your diet with your doctor and see where you can make healthy choices.

### ***5. Exercise to help put you in a positive mood***

Exercising regularly, even if it's short walks around the block, is another way to improve your health. Exercise releases chemicals in your brain that may contribute to a more positive mood and may lower your stress level. Be sure to talk with your doctor before beginning a new exercise program.





***Inside: Find out about a once-yearly implant that delivers continuous hormonal treatment for prostate cancer***

***This brochure can also help by providing you with:***

- Information to help you take an active role in managing your health
- Resources with helpful tips and facts about prostate cancer

***Ask your doctor if once-yearly VANTAS® is right for you.***

VANTAS® (histrelin acetate) implant is a drug-delivery system that contains the medicine histrelin and is placed under the skin. After it is placed under the skin, VANTAS delivers histrelin to your body continuously for 12 months. VANTAS may help relieve the symptoms of prostate cancer. VANTAS is not a cure for prostate cancer.

**Important Safety Information**

- The most common side effects of VANTAS are hot flashes, tiredness, skin reactions at the implant site, testicles become smaller, urination problems, breasts become larger, erectile dysfunction (impotence), and constipation.



**ONCE-YEARLY**  
**VANTAS®**  
(histrelin acetate) subcutaneous implant

**R<sub>x</sub>** only

VANTAS® is a registered trademark of Endo Pharmaceuticals.



PHARMACEUTICALS

CHADDS FORD, PENNSYLVANIA 19317

© 2011 Endo Pharmaceuticals. All Rights Reserved VN-01130a/April 2011  
www.vantasimplant.com 1-800-462-ENDO (3636)