

Hormone Therapy for Cancer Treatment

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WHAT IS HORMONE THERAPY?

Cancer treatment which is processes by using different types of hormones that further inhibit or stops the growth of malignancy. Hormone therapy is also known by different names like as hormonal therapy or endocrine therapy.

Process of hormone therapy against cancer

Usage of endocrine therapy can be done in:

- In the treatment of cancer by decreasing the chances of growth of malignancy in body
- Endocrine therapy is also used to minimize and provide protection against prostate cancer in males. This therapy is beneficial for those individuals who are not are not able to proceed with surgery and radiation therapy

Different types of hormonal therapy

Endocrine therapy is divided into two different parts. First one is for those individuals in which ability to produce hormones is blocked and another one is for those individuals in which ability to make interfere with hormones that how they are behaving in the body.

WHO CAN TAKE HORMONAL THERAPY?

Hormonal therapy works against different types of cancers which are grown or developed by the usage of hormones like as, breast cancer in females and prostate cancer in males. Endocrine therapy can also be used with other types of cancers. The sorts of therapy you require are dependent on the type of cancer, if it is extended and how far, whether hormones are used to develop and whether you have another health condition.

COMBINATION OF HORMONAL THERAPY WITH OTHER THERAPIES

When endocrine therapy is combined with other types of therapies then it can help in:

- Neoadjuvant therapy: In this type of therapy, hormones help

in decreasing the size of tumor and make it smaller before any type of surgery or radiation therapy for cancer treatment

- Adjuvant Therapy: In this type of therapy, by using different hormones, doctors lower the risk of cancer for its comeback after completing the surgery or radiation therapy
- Using hormonal therapy, termination of cancer cells is done that might have returned or spared to different body parts after the main treatment

Side effects caused by hormonal therapy

Hormonal therapies affect the body's ability for producing different hormones and make interfere in the behavior of hormones in the body, so it's obvious that it will cause different types of unwanted side effects in the body. The adverse reactions will depend on the sort of hormonal therapy that you get and the reaction of your body. People respond to the same treatment differently, therefore not everyone has the same side effects. There are also some negative effects if you're a male or a female.

Some typical adverse effects for men receiving prostate cancer hormone treatment include:

- Hot temperature of body along with hot flash
- Loss of interest or sexual ability
- Weakness in bones
- Diarrhea
- Nausea
- Vomiting
- Fatigue
- Ulcers in different places in body
- Enlargement in body shape

Some typical adverse effects for men receiving breast cancer hormone treatment include:

- Hot temperature of body along with hot flash
- Dryness in private body parts

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- Changes in menstrual cycle if you have not reached menopause
- Loss of interest in sexual ability
- Mood swings
- Fatigue
- Nausea
- Vomiting
- Ulcers on different parts of body

Cost for endocrine therapy depends on different reasons which are mentioned below:

- What are the types of hormones which have been used in the treatment of endocrine therapy
- For how much time and how many times an individual receives endocrine therapy
- And most important in which country an individual is residing

Types of administration of endocrine therapy

Hormonal therapy can be given through different ways like as:

- Oral: Medicines comes in the tablet forms which have to swallow by patients for getting hormonal therapy responses.
- Injections: Hormone therapy is also given in the form of injections, in which the patient will get the shot of injection in muscles of different places in body like as an arm, thigh, hip, leg, belly or right under the skin where fatty part is available in arm.
- Surgery: To receive hormonal therapy the organs which are responsible for producing different hormones are removed from the body by surgical procedure. In men, testicles are removed and in women, ovaries are removed.

WHERE AN INDIVIDUAL CAN RECEIVE HORMONAL THERAPY

An individual can receive endocrine therapy either at home,

in doctor's office, clinic or in hospital. But one more factor is also responsible which decides that where an individual can get hormonal therapy is that which hormonal therapy an individual is getting and what is the procedure for administration.

HOW TO CONFIRM THAT HORMONAL THERAPY IS WORKING OR NOT?

In females, if an individual is going through the treatment for breast cancer, then she will have regular checkups. Checkups of different body parts like as examination of neck, underarm, chest, breast areas. To confirm that therapy is working or not, patient will have to go for regular mammograms. Doctor can also suggest different imaging procedures and lab tests for confirmation.

In males, if an individual is receiving endocrine therapy for prostate cancer, then he has to go for regular Prostate-Specific Antigen (PSA) test. To confirm that hormonal therapy is working or not, if PSA levels stays same or goes down then hormonal therapy is showing positive responses, but if PSA levels are going up, this is indicating that treatment is no longer working. If this situation comes in front, then doctors will discuss other treatment options with patient.

Hormonal therapy in thyroid cancer

Most patients receive hormonal therapy for the treatment of thyroid cancer. It is the treatment option in which hormones are added up, blocked, or removed from the body. Hormones are the important part of body system which controls some body functions, along with growth and different activities of cells.

In human body thyroid is responsible for producing thyroxine hormone which is also commonly called as T4. The thyroxine helps to keep the body's regular metabolism under control and growth. You will have to take thyroid replacement medications if the thyroid is removed. Removal of thyroid is called as complete thyroidectomy. The pituitary gland produces the thyroid stimulating hormone (TSH). It affects the function and growth of the thyroid, especially when thyroxine is produced. The development of thyroid cancer cells is likewise controlled by TSH.