

# **DENBY STEELE**

## **Urologist**

### **Vitamin D & calcium supplements in prostate cancer**

Because of the increased risk of osteoporosis with androgen deprivation therapy used in the treatment of advanced prostate cancer and men having monthly zometa infusions for their hormone resistant bony metastatic prostate cancer, men are advised to take vitamin D and calcium supplements for bone protection.

The simplest and cheapest preparation in the most appropriate dose is:

#### **Ostelin Vitamin D & Calcium**

These caplets contain cholecalciferol 12.5 microgram (vitamin D<sub>3</sub> 500 IU) and calcium carbonate 1.5 g (elemental calcium 600 mg) and are available without a prescription in bottles of 60.

1 caplet should be taken daily, with or without food.