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The Estradiol Initiative Announces Updated NCCN Clinical Practice Guidelines in Oncology to Include Transdermal Estradiol for Treating Prostate Cancer

The National Comprehensive Cancer Network® (NCCN®) recently updated their Clinical Practice Guidelines in Oncology (NCCN Guidelines®) for Prostate Cancer (Version 1.2027, released October 12, 2026). The Estradiol Initiative is pleased to report that the NCCN now recommends transdermal estradiol as an option for androgen deprivation therapy (ADT) for men with M0 prostate cancer receiving radiation therapy (RT). The Guidelines also state that transdermal estradiol may be combined with abiraterone in selected patients undergoing RT with high risk localized disease or positive lymph nodes. The Guidelines further note that while ADT with LHRH analogues decreases bone mineral density (BMD), "transdermal estradiol ADT (e.g., patches, gels, creams) has been shown to increase BMD."

This update follows publication of the Phase-III PATCH/STAMPEDE trial results in the *New England Journal of Medicine* (March, 2026), which reported noninferior 3-year metastasis-free survival with estradiol patches versus LHRH agonists. In addition to better BMD, patients on transdermal had fewer hot flashes and improved metabolic profiles. However, gynecomastia was more frequent.

"*Recommendation of transdermal estradiol as an option for ADT in the NCCN Guidelines provides clinicians and patients with clearer guidance for shared decision-making*," said Richard Wassersug, PhD, from The Estradiol Initiative. Paul F. Schellhammer, MD, FACS, also noted that "*The NCCN recommendation supports individualized discussions of disease characteristics, expected side effects, and patient priorities*."

Many transdermal estradiol products currently FDA-approved for women remain available to men for off-label use. The Estradiol Initiative continues working to improve access to all transdermal estradiol products that can provide prostate cancer patients with cancer control as safe and effective as standard treatments, but with a better quality of life and at a significantly reduced cost.

About The Estradiol Initiative
The Estradiol Initiative is a non-profit, research and educational organization that provides information to prostate cancer patients and clinicians about the benefits and risks of transdermal estradiol for ADT. Contributors have no conflicts of interest, and they receive no funds from the sale of estradiol products or corporate sponsorships. More information is available at https://estradiolinitiative.org/.

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