

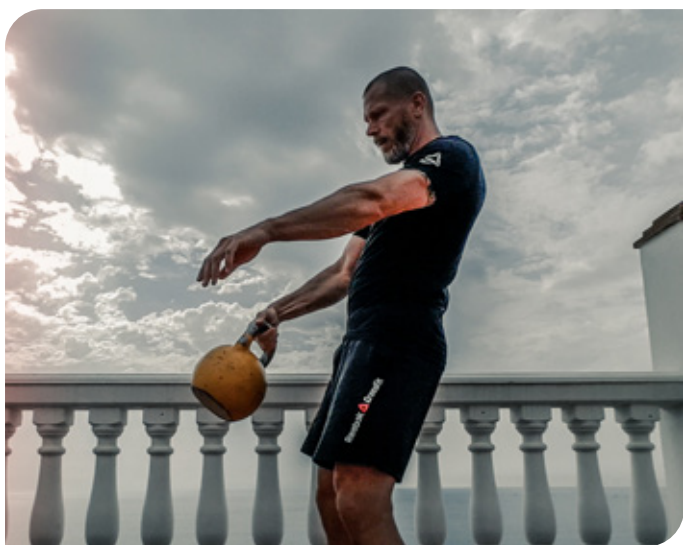
# PROSTATE CANCER & EXERCISE

PROFESSIONAL

## HOW DOES EXERCISE HELP SURVIVORS OF PROSTATE CANCER?

More than 16,500 Australian men are diagnosed with prostate cancer each year; 95% will be disease-free five years after their diagnosis (1). Exercise plays an important role in the treatment of, and recovery from, prostate cancer, through reducing the number and severity of treatment-related side effects and symptoms (such as fatigue, sexual dysfunction, muscle loss, and anxiety and depression), as well as improving or maintaining function during and after treatment. High quality evidence also shows that being physically active (that is, participating in 150+ minutes of moderate+ intensity activity per week) after a prostate cancer diagnosis is associated with reduced recurrence risk, reduced risk of developing other chronic diseases, and better overall survival (2-7).

- **Aerobic- and resistance-based (muscle strengthening) exercise is safe and beneficial.** Findings suggest that individuals should be encouraged to participate in their preferred exercise unless clearly contraindicated (e.g. if an individual has severe osteoporosis or metastases to the bones, a modified program is best for reducing risk of fractures). Importantly, an exercise program should not exclude exercises that load the skeleton as this strategy will exacerbate bone loss; prudent exercise and load selection used in a controlled environment under the supervision of a Physiotherapist/Accredited Exercise Physiologist is advised.
- **Moderate-intensity exercise (enough to “puff” or the ability to “talk but not sing”) is recommended.** Those who are currently sedentary or engage in irregular and/or low levels of weekly physical activity should be encouraged to take up regular exercise by starting with sessions of short duration (that is, less than 20 minutes) and low- to moderate-intensity, and to progress gradually (increase duration and/or intensity slowly and according to symptom control and fitness and functional adaptations). For those who are already regularly exercising and have good symptom control (or no disease- or treatment-related side effects or symptoms), exercise at high-intensity is also likely safe (assuming appropriate progression to this intensity has occurred) and beneficial (can lead to greater fitness and functional gains); importantly, it need not be discouraged.
- **Current guidelines recommend maintaining, or building up to, 150 minutes of exercise each week.** Exercise can be done in sessions as short as 10 minutes and should include either or both aerobic- and resistance-based exercises. It is best to spread exercise sessions out across the week (e.g. 30 minutes on 5 days of the week). Depending on the intensity of the resistance-based exercise, it may be necessary to avoid doing resistance-based exercises on consecutive days. Additional benefits may be gained by exercising for up to 300 minutes each week, but it is important to progress towards this amount gradually.



- **Being diagnosed and treated for prostate cancer presents additional barriers to participating in regular exercise.** Fear of worsening symptoms or discouragement from not seeing improvements represent just some of the barriers to participating in regular exercise. However, with discussion and support from health professionals, research has shown that barriers can be overcome through goal setting and problem solving. Further, appropriate exercise prescription leads to reduction in number and severity of side effects; sedentary lifestyles increase frequency, duration and severity of side effects.
- **The supervision required depends on exercise history, the timing with respect to diagnosis, and the presence and intensity of treatment-related side effects.** Whilst many individuals can safely exercise during or following treatment for prostate cancer without supervision, support from a qualified health professional (e.g. Physiotherapist/Accredited Exercise Physiologist) may assist with the successful commencement and maintenance of an exercise program. Behaviour change strategies, advice regarding modifications to account for exercise preferences, barriers, and motivation may be particularly important for prostate cancer survivors during active treatment when the frequency and type of side effects are likely to fluctuate. Those who have a preference for a particular type or intensity of exercise outside of the general guidelines are encouraged to discuss the need for any risk management with a health or exercise professional.

The body of evidence in support of exercise post-prostate cancer is consistent and overwhelmingly positive. All should be encouraged to integrate exercise as part of their short- and longer-term treatment and given as much support as is needed to enable this to happen (whether that be referral to an exercise specialist, standard questioning as part of follow-up care regarding their weekly physical activity levels, and/or ongoing encouragement and support to become and stay physically active during and beyond their treatment for prostate cancer).



## RELATED INFORMATION AND REFERENCES

Exercise is Medicine Australia [www.exerciseismedicine.org.au](http://www.exerciseismedicine.org.au)  
 Exercise Right [www.exerciseright.com.au](http://www.exerciseright.com.au)  
 Find a Physiotherapist [www.choose.physio](http://www.choose.physio)  
 Find an Accredited Exercise Physiologist [www.essa.org.au](http://www.essa.org.au)  
 Prostate Cancer Foundation of Australia [www.prostate.org.au](http://www.prostate.org.au)

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If you have any concerns about the safety of your patient in commencing an exercise program, please consider referral to a Sport and Exercise Physician.

Find a Sport and Exercise Physician [www.acsep.org.au/](http://www.acsep.org.au/)

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3. Demark-Wahnefried W: Cancer survival: time to get moving? Data accumulate suggesting a link between physical activity and cancer survival. *Journal of clinical oncology : official journal of the American Society of Clinical Oncology* 24:3517-8, 2006.
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