

**PPP annual report 2019**

PPPs which have started under the direction of the top-sectors need to deliver an annual report regarding their research and financial progress. For reporting on research progress this format has to be applied. A separate format ‘PPP final report’ is available for PPPs that have finalized in 2019.

**Annual reports are entirely published on the TKI/topsector website(s). Please prevent the incorporation of confidential matter in the report.**

PPP annual reports have to be submitted - pooled for each research organisation - before

1 March 2020 to the TKIs at [info@tkitu.nl](mailto:info@tkitu.nl), or at info@tki-agrifood.nl. For Wageningen Research the delivery of reports occurs centrally.

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| **General data** | |
| PPP number | **AF-16504** |
| Title | **Protein and physical activity to improve muscle health in men diagnosed with metastasized**  **prostate cancer (Pradex Repeat)** |
| Theme | **Health and Safety** |
| Executing research organisation(s) | **MUMC+** |
| Project leader research (name + email address) | **Luc van Loon**  **l.vanloon@maastrichtuniversity.nl** |
| Coordinator (on behalf of private parties) | **Chair Project Council: Valéry Lemmens** |
| Contact person of government |  |
| Total project budget (k€) | **1000** k€ |
| Project website address |  |
| Starting date | **1-12-2016** |
| Final date | **1-12-2020** |

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| **Approval coordinator/consortium**  The annual report has to be discussed with the coordinator/consortium. The TKI(s) like to be informed regarding potential comments on the annual report. | |
| The annual report is ………  by the coordinator on behalf of  the consortium | approved  not approved |
| Potential comments regarding the final report |  |

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| **Brief description content/aim PPP**  What is the matter and what does the project contribute?  What does the project deliver and what are the effects of its delivery? |
| Aim:  To define the benefits of resistance type exercise training with or without protein supplementation on body composition, functional capacity, and health in patients diagnosed with prostate cancer and treated with androgen deprivation therapy.  What is the matter:   1. Patient inclusion rate is lower than expected, due to the initial delay in inclusion. Currently inclusion rates are as previously estimated. However, due to the delayed start of patient recruitment we were not able to achieve the absolute estimated number of patients. We expect a delay of approximately 6 months. We will perform a new power calculation in March 2020 to determine if we can adjust the number of patients needed to be recruited.   What does the project contribute?   1. Continue activities to start and increase patient inclusion and keep urologists alert to recruit eligible patients 2. Patient recruitment for the control group in an extra hospital: Canisius Wilhelmina Hospital Nijmegen. Measurements take place in JBZ Den Bosch.   Main deliverables:   1. Assessment of the impact of androgen deprivation therapy on muscle mass, muscle strength and metabolic health in patients diagnosed with prostate cancer. 2. Definition of the benefits of resistance type exercise training as a means to attenuate the decline in muscle mass, muscle strength and metabolic health in patients diagnosed with prostate cancer. 3. Definition of the benefits of protein supplementation to further augment the benefits of resistance type exercise training to attenuate or even prevent the decline in muscle mass, muscle strength and metabolic health in patients diagnosed with prostate cancer.   Effect:  In case of positive results, health care insurances need to be contacted to stimulate that combined nutrition and training programs for this patient population must become usual care. Furthermore, special protein enriched products can be developed to guarantee high protein intake. |

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| **Results 2019**  Give a brief description of the high-lights in 2019. |
| * Patient inclusion rates increased to previously estimated levels. * We started patient inclusion for the control group in Canisius Wilhelmina Hospital Nijmegen * High compliance with training and supplement use, only 5 out of 91 patients dropped out. * Included patients: 49 in MUMC+, 22 in MMC and 20 in JBZ |

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| **Number of delivered products in 2019** (give titles and/or description of products, or a link to the products on the project website, or other public websites). | | | |
| Scientific articles | Reports | Articles professional in journals | Lectures/workshops |
|  |  |  | Poster presentation |
| **Titles/descriptions of prominent products in 2019 (max. 5) and their targets groups** | | | |
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**Annex: Titles of deliverables or a link to products on the project website or other public**

**websites**