



General data	
PPs number	
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

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	<input type="checkbox"/> approved <input type="checkbox"/> not approved
Potential comments regarding the final report	

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: <ol style="list-style-type: none"> 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? <ol style="list-style-type: none"> 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.

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

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