



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	Healthy and Safe
Executing research organisation(s)	Maastricht University (as a TiFN research partner)
Project leader research (name + email address)	Luc van Loon (l.vanloon@maastrichtuniversity.nl)
Coordinator (on behalf of private parties)	Chair Project Council: Valéry Lemmens (IKNL)
Contact person of government	
Starting date	1-12-2016
Final date	1-12-2020

Brief description content/aim PPP
Assessment of the effect of strength training with and without extra protein on fat and muscle mass, muscle strength, functional capacity, quality of life, and health of prostate cancer patients starting with hormonal therapy.

Results
<p><i>What is the matter?</i></p> <ul style="list-style-type: none"> - The recruitment of patients has started at a later moment for legislative and contractual reasons, negotiations regarding analytical/clinical measurements etc., causing delay in the procedure for local practicality in two hospitals. - Inclusion of patients has started in one hospital in May 2017 and gradually gained momentum, until intervention by a competing study in this hospital occurred, causing drastic reduction of patients influx. - The training and supplement intake runs according to plan and patients are very enthusiastic. <p><i>What does the project contribute?</i></p> <ul style="list-style-type: none"> - The project team is very eager to get local practicality of the study settled asap and responds adequately as soon as – additional - actions are required from its side. However, the duration of procedures in the hospitals cannot be affected. Permission for local practicality in a second hospital has been granted and patients inclusion has started there as well. At this moment one patient has been included. In another hospital all contracts have now been signed and it is expected that permission for local practicality will be received any moment and patients inclusion can start. - Concerning patients influx reduction in the first hospital, discussions with the urologists regarding their responsibility in this study have been performed. Additionally, upon application METC permission has been granted to access another - new - hospital to act patients recruiting centre. In the meantime, discussions with urologists have been performed and patients inclusion will start-up soon. <p><i>What does the project deliver?</i></p> <ul style="list-style-type: none"> - Insights in the effects of hormonal therapy on fat and muscle mass, muscle strength, functional capacity, quality of life, and health of men with prostate cancer.

- Insights in the effects of strength training on fat and muscle mass, muscle strength, functional capacity, quality of life, and health of men with prostate cancer that will start with hormonal therapy.
- Insights whether combining strength training with extra protein exerts an additional effect on fat and muscle mass, muscle strength, functional capacity, quality of life, and health of men with prostate cancer that will start with hormonal therapy compared to strength training solely.

What are the effects of its delivery?

- Proven positive effects can be brought to the attention of health insurance companies advocating the incorporation of combined food and training programmes in regular care systems for this patients population.
- Special protein enriched products may be developed to guarantee high protein intake when positive effects have been demonstrated.

Number of delivered products in 2017 (give titles and/or description of products, or a link to the products on public websites)			
Scientific articles	Reports	Articles professional in journals	Lectures/workshops
1 Abstract			1 Poster presentation

Annex: Titles of deliverables or a link to products on a public website

Overkamp M, Houben LHP, Beelen M, Beijer S, van Roermund JGH, van Loon LJC. Resistance-type exercise training and protein supplementation in men with prostate cancer on androgen deprivation therapy. Abstract NUTRIM abstract book November 2017.

Overkamp M, Houben LHP, Beelen M, Beijer S, van Roermund JGH, van Loon LJC. Resistance-type exercise training and protein supplementation in men with prostate cancer on androgen deprivation therapy. Poster presentation annual NUTRIM conference November 2017.