


EX-HEART

trial

Exercise for heart health in prostate cancer



Research study evaluating the impact of exercise on the heart in men with prostate cancer.

Opportunity to take part in a research study designed to reduce the risk of long-term heart disease following hormone therapy.

Who can participate?

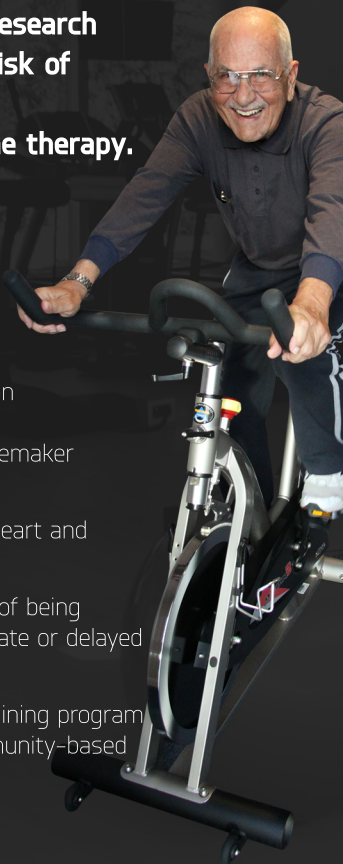
- Male
- 40 years and older
- Diagnosed with prostate cancer
- Scheduled or within 1-month of ADT

Who may not participate?

- Diagnosis of a unstable heart condition
- An acute illness
- Implanted medical device such as pacemaker

What you'll receive:

- A comprehensive evaluation of your heart and exercise capacity
- A 50% chance (similar to a coin toss) of being randomly allocated to either an immediate or delayed exercise training program
- An individualised and free exercise training program 3 times a week for 3 months at community-based fitness centres in Melbourne.





EX-HEART

trial

Exercise for
heart health in
prostate cancer

If you are interested in participating or would like further information, please contact:

Exercise Oncology team at ACU

T: 03 9230 8268 E: exerciseoncology@acu.edu.au

W: www.mmhr.acu.edu.au/research/exercise-oncology