

A Pilot Study to Measure the Biological Effects of Exercise in Prostate Cancer

PURPOSE OF THIS STUDY:

To help determine if a structured exercise program for prostate cancer patients prior to surgery is feasible.

WHO CAN PARTICIPATE?

Prostate cancer patients who are considering a radical prostatectomy.

WHAT IS INVOLVED?

Participants will be randomly assigned to either the exercise intervention (4-12 weeks) or to the control group. All participants will be asked to complete a physical activity assessment and questionnaires, and to provide biological samples before and after the intervention.

CONTACT INFORMATION

Maria Spillane, Clinical Research Coordinator
Phone: 604.875.4111 ext. 62338
Email: mspillane@prostatecentre.com

STUDY TIME/DURATION

Ongoing until enrollment is complete

STUDY LOCATION

Study assessments will take place at the Clinical Exercise Facility (614 West 8th Avenue), and the Prostate Clinic at Vancouver General Hospital

PRINCIPAL INVESTIGATOR

Dr. Peter Black
Department of Urological Sciences UBC
Research Investigator with VCH Research Institute

To learn more about this study, visit vchri.ca/participate



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