Exercise Preferences Among Men With Prostate Cancer Receiving Androgen-Deprivation Therapy

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About a third of the 2 million prostate cancer survivors in the United States receive androgen-deprivation therapy (ADT) (Michaelson et al., 2008), not only as adjuvant treatment for early, localized prostate cancer, but as treatment for recurrent prostate cancer. Strong evidence shows an association between ADT and adverse changes in body composition and osteoporosis, as well as an increased risk of insulin resistance, diabetes, and cardiovascular disease (Basaria et al., 2002; Basaria, Muller, Carducci, Egan, & Dobs, 2006; Braga-Basaria et al., 2006).

A growing body of evidence supports the integration of physical activity as an intervention that may reverse or at least mitigate the adverse changes associated with ADT (Galvão, Taaffe, Spry, Joseph, & Newton, 2009; Galvão, Taaffe, Spry, & Newton, 2007). Correspondingly, the detrimental effects of physical inactivity are equally recognized. A meta-analysis conducted by Qaseem et al. (2008) identified physical inactivity as a significant risk factor for osteoporosis.

Although incorporation of physical activity has received widespread endorsement from a number of professional societies, such as the National Osteoporosis Foundation (2013), the American College of Sports Medicine (ACSM) and American Heart Association (AHA) (Nelson et al., 2007), the American Diabetes Association (Funnell et al., 2010), and the National Cholesterol Education Program–Adult Treatment Panel III (Grundy, Brewer, Cleeman, Smith, & Lenfant, 2004), evidence suggests that recommended goals for physical activity are not being met among cancer survivors.

A meta review of 65 exercise studies was conducted to evaluate study uptake, completion, and adherence among patients with cancer (Maddocks, Mockett, & Wilcock, 2009). The findings indicate that about two-thirds of patients accepted an offer for an exercise intervention, and only half completed the exercise program. The authors concluded that exercise programs must be...