

## **EXERCISE FOR PROSTATE CANCER PATIENTS - A PATIENT'S PERSPECTIVE**

Compiled by Charles (Chuck) Maack – Prostate Cancer (PCa)  
Continuing Patient since 1992/Advocate/Activist/Volunteer Mentor to  
PCa Patients and their Caregivers Locally and Online Throughout the  
World

We regularly read of the importance of exercise for everyone – not necessarily grueling exercise but at least moderate exercise.

When prostate cancer patients have been treated with surgical removal of their prostate, radiation to the prostate gland and periphery, or are moved to androgen deprivation therapy (ADT) (wherein with the latter the resultant loss of testosterone and consequent weakening of muscle/bone), many experience fatigue/tiredness/lethargy; this is particularly so for those whom regular exercise has not been in their life's routine.

This issue addressed below, regarding fatigue for men moved to ADT and loss of testosterone, recognizes that men with lean mass (LM) found it easier to begin or continue an exercise routine. Men with various levels of fat mass (FM) - and likely not having an exercise routine - found moving to exercise difficult. This is further explained in this BJU International (BJUI) paper:

<https://onlinelibrary.wiley.com/doi/abs/10.1111/bju.14384>

The foregoing paper, in addressing “lean mass” and “fat mass,” would be applicable to any man experiencing any of the previous treatment procedures.

To slowly build up one's ability to reduce fatigue, improve muscle strength and bone support, and regain or improve vitality – and for those with fat mass to reduce that mass - it would be best to join a local

physical fitness facility explaining your treatment issue(s) and requesting you be closely monitored as you embark on an appropriate exercise program.

If living remote from such facilities, or preferring to work at your own improvement, then it would be best to develop a slow but steady exercise program. Just simple arm and leg exercises wherein you don't push yourself early on. Here are some examples and if you are not yet in the "elderly" level, just ignore the word in the title:

<http://www.eldergym.com/exercises-for-the-elderly.html>

Importantly, and in the best interest for “your” health, DO SOMETHING!