

NEXT

EXERCISE PROGRAMME FOR MEN
WITH PROSTATE CANCER UNDERGOING
ANDROGEN DEPRIVATION THERAPY

**WHAT CAN NEXT
OFFER YOUR PATIENTS?**

WHAT IS NEXT?

NEXT is a wide-ranging exercise programme designed specifically for patients with prostate cancer who are undergoing androgen deprivation therapy. Those who are able to exercise should exercise, both to improve their general well-being and to prevent potential side effects. It must therefore be easy to get started and continue exercising. Ideally, exercise should become a part of the patient's everyday routine.

HOW CAN YOU AND YOUR COLLEAGUES USE NEXT?

NEXT makes it easier for doctors, nurses and physiotherapists to motivate and encourage their patients to exercise safely and effectively. Knowing about the health benefits that these patients derive from exercising will better equip you to help them get started with the programme – and continue exercising once the programme comes to an end.

WHAT CAN NEXT OFFER YOUR PATIENTS?

The fundamental idea behind NEXT is to create a sustainable, long-term exercise habit that gives these patients the opportunity to take control of their health.

WHAT EVIDENCE SUPPORTS THE USE OF EXERCISE AS ACTIVE TREATMENT?

Men with advanced prostate cancer continue to live longer – which also means longer exposure to treatment-related side effects.¹ There is strong scientific evidence that exercise can alleviate the side effects of androgen deprivation therapy.²

European Guidelines (EAU Guidelines 2019) recommend:²

Recommendations	Strength rating
Offer men on androgen deprivation therapy, twelve weeks of supervised (by trained exercise specialists) combined aerobic and resistance exercise.	Strong

WHO HAS DEVELOPED THE CONTENT OF NEXT?

The material was developed in partnership with physicians and physiotherapists from the Nordic countries.

References:

1. James ND et al. Eur Urol. 2015;67(6):1028-1038.
2. EAU Guidelines 2019 in Prostate Cancer.

The logo for 'NEXT' is displayed in a bold, orange, sans-serif font. The letters are slightly slanted to the right. A thin green horizontal line is positioned below the logo.

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