

Eligibility for STAMINA



INCLUSION



- Men with prostate cancer within 12 months of starting ADT (at time of screening)
- Receiving continuous ADT for a planned minimum of 12 months treatment
- Willing and able to provide informed consent
- Men not due to receive chemotherapy within 3 months or those having completed chemotherapy

Please contact the STAMINA Team if you have any queries about the project:

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STAMINA
Lifestyle change
in prostate cancer

EXCLUSION



- Men with unstable angina
- Uncontrolled hypertension and/ or diabetes mellitus
- Recent myocardial infarction (within past 6 months)
- Unable to provide informed consent (lack capacity)
- Painful or unstable bony metastases
- Fixed output pacemakers
- Men due to commence chemotherapy within 3 months
- Men with a life expectancy of 2 years
- Any other absolute contraindication to exercise as defined by clinical guidance e.g. ACPICR standards