



GLOBAL ACTION PLAN 4 GLOBAL PROSTATE CANCER  
EXERCISE AND METABOLIC HEALTH INITIATIVE

## GAP4 INFO SHEET

### WHAT'S IT ALL ABOUT?

The aim of GAP4 is to test exercise as an actual medicine and to better understand its role in prostate cancer progression. A Research Advisory committee and a Steering committee featuring some of the most respected experts in the field has been assembled to design a large-scale multi-center exercise trial for men with advanced prostate cancer. Importantly, the trial will also look at the mechanisms of action of physical activity on the biology of advanced disease.

# AUD 8.84 MILLION COMMITTED TO DATE

### HOW WILL THIS HELP MEN?

If successful, GAP4 will be the first clinical trial to prove that exercise acts as a medicine that delays prostate cancer progression and reduces the symptom burden of prostate cancer.

### WHAT'S HAPPENING NOW?

The GAP4 Steering Committee are currently finalising the clinical trial protocol and documentation.

### WHO'S INVOLVED?

Over 150 leading researchers from around the world have come together to share their expertise to design a global clinical trial as part of GAP4.

Patients will be recruited at many sites from different countries around the world and in a global collaborative effort, data and biological samples will be shared and studied across borders by leading scientists and clinicians to accelerate health outcomes for men with prostate cancer. Men in the intervention group will be supported during the trial with personalised exercise regimes that are tailored to their specific needs and abilities.



### WHAT'S TO COME?

It is expected that clinical trial centers involved in the study will be funded and commence ethics approval in the second quarter of 2015. Patient recruitment is expected by the end of this year.

## FIND OUT MORE ON THE REPORT CARD

PAUL VILLANTI, EXECUTIVE DIRECTOR, PROGRAMS SAYS: "GAP4 IS A POTENTIALLY GROUNDBREAKING AND EXCITING PROJECT AS IT IS THE FIRST TO LOOK AT EXERCISE AS A MEDICINE AGAINST PROSTATE CANCER PROGRESSION. MEN WILL BE ABLE TO ACCESS CUTTING EDGE EXERCISE REGIMES WHICH ARE TAILORED TO THEIR NEEDS, SOMETHING WHICH THEY WOULD NOT HAVE BEEN ABLE TO DO BEFORE. WE'RE PROVIDING MEN WITH A GREAT OPPORTUNITY TO GET MORE PHYSICALLY ACTIVE AND ULTIMATELY IMPROVE THEIR QUALITY OF LIFE, REDUCE THE BURDEN OF THEIR DISEASE AND POSSIBLY REDUCE THEIR MORTALITY."