



CLUB ACTIVE®  
Change the way you age

# PROSTATE CANCER & EXERCISE



Prostate cancer is the most common cancer amongst Australian men.

## HEALTH IMPACTS OF TREATMENT

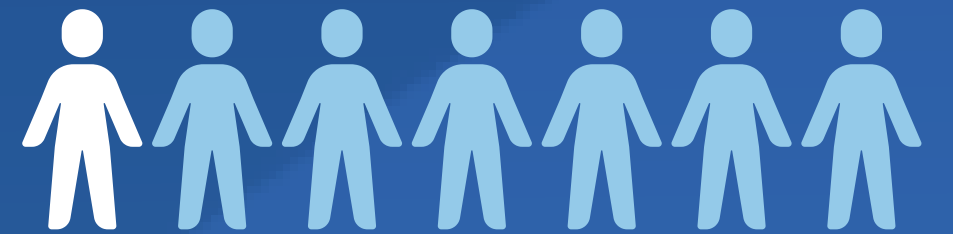
A variety of treatments exist, however, the side effects vary depending on the extent of surgery and adjunct therapy. Possible side effects include urinary incontinence, reduced sexual desire, erectile dysfunction, fatigue, diarrhea, muscle and bone loss, increased body fat, anxiety and depression, and increased risk of other chronic diseases.



FIFTY  
50 by

95%

WILL BE DISEASE-FREE  
5 YEARS POST-DIAGNOSIS



1 IN 7 AUSTRALIAN  
MEN ARE AFFECTED

## BENEFITS OF A TAILORED EXERCISE PRESCRIPTION:

01



DECREASED  
FATIGUE

02



DECREASED  
MUSCLE LOSS

03



IMPROVED  
MENTAL HEALTH

## #EXERCISEISMEDICINE

Exercise plays a role in the treatment of and recovery from prostate cancer, reducing the symptoms of:

- Fatigue
- Muscle loss
- Anxiety & depression

There is also evidence that men who are physically active after a prostate cancer diagnosis have reduced risk of recurrence, reduced risk of developing other chronic diseases and have **better overall survival**.

## HOW CAN CLUB ACTIVE HELP?

Club Active gym provides an allied health clinic with accredited exercise physiologists, dietitians, and physiotherapists in a safe, non-intimidating environment. **We offer tailored exercise programs designed for your specific needs to improve your health.** Speak with your GP today about eligibility criteria for Medicare rebates with a Chronic Disease Management plan. We also work with NDIS, DVA, Work Cover, and private health insurance.