

# Lifestyle change as a cancer medicine

No registrations found.

<b>Ethical review</b>	Not applicable
<b>Status</b>	Recruiting
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON29573

### Source

NTR

### Brief title

Beter Gezond

### Health condition

Cancer

## Sponsors and support

**Primary sponsor:** AFAS foundation

**Source(s) of monetary or material Support:** AFAS foundation

## Intervention

## Outcome measures

### Primary outcome

Quality of life and healthcare utilization

### Secondary outcome

Lifestyle behavior, comorbidity and cancer recurrence

# Study description

## Background summary

Many observational studies have shown an association between a healthy lifestyle and a lower risk of cancer recurrence. However, in daily care little or no attention is paid to the lifestyle of cancer patients. Only 40% of the Dutch cancer patients meet the daily exercise norm of 30 minutes a day, and only 10 % of the patients meet the World Cancer Research guidelines for the consumption of meat, vegetables and fruit. Less than 20% of the patients indicate they receive nutritional advice. There is a considerable room for improvement of lifestyle medicine.

However, there is a lack of proven effective lifestyle programs for cancer patients. In this intervention study, 250 colon cancer patients and bladder cancer patients will be offered a lifestyle program after completion of treatment with curative intent. Their outcomes will be compared with at least 750 patients receiving usual care. The lifestyle program covers 24 months: the first 3 months of intensive counseling in small groups and 21 months of aftercare. During this program, attention is paid to exercise, nutrition, relaxation and sleep.

Outcomes will be measured at baseline and after 3, 12 and 24 months. Outcomes will be quality of life, healthcare utilization, lifestyle behavior, comorbidity and cancer recurrence.

## Study objective

The lifestyle program will improve the quality of life and lifestyle behavior, and will decrease the healthcare utilization, comorbidity and cancer recurrence rates.

## Study design

Baseline (before start lifestyle program), 3, 12 and 24 months

## Intervention

Lifestyle program offered by Stichting Voeding Leeft

# Contacts

## Public

Radboudumc  
Wytske Geense

06-29 63 08 18

## Scientific

## Eligibility criteria

### Inclusion criteria

Colorectal cancer (stage I-III) and bladder cancer patients (stage Ta, I-III), completed primary treatment with curative intent (radiotherapy, surgery and chemotherapy; except for intravesical instillations in non-muscle invasive bladder cancer which are allowed during the intervention), age: 18-75 year

### Exclusion criteria

Not able to participate in the lifestyle program because of severe comorbidity (e.g. COPD, heart failure, mental health problems), diabetic patients using insulin

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Non-randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

### Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	01-07-2021
Enrollment:	1000
Type:	Anticipated

## IPD sharing statement

**Plan to share IPD:** Undecided

## Ethics review

Not applicable

Application type: Not applicable

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

### Register ID

NTR-new NL9558

Other METC Arnhem-Nijmegen has concluded that the study does not fall under the WMO (Law on medical experimentation) : 2021-7305

## Study results