

The feasibility of a physical activity program for men with lower urinary tract symptoms and/or erectile dysfunction who show up at the OPD urology of the VU medical center with a lack of physical activity.

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1. determine how many male patients visiting the OPD urology for LUTS and/ or ED lack a certain amount of physical activity
2. measure the willingness of those patients to follow a program for increasing their physical activity
3. discover factors...

Ethical review	Approved WMO
Status	Pending
Health condition type	Urinary tract signs and symptoms
Study type	Observational non invasive

Summary

ID

NL-OMON31086

Source

ToetsingOnline

Brief title

Move4Life

Condition

- Urinary tract signs and symptoms
- Sexual function and fertility disorders

Synonym

lower urinary tract symptoms and erectile dysfunction

Research involving

Human

Sponsors and support

Primary sponsor: Vrije Universiteit Medisch Centrum

Source(s) of monetary or material Support: afdeling urologie VU medisch centrum

Intervention

Keyword: erectile dysfunction, LUTS, physical activity

Outcome measures

Primary outcome

willingness of the patients to participate a physical training program

Secondary outcome

none

Study description

Background summary

This study with human subjects, men older than 40 years old, suffering from LUTS and/ or ED, investigates the willingness of patients to imitate a program to increase their physical activity instead off useing traditional pharmacotherapy for their urogenital complaints.

Study objective

1. determine how many male patients visiting the OPD urology for LUTS and/ or ED lack a certain amount of physical activity
2. measure the willingness of those patients to follow a program for increasing their physical activity
3. discover factors that make men decide to or not to participate the physical activity program
4. notice whether the man participating one of the trainingprograms are compliant to the program and will proceed untill the end of the program.
5. analyze which qualitative factors are impeding the practical implementation of the trainingprogram.

Study design

A prospective pilotstudy in which men older than 40 years will be asked to participate a physical training program instead of taking the traditional pharmacotherapy for their urogenital complaints.

Men whom are willing to participate will be devided into 3 groups.

Men who have enough physical activity in confirmity with the Dutch standard of Healthy Moving (DSHM) will be kept out of the study and will receive the standard therapy. This also will be the procedure for patients not willing to participate the program.

Men who do not confirm the DSHM and want to participate in one of the two trainingprograms.

for this group there are the following exclusioncriteria

- * unable to walk 100 metres or climb the stairs.
- * instable angina pectoris.
- * myocardial infarction 6 months prior to intake.
- * being under follow up of a cardiologist.

Study burden and risks

there aren't any risk for the subjects.

Contacts

Public

Vrije Universiteit Medisch Centrum

De Boelelaan 1117
1081 HV Amsterdam
Nederland

Scientific

Vrije Universiteit Medisch Centrum

De Boelelaan 1117
1081 HV Amsterdam
Nederland

Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

men suffering from LUTS and/ or ED who don't confirm their physical activity to the Dutch standard of Health Moving with the age older than 40 years old.

Exclusion criteria

male who:

can't walk 100 metres and/ or climb the stairs

instable angina pectoris

myocardial infarct 6 months prior to intake

patients who consult a cardiologist at the time

Study design

Design

Study type: Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Health services research

Recruitment

NL

Recruitment status: Pending

Start date (anticipated): 17-09-2007

Enrollment: 50

Type:

Anticipated

Ethics review

Approved WMO

Application type:

First submission

Review commission:

METC Amsterdam UMC

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

CCMO

NL19286.029.07