

Lifestyle change as a cancer medicine

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Ethische beoordeling	Niet van toepassing
Status	Werving gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON29573

Bron

NTR

Verkorte titel

Beter Gezond

Aandoening

Cancer

Ondersteuning

Primaire sponsor: AFAS foundation

Overige ondersteuning: AFAS foundation

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Quality of life and healthcare utilization

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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

Onderzoeksopzet

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

Onderzoeksproduct en/of interventie

Lifestyle program offered by Stichting Voeding Leeft

Contactpersonen

Publiek

Radboudumc
Wytske Geense

06-29 63 08 18

Wetenschappelijk

Radboudumc
Wytske Geense

06-29 63 08 18

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Niet-gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestart

(Verwachte) startdatum: 01-07-2021
Aantal proefpersonen: 1000
Type: Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Niet van toepassing
Soort: Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL9558
Ander register	METC Arnhem-Nijmegen has concluded that the study does not fall under the WMO (Law on medical experimentation) : 2021-7305

Resultaten