

Exercise training in prostate cancer patients on androgen deprivation therapy

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Propositions related to the dissertation entitled:

Exercise training in prostate cancer patients on androgen deprivation therapy

1. Resistance exercise training counteracts the adverse effects of androgen deprivation therapy on body composition, muscle mass, muscle strength, and aerobic capacity (this thesis).
2. Protein supplementation is not required to further augment gains in muscle mass and strength following resistance exercise training in prostate cancer patients who habitually consume ample protein ($> 1.0 \text{ g} \cdot \text{kg}^{-1} \text{ body weight} \cdot \text{day}^{-1}$) (this thesis).
3. Prostate cancer patients on androgen deprivation therapy are not capable to autonomously maintain the exercise-obtained gains of a 20-weeks supervised exercise training program (this thesis).
4. A short-term, low or high physical activity level does not modulate prostate or prostate tumor protein synthesis rates in vivo in prostate cancer patients (this thesis).
5. Exercise provides benefits in the prevention, treatment, and recovery from many medical conditions and can improve functional capacity and overall health in both patients and healthy men and women.
6. Lack of activity destroys the good condition of every human being while movement and methodical physical exercise save it and preserve it (Plato).
7. The best exercises are the ones that are done (unknown).
8. Implementation of exercise training should be recommended within the standard care for prostate cancer patients on androgen deprivation therapy (this thesis).
9. Have the courage to follow your heart and intuition. They somehow know what you truly want to become (Steve Jobs).
10. Simple can be harder than complex: you have to work hard to get your thinking clean to make it simple (Steve Jobs).
11. Dogs do speak, but only to those who know how to listen (Orhan Pamuk).

Lisanne H.P. Houben

January 11, 2024