

PROJECT DETAILS

Project Title:

Exercise therapy to protect cardiometabolic health of advanced prostate cancer patients undergoing treatment intensification.

Project Summary:

Advanced prostate cancer patients increasingly receive combination therapies (ADT plus androgen receptor pathway inhibitors) that improve survival but significantly increase toxicities, including risk of cardiovascular events and cardiovascular-related death. The aim of this project is to counter adverse cardiometabolic treatment-related effects in advanced prostate cancer patients by incorporating exercise therapy into the treatment plan. Current evidence supporting exercise interventions is limited to less intensive monotherapy treatments, creating a critical knowledge gap for patients receiving combination therapies. This research will provide essential evidence to guide clinical practice in managing treatment-related effects, potentially improving patient quality of life and long-term health outcomes.

Preferred Applicant Skillset:

The ideal candidate will possess a strong academic background in exercise physiology, health sciences, or related discipline, with demonstrated interest in clinical exercise research. They should have a sound understanding of research methodology, exercise prescription principles, cardiovascular and metabolic physiology, and statistical analysis. They should possess the practical skills for assessing cardiorespiratory fitness and vascular and metabolic function. Experience in exercise program delivery for clinical populations would be advantageous. The candidate should demonstrate strong communication skills for patient interaction, attention to detail for data collection and analysis, and ability to work independently as well as collaboratively within a multidisciplinary team.

Internship opportunity:

The successful candidate will have access to an internship placement at our in-house exercise clinic. This placement will provide hands-on experience in clinical exercise prescription for complex patient populations, exposure to multidisciplinary cancer care teams, and practical skills in patient assessment and program delivery. The internship will enhance the candidate's clinical competencies. Specific placement details will be tailored to the candidate's career goals, research interests and knowledge gaps.

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