



iLIVE

A research study aimed to provide physical activity and nutrition guidance for prostate cancer survivors



What's the study about?

To learn how effective this program is for losing weight and increasing physical functioning in men with prostate cancer.



Who may participate?

Men diagnosed with prostate cancer who have received hormone therapy (also called ADT).



Where will it be held?

In your own home.
No travel required!



What will I do?

Participate in an online weight loss program with online exercise classes -OR- receive diet and exercise information.

Complete online assessments, health surveys, and an at-home urine sample to determine muscle mass.



What will I receive?

FitBit, digital scale, and guidance about diet and exercise.



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