



Exercise during Prostate Cancer – the latest evidence

PHN EDUCATION SESSION

This session explores the side effects of Androgen Deprivation Therapy (ADT) on men undergoing prostate cancer treatment. It looks at the effect of structured exercise and how this might be of benefit.

Learning Outcomes:

- Understand the side effects associated with Androgen Deprivation Therapy
- Understand how exercise can mitigate the side effects of Androgen Deprivation Therapy
- Understand the difference in exercise prescription for patients with bone metastases

SPEAKER: **Loukas Nadiotos, Program Manager/Senior Physiotherapist, Kaden Centre**

Loukas graduated from the University of Newcastle with a Bachelor of Physiotherapy (Honours) degree. He started his career in musculoskeletal physiotherapy and has continued to refine and broaden his skills by completing additional educational courses through Edith Cowan University and the Australian Catholic University. His areas of specialisation include pancreatic, oesophageal, prostate and lung cancer.



WHO: **GPs, Practice Nurses & Aboriginal Health Practitioners/Workers, Allied Health Professionals & Practice Managers**

WHEN: **Wednesday 26th July 2023, 12:30pm – 1:30pm**

WHERE: **Online via GoTo Webinar**

RSVP: Please [CLICK HERE](#) to register