

Exercise, nutrition and brain health in prostate cancer

Seminar/Webinar details

Date: Monday 7th November 2022

Time: 3.30pm – 5.00pm

Where: Burwood Corporate Centre, Deakin University & Zoom (Link to be provided)

To register

<https://bit.ly/ipanseminar>

Please RSVP by 2 November 2022

Prostate cancer has become the most common cancer diagnosed in Australia. Nutrition and exercise strategies are important considerations for men, family members and health professionals to improve quality of life and counteract side effects from treatment.

This free seminar/webinar features presentations from researchers within IPAN's Preventing and Managing Chronic Conditions Domain discussing the latest evidence and practical recommendations for nutrition and exercise support in prostate cancer. The seminar/webinar will be tailored to men and family members affected by prostate cancer and is also relevant to health professionals.

PROGRAM

3.30pm	Welcome <i>Associate Professor Nicole Kiss</i>
3.35pm	Exercise for men with prostate cancer <i>Associate Professor Steve Fraser, Associate Professor of Exercise Physiology</i>
3.55pm	Nutrition, diet and prostate cancer <i>Dr Brenton Baguley, Lecturer in Nutrition & Dietetics</i>
4.15pm	Maintaining brain health in men with prostate cancer <i>Dr Helen Macpherson, NHMRC-ARC Dementia Research Fellow & Dr Niamh Mundell, Lecturer in Master of Clinical Exercise Physiology</i>
4.35pm	Q&A and Panel Discussion <i>Associate Professor David Scott, NHMRC Emerging Leadership Fellow</i>
4.55pm	Conclusion <i>Associate Professor Nicole Kiss</i>



ABOUT THE SPEAKERS

Exercise for men with prostate cancer

Associate Professor Steve Fraser is Discipline Leader: Clinical Exercise and Co-lead, Exercise and Nutrition for Cancer Research Group, in the Institute for Physical Activity and Nutrition ([IPAN](#)), School of Exercise and Nutrition Sciences at Deakin University. He has a career research focus on integrating Accredited Exercise Physiologists (AEPs) in clinical settings to improve health outcomes via exercise in people with chronic disease. Steve is an AEP and exercise oncology researcher having conducted a number of randomised controlled trials investigating exercise & nutrition as countermeasures for the adverse effects of treatment in prostate, breast and haematological cancers. He has published 28 journal papers focussed on exercise and nutrition for cancer.



Nutrition, diet and prostate cancer

Dr Brenton Baguley is an Accredited Practising Dietitian and Lecturer in Nutrition and Dietetics at Deakin University. Brenton is a member of the Exercise and Nutrition for Cancer Research Group in the Institute for Physical Activity and Nutrition and has an emerging track record in leading multidisciplinary research in adults with cancer. Brenton's research is consumer-focused and aims to improve disease- and treatment-related symptoms for cancer survivors through nutrition and exercise interventions, and is a leading researcher in nutrition for prostate cancer with a special interest in reducing adverse effects from androgen deprivation therapy.



Maintaining brain health in men with prostate cancer

Dr Helen Macpherson is a Senior Research Fellow at the Institute for Physical Activity and Nutrition (IPAN), Deakin University, Australia, where she co-leads the Exercise and Nutrition for Brain Health group. Helen has a background in cognitive neuroscience and completed her postdoctoral training at Swinburne University, Australia. She is the recipient of a NHMRC-ARC Dementia Development fellowship. Her work examines the potential for modifiable lifestyle factors to optimise cognition and brain health in older people at risk of dementia. Helen has extensive experience conducting randomised controlled trials investigating the impact of diet and physical activity on cognition, neuroimaging markers of brain health and dementia risk factors.



Dr Niamh Mundell works as an Accredited Exercise Physiologist and lecturer for the Masters of Clinical Exercise Physiology at Deakin University. Niamh has an extensive history in clinical practice, and has recently set up the Thrive program for cancer survivors within the Deakin Clinical Exercise Centre. Research interests include exercise interventions for managing age related declines in function, cancer recovery, mental illness and persistent pain. Niamh's PhD investigated the benefits of multimodal exercise for cognitive and physical function in men treated with androgen deprivation therapy for prostate cancer.



About IPAN

The Institute for Physical Activity and Nutrition (IPAN) is a world-leading research institute committed to improving health and quality of life. We're working to reduce the rates of chronic disease through nutrition and physical activity research excellence.

Our purpose is to conduct high quality, multidisciplinary physical activity and nutrition research to actively inform policy and practice to improve health and build capacity in the field.