

WARRIOR

Weight management Aimed to Reduce Risk and Improve Outcomes from Radical prostatectomy

What is the research study?

The KU EDGE lab is partnering with KU urologists to research how a weight loss program may benefit men with prostate cancer.

Why is the study being conducted?

Data suggest exercise and a healthy diet improve heart health, energy, quality of life, and response to prostate cancer treatment.

Do you qualify?

You may be eligible if you:

- Are 50 years old or older
- Have a BMI 25-45 kg/m²
- Have an upcoming prostatectomy

What do you do?

You will be randomized into one of two study groups. One group will undergo a weight loss program for 4-16 weeks before surgery. For 6 months following the surgery, you will learn to maintain your weight loss. You will attend 3 study visits and weekly coaching sessions. Another group will be provided with a handout from the American Institute for Cancer Research about nutrition and cancer survivorship, and attend 3 study visits.

Are there incentives?

We will provide you with:

- Up to \$150 compensation for both groups
- Weight loss foods and a Garmin Vivofit accelerometer for the weight loss group

How do you find out more? Talk to your doctor to see if this study is for you. You may also contact our study coordinator, Misty Bechtel, at **913-945-5037** or **mbechtel2@kumc.edu**.