

Football training may preserve bone health in prostate cancer patients

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The study included 22 patients who were part of the FC Prostate Randomized Controlled Trial in 2012 and 2013, half of whom participated in self-organized football. At 5 years follow-up, right femoral neck BMD improved in football players by 2.8%, while right femoral neck BMD decreased in controls by 2.0%.

The authors noted that observed absence of deterioration in BMD in the football players is remarkable considering the decreases in BMD usually observed with ageing and particularly in men exposed to [androgen deprivation therapy](#) for prostate cancer.

"We have previously shown improvements in BMD after 32 weeks of football training, and preserved BMD over 5 years in elderly men with [prostate cancer](#) is very encouraging. However, we are aware that the design of the present study does not allow for a causal relationship to be established between participation in football training over 5 years and the positive findings on BMD," said lead author Dr. Jacob Uth, of Rigshospitalet, in Denmark. "In addition, we are impressed that football has motivated this group of elderly cancer patients to continue to be physically active more than 5 years after they met in the FC Prostate Randomized Controlled Trial."

More information: J. Uth et al, Football training over 5 years is associated with preserved femoral bone mineral density in men with prostate cancer, *Scandinavian Journal of Medicine & Science in Sports* (2018). [DOI: 10.1111/sms.13242](https://doi.org/10.1111/sms.13242)

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