

Re: Effects of Different Exercise Modalities on Fatigue in Prostate Cancer Patients Undergoing Androgen Deprivation Therapy: A Year-long Randomised Controlled Trial

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Editorial Comment: Although widely used to treat prostate cancer, androgen deprivation therapy (ADT) can be associated with a variety of negative side effects. More than 40% of men complain of fatigue, which may negatively influence daily physical activity. These issues may be exacerbated in elderly men, who may already have some baseline functional decline due to aging and other conditions.

This prospective study examined use of 2 different forms of physical exercise to help mitigate the effects of ADT on levels of fatigue and vitality. Subjects were randomized to impact loading and resistance training, aerobic and resistance training, and usual care with delayed exercise (control group). Levels of fatigue and vitality were measured at baseline and then at various followup times using validated assessment tools. All groups had improvements in vitality by 12 months. Fatigue was significantly reduced in the impact loading and resistance training group at 6 and 12 months, compared to only at 12 months in the aerobic and resistance training and control groups. The greatest levels of improvement were observed in those with the greatest degree of fatigue and lowest vitality at baseline. Those with minimal baseline fatigue had minimal improvement in the outcome measures.

This research is important because it is the first yearlong randomized controlled trial to examine the effects of different exercise types on fatigue in men undergoing ADT for prostate cancer. The results suggest that proactive exercise may help to improve levels of fatigue and vitality in this population, particularly in those with more baseline impairment.

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Re: Prevalence and Management Status of Urologic Diseases in Geriatric Hospitals in South Korea: A Field Research

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Editorial Comment: The incidence and prevalence of many urological conditions increase with advancing age. Rates of population growth among elderly persons are increasing rapidly in most developed countries. This situation is leading to an increasingly disproportionate rate of urological health care problems in these populations. Different countries have developed different models to address the clinical needs of elderly patients. For example specific geriatrics focused hospitals have been developed in the Republic of Korea to provide care for older patients.

This study examined urological health care needs and services at 13 such centers in 2 urban locations, Seoul and Incheon. Average hospital size was 215.2 beds, and there was an average of 6.2 full-time physicians at these facilities, although none was a urologist. In fact, of 3,326 physicians