

The following research activity has been reviewed via QUT arrangements for the conduct of research involving human participation. If you choose to participate, you will be provided with more detailed participant information, including who you can contact if you have any concerns.

Impact of Ageing on the Cancer-Inhibitory Effects of Acute Exercise

Research team contacts

Principal Researchers:	Dr. Oliver Neubauer, Dr. Jonathan Peake, Dr. Tony Parker, Dr. Geoffrey Minett, Dr. Jacqui McGovern, Mr. Christoph Meinert, Ms. Ji Hui Hwang, Assoc.-Prof. Jonathan Harris, Prof. Erik Thompson
	Institute of Health and Biomedical Innovation (IBHI) Queensland University of Technology (QUT)
Associate Researcher:	Prof. Robert Fassett MD School of Human Movement & Nutrition Sciences, University of Queensland (UQ)

What is the purpose of the research?

The purpose of this research is to investigate the impact of ageing on ‘anti-cancer’ effects of exercise. This study is expected to improve our understanding on how exercise can protect from cancer, and it will help to develop age-specific exercise training protocols for cancer prevention and treatment.

Are you looking for people like me?

The research team is looking for **males between the ages of 60 and 70 years**, and **males between the ages of 20 and 30 years**, both age groups with a normal body mass index (BMI) of 18.5 – 25 kg/m², and no health problems such as cancer, or heart, lung, nerve or muscle disease and diabetes. For the study it is also important that you do not have pain or have a disability, that you do not regularly engage in exercise training, smoking, nor use blood thinning medication, and other drugs such as anti-inflammatory medicines (e.g., Nurofen) or statins (e.g., cholesterol medicine).

What will you ask me to do?

Your participation will involve a health screening test and a test on a stationary exercise bike. If you are eligible to participate (based on the health screening), you will then be asked to visit our laboratories at IHBI (Kelvin Grove) on another occasion to complete a single exercise trial on a stationary exercise bike. Two blood samples will be collected, one before, and another one after the exercise trial.

Are there any risks for me in taking part?

There are possible (but unlikely) risks associated with the blood collection including exposure to blood borne viruses, infection or pain at the blood sampling site, hematoma or thrombus and extensive bleeding. In general, the risk assessment completed on blood samples collected from a vein in your arm has been classified as low risk. All blood samples will be performed either by a physician or an experienced, trained individual with a phlebotomy certification.

During the exercise tests, you will experience transient exercise-related discomforts associated with increased heart rate, breathing rate, and body temperature. All physical activity and exercise increases the risk of soft tissue injuries through critical events of cardiac arrest. However, the risk assessment completed on graded exercise tests has been classified as low risk where participants possess no diseases or signs and symptoms of medical conditions.

It should be noted that if you do agree to participate, you can withdraw from participation at any time during the project without comment or penalty.

Are there any benefits for me in taking part?

It is expected that this project will benefit you directly through information about your fitness status. You will be provided feedback in the form of a written report including the results of your exercise test and blood analysis.

Will I be compensated for my time?

In addition to the provision of the exercise test results as described above, you will be reimbursed the costs for participating in this project including travel expenses and parking costs.

I am interested – what should I do next?

If you would like to participate in this study, please, contact the research team for details of the next step:

Oliver Neubauer	07 313 86174	oliver.neubauer@qut.edu.au
Jonathan Peake	07 313 86140	jonathan.peake@qut.edu.au

You will be provided with further information to ensure that your decision and consent to participate is fully informed.

Thank You!

**QUT Ethics Approval Number:
1500000881**