

THE SCIENTIFIC BACKGROUND FOR “FC Prostate” and “Football Fitness ABC (After Breast Cancer)”, 16 SCIENTIFIC ARTICLES PUBLISHED FROM 2013-2021

Professor Peter Krstrup, University of Southern Denmark, 14 articles
Associate Professor Jacob Uth, University College Copenhagen, 10 articles

2013: 1, 2014: 3, 2016: 3, 2017:1, 2018: 2, 2019: 2, 2020: 2, 2021: 2.

- 1) Uth, Schmidt, Christensen, Hornstrup, Andersen, Hansen, Christensen, Andersen, Helge, Brasso, Rørth, Krstrup, Midtgaard (2013). Effects of Recreational Soccer in Men with Prostate Cancer Undergoing Androgen Deprivation Therapy: Study Protocol for the ‘FC Prostate’ Randomized Controlled Trial. *BMC Cancer* 13:595. <https://bmccancer.biomedcentral.com/articles/10.1186/1471-2407-13-595>
- 2) Uth, Hornstrup, Schmidt, Christensen, Frandsen, Christensen, Helge, Brasso, Rørth, Midtgaard, Krstrup (2014). Football Training Improves Lean Body Mass in Men with Prostate Cancer Undergoing Androgen Deprivation Therapy. *SJMSS* 24(S1):105–12. <https://onlinelibrary.wiley.com/doi/full/10.1111/sms.12260>
- 3) Bruun, Krstrup, Hornstrup, Uth, Brasso, Rørth, Christensen, Midtgaard (2014). All boys and men can play football: a qualitative investigation of recreational football in prostate cancer patients. *SJMSS* 24(S1):113-21. <https://onlinelibrary.wiley.com/doi/full/10.1111/sms.12193>
- 4) Bruun DM, Bjerre E, Krstrup P, Brasso K, Johansen C, Rørth M, Midtgaard J (2014). Community-based recreational football: a novel approach to promote physical activity and quality of life in prostate cancer survivors. *Int J Environ Res Public Health*. 2014 May 26;11(6):5567-85. doi: 10.3390/ijerph110605567. PMID: 24865394; PMCID: PMC4078534. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4078534/>
- 5) Uth, Hornstrup, Christensen, Christensen, Jørgensen, Helge, Schmidt, Brasso, Helge, Jakobsen, Andersen, Rørth, Midtgaard, Krstrup (2016). Football Training in Men with Prostate Cancer Undergoing Androgen Deprivation Therapy: Activity Profile and Short-Term Skeletal and Postural Balance Adaptations. *EJAP* 116(3):471–80. <https://link.springer.com/article/10.1007%2Fs00421-015-3301-y>
- 6) Uth, Hornstrup, Christensen, Christensen, Jørgensen, Schmidt, Brasso, Jakobsen, Sundstrup, Andersen, Rørth, Midtgaard, Krstrup, Helge (2016). Efficacy of recreational football on bone health, body composition, and physical functioning in men with prostate cancer undergoing androgen deprivation therapy: 32-week follow-up of the FC prostate randomised controlled trial. *Osteoporosis Int* 2016;27(4):1507-18. <https://link.springer.com/article/10.1007%2Fs00198-015-3399-0>
- 7) Bjerre, Bruun, Tolver, Brasso, Krstrup, Johansen, Christensen, Rørth, Midtgaard (2016). Effectiveness of community-based football compared to usual care in men with prostate cancer: Protocol for a randomised, controlled, parallel group, multicenter superiority trial (The FC Prostate Community Trial). *BMC Cancer* 16(1):767. <https://onlinelibrary.wiley.com/doi/full/10.1111/sms.12193>
- 8) Schmidt JF, Andersen LJ, Uth J, Hornstrup T, Christensen J, Midtgaard J, Brasso K, Krstrup P, Rørth M, Hansen PR (2017). Cardiac Structure and Function in Men with Prostate Cancer Receiving Androgen-Deprivation Therapy and the Effects of Recreational Small-Sided Football Training: A Randomized Controlled Trial. *World Journal of Cardiovascular Diseases* 7, 308-322.
- 9) Uth, Frstrup, Haahr, Brasso, Helge, Rørth, Midtgaard, Helge, Krstrup (2018). Football Training over 5 Years Is Associated with Preserved Femoral Bone Mineral Density in Men with Prostate Cancer. *SJMSS* 28(S1):61–73. <https://onlinelibrary.wiley.com/doi/full/10.1111/sms.13242>
- 10) Bjerre, Leth, Hammer, Midtgaard (2018). Development of an Educational Program for Non-Professional Soccer Coaches in Charge of Community-Based Soccer in Men with Prostate Cancer: a Qualitative Study. *Sports Med Open*. 13;4(1):31. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6043465/>

- 11) Bjerre, Brasso, Jørgensen, Petersen, Eriksen, Tolver, Christensen, Poulsen, Madsen, Østergren, Borre, Krusturup, Johansen, Rørth, Midtgaard (2019). Football Compared with Usual Care in Men with Prostate Cancer (FC Prostate Community Trial): A Pragmatic Multicentre Randomized Controlled Trial. *Sports Medicine* 49(1):145-158.
<https://link.springer.com/article/10.1007%2Fs40279-018-1031-0>
- 12) Bjerre, Petersen, Jørgensen, Johansen, Krusturup, Langdahl, Poulsen, Madsen, Østergren, Borre, Rørth, Brasso, Midtgaard (2019). Community-based football in men with prostate cancer: 1-year follow-up on a pragmatic, multicentre randomised controlled trial. *PLoS Medicine* 16(10):e1002936.
<https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1002936>
- 13) Rørth M, Tjørnhøj-Thomsen T, Cormie P, Oliffe JL, Midtgaard J. Attitudes and Experiences of Men With Prostate Cancer on Risk in the Context of Injuries Related to Community-Based Football-A Qualitative Study. *J Aging Phys Act.* 2019 Apr 1;27(2):205-212. doi: 10.1123/japa.2018-0089. Epub 2019 Jan 16. PMID: 30117362. <https://journals.humankinetics.com/view/journals/japa/27/2/article-p205.xml>
- 14) Uth J, Fristrup B, Sørensen V, Helge EW, Christensen MK, Kjærgaard JB, Møller TK, Mohr M, Helge JW, Jørgensen NR, Rørth M, Vadstrup ES, Krusturup P (2020). Exercise intensity and cardiovascular health outcomes after 12 months of football fitness training in women treated for stage I-III breast cancer: results from the football fitness After Breast Cancer (ABC) randomized controlled trial. *Prog Cardiovasc Dis* 2020; S0033-0620 (20) 30154-7. doi: 10.1016/j.pcad.2020.08.002.
<https://www.sciencedirect.com/science/article/abs/pii/S0033062020301547?via%3Dihub>
- 15) Bloomquist K, Krusturup P, Fristrup B, Sørensen V, Helge JW, Helge EW, Soelberg Vadstrup E, Rørth M, Hayes SC, Uth J (2021). Effects of football fitness training on lymphedema and upper-extremity function in women after treatment for breast cancer: a randomized trial. *Acta Oncol.* 2021 Jan 11:1-9. doi: 10.1080/0284186X.2020.1868570.
<https://www.tandfonline.com/doi/full/10.1080/0284186X.2020.1868570>
- 16) Uth J, Fristrup B, Sørensen V, Helge EW, Christensen MK, Kjærgaard JB, Møller TK, Helge JW, Jørgensen NR, Rørth M, Vadstrup ES, Krusturup P (2021). One year of Football Fitness improves L1–L4 BMD, postural balance, and muscle strength in women treated for breast cancer. *Scand J Med Sci Sports*: First published: 01 April 2021, <https://onlinelibrary.wiley.com/doi/10.1111/sms.13963>