

## Your contact

The



- Team

Please feel free to contact us at any time in the Oncology outpatient clinic.

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## Further Questions?

Feel free to contact us by phone or e-mail. You can also find us on the web via the QR code above or directly at [www.fortee-project.eu](http://www.fortee-project.eu). Moreover, you can find the latest news about FORTEe on social media as well.

## Lageplan

Universitätsmedizin Mainz



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Auf unserer Homepage [www.unimedizin-mainz.de](http://www.unimedizin-mainz.de) finden Sie Anfahrtsskizzen sowie mögliche Busverbindungen.



Clinic and Polyclinic for children and adolescents  
Childhood Cancer Centre of the UMC-Mainz

## Strong against cancer The FORTEe sport project

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# Strong against cancer The FORTEe sport project

## What is FORTEe?

FORTEe is an exercise project across Europe aiming to investigate the effects of a standardized and personalized exercise program in children and adolescents suffering from cancer.

It is known that physical activity decreases in the course of cancer disease. This has a negative impact on both physical performance and overall well-being. In this regard, studies in adult cancer patients have demonstrated beneficial effects of physical activity on physical performance and well-being. Comparable studies in children and adolescents are scarce.

Therefore, together with our partners, we want to conduct the worlds largest randomized and controlled trial on the effects of exercise on children with cancer.

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## Partners

16 institutions from 8 countries across Europe are working together in the FORTEe project. All partners are leading experts and they are among the first sites in the world with experience in conducting clinical studies in paediatric exercise oncology.



## What are the goals of the study?

- FORTEe aims to evaluate the effects of personalised and standardised exercise training in pediatric oncology.
- Create high evidence for an innovative, patient-centred exercise treatment.
- Implement paediatric exercise oncology as an evidence-based standard in clinical care for all childhood cancer patients across the EU and beyond.

## Who can participate?

The FORTEe study is open to children and adolescents aged 4 to 21 years suffering from cancer and receiving chemotherapy and/or radiotherapy.

## What happens in FORTEe?

When participating in the FORTEe study, your child will be assigned to either an exercise group or a control group. This allocation is necessary to assess the effect of the exercise program.

At the beginning, both groups complete individually adapted tests (T 0), which examine your child's physical performance and well-being. Afterwards, the exercise group begins the individualized exercise program, which lasts 8-10 weeks and is supervised by qualified study staff. During this time, the control group receives usual care and has the opportunity to participate in the sports program after 8-10 weeks. The exercise program will include the use of digital tools (e.g. various Apps).

Following the 8-10 weeks, the tests performed at the beginning of the study will be repeated with the exercise and control groups (T 1). Thereafter, 3 more follow-up sessions (T 2 - T 4) will take place. The study design is described in the figure below.

## Study design:

