

Get strong to fight childhood cancer

An exercise intervention for children and adolescents undergoing anti-cancer treatment



This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 945153.



Photo credits: Katarzyna Malasiewicz

Cancer is the first leading cause of death from non-communicable diseases in children in Europe. Patients' morbidity increases during cancer treatment due to physical inactivity, cancer-related fatigue, and reduced health-related quality of life. Specifically, adapted exercise training achieved remarkable effects

on successful cancer treatment in adults with cancer. A similar effect has not been clearly demonstrated in children and adolescents yet. This is where FORTEe steps in to promote exercise therapy, which aims to make young patients stronger for fighting childhood cancer.

OUR VISION

OUR GOALS

- Conduct world's largest, randomised and controlled FORTEe clinical trial
- Evaluate the personalised and standardised exercise interventions
- Create high evidence for an innovative, patient-centred exercise treatment
- Use digital, innovative technologies to create effective, age-adapted and personalised exercise trainings
- Pool and connect the leading expertise on a European level
- Promote exercise oncology and stimulate translational research
- Implement paediatric exercise oncology as an evidence-based standard in clinical care for all childhood cancer patients across the EU and beyond



Photo credits: Katarzyna Blahalewicz

Improve Quality of Life of children with cancer through exercise and innovative therapy



During cancer treatment, a vicious circle of increasing physical inactivity is often observed. The cause: Treatment-disease related and psychosocial factors. In adult cancer patients, specific exercise training has revealed positive effects on cancer-related fatigue, health-related quality of life, pain or complication rate during anti-cancer treatment.

But what about childhood cancer patients? Until now, precision exercise training has not yet been part of standard care in paediatric oncology and does therefore not reach most young patients.

The overall goal of the FORTEe project is to create high evidence for the use of precision exercise interventions in paediatric oncology in order to generate meaningful advances in clinical care for children and adolescents with cancer. Hence, the FORTEe partners will conduct a clinical trial in childhood cancer patients from 4 to 21 years of age during anti-cancer treatment. This aims to enable future access to adapted exercise training to children with cancer all over the EU.

PATIENT INFO

PARTNERS

FORTEe is an international research project, that brings together 16 institutions from 8 European countries.



 Principal Coordinating Investigator and Scientific Coordinator

FORTEE IN A NUTSHELL

Full project title	Get strong to fight childhood cancer: an exercise intervention for children and adolescents undergoing anti-cancer treatment
Start date	1 st March 2021
Duration	5 ½ years
Participants	16 institutions from 8 countries
EC funding	6.29 million €
Principal coordinating investigator	Univ. Prof. Dr. med. Jörg Faber
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