Preoperative exercise intervention for patients with prostate, colon and breast cancer in the Grampians region

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Background

- Cancer is a major cause of disability and death in Australia with an estimate of 130,000+ new cancer diagnoses in 2017 [1].
- Prostate, breast and colorectal cancer are the three most common cancers (excluding non-melanoma skin cancer) in Australia [1].
- Grampians region an average of over 1300 new diagnoses each year that is predicted to rise over coming years [2].
Study design

- A randomised controlled trial for prostate, colon and breast cancer patients undergoing surgery.

- Primary outcomes:
  - safe (adverse events and serious adverse events),
  - feasible (adherence and compliance) and
  - effective (ventilatory threshold)

- Secondary outcomes
  e.g. grip strength, cardiopulmonary testing, self-reported wellbeing
Confirmed diagnosis & requires surgery

Initial Assessment: Sub-maximal Exercise Test & measures

Stratified (Cancer Type) & randomised

Prehabilitation

Pre surgery Re-assessment: Sub-maximal Exercise Test & measures

Control

30 day post surgery Re-assessment: Sub-maximal Exercise Test & measures

Recruitment 9/18 – 3/19
Intervention: FITT

- Frequency: 2 x per week for 4+ weeks
- Intensity:
  - Aerobic exercise: 60-80% of peak heart rate achieved during initial exercise test.
  - Resistance exercise: 11-13 on the rating of perceived exertion scale.
- Time: 60 minutes
- Type:
  - 30 minutes of aerobic exercise
  - 30 minutes of resistance exercise
Thank you

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