

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

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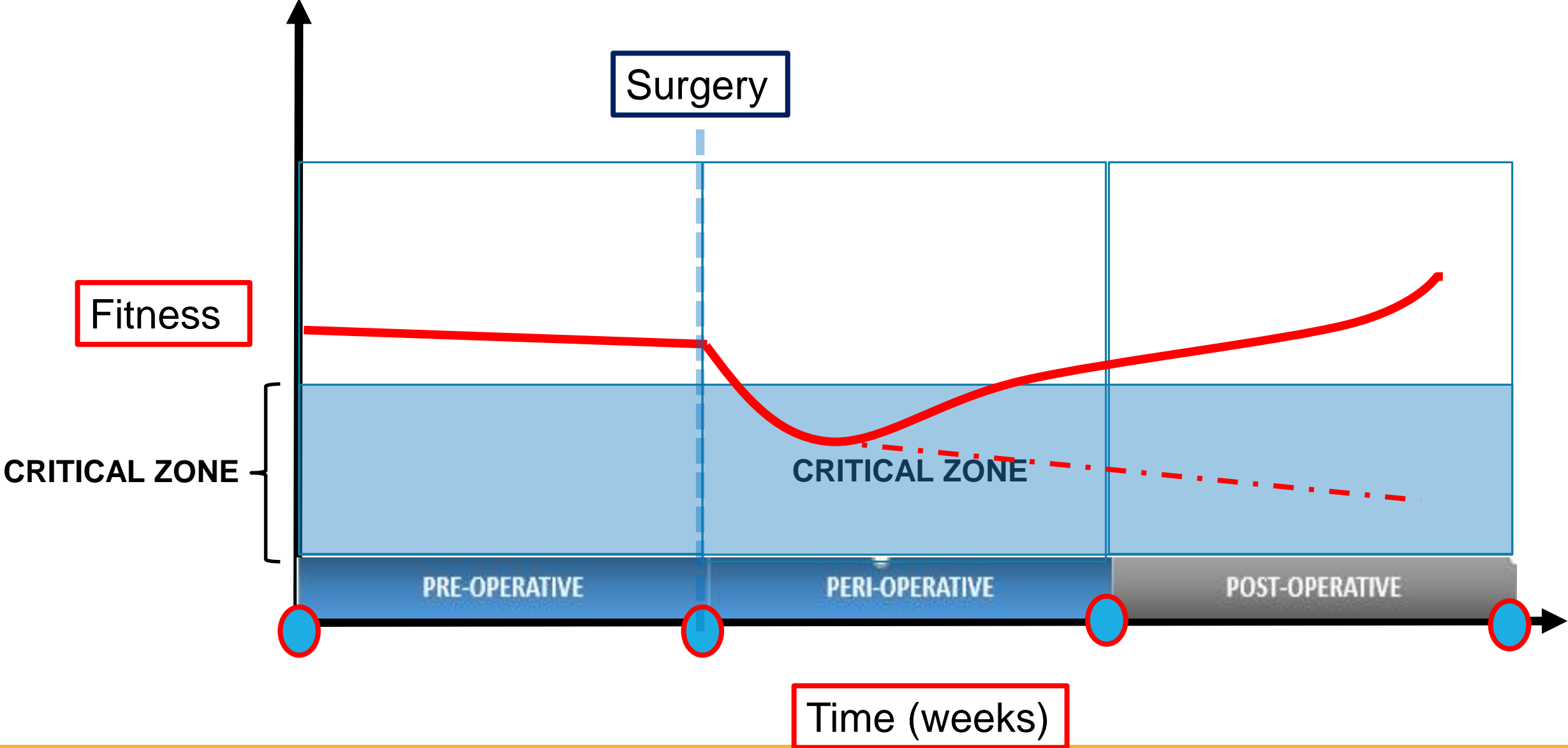
Ballarat **Health** Services  
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# Background

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- ❑ 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].

# Rehabilitation vs Prehabilitation



# Study design

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- ❑ 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

Recruitment  
9/18 – 3/19

Confirmed diagnosis & requires surgery



Initial Assessment: Sub-maximal Exercise Test & measures



Stratified (Cancer Type) & randomised



Prehabilitation



Control



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



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



# Intervention: FITT

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- 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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**ACKNOWLEDGEMENTS**  
Western Alliance

# References

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