

Prehab

www.prehab.nhs.scot
services.nhslothian.scot/prehab



Fit for Treatment | Ready for Recovery | Time to Thrive

Prehabilitation (Prehab) helps you to prepare and train your body and mind before cancer treatment. This can reduce complications and improve the quality of your recovery.



Prepare

Emotional Wellbeing - Prehabilitation allows you to mentally prepare for cancer treatment. It can reduce anxiety, boost your confidence and improve your quality of life. This can lead to a smoother treatment journey, with less discomfort and a shorter hospital stay.



Reduce

Reduce alcohol - Max 14 units per week. More than 3 units a day impairs your immunity, your ability to heal wounds, affects the liver's ability to process medication and reduces blood's ability to clot.

Stop smoking - Smokers are at significantly increased risk of complications. Risks include increased respiratory complications, blood clots, poor wound and bone healing, infection, slower recovery and longer hospital stays.



Eat Well

Maintain a healthy weight - Eat a well-balanced diet in the weeks leading up to your treatment and surgery. Being overweight (BMI>30) or underweight (BMI<20) can increase the risk of clinical complications, prolong hospital stays, and reduce your ability to fight infection. The aim is to boost your energy, strength and muscle mass to enhance your resilience to treatment and improve your recovery.



Health

Health - See your Clinical Nurse Specialist or Consultant for support if you have any of the following:

High blood pressure (target <160/100)

Anaemia (Hb<110)

Diabetes (target HbA1c<69 mmol/mol)
week)

Symptomatic angina (GTN>1/

Irregular heartbeat **Sleep disorders** **Dental issues** **Increased breathlessness**



Activity

Physical activity - It is safe during and after cancer treatment. It helps to maintain muscle mass, increased cardiovascular fitness, reduced stress, boost self-esteem, mood, motivation, and improves your immune system.

New evidence shows improved fitness is linked to an improved response to cancer treatment.

Aim for 150 minutes of moderate aerobic exercise weekly (20-30 minutes daily).
Strengthening and balance exercises twice a week.



Breathe

Practicing deep breathing exercises - Reduces the risk of complications such as infection and lung clots, helping you to get home quicker and recover well.

5x daily: Breathe in slowly, hold for 5 seconds, then exhale. Repeat 3 times resting for 15 seconds between each set. Repeat 3 times per day.

2x daily: Make an "O" shape with your mouth, and breathe out fast and hard (as if blowing out a candle). Repeat 3 times and rest 15 seconds between each exercise. Repeat 3 times per day.

For more advice and support, speak to your Cancer Nurse Specialist or Consultant about Prehab. You can access links via your internet browser or by scanning the QR codes below using your camera phone.

To improve your **emotional wellbeing**, try getting outside for a walk, seeing a friend, practicing yoga or tai chi, using breathing exercises and relaxation techniques. Contact your CNS or Consultant to speak to a counsellor. Maggie's provides free practical, emotional and social support to people with cancer and their family and friends.

<https://www.macmillan.org.uk/cancer-information-and-support/get-help>

<https://www.maggies.org/our-centres/maggies-edinburgh/>



Macmillan



Maggie's

To speak to someone about your **alcohol** intake,
contact: Edinburgh Lothian Council and Alcohol: 0131 337 8188
ELCA Counselling Service at www.edinburghadp.co.uk



Reduce

Nicotine makes blood stickier, increasing the risk of blood clots and reducing circulation. By stopping smoking as little as 3 weeks before surgery you can reduce the risk of any postoperative complications by 60%.

Contact: Quit Your Way for free; call: 0800 84 84 84 or chat with a smoking cessation advisor online <https://www.nhsinform.scot/healthy-living/how-to-stop-smoking/>



Quit

The benefits of **healthy eating** and a well-balanced diet during your treatment for cancer include: feeling more energetic, increased muscle mass and strength, a shorter hospital stay, a healthier heart and a lower risk of readmission.

<https://www.prehab.nhs.scot/prehab-and-me/diet-and-nutrition/>



Eat Well

You should be in the best possible **health** before treatment otherwise your treatment may be delayed. Make changes now to avoid last minute postponement of treatment.

<https://www.rcoa.ac.uk/patients/patient-information-resources/preparing-for-surgery>



Health

Physical activity can be brisk walking, jogging, swimming, or cycling. Ideally exert yourself to the point where you are slightly short of breath. Muscle strengthening and balance exercises, such as light weights, resistance bands, gardening and housework is okay during cancer treatment.

<https://www.prehab.nhs.scot/prehab-and-me/activity/>

<https://cpoc.org.uk/news/joe-wicks-helps-people-get-fit-surgery>



Prehab



Joe Wicks

The best way to improve your **breathing** is to stop smoking and increase the amount of exercise you can do. This will improve how well your lungs work. Deep breathing exercises can increase your breathing muscle strength and also reduce stress and anxiety.

<https://services.nhslothian.scot/preparingforsurgery/prehab/breathing-exercises/>



Breathe

