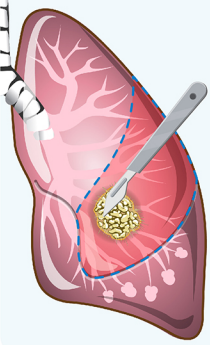




UNDERSTANDING PREHABILITATION FOR LUNG CANCER SURGERY



What is prehabilitation for lung cancer surgery?

You've probably heard of **rehabilitation** – treatment after an injury, surgery, or illness to recover and regain strength, mobility, and ability.

Prehabilitation (or prehab) is similar but starts before surgery or another treatment. The goal is to help boost your physical and mental health before surgery for improved outcomes.

Lung cancer prehabilitation helps you:



Cope with surgery and treatment



Recover with fewer physical problems



Spend less time in the hospital



Do better if you have chemo or radiation before surgery

The challenge of lung cancer surgery

Lung cancer surgery is a major operation and is stressful especially when you are already coping with the negative effects of lung cancer. Lung cancer surgery usually involves:



Hospital stay



General anesthesia



Medications for pain and for preventing infection



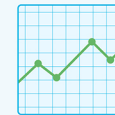
Removing the tumor

Benefits of prehabilitation for lung cancer surgery

Studies show that prehab benefits include:



Tolerating the stress of surgery better



Faster recovery



Better outlook

Prehab may even help people who are not well enough for surgery recover enough to have surgery.

What's involved in prehabilitation?

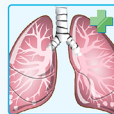
Prehab is different for everyone. It may include:



Exercise



Physical therapy



Respiratory therapy



Treatment to help you stop smoking



Nutrition counseling and support



Treatment for anxiety and depression

When should I start prehabilitation for lung cancer surgery?

6 weeks of prehab before surgery is recommended, but **prehab can still help even if you have less time**. If you are ready to quit smoking, ask for help.

Not smoking, good nutrition and regular exercise will greatly benefit your recovery.



S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

S	M	T	W	T	F	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Talk with your doctor about lung cancer surgery prehabilitation

Talk with your doctor about prehabilitation when you discuss the option of lung cancer surgery.

You may want to ask about it under the name ERAS, which stands for "enhanced recovery after surgery." You can ask if the hospital where you will have your surgery is an ERAS hospital.



Please note: This information is not intended to be a substitute for professional medical advice. Always consult your doctor about any health-related questions.

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For more information visit:
YouAndLungCancer.com



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