PHYSICAL ACTIVITY & CANCER LAB

PACLAB EST 2018
Move Well, Live Well
MOVING THROUGH CANCER TOGETHER
EXCANCER@NSHEALTH.CA

The Physical Activity and Cancer (PAC) is dedicated to studying how exercise can help prepare patients for surgery/treatment, better cope with and respond to treatment(s), recover from treatment(s) and improve health outcomes.



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ENDOMETRIAL CANCER AWARENESS

We Want to Hear from YOU!

Your experiences are key to creating **SUPPORTIVE CARE** programs that are tailored for those living with and beyond endometrial cancer.

ABOUT THE PROJECT

The **PREPARE** study is a two-phased project aiming to design a **prehabilitative (or pre-surgery)** exercise and nutrition program to enhance care for patients. We are recruiting for Phase 1 of the program which involves exploring what are the most key needs for the program by patients.

WHAT DO YOU HAVE TO DO?

- 1 hour long interview
- Can be in-person or online
- Sharing experiences, preferences, and opinions with nutrition and exercise
- Get in touch to participate today !





WHY PREHAB, WHY THE RESEARCH?

Pre-surgical interventions including exercise and nutritional programming has proven to have many benefits for various cancer populations. While there are recommendations for both exercise and nutrition for those living with and beyond cancer, few endometrial cancer patients meet them. In order to increase the amount of participation in interventions of this nature, there is a need to design programs that are accessible for patients. One way to obtain effective and usable programming is to include and consider the needs and preferences pertaining exercise and nutrition from patients. Through this research, this can be achieved

WHY NUTRITION AND EXERCISE?

Exercise and balanced nutrition before surgery has shown to:

- Improve physical function post-treatment
- Improve wound healing
- Reduce post-treatment hospital stay
- Strengthen the immune system
- Reduce potential treatment complications
- and more!

ELIGIBILTY

To be eligible, participants must:

:

- Have been diagnosed with endometrial cancer;
- Have a body mass index equal to/over 35 kg/m2; *
- Contemplating surgery, are preparing for or have undergone surgery within the past 6-months; and
- Are 18+ years old and able to consent to and participate in English.



Note*: Body mass Index is calculated by multiplying height in meters by height in meters and dividing weight in kilograms by the multiplied height product. For example If someone is 1.70 m in height and 70 kg, the calculation would be 70/ (1.7 x 1.7).