

# 'Prehab' – Can exercise prior to surgery improve patient outcomes?

Tuesday July 25, 6.00pm (for a 6.10pm start) - 7.30pm  
Ground Floor Function Room  
Flinders Centre for Innovation in Cancer  
Flinders Medical Centre Campus

If you are about to have cancer surgery, there are some simple steps you can take before surgery that will improve your outcome.

We have been working with oesophageal cancer patients, but what we found is likely to work more broadly for cancer surgeries – a little exercise before surgery goes a long way to getting you feeling better sooner.

What are some of the issues patients face?  
What works? How much exercise is enough? What is 'Prehab'?

Please join us for an interesting discussion of our latest research in this area.

## ***The challenges of cancer surgery for patients.***

**Dr Tim Bright** MBBS, MS, FRACS  
Senior Lecturer in Surgery  
Head of Unit, Oesophago-Gastric Surgery  
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## ***Prehab and Rehab – what do they involve?***

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