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Aneurin Bevan
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Cancer Prehabilitation

The weeks before cancer surgery can be extremely challenging and apprehensive time. But this short period can also be hugely important to prepare for your recovery after surgery.

Improving your physical and mental well-being before surgery even by a fraction can yield far-reaching benefits from a smoother operation to a shorter recovery time. This is the principal of prehabilitation to begin your recovery now.

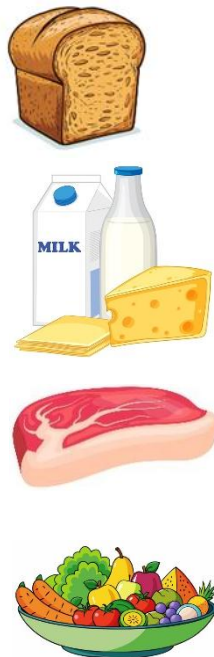
Weeks or months may not seem significant but people can make meaningful changes at this point. A Macmillan review concluded that prehabilitation should be a routine part of cancer treatment. This document briefly outlines the areas where steps can be taken to improve your health and most importantly, signposts you to local groups which help patients make these changes.

Diet

Dietary advice in prehabilitation is aimed at improving nutrition. Please with a cancer diagnosis are at risk of malnutrition which is associated with poorer outcomes after surgery including mortality, lengthy of stay and quality of life.

To reduce the risk of malnutrition, ensure you eat:

- 3 meals per day, each with a portion of starch (cereal, bread, potatoes etc – needed for maintaining weight and energy)
- 2-3 portions of dairy or dairy alternatives – for calcium and minerals
- 2 portions of meat, fish, eggs, beans or alternatives (Quorn or Tofu etc) – for protein and iron



There are no specific guidelines on changes in body weight.

Losing weight is not advised as can be associated with malnutrition. For advice on body weight, if you have poor diet or are losing weight, please talk to a health care professional involved in your care or contact our dieticians for any inquiries into your diet.

- Self referrals to Dieticians

Email:
RGHdietetics.abb@wales.nhs.uk
Phone: 01633 234289

To reduce the risk of malnutrition, ensure you eat:

- 5 portions of fruit or vegetables
- Avoiding foods high in fat and/or sugars
- 6-8 cups of water per day

Follow this link for detailed advice on a balanced diet: <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

**This document is available in Welsh /
Mae'r ddogfen hon ar gael yn Gymraeg**