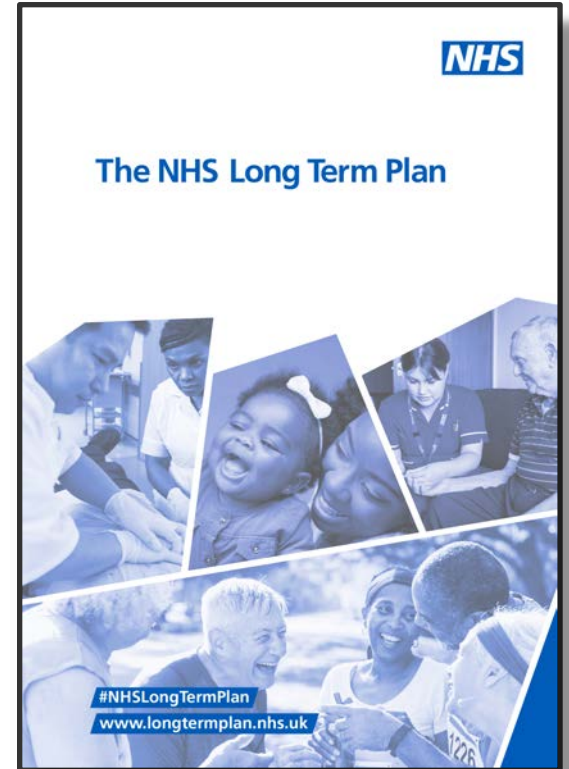
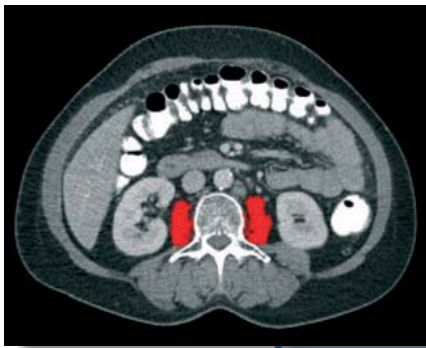


Prehabilitation: *benefits & impact*

@mike_grocott

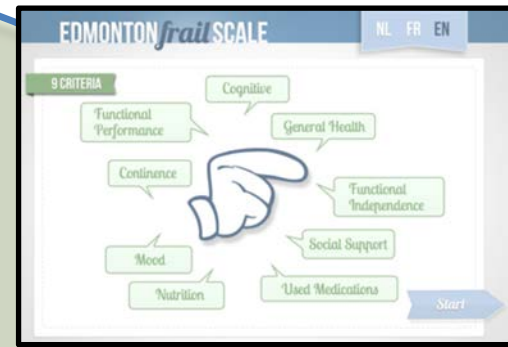
Triple Aim





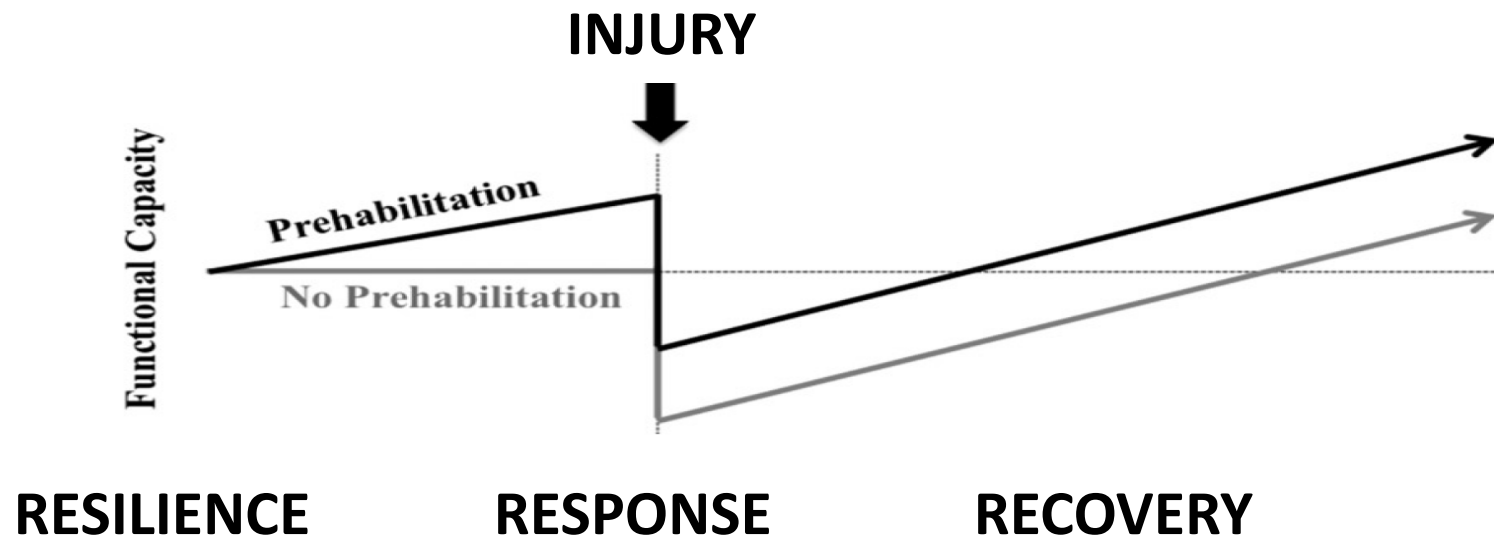
SARCOPENIA

FRAILTY



**ACTIVITY
EXERCISE**





“3 Rs”

Prehabilitation

“enhancing the functional capacity of a person to enable her/him to withstand a stressful event”



RESILIENCE

UNIQUE OPPORTUNITY

The interval between diagnosis and surgery presents a unique opportunity to intervene that may impact long-term survival

Prehabilitation

“enhancing the functional capacity of a person to enable her/him to withstand a stressful event”

TEACHABLE MOMENT

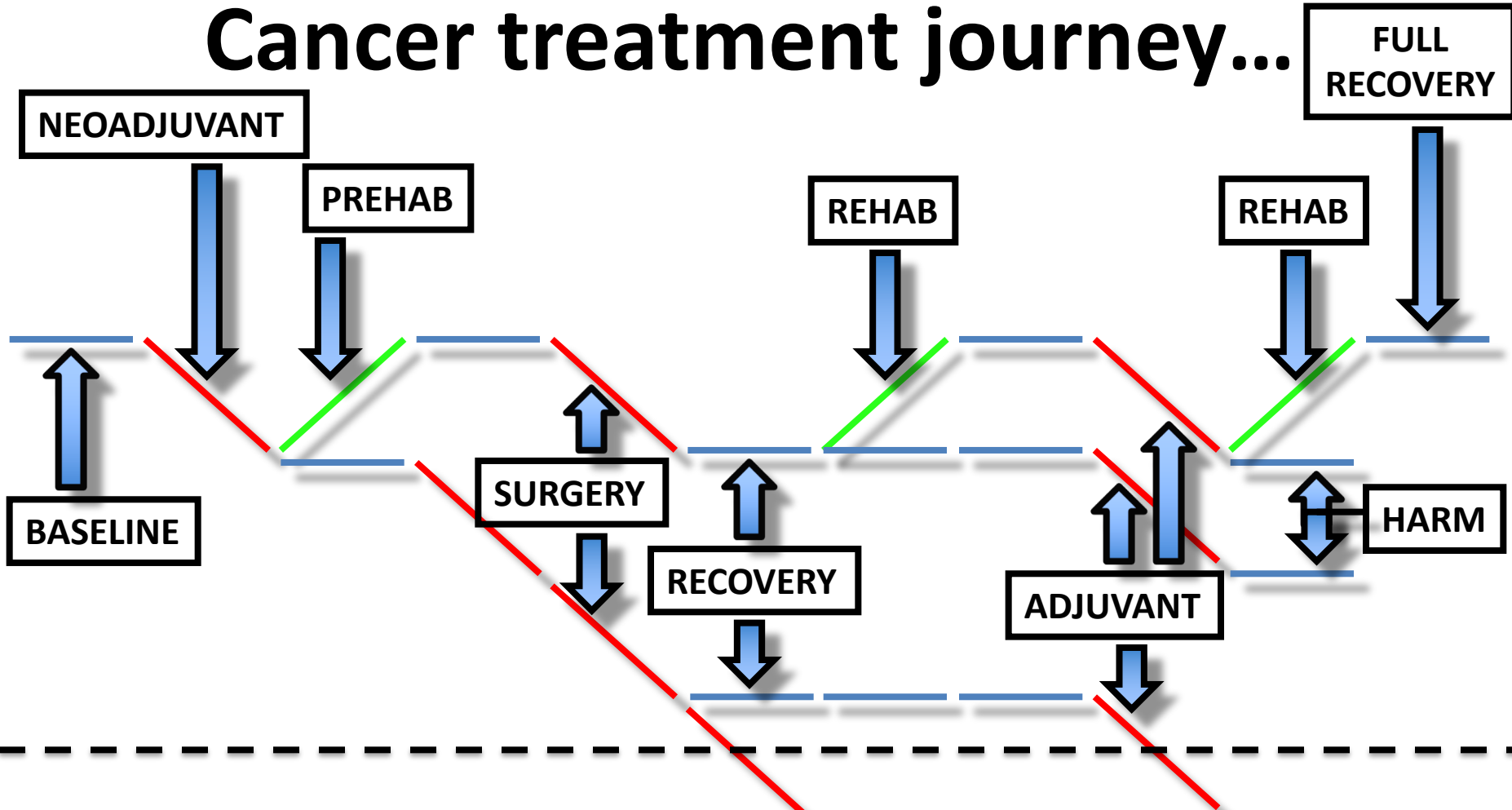
UNIQUE OPPORTUNITY

The interval between diagnosis and surgery presents a unique opportunity to intervene that may impact long-term survival

Prehabilitation

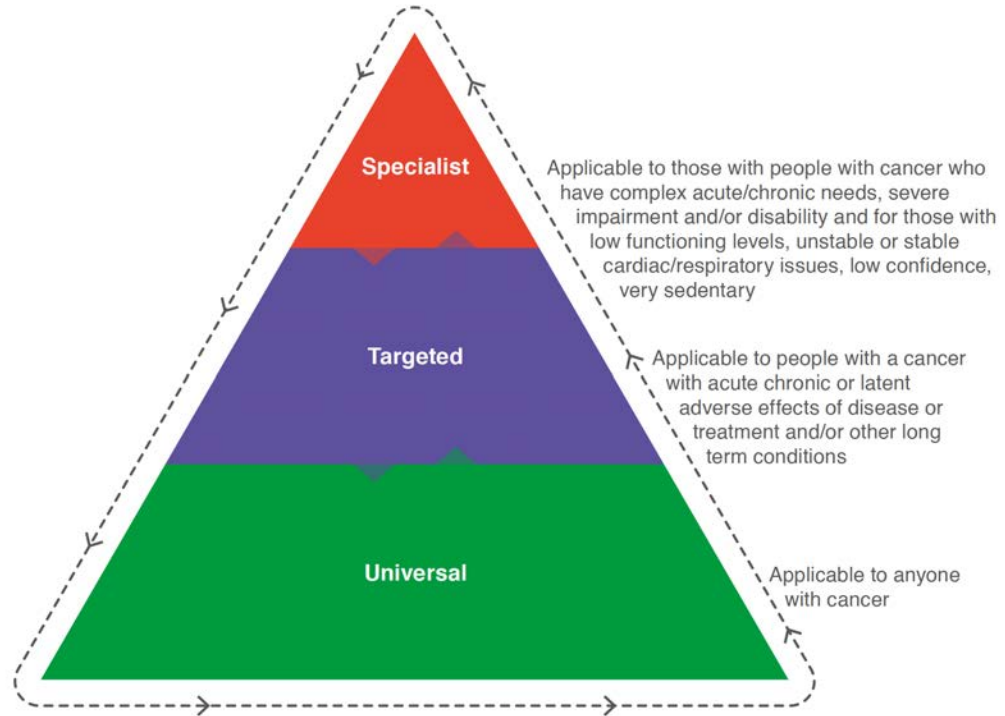
- **Activity/exercise**
- **Nutrition/obesity**
- **Psychological preparation**
- Smoking cessation
- Alcohol cessation

Cancer treatment journey...

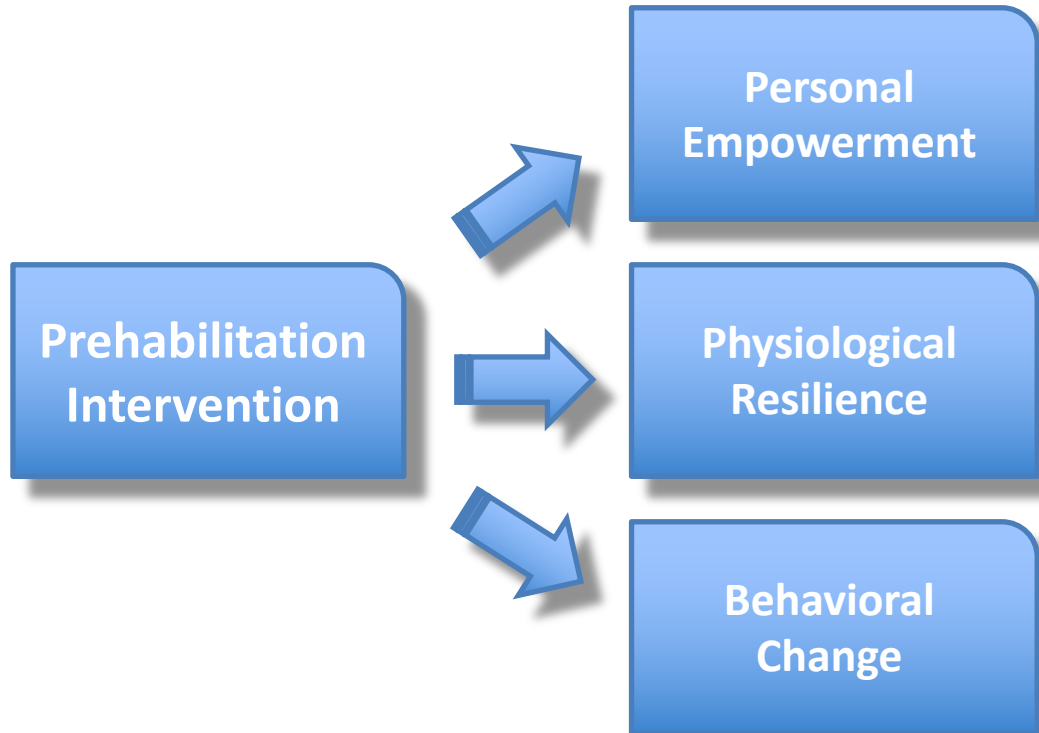


Prehabilitation benefits

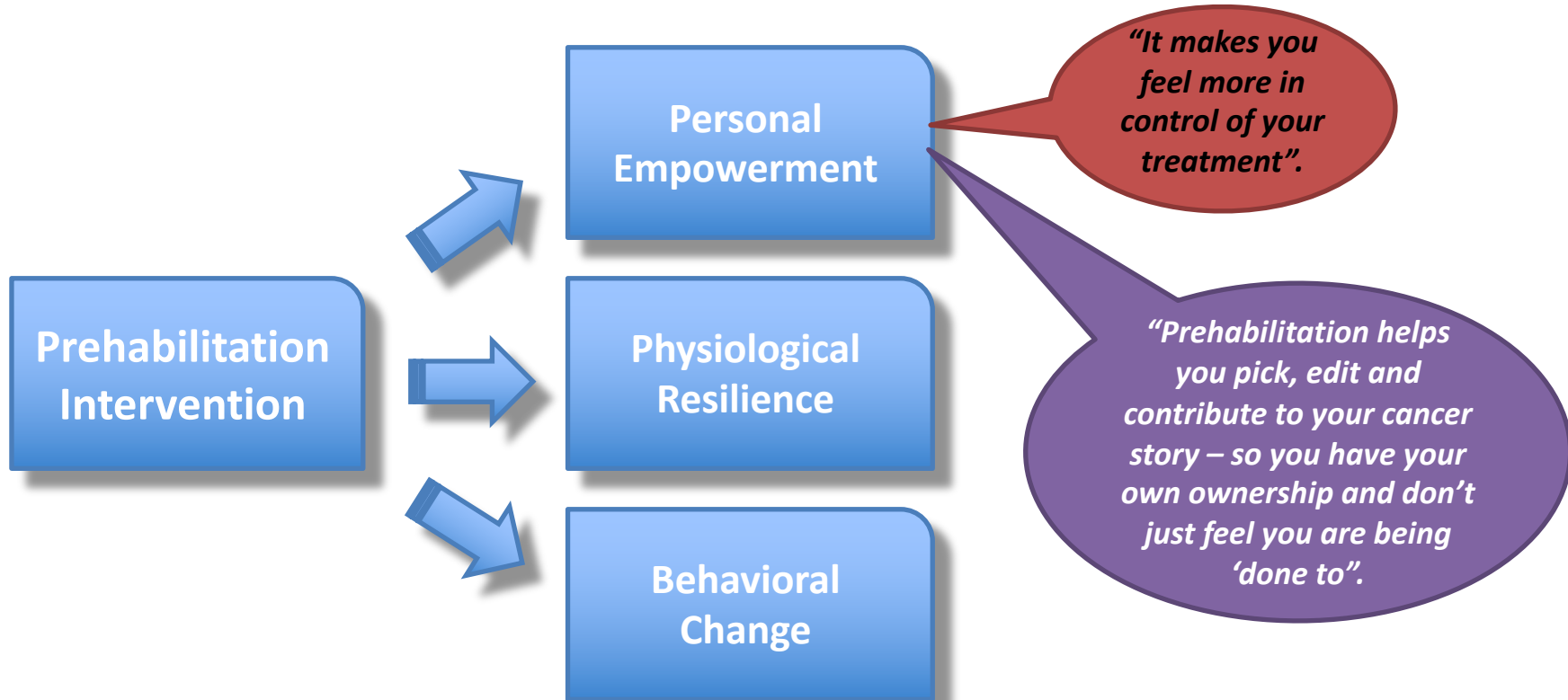
Prehabilitation
Intervention



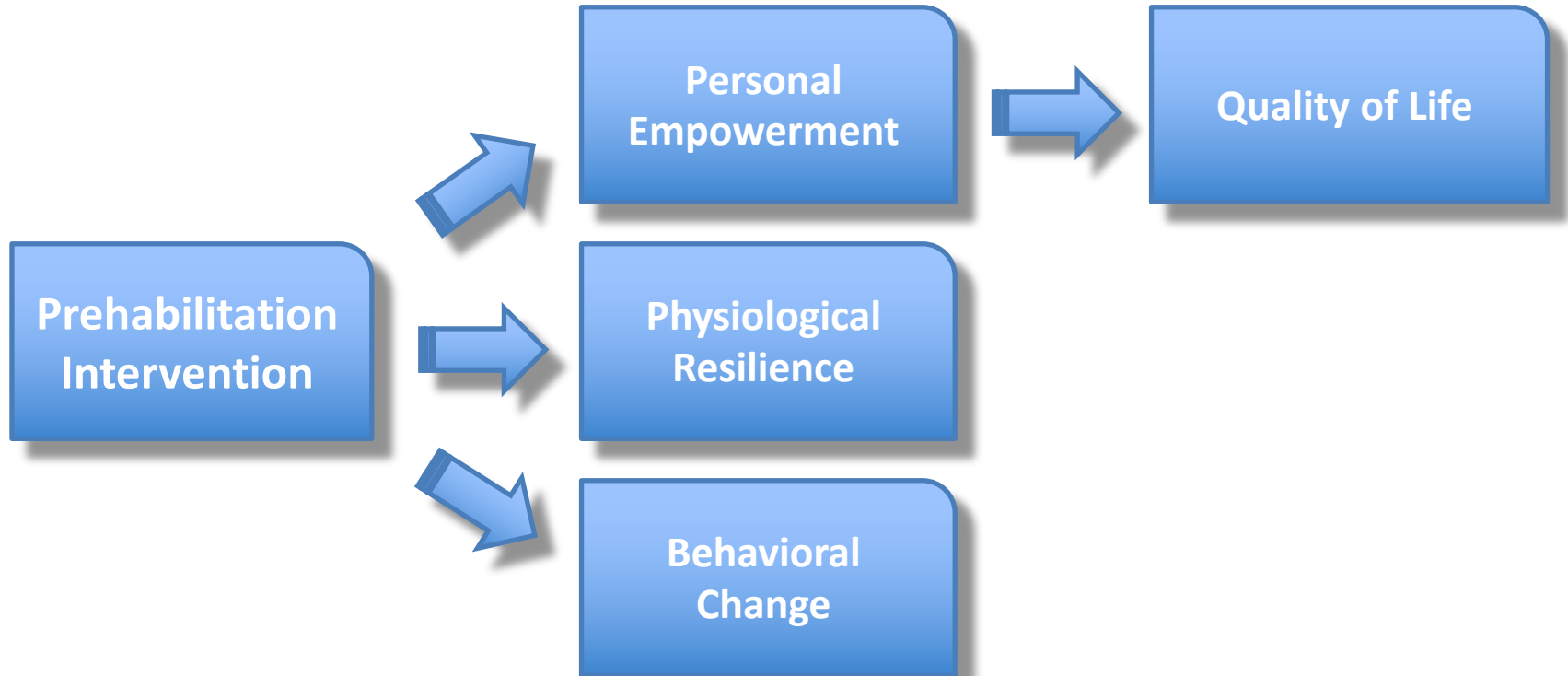
Prehabilitation benefits



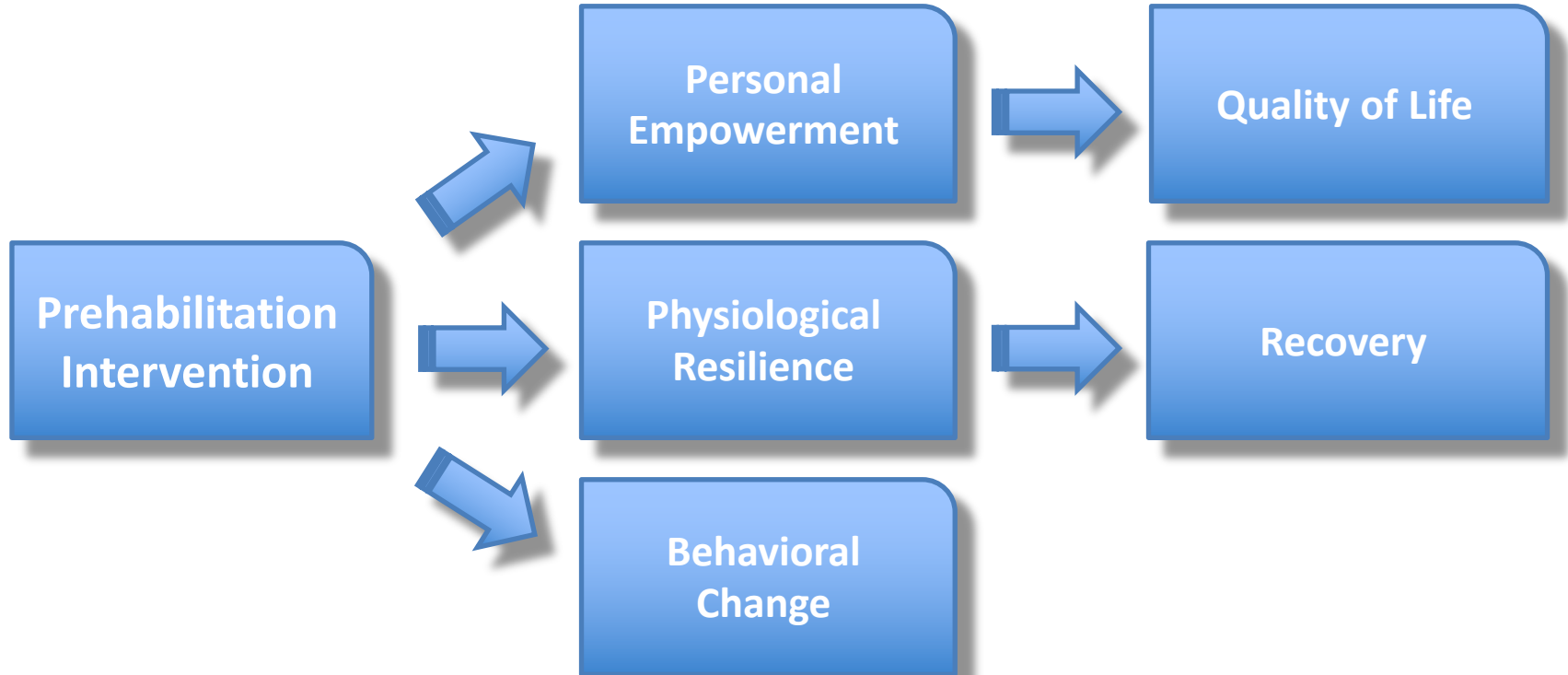
Prehabilitation benefits



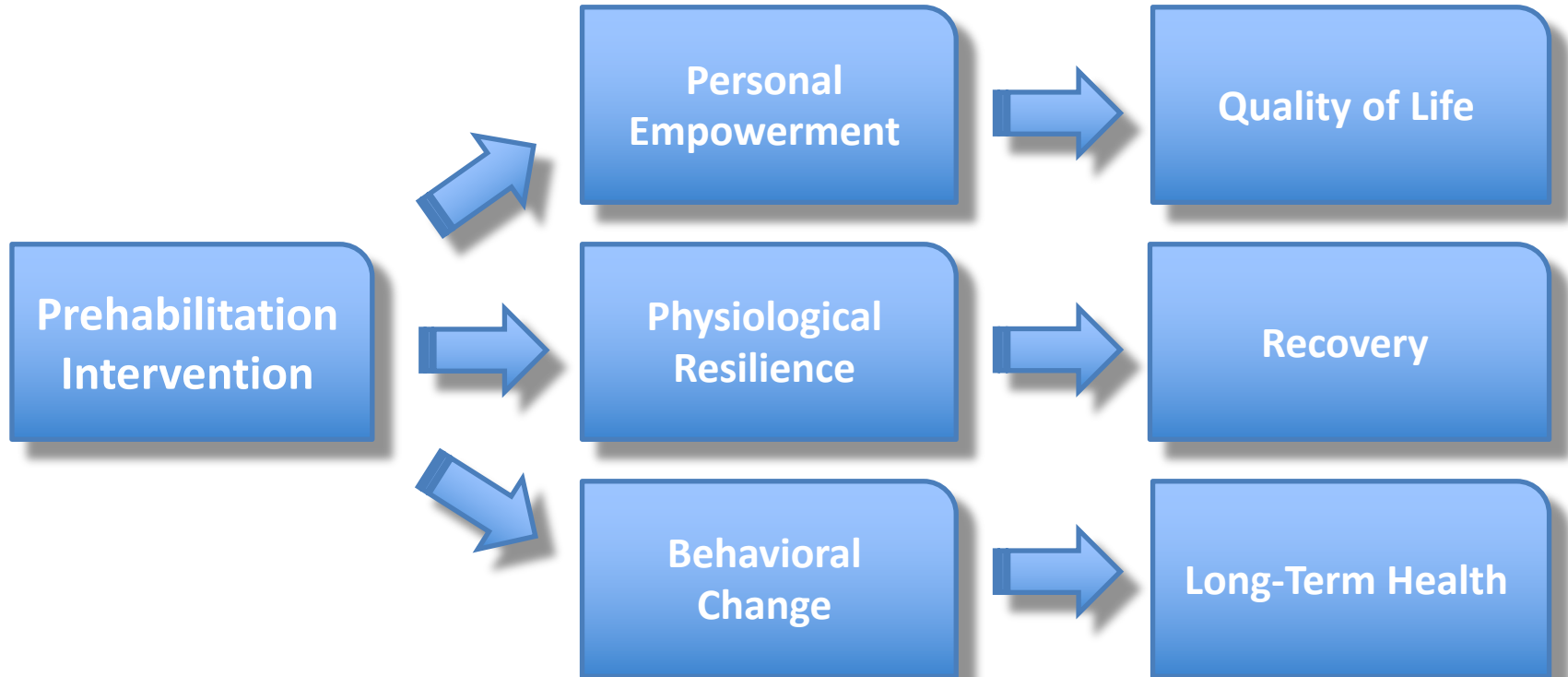
Prehabilitation benefits



Prehabilitation benefits



Prehabilitation benefits



Prehabilitation for surgery

- Empowerment
- Resilience
- Long-term health

