



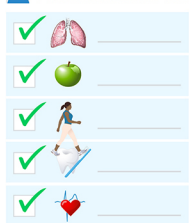
# YOUR PREHABILITATION PLAN FOR LUNG CANCER SURGERY



A Breath of Hope  
LUNG FOUNDATION

YouAndLungCancer.com

## Prehabilitation Plan



## Why is prehabilitation for lung cancer surgery important?

Lung cancer prehab helps you cope with surgery and treatment, spend less time in the hospital, and recover with fewer physical problems. Prehab can also help you do better if you have chemo or radiation before surgery.

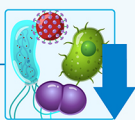
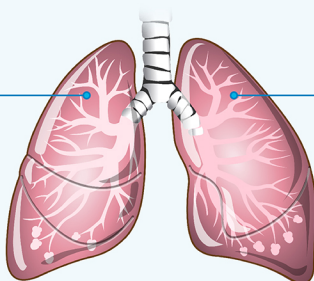
**Prehab is important because lung cancer surgery is a major operation** which may require removal of part or a whole lung, with post-surgery chemo and/or radiation.

The most common types of prehab are **respiratory or breathing exercises**, **eating well**, **physical activity**, **dental and oral hygiene**, and your **lifestyle and well-being**.

## Respiratory exercises in prehab



Can reduce shortness of breath and help you breathe in more oxygen



Can lower your risk of surgical complications such as infection

## Physical activity in prehab

Exercising to prepare for surgery helps you recover and increases your ability to be active after surgery. If possible, do **30 minutes of physical activity a day**.



Walking



Gardening



Riding a bike



Physical therapy

## Smoking cessation and limiting alcohol

If you **smoke**, stopping is an important part of prehab. It can reduce the risk of complications and help you live longer with better quality of life. If you smoke, ask about help with quitting as part of your prehab. Limit **alcohol** before surgery to lower the risk of complications after surgery.



Quit smoking



Limit alcohol

## Eating well during prehab

A **balanced diet** helps you stay as healthy as possible before surgery. Talk with a nutrition specialist to make sure you are getting enough **vitamins**, **minerals**, **protein**, and **other nutrients** to help you tolerate surgery and heal as well as possible.



Protein



Fruits and vegetables



Fluids and electrolytes

Protein helps your body heal from surgery and other treatments. Good protein choices include lean meat, eggs, beans, and fish. Avoid eating processed meat.

## Dental and oral health in prehab

Dental health is also part of prehab. People with poor dental and oral health are more likely to develop complications.



Brush twice a day for two minutes



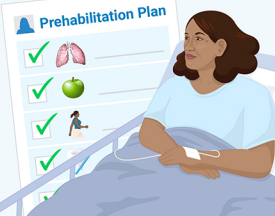
Floss daily



Receive dental treatment

## A path to successful lung cancer treatment

Even if you have just a short time before surgery, prehab can help. Each activity in your prehab plan helps you prepare for better results from surgery and will help you enjoy a **better outlook** and **quality of life** after treatment.



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

### References:

1. Fenemore J, Roberts J. Prehabilitation to improve lung cancer outcomes 1: principles and benefits. *Nursing Times* [online]. 2021 Oct;117(10):30-33.
2. National Health Service. Prehabilitation – Prepare for your lung surgery. Last revised: November 2023 (Version 1). Available at: <https://hospital.nhs.uk/goldenjubilee.co.uk/patient-information/patient-information-booklets>
3. Camus-Jansson F, et al. Preoperative oral practices and incidence of postoperative complications in hospital medical-surgical procedures: A meta-analysis. *Med Oral Patol Oral Cir Bucal*. 2023 May 1;28(3):e217-e228.
4. A Breath of Hope Lung Foundation and Mechanisms in Medicine Inc.: You And Lung Cancer: An Animated Patient's Guide to Lung Cancer. Available at: [www.YouAndLungCancer.com](http://www.YouAndLungCancer.com)



For more information visit:  
**YouAndLungCancer.com**

Developed by A Breath of Hope Lung Foundation and Mechanisms in Medicine Inc.



A Breath of Hope  
LUNG FOUNDATION

Mechanisms in  
Medicine  
Interactive Animated Medical Education