**Prehabilitation resources**

**March 2023**

**General**

CRUK general prehabilitation information

<https://www.cancerresearchuk.org/about-cancer/treatment/prehabilitation/what-is-prehabilitation>

Macmillan general prehabilitation information

<https://www.macmillan.org.uk/healthcare-professionals/cancer-pathways/prehabilitation>

Prehab4 cancer includes exercise, nutrition and emotional wellbeing information

<https://www.prehab4cancer.co.uk/exercise-2/>

**Nutrition**

CRUK Eating a varied diet

<https://www.cancerresearchuk.org/about-cancer/treatment/prehabilitation/eat-varied-diet>

Royal Surrey NHS Foundation Trust – 18 diet and cancer videos

<https://www.royalsurrey.nhs.uk/dietandcancervideos/>

Macmillan

[Cancer and weight loss - the building-up diet | Macmillan Cancer Support](https://protect-eu.mimecast.com/s/1r0eC2R12HWkEv7TngPYJ?domain=macmillan.org.uk)

[Healthy eating and cancer | Benefits of a healthy diet | Macmillan Cancer Support](https://protect-eu.mimecast.com/s/FUmUC3lKEComRwZTq6ysE?domain=macmillan.org.uk)

British Dietetic Association

[Cancer Diets: Myths and More (bda.uk.com)](https://protect-eu.mimecast.com/s/nNfMC581Vf30WoAs2Ikc7?domain=bda.uk.com)

Spotting and treating malnutrition

<https://www.bda.uk.com/resource/malnutrition.html#:~:text=Spotting%20malnutrition&text=Common%20signs%20of%20malnutrition%20are,in%20food%20and%2For%20drinks>

Wessex Cancer Alliance – Eating well with cancer

<https://wessexcanceralliance.nhs.uk/eating-well-with-cancer/>

CRUK Coping with dietary problems

<https://www.cancerresearchuk.org/about-cancer/coping/physically/diet-problems>

Eating well to keep fit

<https://www.royalmarsden.nhs.uk/your-care/living-and-beyond-cancer/eating-well-keep-fit>

**Exercise**

CRUK Being physically active

<https://www.cancerresearchuk.org/about-cancer/treatment/prehabilitation/be-physically-active>

Royal College of Anaesthetists: Fitter Better Sooner <https://rcoa.ac.uk/patients/patient-information-resources/preparing-surgery-fitter-better-sooner#:~:text=Fitter%20Better%20Sooner%20%E2%80%93%20general%20information,best%20outcome%20from%20your%20surgery>.

Royal Marsden Exercise at home

<https://www.royalmarsden.nhs.uk/your-care/living-and-beyond-cancer/exercise-home>

We are Undefeatable <https://weareundefeatable.co.uk/?utm_source=google&utm_medium=ppc&utm_campaign=weareundefeatable&utm_term=paid&utm_content=google_ads&gclid=EAIaIQobChMIy4zqhLrK_QIVF-3tCh1VjAUrEAAYASAAEgKo8PD_BwE>

Moving medicine <https://movingmedicine.ac.uk/consultation-guides/condition/adult/cancer/>

Macmillan physical activity and cancer <https://www.macmillan.org.uk/cancer-information-and-support/treatment/preparing-for-treatment/physical-activity-and-cancer>

Macmillan Prehab podcasts on nutrition, exercise and emotional support <https://www.macmillan.org.uk/healthcare-professionals/cancer-pathways/prehabilitation>

**Emotional support**

Macmillan Prehab podcasts <https://www.macmillan.org.uk/healthcare-professionals/cancer-pathways/prehabilitation>

CRUK Look after mental wellbeing

<https://www.cancerresearchuk.org/about-cancer/treatment/prehabilitation/look-after-mental-wellbeing>