

Project title	Supervised exercise program versus a home exercise program for cancer patients, prior to undergoing prostate surgery
Recipient	Dr Favil Singh
Institution	Edith Cowan University
Research description	<p>Prostatectomy is associated with adverse effects including incontinence and reduced functional capacity. This impact is damaging given the potentially low physical reserve capacity of patients. Exercise has shown to have a positive outcome in attenuating cancer treatment-related adverse effects. Traditionally, exercise interventions have focused on post-surgical recovery. However, an opportune time for exercise is pre-surgery to negate treatment-related adverse effects thereby aiding recovery, and enhancing patient outcomes.</p> <p>The study will evaluate two different exercise interventions (gym-based and home-based exercise) done prior to surgery aimed at enhancing pre-surgical physical function and improving post-surgical recovery. Outcomes will provide supportive evidence for the role of pre-surgical exercise in the management of prostate cancer. Patients can then consider this relatively simple and cost-effective intervention in order to accelerate a return to normal daily activities.</p>
Funding from CCWA	\$34,958
Supported	In the names of the Estate of Harold Marley & West Coast Eagles Football Club