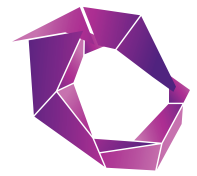


# SURGERY SCHOOL

## REDUCING YOUR RISK OF PROBLEMS AFTER SURGERY



**Peter Mac**  
Peter MacCallum Cancer Centre  
Victoria Australia

Surgery School provides you with information to prepare for surgery, reduce complications (problems), and enhance your recovery after surgery.

Surgery is common nowadays and usually goes to plan without a problem. However, with every surgery, there is a risk of complications which can affect your recovery, how long you stay in hospital, or even your cancer.

Learning how to improve your health and fitness levels greatly reduces your chances of problems after surgery, and helps to improve your quality of life.

### Why is being fit important?



#### Fit = Less complications after surgery

Fit patients are **3-5 times less likely** to get complications after surgery, compared to unfit patients. Lung complications are the most common.



#### Less complications = Faster cancer treatment, improved survival

**1 out of 4 (25%)** patients **do not** receive planned post-surgery cancer treatment due to post-surgery complications.

At 3 years after surgery, patients **without complications** are **three times** more likely to survive compared to patients with complications.

### Why come to Surgery School?



#### Prehabilitation with exercise = Better fitness

Your fitness level can be improved by **10-20%**, with an exercise plan in as little as **2-4 weeks** before surgery.

**Prehabilitation** and attending **Surgery School** = **Less complications**

### We also provide education on:

- Enhanced Recovery After Surgery (ERAS) - a program you participate in for faster recovery
- Improved nutrition, and assistance to QUIT alcohol and smoking
- Pain management and stress reduction strategies
- Lessons in lung protection (aCOUGH) - a program to reduce the chance of postoperative chest infection
- Blood clot prevention (STEP) and iron supplementation for iron deficiency anaemia
- Planning for complications; Advance Care Planning (ACP) - a guide for family/friends with their decision making on your behalf when you no-longer can



#### More information

If you are interested, or would like more information, please contact [SurgerySchool@petermac.org](mailto:SurgerySchool@petermac.org)