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## The benefits of exercise in conquering cancer forever

Tuesday 9<sup>th</sup> May, 2017

Some exercise for pleasure, some exercise for sport, and some exercise to prevent cancer!

Surgeons attending the Royal Australasian College of Surgeons (RACS) Annual Scientific Congress (ASC) in Adelaide this week have seen studies that show regular exercise can improve cancer-related fatigue, reduce psychological distress and improve quality of life for the cancer survivor.

According to Melbourne surgeon Meron Pitcher of Western Health, exercise may even reduce the risk of developing new cancers, cardiovascular disease, diabetes and osteoporosis.

“In breast, colon and prostate cancer there is increasing evidence that exercise can protect against reoccurrence and reduce cancer-specific causes of mortality,” Ms Pitcher said.

According to the study findings, survival rates after a cancer diagnosis continue to grow but with higher survival rates, the number of those living with the consequences of cancer treatment increases.

Side effects of cancer treatment include pain, anxiety and fatigue along with a multitude of other issues.

Ms Pitcher said that too many survivors suffer in silence, and that exercise may well be the key to a better quality of life.

“As surgeons we should be informing our patients of the benefits of exercise and encourage them into appropriate programs,” Ms Pitcher said.

Meron Pitcher’s presentation explored the benefits of exercise for cancer survivors and the statistics that show the rates of cancer reoccurrence if exercise is not factored in.

For more information about the Annual Scientific Congress please visit: [www.asc.surgeons.org](http://www.asc.surgeons.org)

### **About the Royal Australasian College of Surgeons (RACS)**

RACS is the leading advocate for surgical standards, professionalism and surgical education in Australia and New Zealand. The College is a not-for-profit organisation that represents more than 7000 surgeons and 1300 surgical trainees and International Medical Graduates. RACS also supports healthcare and surgical education in the Asia-Pacific region and is a substantial funder of surgical research. There are nine surgical specialties in Australasia being: Cardiothoracic surgery, General surgery, Neurosurgery, Orthopaedic surgery, Otolaryngology Head-and-Neck surgery, Paediatric surgery, Plastic and Reconstructive surgery, Urology and Vascular surgery.  
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