

This leaflet presents a range of activities that can help you to prepare for your treatment or possible operation.

It aims to promote health behaviours and recommends exercise, nutrition and psychological interventions based on your needs, to help you prepare.

These changes should ideally start as soon as possible after diagnosis and well in advance of treatment or any operation for maximum benefit.

Why have I been given this information?

Having some treatments or an operation can affect your body for several months afterwards. Several common factors can reduce your body's ability to deal with the stress of these. Some of these factors are shown in the diagram opposite.

The effect of all these factors is that you may be at an increased risk of complications following your operation or treatment this could be a prolonged hospital stay and problems when you leave hospital (such as reduced independence).

What do I need to do?

Put simply, exercising more, eating more healthily and adopting healthier behaviours can help to:

- reduce the length of your stay in hospital
- reduce complications
- enhance your recovery
- in some cases, avoid the need for an operation completely

Your GP, consultant or member of your healthcare team will be able to advise you what steps you can take to improve your health and wellbeing leading up to (and following) your treatment or operation.



Why now?

Any lifestyle changes that you make will not only benefit you in the run up to your treatment or operation but if you continue will also have long-term benefits to your health and quality of life.

Research has shown that these changes help to prevent the development of chronic diseases such as heart disease, diabetes, stroke etc. This will help you to remain fit and well, as you get older.

Studies in surgical patients show that positive changes made before surgery can persist long after surgery.

Is it safe to participate in exercise prior to surgery?

Yes, exercise is generally safe and good for your health. The risk of harm to you whilst exercising is low. However, some people may have health conditions which make it difficult to do certain exercises. If you have any concerns about exercising these can be

discussed further with a member of your healthcare team.

What will happen about support after my surgery or treatment?

Before you leave hospital, you should be given information about what you need to do to help your recovery and about your rehabilitation programme.

You will be encouraged to continue with exercise or to make lifestyle changes after you have had your operation or treatment.

This can be discussed with your GP, consultant or member of your healthcare team after your operation.

What support is available to help me prepare for my treatment or operation in my local area?

The support available locally to help you make lifestyle changes may vary depending on where you live in Morecambe Bay.

You may also wish to talk to a member of your General Practice team about support to make any lifestyle changes. S/he may be able to refer you to a Social Prescribing Link Worker for support.

But I already lead a healthy lifestyle!

Even if you already are fit and active, with positive habits, focusing on these helps to keep you resilient through the healthcare journey, both physically and mentally.

Making small changes can make a big difference. Moving more, making changes to eating habits, reducing alcohol consumption or whatever your goal might be, there are services and resources to support you if you need them.

The following services may be able to support you to make lifestyle changes:

North Lancashire

Stopping Smoking

Quit Squad - **0800 3286297**
www.quitsquad.nhs.uk

Alcohol and drugs

Inspire North Lancashire -
Single Point of Contact 08081 698 673

www.inspirelancs.org.uk
twitter.com/changegrowlive
www.facebook.com/Inspire.CentralLancs

The Well - 01524 415919
info@thewell2.co.uk
www.thewellcommunities.co.uk

Physical activity

Salt Ayre Leisure Centre, Lancaster
01524 847540
www.lancaster.gov.uk/salt-ayre-leisure-centre

South Cumbria

Stopping Smoking

Pharmacy Smoking Cessation Service. A list of pharmacies to access support can be found at:
www.nhs.uk/service-search/other-services/Stop-smoking-services/LocationSearch/1846

Alcohol and drugs

Unity
Barrow - 01229 207020
Kendal - 01539 244004
www.gmmh.nhs.uk/unity

CADAS - **0800 2 54 56 58**
www.cadas.co.uk

The Well - **01229 829832**
www.thewellcommunities.co.uk

Physical activity

Kendal Leisure Centre, Kendal
www.better.org.uk/leisure-centre/south-lakeland/kendal

Park Leisure Centre, Barrow in Furness
01229 871146
www.lifeleisurebarrowpark.com/

Ulverston Leisure Centre, Ulverston
www.better.org.uk/leisure-centre/south-lakeland/ulverston

Active Cumbria
www.activecumbria.org/behealthybeactive/physical-activity-search/

Health and Wellbeing Coaches (HAWCs)

For information about support available and how to access visit:
www.cumbria.gov.uk/publichealth/hawcs.asp

Or call and ask to speak to the on duty Health and Wellbeing Coach for your area:

Allerdale and Copeland: **0300 303 3589**
Barrow and South Lakes: **0300 303 2704**
Carlisle and Eden: **0300 303 3249**

Free Online support Apps

(Available via iOS App store and Google Play store)

NHS Better Health - provides individual plans and support to; lose weight, eat healthier, quit smoking and get active
www.nhs.uk/better-health

The ORB - you can select and add online services/apps relevant to you. If you want to; lose weight, manage a condition, quit smoking, book a council service or get help & advice you can centralise access through the ORB app, making it easier to use digital services when you need them. Search “**ORB Universe**”.

Are you Set for Surgery?

Local resource guide

Produced October 2020 – NB) To help keep people safe during the pandemic some organisations may have adjusted how they provide services