

COMPAS

DANISH RESEARCH CENTER FOR EQUALITY IN CANCER

Work Package Title: WP6 – PREPARE INSTEAD OF REPAIR

Aims: To develop and test the effects of a prehabilitation program consisting of intensive exercise and screening for psychological distress in patients with breast cancer receiving neoadjuvant chemotherapy.

Methods: We have completed to substudies:
Substudy 1: a retrospective study using medical records
Substudy 2: a randomized controlled trial including a pilot study including patients with breast cancer from Zealand University Hospital.

Results: Substudy 1: The medical record study showed that most patients in routine care received 85% or more of their planned chemotherapy, while dose changes were more common among patients aged 65 years or more, with overweight or comorbidity or who took prescription medications at diagnosis.
Substudy 2: The randomised controlled trial found no added effect of intensive exercise on tumour shrinkage, but women in the exercise group received more of their planned chemotherapy, had shorter hospital stays, and improved fitness and strength compared with controls.

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