

# CANCER REHAB

## NO ONE SHOULD MISS OUT



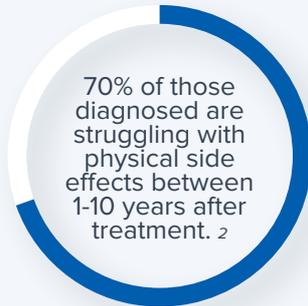
CANCER REHABILITATION

**44 million**

cancer survivors worldwide <sup>1</sup>

**18.1 million**

new diagnoses yearly <sup>1</sup>



1 in 4 people affected by cancer face poor health after treatment <sup>3</sup>



Over 70% need emotional support <sup>3</sup>



2 in 5 are affected by depression <sup>3</sup>



1 in 10 experience anxiety <sup>3</sup>

In the last 10 years more than 2500 randomised controlled exercise trials in cancer have been published and there is more evidence on the benefits of exercise oncology to become the standard of care than for heart disease. <sup>4</sup>



Yet one to two thirds of people living with or beyond cancer are completely inactive. <sup>5</sup>

**There is increasingly strong evidence that cancer rehabilitation can both prevent and manage these side effects.** <sup>2</sup>



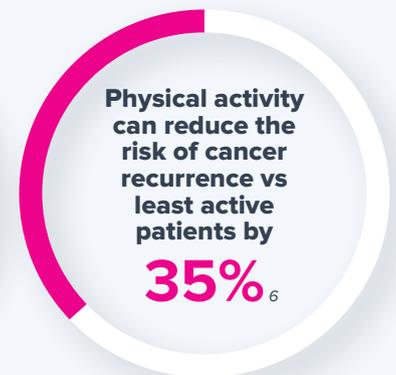
A global coalition of **40** leaders from **17** organisations worldwide said in a call-to-action report that current oncology practice is **"failing those with cancer"** with regards to prescribing exercise rehab. <sup>1</sup>

It is recognised that those with cancer have rehabilitative needs throughout their care pathway. Cancer rehabilitation can be **preventative, restorative, supportive and palliative.**

The evidence is growing that cancer rehabilitation can benefit those with a cancer diagnosis across a wide range of outcomes.



Yet in many regions only **5%** of those with a **cancer** diagnosis are being referred to **rehabilitation.**



**The World Health Organization (WHO) defines health as "not merely the absence of disease, but a state of complete physical, mental and social well-being". Cancer rehabilitation helps to restore health for those who have had a cancer diagnosis.**

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