Encouraging patients to exercise during and after treatment has been shown to improve their
physical ability to function, lift their mood and potentially even lower their chance of recurrence. In this e-grandround, one of the key figures behind the landmark ‘Glasgow Study’ presents the evidence so far on benefit to patients and the cost–benefit to health services, and takes a look at a pioneering initiative to promote specialist exercise programmes for breast cancer patients.

What do you think?

- Should exercise be routinely prescribed as part of a patient’s overall treatment plan?
- Does your centre have formal access to exercise rehabilitation?

You can read the article here . Press the comment button at the end and share your views.