

## PREHABILITATION

Prior to surgery, our patients undergo prehabilitation. This is the process of enhancing functional capacity of the individual before an operation to enable him or her to withstand the stress of surgery. It has been shown that poor baseline physical performance capacity and poor nutritional status increase the risk of complications after major surgery and prolong recovery.

Throughout the years, the membership has changed, but the drive and passion to keep improving Karmanos for the next patient lives on. A plaque honoring all past and current members hangs in the Thomas Agnott Board Room at Karmanos Cancer Institute where the monthly meetings are held. Valerie Fred, operations support specialist at Karmanos, has had the privilege to lead this council throughout the past 20 years.

## WHAT DOES PREHABILITATION ENTAIL?

**Medical Optimization** – Optimization of the patient's medical status before surgery is needed, and is obtained by adjusting medications and monitoring vital signs.

**Physical Activity Program** – This program aims to increase aerobic capacity, and muscle and core strength. Preoperative physical exercise is associated with less postoperative complications and shorter length of stay in abdominal surgery patients, and can improve pre and postoperative physical function.

**Nutritional Plan** – A patient who is undernourished before surgery has greater risk of morbidity and mortality. The primary goal of nutrition therapy during the perioperative period is to optimize nutrient stores pre-operatively and provide adequate nutrition to compensate for the catabolic response of surgery post-operatively.

**Strategies to Cope with Anxiety** – The preoperative period can be associated with increased anxiety and fear. Our patients are evaluated by trained psychologists who provide education on relaxation and breathing exercises and anxiety reduction techniques.



## FOR OUR FAMILIES

The Hospitality House at McLaren provides a convenient, comfortable and low-cost housing option for people who are traveling long distances to receive care.

G-3170 Beecher Road  
Flint, MI 48532

For reservation information,  
please call (810) 820-9800.

[mclaren.org/hospitalityhouse](http://mclaren.org/hospitalityhouse)



4100 Beecher Road, Flint, MI 48532  
Phone: (810) 342-3801  
Fax: (810) 342-3856

[KARMANOS.ORG/FLINTCANCERSURGERY](http://KARMANOS.ORG/FLINTCANCERSURGERY)

## COMPLEX GENERAL SURGICAL ONCOLOGY



[KARMANOS.ORG/FLINTCANCERSURGERY](http://KARMANOS.ORG/FLINTCANCERSURGERY)



## CANCER TYPES TREATED

- **Soft Tissue and Endocrine Malignancies**
  - Adrenal
  - Parathyroid
  - Thyroid
- **Breast Tissue Cancers**
  - Breast cancer
- **Malignancies of the Gastrointestinal Tract**
  - Esophagus
  - Gastric
  - Pancreas
  - Gall Bladder
  - Biliary Tract
  - Small Intestine
- **Skin Cancers**
  - Basal Cell
  - Squamous Cell Melanomas
  - Merkel Cell
  - Skin adnexal tumors
  - Sarcomas
- **Neuroendocrine Tumors**
- **Peritoneal Malignancy**

## SPECIALIZED SURGERY AND TREATMENT

- **Hyperthermic Intraperitoneal Chemotherapy (HIPEC)**
  - Targeted treatment for peritoneal carcinomatosis (cancer involving the peritoneal cavity). Improved survival in certain patients with cancer of the appendix, colon, stomach, ovaries and mesothelioma
- **Microwave and Radiofrequency Ablation of Liver Tumors**
- **TACE (Transarterial Chemo-embolization) and Y-90 (Yttrium Radioembolization)**
- **Isolated Limb Infusion and Perfusion**

## MINIMALLY INVASIVE SURGERY

- **Robotic Surgery**
- **Laparoscopic Surgery**
  - Small incisions
  - Early recovery
  - Less pain

### Hospital Affiliations

McLaren Flint

### Office

4100 Beecher Road, Suite A

Flint, MI 48532

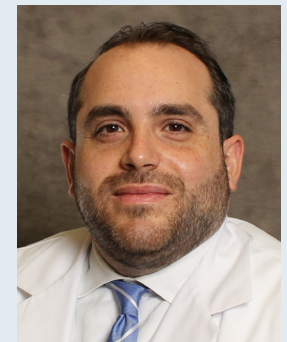
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