



We would like the opinions of individuals with **pancreatic cancer** (and their loved ones or carers) to shape the implementation of future **physical activity, nutrition and well-being activities** to improve the outcomes of pancreatic cancer.



We are carrying out a survey to find out how the outcomes and quality of life for individuals with pancreatic cancer can be improved through implementing prehabilitation (physical activity, nutritional and well-being activities).

What is prehabilitation? Prehabilitation enables people with cancer to prepare for treatment or improve quality of life through promoting healthy behaviours and through needs-based prescribing of exercise, nutrition and psychological (well-being) interventions. (Adapted from Macmillan)

Why do we need your opinion? Pancreatic cancer UK recommends that **everyone** with pancreatic cancer should have access to prehabilitation. Therefore, the aim of the survey is to provide guidance from individuals (and their family members/carers) themselves for the implementation of future exercise, nutrition and well-being activities.

What do I need to do? We invite both individuals with pancreatic cancer and their family members to complete the survey. The survey should take **no longer than 10 minutes**, is **anonymous** and asks questions such as what prehabilitation activities might be beneficial.

Are you interested? The [link here](#) provide access to some additional information and the survey itself.

(https://lancasteruni.eu.qualtrics.com/jfe/form/SV_24fgDLuPp4LEEQK)

Any Questions? Contact L.wrench@lancaster.ac.uk