



Stephanie Chisolm:

Welcome to Moving through Bladder Cancer: How Physical, Mental and Emotional Exercise Impacts your Treatment and your Mental Health. BCAN would like to thank Scott and Mark's company's NERDbody and Bluerisa for donating their time to do this program for you. This program is occurring in early January and many people traditionally have made New Year's resolutions to get back into physical exercise this time of year.

We know that staying active during and after bladder cancer treatment can really impact a patient's quality of life as well as their outcomes for treatment. BCAN is delighted to welcome Massachusetts General Hospital, Brigham and Women's Hospital urologist, Dr. Matt Mossanen. He is here and joined by patient advocate, Scott Eriksson and exercise professional, Mark Block for today's program.

They're going to share why it's important to be physically fit during treatment and they're going to give you some tips on how to incorporate more movement into your everyday life. It doesn't mean you have to go to the gym. It doesn't mean you have to set aside huge blocks of time. I think that they both have some very good tips for how you can fit exercise into your day.

So I think this is exciting. I would really like to turn this over right now to our speakers. So Dr. Mossanen, if you want to take it away. I'm going to fade into the background and then Scott and Mark will put your slides up right afterwards.

Dr. Mossanen:

Thank you very much Stephanie and Morgan and BCAN for this wonderful opportunity. This is very exciting to have the chance to talk a little bit about exercise and the importance of improving mental and physical health. I think my section of this talk, and I'm eager to hear the other two speakers, is going to be mostly on what the surgeon's perspective might be. I think a healthier patient that's able to get a little bit more exercise and improve fitness has countless benefits for their general health, their overall wellbeing, and I think that's going to be discussed well.

But I think what I wanted to do is just take a moment to maybe highlight some of the surgical reasons why it might be good to improve health. We're talking about physical health and of course the psychological benefits of exercise and activity as well. A new bladder cancer diagnosis is obviously something that can be very stressful.

So first and foremost, being able to be active is an opportunity to be an outlet for patients that might be facing a diagnosis for the first time and juggling multiple possible treatment options. Another reason

why I think exercise is important is because once a patient does undergo treatment, a patient with good fitness might be able to tolerate that treatment better.

One of the most relevant examples I think is for patients undergoing a major operation like a radical cystectomy with a urinary diversion. A healthier patient that is more active prior to surgery might have a better recovery afterwards. So a lot of surgeons are thinking about things like rehabilitation or exercise and activity and diet and mental health recommendations before surgery to improve a patient's fitness so that when they do undergo a major recovery like after a cystectomy which can take several months, then they're better able to recover.

And if they have a complication or problem after surgery, then a healthier patient might be better able to withstand that complication. So it's clear everyone in this room thinks that exercise is great and surgeons love it. We love when patients say I exercise multiple times per week. But I think the challenge and what I'm hoping I'm going to be learning along with everyone else here is what are some pragmatic ways to help patients become more active, to improve their fitness, to have better mental and physical health so that not only are they better able to tolerate whatever bladder cancer treatment they receive, but to also just be healthier in general and to have better wellbeing.

So those are my two cents on that and I'm looking forward to moving to the next part of the talk and hearing the other two speakers and all of their insights. So I'm going to pass it along and move into the background as well.

