

EXERCISE IS CHANGING CANCER CARE



WRHN is home to the
Regional Cancer
Program and Cancer
Center



15,500+ Cancer
Patients receiving care
at WRHN each year



Participation in Research
studies is offered to
eligible patients

From 2009-2024, WRHN took part in an important Canadian study on exercise for colon cancer patients.

The results of the study were encouraging:

- About 80% of patients were alive five years after participating in the exercise program.
- Regular exercise lowered the risk of death by about one-third.
- Exercise reduced the chance of cancer coming back or developing again.

The results from the above study drove oncologists and scientists at WRHN to prioritize local studies on exercise for cancer patients.

Study 1

Exercise Outcomes in Metastatic Prostate Cancer

How exercise affects physical strength and thinking ability in men with advanced prostate cancer.

Study 2

Arm Function in Breast Cancer

Identify the types of arm mobility issues and common symptoms caused by radiation in breast cancer patients.
Use this information to develop treatments that help reduce arm mobility issues.

Study 3

Exercise Barriers in Cancer Patients

Understand what makes it hard for people from different income and background groups to exercise and find ways to help.

Use survey results to create easier, more accessible exercise options for WRHN patients and others.

Make sure these exercise programs are fair, practical, and easy to stick with over the long term.

[Learn more about how Research in a community hospital is funded](#)





WRHN is a community teaching hospital. We rely on grants, sponsored studies, external funding, and the generosity of donors to make research possible.

Every discovery takes trained people, time, and resources.

This is where donors make the difference

Your support fuels the resources needed to plan, conduct, analyze, and publish rigorous research. Helping create the evidence we need to improve care for patients in our community and beyond.



Patient Testimonial

"The study exercise program gave me the motivation and energy needed to recover from the harsh effects of chemotherapy.

It also connected me with other patients who truly understood the journey.

After the study, I was able to return to practicing karate.

Staying active during and after treatment helped me manage the side effects, physically and mentally.

I truly hope these study results will encourage physicians to prescribe exercise part of standard cancer care."