EX-MED Cancer is the result of years of research, refined by extensive consultation with cancer patients and health professionals, that is informed by multisector expertise. EX-MED Cancer enables patients to access targeted exercise medicine specifically designed to counteract the negative effects of cancer and its treatment.

WHO IS EX-MED CANCER FOR?
EX-MED Cancer is now open to ALL people with cancer. Patients with any type and stage or cancer, at any point before, during or after treatment are eligible to participate. The program is tailored to each person’s individual needs based on their type and stage of cancer, the treatments they have had, are receiving and/or will receive, any side-effects they are experiencing, their overall health status and their functional ability.

WHAT DO PATIENTS RECEIVE?
All cancer patients receive an individualised cancer-specific exercise prescription that is personalised to their unique needs. They participate in a 4-month structured, supervised, program delivered by oncology specialist exercise physiologists in community-based exercise facilities (i.e. local gyms and leisure centres close to patients home or work). Patients receive 3 x 1 hour individual sessions, 36 x 1 hour group-based sessions and a 4-month gym membership. Patients also receive a personalised plan for their ongoing exercise program.

WHAT ARE THE EXPECTED OUTCOMES?
Based on our Victorian Government funded evaluation of over 200 patients, participants in EX-MED Cancer should expect a 10-23% improvement in physical function; 21% reduction in cancer-related fatigue; 10% reduction in distress, depression and anxiety symptoms; and a 7-14% improvement in quality of life among other benefits. No serious adverse events occurred and only 8% of participants discontinued the program. During qualitative interviews, patients identified profound changes to their lives, not just to their physical and mental wellbeing, but also to their ability to move past cancer and re-engage more fully in all aspects of their life.

WHERE IS EX-MED CANCER DELIVERED?
We aim to open more locations in metropolitan and regional areas as soon as possible [pending funding] and are working towards national implementation across 5 locations Australia-wide.

HOW MUCH DOES EX-MED CANCER COST?
As a not-for-profit organisation we are committed to keeping costs as low as possible to enable access to as many cancer patients as possible. The patient fee is ~$30 per week for 4 months which equates to a total cost of $500. This cost is over 60% cheaper than industry standard rates. Over 90% of patients involved with the EX-MED Cancer evaluation reported their willingness to pay a fee in line with this cost.

HOW CAN I REFER MY PATIENTS?
It takes 30 seconds to refer a patient to EX-MED Cancer. Health professionals are asked to provide their patients name and phone number using any of the following options:
- Website – www.exmedcancer.org.au/enrol-or-refer
- Phone – 1300 EX-MED Cancer (1300 396 332)
- Email – exmedcancer@exmedcancer.org.au
- Text Message – 0421 943 875
There is no waitlist involved with EX-MED Cancer. As soon as you refer your patients the EX-MED Cancer team will contact them within 24 hours and initiate the process for them to begin their exercise program.