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**Press Release**

**Trust breast cancer patients advised to exercise to improve chances of survival**

More than 70 breast cancer patients have joined a physical exercise programme at Russells Hall Hospital to improve their health during treatment and increase their chances of surviving the illness.

The Dudley Group NHS Foundation Trust has seconded the services of a dedicated physiotherapist, funded by the Greater West Midlands Cancer Network, to encourage patients to walk or take moderate exercise up to half an hour a day for five days a week.

“Data from studies around the world suggests women who do additional activity can reduce their risk of dying from breast cancer by 50 per cent,” says Mrs Amtul R Carmichael, Consultant Breast Surgeon for the Trust.

“We know from our own studies that exercise improves patients’ quality of life, it makes them fitter and feel better,” she adds.

The exercise programme is proving to be very popular with breast cancer patients and our future plan is to expand the service to patients across the West Midlands.

“Our patients tell us this service has changed their lives and allowed them to turn the corner in their breast cancer care and treatment,” says Sarah Williams, senior physiotherapist for the Trust, who runs the exercise programme.

\*\*\*ENDS\*\*\*

For more information, please call Jackie Dietrich, Communications and Engagement Officer, The Dudley Group NHS Foundation Trust on (01384) 456111 extension 1423.