# Press Release | 28 Sep 2020

**QEH launches major bladder cancer pilot**

**The Queen Elizabeth Hospital King’s Lynn and Anglia Ruskin University are collaborating to launch an important study into bladder cancer.**

**Dr Cristian Ilie, Urology Consultant at the Queen Elizabeth Hospital in King’s Lynn and Dr Lee Smith, Reader in Physical Activity and Public Health at Anglia Ruskin University are working on a study aiming to look at how a physical activity intervention at bladder cancer diagnosis could improve patient outcomes.**

**Dr Lee Smith said: “It is widely known and recognised that physical activity has benefits for a range of diseases such as heart disease or strokes, but we want to look directly at the effects exercise has on patients newly diagnosed with bladder cancer.**

**“Some patients with bladder cancer see an increase in incontinence or are fitted with a stoma, these symptoms can often have a direct effect on patient mental health and wellbeing. The project also aims to look into how regular exercise can improve mental health for those living with bladder cancer.”**

**This pilot study will run for a year, with 30 volunteers, comparing 15 volunteers who are on the exercise intervention and 15 patients who are not. The participants will be aged between 60 to 70 years old, overweight and living a sedentary lifestyle.**

**Backed by Action Bladder Cancer UK, who have supplied the team with a £10k grant to run the study, the research includes an expert advisory board, including healthcare professionals, physiotherapists and personal trainers, who will work together to develop the physical exercise programme.**

**Dr Ille said: “I’m very proud to be a part of this QEH-lead research study. While similar interventions have been made into different cancers and other diseases, it’s important that we continue to look at holistic patient care, rather than just the medical and clinical sides. That way, we can offer our patients the best care possible.**

**“We are hopeful for a successful pilot study that we can roll out nationally, so we can continue to support more patients with bladder cancer in the future.”**

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