

# Multimodal lifestyle optimization before, during, and after treatment for non-small cell lung cancer

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## Stellingen behorende bij het proefschrift:

### Multimodal lifestyle optimization before, during, and after treatment for non-small cell lung cancer

*From pretreatment assessment to (p)rehabilitation for improving treatment tolerance*

1. Regardless of age, patients with non-small cell lung cancer (NSCLC) should perform a pre-treatment risk assessment using physical and nutritional tests to determine treatment risks. (This thesis)
2. Physical prehabilitation in patients with NSCLC contributes to reducing postoperative complications and shortening length of hospital stay. (This thesis)
3. It is necessary to provide patients with adequate information regarding the goals and effects of prehabilitation. (This thesis)
4. During prehabilitation and rehabilitation, loved ones play an essential role in providing emotional support, practical assistance, and encouragement to patients. (This thesis)
5. A healthy lifestyle, including regular physical exercise, a balanced diet, sufficient sleep, stress management, and avoidance of risk factors such as smoking, can contribute to reducing the risk of various diseases and promoting overall well-being. (ZonMw)
6. By considering the social environment, lifestyle, and personal goals of the patient, the physical therapist can develop a tailored treatment that focuses not only on improving physical function, but also on promoting overall well-being and quality of life for the patient. (KNGF)
7. Prevention is better than cure. (Quote, D. Erasmus)
8. Prehabilitation and rehabilitation aimed at improving treatment outcomes should be individually tailored and continuously adjusted to the patient's needs and abilities.
9. It is much more important to know what sort of a patient has a disease than what sort of a disease a patient has. (William Osler)