



## Preoperative Optimisation in Patients Undergoing Cancer Surgery

Guest Editors:

### Dr. Daniel Steffens

1. Surgical Outcomes Research Centre (SOuRCe), Royal Prince Alfred Hospital, Sydney, Australia  
2. Faculty of Medicine and Health, Central Clinical School, The University of Sydney, Sydney, Australia

### Dr. Cherry Koh

1. Colorectal Surgeon, Royal Prince Alfred Hospital, Sydney, Australia  
2. Faculty of Medicine and Health, Central Clinical School, The University of Sydney, Sydney, Australia

Deadline for manuscript submissions:

**20 June 2025**

### Message from the Guest Editors

Dear Colleagues,

For selected patients presenting with cancer, surgery with or without chemoradiotherapy is the mainstream treatment option, with the main aim of removing all cancer cells. Despite the improved survival benefits, postoperative morbidity is still high.

Recently, prehabilitation was introduced to enhance general health before cancer surgery. There is some evidence suggesting that preoperative medical, physical, nutritional and psychological interventions may reduce postoperative morbidity rates, facilitate recovery and improve subsequent quality of life. However, the evidence around the effectiveness of preoperative optimisation is still in an embryonic phase.

This Special Issue will cover all aspects of preoperative optimisation, including but not limited to:

1. Original studies or systematic reviews evaluating the effectiveness of preoperative interventions;
2. Measures of association between preoperative factors;
3. Evidence gaps in prehabilitation, including research priorities and limitation of the current evidence;
4. Applicability of different prehabilitation modes, including telehealth interventions.

Dr. Daniel Steffens  
Dr. Cherry Koh  
*Guest Editors*





an Open Access Journal by MDPI

## Editor-in-Chief

### Prof. Dr. Samuel C. Mok

Department of Gynecologic  
Oncology and Reproductive  
Medicine, The University of Texas  
MD Anderson Cancer Center,  
Houston, TX 77030, USA

## Message from the Editor-in-Chief

*Cancers* is an international online journal addressing both clinical and basic science issues related to cancer research. The journal is publishing in Open Access format, which will certainly evolve to ensure that the journal takes full advantage of the rapidly changing world of information and knowledge dissemination. It publishes high-quality clinical, translational, and basic science research on cancer prevention, initiation, progression, and treatment, as well as other related topics, particularly to capture the most seminal studies in the rapidly growing area of immunology, immunotherapy, and tumor microenvironment.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, SCIE (Web of Science), PubMed, PMC, Embase, CAPlus / SciFinder, and other databases.

**Journal Rank:** JCR - Q1 (Oncology) / CiteScore - Q1 (Oncology)

## Contact Us

---

Cancers Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
[www.mdpi.com](http://www.mdpi.com)

[mdpi.com/journal/cancers](http://mdpi.com/journal/cancers)  
[cancers@mdpi.com](mailto:cancers@mdpi.com)  
[X@Cancers\\_MDPI](https://twitter.com/Cancers_MDPI)