

# STRONG for Surgery & Strong for Life - Intensive Prehabilitation for Risk Reduction in Ventral Hernia Repair

NCT06611462

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Bispebjerg Hospital
<b>Enrollment</b>	400 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Participants ≥18 years scheduled for ventral hernia repair (defect smaller than 8cm)
- Enough time for at least 4 weeks of prehabilitation
- Screened positive for at least 1 risky SNAP factor
- Signed informed consent

### Exclusion (6)

- Ventral hernia repairs with defect larger than 8 cm
- Pregnancy/breastfeeding
- Allergy/other contradiction to pharmaceutical and/or nutritional support
- Contradiction to exercise
- Previous complicated alcohol withdrawal symptoms (delirium or seizures)
- ... and 1 more (see full listing online)

## Locations (3 total)

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Copenhagen University Hospital at Herlev, Herlev, Denmark  
Holbæk Sygehus, Holbæk, Denmark  
Zealand University Hospital, Køge, Denmark