



Newsletter

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BREAST CANCER SURVIVORSHIP

BY HOLLIE NEUJAH, DPT, CLT

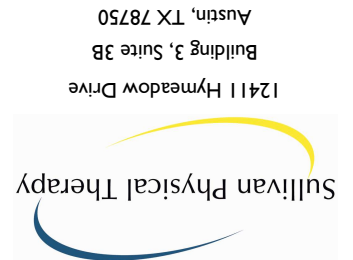
Statistics from 2008 estimate that in the United States the incidence of breast cancer is about 13%, or one in every eight women. Approximately 2.5 million women in the United States are breast cancer survivors. Breast cancer survivorship encompasses the entire journey to recovery from diagnosis through treatment, to enhancing quality of life as a breast cancer survivor. *Cure Magazine* emphasizes the importance of a high quality continuum of care following cancer treatment with "The Survivor's Map," which defines survivorship as a lifelong "prescription — bearing its own set of guidelines, and finally, its own treatment plan." Experts in the American Cancer Society of Clinical Oncology recommend patients utilize notebooks to journal important information about meetings, support groups, and appointments. In addition, it is recommended a health care team including nutritionists, exercise specialists, and rehabilitation specialists be utilized to address symptoms pertinent to each area of specialization.

The *Journal of Clinical Oncology* recognizes the possible functional impacts of breast cancer include physical function decline, bodily pain, and decline in sexual function. In addition to the symptoms, it is important to recognize that they will differ amongst age groups and individuals in both severity and the individual impact on quality of life.

Physical therapy specializing in oncology rehabilitation focuses on enhancing breast cancer survivorship and quality of life during and after treatment. Specific symptoms patients experience may include cancer-related fatigue, sexual dysfunction, urinary incontinence, pelvic pain, education prior to breast surgery, post surgery treatment for shoulder range of motion, lymphedema prevention and management, scar tissue management, and postural restoration. Cancer treatment may leave survivors with lifelong health issues requiring ongoing medical care, and survivorship can be enhanced with the best resources. A physical therapist is the appropriate person to address for the above listed symptoms. In addition, www.curetoday.com 2009 Edition Cancer Resource Guide is also a wonderful place to find recommendations and information on how the cancer survivor can achieve the highest quality of life.

Touching Cancer Patients

Massage therapy has shown to provide distinct benefits to those diagnosed with cancer. A recent survey finds that "more than 75 percent reported that massage therapy was effective in reducing fatigue, creating a general feeling of wellness, and improving sleep quality and their ability to think clearly," the authors for the Division of General Internal Medicine and Breast Clinic, Mayo Clinic. Perhaps the foremost advantage that massage therapy provides for the cancer patient is the avenue in which to reclaim their bodies. Nurturing touch allows the person to reconnect with the whole body or parts of the body that they have disassociated with after trauma or illness. Massage can be a safe and effective way to promote quality of life.



CANCER AWARENESS MONTHS

September: National Ovarian Cancer Month, National Prostate Cancer Awareness Month

October: National Breast Cancer Awareness Month, National Mammography Day (Oct. 16th)

November: National Family Caregivers Month

Current Events

Pelvic Pain Support Group:

Next support group meets at Sullivan Physical Therapy on Monday, September 14th at 6pm.

Denise Edmiston, L.Ac., LCSW will speak about acupuncture and how this type of therapy treats conditions associated with pelvic pain.

*Support group meets first Monday of every month at Sullivan Physical Therapy from 6-7pm.

Healthy Woman Anniversary Celebration:

Sullivan Physical Therapy will be a participating sponsor at the Healthy Woman Anniversary Celebration through Cedar Park Regional Medical Center on **Thursday, November 12th**. Please check www.cedarparkregional.com for more details about this event.

Follow Sullivan Physical Therapy on Twitter!

Our tweets will keep you informed about current events and updates regarding health and wellness. You can link directly from our website, www.sullivanphysicaltherapy.com or search our username: @SPTclinic.