

CANCER REHABILITATION SERVICES

Living Well While Living with Cancer

Rehabilitation Care with David Zucker, M.D., Ph.D.



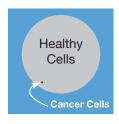
David Zucker, M.D., Ph.D.

Fatigue and reduced ability to participate in everyday life are among the most common side effects of cancer and its treatment. Like the front and back of a hand, they go together and undermine quality of life.

As a national leader in address-

ing these important issues, Swedish Cancer Institute offers cancer rehabilitation. Onco-physiatrist (cancer rehabilitation specialist) David Zucker, M.D., Ph.D., medical director of cancer rehabilitation services, works with you to help minimize your fatigue and improve your quality of life while living with cancer. Participation in this component of the whole treatment package at the Institute is important to your recovery and well-being. Recent research demonstrates the value of cancer rehabilitation. We see patients benefiting from onco-physiatry care in our clinic every day.

Cancer is only a small part of you as a whole person. You have trillions and trillions of healthy cells. These healthy cells are helping get you through the challenges of treatment every day. Being actively



involved as the steward of your healthy cells is the key to living well while living with cancer. You can minimize the impact that cancer has in your everyday life. At the same time that your surgeon, medical oncologist and radiation oncologist focus on your cancer, your onco-physiatrist is focused on helping you:

- Enhance your well-being and quality of life while living with cancer
- Learn how to minimize fatigue, pain and emotional distress
- · Better tolerate the rigors of treatment
- Engage as fully as possible in everyday life

Training for Treatment

Athletes have to prepare well for any physically demanding event. While a far cry from an athletic event, cancer treatment is nonetheless physically demanding. You may be surprised to learn that the same training principles that apply to an athlete also apply to cancer patients. The bottom line is that,



Whole-Person Care Surgery Medical Oncology Radiation Oncology Onco-physiatry

by avoiding inactivity and turning your attention to enhancing the vitality of your healthy parts — mind, body and spirit — you become a more active participant in your care. By increasing your physical and mental fitness, you gain some control in what otherwise may seem to be an uncontrollable situation. We call this "Training for Treatment." Onco-physiatry consultation is the doorway to this aspect of whole-person care at the Swedish Cancer Institute.

To make an appointment with Dr. Zucker or to learn more call 206-215-6333.

CANCER REHABILITATION SERVICES

First Hill
1101 Madison, Suite 200, Seattle WA 98104
T 206-215-6333
www.swedish.org