

CANCER REHABILITATION MEDICINE SERVICES

Living Well Before, During and After Treatment for Cancer



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Medical Director

Learning that you have cancer can unexpectedly disrupt your life. Some people feel helpless and discouraged because their life has abruptly changed direction. Cancer and its treatment can cause tiredness, weakness, pain and sick feelings making it hard to do things. They can also cause emotional distress.



Aliea Herbert, M.D., MPH

Yet cancer is only a small part of you as a whole person — you have trillions and trillions of healthy cells. These healthy cells will help you get through the challenges of treatment and recover more quickly. And, better yet, you can learn how to help them do this by keeping them as

strong and healthy as possible before, during and after treatment.

Training for treatment

Being treated for cancer is similar to running a marathon — it takes stamina and training. You may be surprised to learn that the same training principles that apply to athletes and people living without cancer also apply to cancer patients. By learning to increase your physical, emotional and mental fitness with an individualized cancer rehabilitation plan, you gain realistic control in what may seem to be an uncontrollable situation.

At the same time that your surgeon, medical oncologist and radiation oncologist focus on your cancer, your cancer rehabilitation physician is focused on helping you:

- Prepare for the challenges of treatment before you start with “prehabilitation”
- Learn how to minimize fatigue, pain and emotional distress
- Engage as fully as possible in everyday life
- Better tolerate the rigors of treatment
- Enhance your well-being and quality of life before, during and after treatment

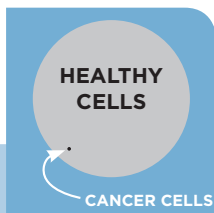
Creating a plan for you

With your cancer rehabilitation physicians at the Swedish Cancer Institute (SCI), you will work with an expert team that includes physical, occupational and speech-language therapists, nutritionists and other supportive care providers.

Participation in this component of comprehensive care at the SCI is integral to your recovery and well-being, and supports you in reaching your activity goals. Your cancer rehabilitation plan will be created, implemented and managed based on your individual symptoms, lifestyle and goals. We look forward to meeting and working with you!



Whole-Person Care
Surgery
Medical Oncology
Radiation Oncology
Cancer Rehabilitation



Actively training 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.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-311-9127 (Swedish Edmonds 888-311-9178) (TTY:711)

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