

# Eden Private Hospital offers our C.A.R.E Program for Cancer Rehabilitation

Breast cancer is the most common cancer affecting Australian women, with 1 in 7 women developing breast cancer over their lifetime. For many years women and men who have had breast cancer were encouraged to 'rest and recover' fearing that exercise might be 'unsafe'. Research is now telling us that this medicine that is 'exercise' is safe and can not only prevent breast cancer, reduce side effects of cancer treatment but potentially reduce the risk of reoccurrence of the disease.

The chance of surviving at least five years with breast cancer has increased to 91% (2014-2018), which means more people are living longer with more side effects from treatment.

The common side effects of breast cancer and treatments include:

- Fatigue
- Lymphoedema (swelling) or cording
- Pain from radiation, scarring and post-surgery
- Reduced movement at the shoulder with reduced ability to complete normal daily activities
- Reduced bone density, body strength and fitness
- Changes to mental health, self-confidence and impact on quality of life

An individualised approach to exercise can improve someone's treatment tolerance, reduce fatigue, improve shoulder and arm function, increase strength and fitness and improve mental health and quality of life.

Our multidisciplinary team at Eden Private Hospital are experienced in supporting people at any stage of their cancer journey. Eden's focus is about making that feeling of 'life without cancer' as much of a reality as possible.

Our team can provide support through:

- Holistic assessments within a multidisciplinary team
- Treatment and rehabilitation for side effects of treatment, the impact of cancer and long term management of symptoms and prevention of recurrence
- Education and support tailored to individual's needs



**Scan to refer to  
Eden Private Hospital's  
oncology rehab program or  
call us on 1800 333 674.**

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[edenprivate.com.au](http://edenprivate.com.au)

