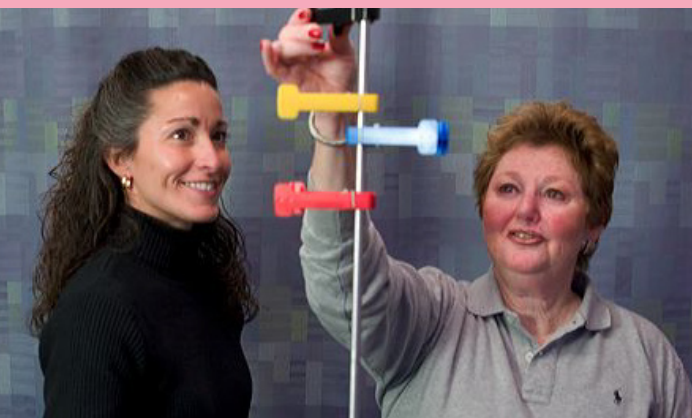


If you've had a mastectomy, or a lumpectomy with radiation therapy, the Post-Operative Breast Surgery Program at The Cancer Institute of New Jersey at Cooper will help you feel and function better. Female physical therapists who are sensitive to your needs will work with you to develop a rehabilitation program tailored to your medical situation, lifestyle, and goals.



CANCER CARE  
REHABILITATION SERVICES  
*at*

.....  
THE CANCER INSTITUTE  
of NEW JERSEY *at* COOPER  
.....

## Post-Operative Breast Surgery Program

VOORHEES COMPLEX

900 Centennial Blvd.  
Voorhees, NJ 08043

For General Information:  
1-800-8-COOPER  
(1-800-826-6737)

[www.coopercancer.org](http://www.coopercancer.org)

*We're committed to serious  
medicine and customer service*

Charles E. Sessa, Jr.  
*Chairman*

George E. Norcross, III  
*Vice Chairman*

Christopher T. Olivia, MD  
*President and CEO*

CANCER CARE  
REHABILITATION SERVICES

*at*

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THE CANCER INSTITUTE  
of NEW JERSEY *at* COOPER  
.....

## Post-Operative Breast Surgery Program



 **Cooper**  
University Hospital

 The Cancer  
Institute of  
New Jersey<sup>SM</sup>  
*at* Cooper

Most women with breast cancer have some type of surgery. If you've had a mastectomy, or a lumpectomy with radiation therapy, the Post-Operative Breast Surgery Program at The Cancer Institute of New Jersey at Cooper will help you feel and function better. Our comprehensive individualized rehabilitation program can help you:

- Increase your mobility
- Decrease your pain
- Restore your normal function
- Regain your strength
- Increase your aerobic capacity and endurance
- Improve scar and skin mobility
- Lower your risk for lymphedema (arm swelling).

Female physical therapists who are sensitive to your needs are available at three convenient locations: Voorhees, Haddonfield, and Camden.

### COMPASSIONATE, ONE-ON-ONE CARE

Our female physical therapists are experienced in working with women with breast cancer. Your therapist will work with you one-on-one to develop a rehabilitation program tailored to your medical situation, lifestyle, and goals. Your rehabilitation program will include:

- Hands-on manual therapy
- A structured exercise program:
  - Aerobic equipment
  - Weight (isotonic) machines, resistive bands, and free weights
  - A core stabilization program (your "core" [torso] muscles help you stay balanced, move more efficiently, and improve your posture, while reducing the risk of injury)
- Education on ways to lower your risk for lymphedema\*
- Instruction in a home exercise and self-care program.

\* Women who have had surgery that includes removal of axillary (armpit) lymph nodes or radiation therapy

for breast cancer may be at risk for developing lymphedema, a chronic, lifelong condition. The surgical removal of axillary lymph nodes and/or radiation therapy in the axillary region can adversely affect the flow of lymphatic fluid in the arm and breast area, causing abnormal accumulation of this protein-rich fluid in the arm. The excess lymphatic fluid builds up, causing swelling called lymphedema. The best way to manage lymphedema is to prevent it. Our program will teach you the signs of lymphedema and ways to reduce your risk for developing it.

### HOW THE POST-OPERATIVE BREAST SURGERY PROGRAM WORKS

You can start your post-operative breast surgery rehabilitation program as soon as your doctor says you're ready. Some women start as early as two or three weeks after surgery. You can participate in your rehabilitation program during other cancer treatment, or after you've completed your treatment.

A typical post-operative breast surgery rehabilitation program is 12 sessions, 2 or 3 times a week. Your physical therapist will work with you to develop a home exercise and self-care program so that you can continue your recovery after completing your on-site rehabilitation program.

### INSURANCE COVERAGE

Most types of insurance cover cancer rehabilitation services. For women who have had a mastectomy, the Women's Health and Cancer Rights Act of 1998 requires group health plans that cover mastectomies to also cover post-operative rehabilitation services.

### CONVENIENT LOCATIONS

- Voorhees:** 6225 Main Street, (856) 325-6674  
**Haddonfield:** 132 Grove Street, (856) 795-9330  
**Camden:** Three Cooper Plaza, Suite 111, (856) 325-6674

### INFORMATION OR APPOINTMENTS

For more information, or to schedule an appointment, please call (856) 325-6674.

### ABOUT THE CANCER INSTITUTE OF NEW JERSEY AT COOPER

The Cancer Institute of New Jersey at Cooper is part of The Cancer Institute of New Jersey, a National Cancer Institute (NCI)-designated Comprehensive Cancer Center. Comprehensive Cancer Centers are leaders in cancer treatment, research, and education. The Cancer Institute of New Jersey at Cooper is also the only cancer program in South Jersey designated by the American College of Surgeons as a Teaching Hospital Cancer Program.

Within The Cancer Institute of New Jersey at Cooper, teams of doctors—medical oncologists, radiation oncologists, and surgeons—work together to provide the best possible care for cancer patients. The Cancer Institute of New Jersey at Cooper has seven specialized centers: breast cancer, gastrointestinal cancer, genitourinary cancer, gynecologic cancer, leukemia/lymphoma, lung cancer, and neuro-oncology (brain tumors).

