

# Fight Back, Live Well



## Pre, During and After Treatment

- Looking to return to work?
- Are you tired of being tired?
- Hoping to make life at home easier?
- Unsure of appropriate exercise?

Our Cancer rehabilitation program is designed to help you manage the side effects associated with Cancer and its treatment. Addressing these side effects before, during and after treatment can help you improve your quality of life, long term survival, and return to what you love with who you love.

According to the Clinical Oncology Society of Australia (COSA) position statement on exercise in cancer care, "Exercise should be prescribed to all cancer patients as a standard part of their cancer care to help manage the effects of cancer and its treatment."

Reports indicate that only 30% - 40% of people with cancer meet the aerobic exercise guidelines and it is estimated only 10% - 20% meet resistance exercise guidelines (Clinical Oncology Society of Australia).

Using interventions based on the latest research our trained staff can help you achieve your goals with individualised programs tailored to your specific needs and physical capabilities.

### Benefits of our program

Possible benefits of participating in a multidisciplinary and structured rehabilitation program include:

- Improved strength and endurance
- Improved immune function
- Improved body composition (weight management)
- Improved self esteem
- Reduced pain, fatigue, nausea, depression
- Improved overall quality of life.



“If the effects of exercise could be encapsulated in a pill, it would be prescribed to every cancer patient worldwide and viewed as a major breakthrough in cancer treatment.”

*Prof. Prue Cormie – Australian Catholic University*

As part of our program you will have access to services such as:

- Exercise Physiology
- Physiotherapy
- Dietician
- Occupational therapy
- Lymphoedema Specialists
- Day Chemotherapy Unit

For more information please contact Gosford Private Hospital's Day Rehabilitation Program (02) 4323 8101.



“Overall a great program. Kyle was very attentive and aware of how chemo made me feel on the not so good days. Thoroughly enjoyed the program. Nikki and Julie were great with Lymph help.”

*Sharon*

Gosford  
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