

STRENGTH AFTER BREAST CANCER (SABC) PROGRAM

One of the most feared complications of treatment for breast cancer is lymphedema. While the incidence rates of lymphedema are decreasing due to medical treatment advances, lymphedema is still a potential side effect for many people affected by cancer. Fortunately, early education, recognition and intervention by specially trained rehabilitation professionals can help reduce the effects.

What is the SABC Program?

This slowly progressed weight training program for individuals with breast cancer helps reduce the onset of or exacerbations of lymphedema. The program is based on studies performed by Kathryn H. Schmitz, Ph.D., one of the world's experts on exercise in cancer. Dr. Schmitz's work evaluated the effects of weight training in people with breast cancer ... both with lymphedema and those at risk for lymphedema.

Benefits of the SABC Program

- Evidence-based, safe exercise program for people affected by breast cancer
- Reduced lymphedema exacerbations in persons with lymphedema
- Reduction in the risk of developing lymphedema for the highest risk patients – those with five or more lymph nodes removed
- Reduction in the decline of physical function
- Improved energy, strength and body image, as well as reduced body fat

What to Expect with the SABC Program

- Evaluation and education by a lymphedema specialist on day one
- Four additional supervised training sessions spread throughout eight to 12 weeks to help ensure safe and effective exercise performance
- Instruction in a comprehensive exercise program that involves stretching, strengthening and aerobic conditioning, consistent with the American College of Sport Medicine's recommendations for exercise prescription for people affected by cancer
- A focus on slow and steady progression
- Supervised visits that include evaluation for other functional issues which may require additional specialized therapy

Is Cancer Rehabilitation Covered by Insurance?

Yes. It is billed to your insurance like any other services that a physical or occupational therapist provides. It follows the specific rules of each individual insurance plan, which may require a deductible, co-insurance or co-pay.

About ReVital

ReVital is an innovative oncology rehabilitation program designed exclusively for people affected by cancer. Our specially trained therapists work closely with you and your oncologists to create a personalized treatment plan . . . one that is unique to you and your goals. Utilizing physical, occupational, speech and/or cognitive therapies, our ReVital specialists address pain, fatigue, neuropathy and many other cancer-related side effects with encouragement and compassion. From diagnosis through survivorship, ReVital can help you regain strength, physical function, comfort and independence. Your quality of life is important to us. As part of your cancer care team, we want you to live well beyond cancer.