



## BREAST HEALTH & REHABILITATION CENTER

August 2008

Elizabeth Rummer, MSPT  
Stephanie Prendergast, MPT  
Elizabeth McBride, MSPT

### Susan G. Komen Race for the Cure



The Breast Health and Rehabilitation Center is a sponsor of the 18th Annual Susan G. Komen Race for the Cure. We look forward to meeting you at our expo booth at the finish line on Sunday, September 21st! Over the past 20 years this event has grown to be the largest series of 5K runs/fitness walks in the world. With more than 1 million participants expected to participate this year, the Race raises significant funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship, and honors those who have lost their battle with the disease. Seventy-five percent of funds raised stay local. Since 1987, The San Francisco Bay Area Affiliate has invested over \$9.0 million in local breast health and breast cancer awareness projects across the Bay Area.

### Lymphedema Management

The lymphatic system collects and filters the interstitial fluid of the body. Lymphedema can be caused by injury to the lymphatic vessels. It is most frequently seen after lymph node dissection, surgery and/or radiation therapy. In some breast cancer patients this condition does not develop until months or even years after their cancer therapy has concluded. Patients may experience fatigue, a heavy swollen limb or localized fluid

accumulation in other areas including the head, neck, trunk, and breast. A study conducted at Stanford University School of Medicine showed that a combination of manual lymphatic massage, compression bandaging, decongestive exercises and intermittent pneumatic compression resulted in volume reduction of edematous limbs of breast cancer survivors by more than 45%.\* The therapists at the Breast Health and Rehabilitation Center are skilled in all of these therapies and can individualize treatment for your patient's specific impairment and teach her how to manage her condition on her own at home.

\*Szuba A;Aschalu R; Rockson, SF. Decongestive Lymphatic Therapy for Patients with Breast Carcinoma-Associated Lymphedema. Cancer (95)11:2260-2267, 2002.

### Save the Date!

We look forward to seeing you at the 2008 Susan G. Komen Race for the Cure in San Francisco on Sunday, September 21st. For more details visit [www.komensf.org](http://www.komensf.org).