

SCS Lymphedema Management Programme



Cancer treatment involving removal of lymph nodes and/or radiotherapy can lead to compromised function of the lymphatic system. This may lead to swelling in the affected area, known as lymphedema. If left untreated, swelling can worsen and lead to many complications including pain, mobility issues and recurrent infections. Though lymphedema is a lifelong condition, the key is learning how to manage the condition in long term.

OUR PROGRAMME

- **Complete Decongestive Therapy**

Our certified SCS Lymphedema Therapists provide lymphatic drainage, compression therapy and exercises in order to reduce the swelling. A virtual education talk is held monthly to share about lymphedema, risk reduction and management strategies. A dietitian will also cover individualised dietary advice related to lymphedema.

- **Strength After Breast Cancer**

This supervised strengthening exercise programme is designed to help breast cancer survivors undergo strength training safely and equip them with confidence to continue exercising after completion of the programme.

You may benefit from our programme if you are:

- Having cancer treatment such as surgery involving the removal of lymph node(s) or radiotherapy to your lymph nodes and/ or
- Having swelling in the arm, leg, and trunk as a result of your cancer treatment



Lymphedema Workshop



This workshop aims to empower cancer survivors who had undergone removal of and/or radiotherapy to lymph nodes to take control of the condition and continue to lead a meaningful and active life while mitigating the risk of lymphedema onset or progression.

Topics Covered:

- Understand what is lymphatic system and its function?
- What causes lymphedema and how does it progress?
- Understanding your own risk profile.
- What are the possible complications of lymphedema?
- Risk reduction practices and management options.
- Where and when to seek help?

Cost of the workshop
is between SGD 2
and SGD 15

**Depending on your Means
Test subsidy*

Join our Certified Lymphedema
Therapist in a 2-hour workshop
virtually via Microsoft Teams

**Kindly note that the workshop is only
available in English*

Please approach our staff if you are keen to join!





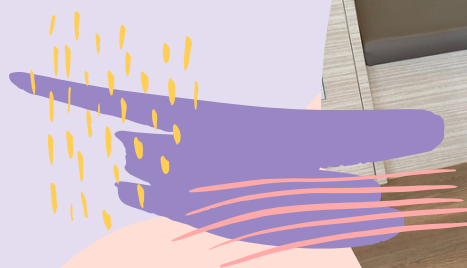
Strength ABC Programme



Strength ABC (After Breast Cancer) is an exercise programme designed to be a partnership between participants and the rehabilitation team. This exercise programme is a series of supervised exercise sessions for individuals who are survivors of breast cancer.

The objectives are as follows:

- To allow participants to undergo a supervised, progressive strengthening exercise program catered specifically for breast cancer survivors
- Empower participants to do exercise safely on their own
- Empowers participants to manage and reduce lymphedema risk



Who should enroll for the programme?

- Individuals diagnosed with breast cancer and had undergone treatment, or breast cancer survivors with risk of Lymphedema
- Individuals with basic English understanding



How is the programme conducted?

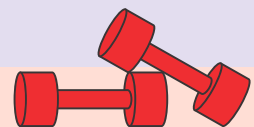
The programme is conducted physically in Singapore Cancer Society Rehabilitation. It consists of 14 weekly sessions over a period of 3 months.

Held on every Monday, 11.00am to 12.00pm.



What is the cost of the programme?

This exercise programme is proudly sponsored by Singapore Cancer Society and is free of charge.



How do I enroll for the programme?

You may approach our front desk or your therapist for assistance to enroll for the programme. Additional information will be provided.