



## SPECIALIZED HOSPITALS FOR REHABILITATION NATIONAL COMPLEX EAD

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### VICTORIA PROGRAM

#### *Complex rehabilitation of women undergone breast cancer surgery*

#### **Place of implementation - SHR-NC, branch in Banya, Karlovo region**

#### **Defining the target group for the rehabilitation program:**

- Women after breast cancer surgery who have completed the active treatment, at adjuvant therapy, not earlier than 3 months after the surgical treatment;
- Women with classified tumor in 1<sup>st</sup> degree, T1-T2, with or without lymph node dissection, without remote metastases M0.
- The ten-day period of treatment should be at least 10 days after the last chemotherapy course, if any.

**Medical rehabilitation:** recovery of the mobile activity of the affected upper limb; prevention of lymphatic stagnation and its related consequences;

**Psychological rehabilitation:** Individual and group therapy;

**Social rehabilitation:** Returning to the everyday life activities, socialization, outdoor and indoor events, art therapy – drawing, applied arts, occupational therapy with knitting, sewing, embroidery, gardening, cooking, music therapy, color therapy.

#### **Required documents:**

- Medical report of the operation with information on the immunohistochemical and histological findings, indicating the stage of the disease according to the international classification;
- Medical report of the chemo- or radiotherapy (if applicable) or a document by oncologist certifying the current therapy;
- Full blood count (up to 20 days ago), blood sugar, lipid status, liver samples, urea, creatinine;
- Tumor marker for mammary gland CA15-3;
- Echography of liver – up to 6 months ago;
- Osteodensitometry – not obligatory

