

# A Rehabilitation Program for Cancer Survivors in Central Texas

 **Seton Family of Hospitals**



Funded by a generous grant by



**TEXAS CANCER COUNCIL**



## Helping you improve your quality of life

Cancer-related fatigue is one of the most common side effects of chemotherapy and radiation treatment.

The Seton Family of Hospitals has a dedicated team of professionals to help adult cancer patients overcome barriers to care and will link them with much needed services, empowering them to take charge of their health. Each program participant will meet with the Cancer Care Team for initial assessment of their rehabilitation plan. The program is specifically designed to reduce fatigue levels and improve the quality of life of each patient.

The program will be offered free of charge to those who face challenges in finding the care they need which is magnified by physical problems caused by the very treatment that works to save their lives.



### Rehabilitation Services

- Each patient is evaluated carefully by a Physical Therapist
- Individualized treatment programs are created to improve cardiovascular fitness, strength, and flexibility
- Our goal is to improve patients' rating of quality of life, fatigue levels and endurance by an average of 30%.



### Rehabilitation Services also include:

Stress Reduction Classes

- Yoga
- Reiki
- Meditation and awareness
- Stretching and breathing exercises

Each program participant would meet with the Team's social worker who would determine their un-addressed needs and refer them to one or more team members who help patients cope with treatment related issues and improve their quality of life.

## About the Cancer Care Team and how to reach them:

The Seton Cancer Care Team provides case management and holistic support services for patients who are facing the challenge of cancer. We believe that quality cancer care includes care of the whole person.

Seton's Cancer Care Team has initiated an innovative program aimed at addressing major side effects of cancer treatment, namely chemotherapy-related and/or radiation-related fatigue along with stress relief.

**Please contact us:**  
**Monday - Friday**  
**8:00 a.m. - 5:00 p.m.**

**Phone: (512) 505-5515**  
**Fax: (512) 474-2695**

### Referral Information:

Referrals will be provided through well-established relationships with local community clinics and oncologists as well as from Seton hospitals.

Ask your doctor!

Patients with a history of stroke, seizure disorder, or with orthopedic limitations that prevent them from performing aerobic exercise might not be eligible to participate.