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Rehabilitation of post Breast Cancer surgeries

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Breast cancer is the most commonly diagnosed cancer type, accounting for 1 in 8 cancer diagnoses worldwide. Postoperative morbidity from breast or axillary procedures for breast cancer is reported to be as high as 30%. Appropriate and timely rehabilitation is vital in the recovery from breast cancer surgeries, including breast-conserving surgery, mastectomy, Axillary Lymph Node Dissection (ALND), and breast reconstruction. The most common early sequelae after surgery for breast cancer include Stiffness, Shoulder range of motion, Lymphedema. Patients are at high-risk for Lymphedema with history of Axillary Lymph-Node Dissection (ALND), Regional Nodal Irradiation, Taxane-Based Chemotherapy, increased BMI, and Cellulitis. Lymphedema is a condition characterized by accumulation of protein-rich tissue fluid in extravascular interstitial spaces that causes edema, due to the impairment of lymphatic system, producing chronic inflammation with pain, tightness and heaviness in the arm. Understanding the incidence, prevalence, risk factors, and time course for early postoperative effects and the role of prospective surveillance as a rehabilitation strategy to prevent and mitigate them. Exercise decreases postoperative side effects and improves quality of life, physicians who prescribe exercise can increase patients' motivation and adherence to oncologic treatment protocols. Physical therapy remains a very promising therapy in the recovery of post breast cancer surgeries.

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Biography

Tabitha Rai is a highly experienced physiotherapist with over 10 years of experience in the field. She specialized in Lymphedema management and cancer Rehab, and has worked at renowned hospitals like Medanta Hospital and Yashoda Hospitals. At Medanta Hospital, she worked as a Senior Physiotherapist for over 2 years, while at Aktivhealth, she served as a Clinical Team Lead for over 2 years. Currently, she is the Deputy Incharge Ortho and Cancer Rehab, as well as the Incharge Onco Rehab at Yashoda Hospitals in Telangana, India. Her expertise in Cancer Rehabilitation and lymphedema Management has helped many patients recover from their conditions and lead better lives.

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