

Cancer Survivorship and Rehabilitation: A Multidisciplinary Approach

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DESCRIPTION

Cancer is a disease that affects millions of people worldwide, with over 18 million new cases diagnosed in 2020 alone. While treatment for cancer has advanced significantly in recent years, the impact of cancer and its treatment can still have lasting effects on the body and mind. Cancer rehabilitation is essential part of the treatment plan that can help individuals regain their strength, function, and independence. In this commentary, we will explore cancer rehabilitation and its importance in the management of cancer. Cancer rehabilitation is a comprehensive program that aims to improve the physical, psychological, and social well-being of individuals with cancer. The goal of cancer rehabilitation is to help individuals achieve the highest possible level of function and quality of life, despite the effects of cancer and its treatment. Cancer rehabilitation can include a wide range of services, such as physical therapy, occupational therapy, speech therapy, nutrition counseling, and psychological counseling.

Physical therapy is a vital component of cancer rehabilitation, as it can help individuals regain strength, flexibility, and mobility after cancer treatment. Cancer treatments such as chemotherapy, radiation therapy, and surgery can all cause physical side effects such as fatigue, weakness, and decreased range of motion. Physical therapy can help alleviate these side effects and improve overall function and quality of life.

Occupational therapy is another essential aspect of cancer rehabilitation. This therapy aims to help individuals regain the ability to perform daily tasks and activities, such as bathing, dressing, and cooking. Cancer treatments can affect a person's ability to perform these tasks independently, and occupational therapy can help individuals adapt to these changes and find new ways to complete daily tasks.

Speech therapy can also be a crucial part of cancer rehabilitation. Cancer treatments such as radiation therapy and surgery can affect the throat and vocal cords, leading to difficulty speaking, swallowing, and eating. Speech therapy can help individuals regain these abilities and improve communication and quality of life. Nutrition counseling is also a vital aspect of cancer rehabilitation. Cancer treatments can cause significant weight loss,

malnutrition, and other nutritional deficiencies. Nutrition counseling can help individuals maintain a healthy weight and provide them with the nutrients they need to support their recovery.

Psychological counseling is also an essential part of cancer rehabilitation. Cancer can be a traumatic experience that can lead to significant emotional distress, anxiety, and depression. Psychological counseling can help individuals manage these emotions and cope with the challenges of cancer treatment. In addition to these specific services, cancer rehabilitation can also include support groups and other forms of social support. Cancer can be a lonely and isolating experience, and social support can help individuals connect with others who are going through similar experiences.

Cancer rehabilitation is not only important for the physical and emotional well-being of individuals with cancer, but it can also have significant economic benefits. Cancer treatments can be expensive, and complications from treatment can lead to hospitalization and other costly medical interventions. Cancer rehabilitation can help individuals recover more quickly from treatment, reduce the risk of complications, and ultimately lower healthcare costs. Despite the importance of cancer rehabilitation, many individuals with cancer do not receive these services. Lack of awareness and access to cancer rehabilitation programs can be a significant barrier for many individuals. Additionally, insurance coverage for cancer rehabilitation services can be limited, making it difficult for individuals to afford these services.

CONCLUSION

In conclusion, cancer rehabilitation is essential aspects of cancer treatment that can help individuals regain function, independence, and quality of life after cancer treatment. Physical therapy, occupational therapy, speech therapy, nutrition counseling, psychological counseling, and social support can all be important components of cancer rehabilitation. While access to these services can be challenging, efforts to increase awareness and insurance coverage for cancer rehabilitation can help ensure that all individuals with cancer receive the care they need to recover fully.

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