



# What is Strength After Breast Cancer?

Strength After Breast Cancer (Strength ABC) is a program proven to reduce your risk of developing or worsening breast cancer related lymphedema. It combines education on lymphedema prevention and management with exercises.

## **Why are we doing this program?**

Studies have found that participating in a Strength ABC program had the following benefits:

- 50% reduced likelihood of lymphedema worsening
- 70% reduced likelihood of lymphedema onset among women with 5 or more nodes removed
- Improved strength and energy
- Improved body image
- Reduced body fat
- Prevented declines in physical function that can occur after breast cancer



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### **Who is at increased risk of lymphedema?**

- Patients that have had 5 or more axillary lymph nodes removed.
- Patients that have received or will receive Taxane based adjuvant chemotherapy.
- Patients that have received or will receive radiation therapy.
- Patients that have experienced a post op infection or seroma.
- Patients with a BMI at or above 25.

### **Who is eligible for Strength ABC?**

- Breast cancer survivors with or without lymphedema.
- Breast cancer survivors who have no medical conditions that would preclude participation in a weight-training program.
- Individuals who have had breast cancer can be evaluated to see if they are appropriate for the program.
- Patients who have recently had surgery will need to be cleared for 'usual activity' by their surgeon.
- Patients can start the program after their recovery from surgery and before chemotherapy or radiation, if time permits.
- Patients currently in treatment should be cleared by their oncologist before beginning Strength ABC.

A referral is required. Please speak with your healthcare provider to determine if this program is right for you.

### **Contact us with questions and to schedule an appointment at:**

**IU Health Ball Rehabilitation Center**

**3300 W. Community Drive**

**Muncie, IN 47304**

**T 765.751.2555**

**F 765.751.2694**



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**[iuhealth.org](http://iuhealth.org)**