

# Exercise for Management of Breast Cancer Related Lymphoedema

## PHN EDUCATION SESSION

You are invited to attend this upcoming webinar, gaining insight into research based exercise interventions for individuals living with cancer and chronic conditions. At the Kaden Centre each person will be assessed by a physiotherapist or exercise physiologist. The person will have a program developed specifically for them, with supervision through each session by either a physiotherapist, exercise physiologist or a qualified trainer.

## OVERVIEW

The education session will be presented by the Hunter New England Population Health Unit and will provide important information regarding the following:

- Information on risk factors for developing secondary lymphoedema and who/when to refer on
- Overview of treatment and management strategies for people at risk or who have developed secondary lymphoedema
- Evaluate the evidence supporting the integration of exercise as a management strategy for lymphoedema post breast cancer treatment.
- Gain knowledge about the lymphoedema services provided at the Kaden Centre.

<b>SPEAKERS</b>	Julia Britton – Senior Physiotherapist & Lymphoedema Specialist, Kaden Centre
<b>WHO</b>	General Practitioners, Registrars, Nurses, Aboriginal Health Practitioners/Workers
<b>WHEN</b>	Wednesday, 3rd of July 2024, 6:30pm to 7:30pm
<b>WHERE</b>	Online via GoTo Webinar
<b>RSVP</b>	Please <a href="#">click here</a> to register OR scan the QR code

