

International Online Breast Cancer Rehabilitation Summit 2016  
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***This translation has been done by Google- so may have inaccuracies.***

Everything has a story ... .the breasts also

The goddess Isis breastfeeding future Pharaohs

Medieval high society women were not allowed to breast-feed their children, it was sinful- the wet-nurses appear, responsible for breastfeeding.

A woman Madam Pompadur very clever, she made by the goldsmith make the kingdom a drink cup with the size and shape of your chest, which used to provide for profit to the kingdom. From there the word cup came to indicate breast size when making a bra.

Rubens

The 3 Thank, are the Greek goddesses of

- beauty
- Sweetness
- Friendship

pictorial Realism

RUBENS

Presents intussusception external compatible upper quadrant with Ca advanced breast.

In the photograph is known as The 3 Graces, it was painted by Rubens, painter pictorial realism, which means that the painter painted exactly what he saw.

In 2005 while making a restoration of it was found one of the Graces had a INVAGIACION EXTERNAL, COMPATIBLE SUPERIOR quarter circle with a breast cancer, which must take into account that women who posed for this picture were 16 to 18 years

- INDUSTRIAL rEVOLUTION
- CORSETERÍA
- aS
- PRODUCTION
- early 1800s began the industrial revolution and generated and mass all kinds brassieres to put in the right place at the breasts

In early 1800 began the industrial revolution and generated and mass all kinds of bras to put in the right place to breasts.

FREUD

name panting : FREUD is WHAT MEN HAVE IN HEAD, Freud argued that all long back always to breast.

Woodstock shows the full liberation, a bra-burning is generated

In the 60s, with the emergence of Woodstock and freedom, freedom also appears to our breasts in that time made a burning massive brassieres and protest the oppression suffered our breasts.

In the years 1990 appears the boom of the Silicones

**But that happens when cancer?**

And you can encounter with patients many who have undergone several surgeries and which will have to be approached from different places from the physiotherapy .

1. Patient double mastectomy
2. patient with mastectomy
3. patient with quadrantectomy
4. breast cancer is the leading cause of death among women
5. occur worldwide around 1,200,000 new cases per year to produce about 500,000 deaths
6. 1% are men
7. Men's mortality rate by region indicates that the city of Buenos Aires and the Cuyo region are those with higher death rate

Unfortunately in Argentina there are not many updated statistics, but I think they are very similar to the rest of the world where 1 in 10 women will suffer breast cancer.

- Old Age
- high levels of estrogen
- take hormonal medicines
- Overweight
- Contact with pesticides, DDT
- excessive alcohol

- liver diseases

Should also know that men can suffer breast cancer, while only 1% suffers, often tends to be very aggressive because of that man studies is regularly

- 30% mortality
  - Information
  - Exams adequate
  - accurate diagnosis
- access appropriate treatment

**In the chart what we want to show is that mortality can drop to 30% if the patient**

1. has an accurate and correct information on anticipatory studies
2. can access precise studies
3. These studies lead me to an accurate diagnosis
4. specific diagnosis This result will give me access to appropriate treatment for each patient ... ..
5. in conclusion good information leads to the patient to proper treatment, it is essential to lower the rate of mortality.

**What is the role of physiotherapy in the field of oncology patient ?**

1. We know that surgery can cause functional alterations in the patient, these alterations linked to cancer treatment causes pain and fear in the patient, physical therapy is an important role addressing the pain from physical therapy.
2. the approach of the patient to a body without pain makes precepción fear decrease

Rehabilitation is the set of procedures designed to help a person and bring them to achieve the fullest physical, psychological and social potential and

compatible with their physiological or anatomical deficiency and environmental constraints.vocational

From my perspective rehabilitation should not only restore the patient the optimal functions for your daily life, but should educate them for that

- Kinesiology
  - rehabilitation
- Good health
- Prevention
  
- Education

From the physiotherapy we can address the work of this patient operated from several aspects, we must know that we are effectors of health, therefore work from prevention, education and mainly from the rehabilitation of the functions that are diminished.

- Kinesiology advice
- ADL
- posture correction
- Help with prosthesis
- SEXUALITY
- Orientation with the body
- PHYSICAL ACTIVITY

Aspects to covered from physiotherapy are several,

1. ADL: from the activities of daily life, causing a correction in posture
2. Orientation with the prosthesis, which often directly influences their sexuality
3. Until orientation with the right bra for each patient,

4. To the orientation of physical activity according to your new health

Among the most common complications in the postoperative are

- SYNDROME NETWORK AXILLARY
- LOCK JOINT
- LINFEDEMA

In the photographs we see different types of lymphedema

1. in the first we see a lymphedema caused by an active cancer
2. in the second picture we see a mega lymphedema intended surgery
3. in the third picture looks a Godet or Fovea a hard lymphedema in forearm

The arrival of the patient from different specialties:

1. Oncologist:16%
2. Surgeon12.3%
3. Kinesiólogo: 22.6%

This research 2014 was presented at the world congress of Lymphology, carried out by Flinders University, where shows adherence to treatment of the patient with respect to physiotherapist, that it puts us in a very important place in the rehabilitation of patients.

It stipulates that the 33% of patients at some point present lymphedema, the most common is it after 5 years operated

I have worked for 10 years ago- collaborate for free in FUNDAFEM, this is a foundation responsible for caring for patients without financial resources, are supplied medical care, kinesiology, psycho oncologica, nutrition and area of physical activity to patients operated on for breast cancer,

## VOLUNTARY

Since the Foundation where I work, we have succeeded in reducing the incidence of lymphedema to 20.9 in 5 years of work, educating patients since the immediate post operative

- for 5 years been carrying out educational work with the operated patient, in what is known as immediate postoperative where they explained the important care to have into account to reduce the risk of lymphedema,
- he explains basic care, they are taught specific exercises and taught to have hygienic habits in your arm
- 5 years later the percentage of patients with lymphedema has changed from 33 % to 20.9%
- ordinary life with care, is the phrase that I repeat my patients, to understand that they should lead a full life but with some care
- This phrase is what I repeat to patients daily
- NORMAL LIFE WITH CARE, to the patient
- once operated they should know that must take your life normally but with some care to lower the risks of lymphedema
- Many patients are young and should continue your life as normal possible
- the patient should be informed of risks after surgery . This information must be clear and reliable.

- **NORMAL LIFE WITH CARE**
- AWARENESS TO PATIENT bodily changes (work body schema)
- Making the patient aware of the importance of prevention.
- Ensure adherence to treatment by a qualified professional.
- guidelines for general care arm
- trying to form a network/ care work between the patient and the family.
- weight gain leads to lymphedema.
- One of the most important tools to the physiotherapist is the manual lymphatic drainage
- the patient should attend a trained for that purpose PROFESSIONAL

The manual lymphatic drainage is not masar (?), is a precise technique for a specific effect.

Lymphatic taping is an Important tool in the case of lymphedema, it continues to act until the next session

- Another technique that works in treatment is the taping  
NEUROMUSCULAR
- collaborates especially with patients who live far from the office, the taping continues to work on the lymphatic channels once stimulated manual way





- In the photographs we see syndrome axillary network one of the most common diseases in especially in young patients and thin

One of the most important challenges that we see are the scars, because the surgeon performs the scar necessary to carry out the intervention, but at time of rehabilitation, the difficulties often appear to impact on lymphatic drainage.



**In the photograph** shows a very complex scar to drain arm operated, since the two areas of axillary drainage and subclavian (encueta) clogged.

- brachial plexopathy appears

- tumoral compression for CA advanced
- intra lesion operation that involves outputs brachial plexus
- Another complex pathology when rehabilitation is plexopathy, this is given by the surgery, where a nerve root brachial cut, called nerve of Bell, which supplies the shoulder and impossible for the patient abduction same

Evolution 3 months of treatment

After intense rehabilitation the full arc of motion is achieved

**Radiation therapy is a very complicated issue** to address because under the quadrant irradiated lymphatic damage is massive, it should be the possibility that appear lymphedema in radiation therapy period.

- Fibrosis of the skin.
- atrophy of the dermis.
- functional disorders of the sweat glands.
- disturbances in the healing process.
- radiodermatitis
- At the chemotherapy stage the patient should be aware that some drug produces vascular complications, to anticipate the appearance of lymphedema must inform about drugs that is applied to patient
- the winged scapula is also or problem related to surgery and results in weakening of the muscles supporting the scapula

A very important for the patient and the physiotherapist issue is that the patient has a suitable bra and a suitable prosthesis.

- for the patient is important from aesthetics side
- to the physiotherapist from posture and prevention of lymphedema
- a correct bra assures patient comfort and confidence
- in the picture we see a patient with a mastectomy with inappropriate bra where the prosthesis does not fit comfortably and the sides are small

There are 3 important aspects to consider in a bra

1. the strap should be wide so as not compress the upper area where the lymph is directed
2. the neckline should be high to cover prostheses properly
3. side should also be achos not carry out a league effect, this can lead to edema of the anterior chest, and is very unaesthetic

In photographs we see a patient with the wrong bra and then to put a proper bra changes the aesthetic look and posture

- the strap exercises between 200 and 500mhg PR.
- Is worse when the arm is raised.
- Compresses the Groove pectoral Delto which is the first step then node in the armpit.
- Along with a company designed this SINK LOADS prepared to unburden the delto area pectoral and so reduce the incidence of lymphedema

An important conclusion worth noting the importance of qualified in specific way to treat patients post operated cancer breast

- to gather an interdisciplinary working group
- and mainly trained very well to patients in preventing lymphedema
- education and prevention are the cornerstones of my work with these patients

Thanks !!!!

- El paciente debe ser informado de los riesgos posteriores a la cirugía. Esta información debe ser clara y fidedigna.
- **VIDA NORMAL CON CUIDADOS**
- **CONCIENTIZAR A LA PACIENTE DE LOS CAMBIOS CORPORALES (trabajar el esquema corporal)**
- Lograr que el paciente tome conciencia de la importancia de la PREVENCIÓN.
- Asegurarse la adherencia al tratamiento

junto a un profesional idóneo.

- Pautas de cuidados generales del brazo
- Tratar de formar un grupo AFIANZADO de trabajo entre el paciente y la familia.
- Aumento de peso conlleva al linfedema.