

## What is Cancer Rehab?

Cancer Care....Navigating your Journey is a comprehensive, multidisciplinary program designed to prevent, manage and heal the physical and psychosocial conditions that arise with any cancer diagnosis. Our program has been created to help patients and their families live life with cancer.

Our healthcare team is sensitive, knowledgeable, and specially trained to treat all forms of cancer. This team creates a personalized rehabilitation plan, following patients through their journey with the goals of increasing strength and energy, alleviating pain, improving physical functioning, achieving emotional balance and boosting the immune system. Each team member provides expert medical guidance, education, encouragement and support, for the duration of the program.

### **Cancer Care...Navigating Your Journey Mission Statement**

*To assess, guide and support those with cancer and their loved ones by developing a comprehensive and personalized treatment plan for an optimal outcome with each cancer journey.*



### **Boone County Health Center**

*Dedicated. Caring. Here.*

For more information about this program, please contact our Social Worker, Valorie Slizoski.

402.395.3109



NAVIGATING YOUR JOURNEY.

### **Boone County Health Center**

*Dedicated. Caring. Here.*

723 W Fairview Street  
PO Box 151  
Albion, NE 68620  
402.395.2191

[www.boonecohealth.org](http://www.boonecohealth.org)

## How this Program Can Help?

*From the initial diagnosis through your entire journey with cancer this program has been designed to help. Some difficulties you may experience include:*

- Weakness and fatigue
- Limited mobility due to scar tissue
- Headache
- Decreased neck motion/pain
- Balance problems or struggle walking and/or going up or down stairs
- Numbness or tingling
- Difficulty returning to pre-cancer activities such as chores, shopping or bathing
- Bowel/bladder problems
- Pain/tightness/weakness in joints
- Memory/concentration problems known as chemo brain and understanding the effect of chemotherapy on your memory
- Swallowing/eating difficulties
- Swollen arm/leg
- Trouble speaking
- Feelings of depression
- Sexuality or relationship issues
- Emotional or spiritual guidance
- Wig fitting/make-up application
- Connection to resources



*Your cancer journey is unique to you. You may experience few or multiple side effects. The challenges you face with cancer may be viewed differently by you than your family; this is completely normal. Our program focuses on **YOU** and your recovery while helping your family understand this new life. With the Cancer Care...Navigating Your Journey program, you, your family or caregiver can access as many of the program's components needed to help in your recovery. From illness through wellness, our staff and resources offer family centered care for all stages of cancer.*