

**Do these apply to you  
and would like more  
information?**

- Why are my hands numb?
- What should I do for shoulder pain?
- Why are my compression garments not working to stop swelling?
- Lymphedema, what does that big word mean anyway?
- Do you know your cancer stage and why does it matter?
- How can exercise decrease my risk of heart attack after taking cardio toxic drugs?
- Do you know your radiation dosage and why does it matter?
- Fatigue and falls are common after cancer treatment, is there help for me?
- Do I have to live with pain or limitation of function?
- What can I do to prepare for reconstruction?

**Join our meetings or  
contact us with questions  
at: 337-439-3344 or  
info@partnersinpt.com**

Thanks to advances in cancer treatment, survivorship rates have increased dramatically. Unfortunately, for many people, there are challenges that present themselves both during treatment and after the cancer battle has been won. These challenges can be a result of the cancer itself or from the treatment.

Partners in Physical Therapy truly believes that empowering the patient with knowledge is one key to appropriately manage and even eliminate those challenges. Let us help you understand what the challenges are so that you can become an active participant in your medical care.

**Please join us for monthly meetings to discuss important topics that  
affect life after cancer!**

November 5

Do you know the late effects of chemo?

December 3

Swelling (Lymphedema) and Cancer

January 7

Do you know the late effects of radiation?

February 4

Let's talk about shoulder pain

March 4

Let's talk about reconstruction

April 1

Side effect soup: How to decrease your risk

## Presenters

Lauren Gilley, PT, DPT, CLT

Katie Brittain, PT, DPT, MBA, CLT

Lauren and Katie are both physical therapists at Partners in Physical Therapy. Lauren received her doctorate at Emory University and Katie completed her doctorate at Duke University, graduating summa cum laude.

They have both pursued cancer rehabilitation post graduate study and have successfully completed credentialing as Certified Lymphedema Therapists (CLT) with the Academy of Lymphatic Studies.

Lauren and Katie have multiple years experience working with the cancer population and have seen first hand the power in educating and treating the cancer community.

**Join us to see how our team can help you build a bridge to a better life after  
cancer.**

**Location: 3221 Ryan  
Street Suite D**

**Time: 12:15 to 12:45 PM**

**Dates: First Tuesday of  
each month**

**Cost: Free**

Feel free to bring a brown  
bag lunch and join us in  
discussing life after cancer.

**You may also offer  
suggestions on topics that  
you wish to discuss or ask  
questions by emailing  
info@partnersinpt.com**