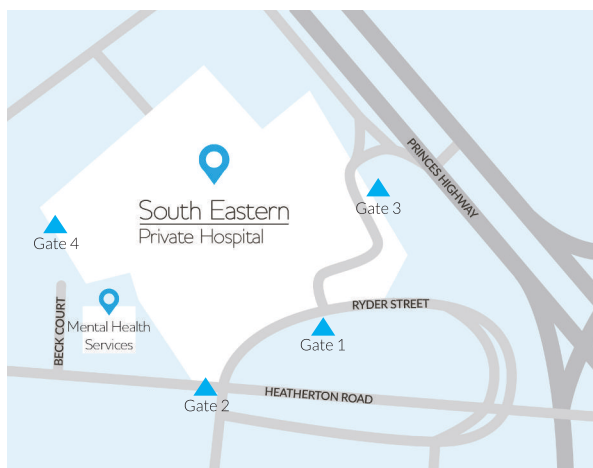


REVERE Program

REHABILITATION FOR BREAST CANCER



For more information on the
REVERE Program
or how to refer, please
phone 03 9549 6438
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General Practitioner



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South Eastern
Private Hospital

healthcare™
Lya Medical



REVERE Program

South Eastern Private Hospital provides a comprehensive rehabilitation program for breast cancer called REVERE. Our team of multidisciplinary health professionals support each individual to achieve their goals.

What does REVERE stand for?

The REVERE name stems from the program's key focus of:

- R esilience
- E ducation
- V itality
- E xercise
- R elaxation
- E mpowerment

Collaborative rehabilitation for breast cancer

Our REVERE program team includes:

- Rehabilitation physician
- Lymphoedema therapist
- Breast care nurse
- Physiotherapists
- Psychologists
- Dietician
- Occupational therapists
- Exercise physiologists

Each group program session runs for two hours twice weekly for eight weeks. Our REVERE program format can accommodate individual sessions as required.

Education and guidance

Our compassionate and dedicated team provides education and guidance on a wide range of issues that can affect individuals living with breast cancer.

The education section of our program covers:

- Emotional impact of a cancer diagnosis
- Depression, stress and anxiety
- Lymphoedema
- Mindfulness and relaxation techniques
- Self esteem, intimacy and sexuality
- Relationships with family and friends
- Benefits of exercise and nutrition
- Cancer related fatigue
- Functional posture and movement
- Resuming lifestyle activities
- Scar management
- Longer term cancer support resources

What are the benefits?

Evidence indicates that a team approach to cancer care can improve quality of life. Benefits of multidisciplinary care include improved satisfaction with overall cancer treatment and improved psychosocial support.

Through relaxation, education and exercise, South Eastern Private Hospital's REVERE program aims to provide an empowering approach to rehabilitation and build a support network for participants.

Through relaxation, education and exercise, our **REVERE Program** aims to provide an empowering approach to rehabilitation and build a support network for participants.

