

## LYMPHEDEMA



Our certified lymphedema specialists treat lymphedema resulting from oncology surgery. Watch the lymphedema videos (QR codes below) to learn about the lymphatic system, early signs and symptoms, and risk reduction strategies.

### Low Risk for Lymphedema

- Less than 5 lymph nodes removed (Sentinel lymph node biopsy)
- Lumpectomy surgery

### Elevated Risk for Lymphedema

- 5 lymph nodes or more removed (Axillary lymph node dissection)
- Obesity- high BMI over 30 (Examples 5'2" over 164 lbs, 5'6" over 186 lbs)
- Radiation therapy including the neck region
- Mastectomy surgery

**If necessary, consult your provider for appropriate referrals.**



Scan to view low-risk lymphedema video



Scan to view high-risk lymphedema video

## REHAB SERVICES



THE QUEEN'S  
HEALTH SYSTEMS



Queen's Outpatient Rehabilitation Services offers Physical Therapy, Occupational Therapy, and Speech Therapy. Located in the Physicians Office Building III Suite 703 in Honolulu, the Women's Health Center in The Queen's Medical Center Nalani Wing, and at EmPower Health at Ocean Pointe in 'Ewa Beach. A physician's order is required to start any rehabilitation service. To learn more about Queen's Outpatient Rehabilitation Services, call **808-691-4211**. Hours: Monday-Friday 8:00 AM – 4:30 PM

## OTHER PROGRAMS

Please contact your insurance companies to ask about their discounted gyms and exercise programs. In addition, they could offer culturally appropriate healthy lifestyle classes and information on diet and exercise.

# Exercise and Rehabilitation Programs

## RESOURCES

- [Basic Exercise Tips by the American Cancer Society](#)
- [Community-Based Programs](#)
- [Online Exercise Classes](#)
- [Lymphedema](#)
- [Rehab Services](#)
- [Other Programs](#)

Created in collaboration with The American Cancer Society and REHAB Hospital of the Pacific by:



## BASIC EXERCISE RECOMMENDATIONS BY THE AMERICAN CANCER SOCIETY

### Children & Teens



At least **1 hour** of moderate or vigorous activity every day.

### Everyone



**Limit time**  
• Sitting  
• Watching TV  
• Other screen time

### Adults



**150 - 300 minutes**  
per week of  
**moderate activity**  
such as:  
• Brisk walking  
• Playing tennis  
• Gardening

**Or**



**75 - 150 minutes**  
per week of  
**vigorous activity**  
such as:  
• Running  
• Fast bicycling  
• Aerobic dancing

**Or** a combination of the two. Getting to or exceeding the upper limit is ideal.



Scan to view guidelines  
or go to the website below

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

## COMMUNITY-BASED EXERCISE PROGRAMS



**226 N Kuakini St, Honolulu, HI 96817**

Our Cancer Rehabilitation Program (CRP) is a comprehensive program that provides outpatient rehabilitation to cancer patients and survivors. Whether newly diagnosed or finished with treatment, we can help decrease pain and enable individuals to safely and effectively regain independence. Our goal is to help patients love their life as they did before cancer. For those who want to increase their independence and fulfill rehab goals, the CRP may be the right path.



[https://www.rehabhospital.org/programs/  
cancer-rehabilitation-program](https://www.rehabhospital.org/programs/cancer-rehabilitation-program)



Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. You'll take a few minutes to learn about a current health topic from a health care provider, then spend the rest of the hour enjoying a healthy walk and a fun conversation. It's a great way to get out, get active, and enjoy all the benefits that come from walking. Walk your own pace and distance.

**1st Tuesday of the month**

**7:30 AM – 8:30 AM**

**Neal S. Blaisdell Park**

**98-319 Kamehameha Hwy, 'Aiea, HI 96701**

## EXERCISE ONLINE CLASSES

