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## **STAR Program® Survivor Education Can Cancer Rehabilitation Help Me?**

**Cancer and cancer treatments sometimes cause problems. They can cause you pain, make you feel tired and keep you from doing the things that you need or want to do. Cancer rehabilitation can help. Our goal is to reduce these troubling effects and help you have the best quality of life possible. Below are the answers to some frequently asked questions that will help you learn more about cancer rehabilitation and how it might help you cope with your cancer and/or cancer treatment(s).**

### **1. What is cancer rehabilitation?**

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Cancer rehabilitation is much like other forms of rehabilitation that happen after a serious illness or injury such as a stroke or car accident. Medical services may include appointments with and treatments recommended by medical professionals, including physiatrists (doctors who specialize in rehabilitation medicine); nurses; physical, occupational and/or speech therapists; and mental health professionals.

### **2. What types of problems can be treated with cancer rehabilitation?**

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Rehabilitation professionals can help you cope with a wide variety of cancer and/or treatment-related conditions and their symptoms. These might include, but are not limited to, pain, weakness, tiredness (fatigue), shoulder problems, balance and walking (gait) problems, memory and concentration issues, swallowing and speech problems, swelling (lymphedema) as well as anxiety and/or depression.

### **3. How will I know if cancer rehabilitation can help me?**

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If you have any problems that you didn't have before your diagnosis, especially if they interfere with your ability to do the things that you need or want to do, cancer rehabilitation can likely help you.

### **4. Will my insurance cover cancer rehabilitation?**

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If the cancer rehabilitation care is provided by professionals with healthcare degrees and licenses in rehabilitation medicine then medical insurance should cover some or all of the costs. These covered items usually include appointments with and treatments recommended by physiatrists, physical therapists, occupational therapists and even speech therapists. Other services that your insurance will usually cover, at least in part, include those provided by nurses and mental health professionals. As with all insurance issues, check with your carrier about deductibles, co-pays and limits.

### **5. What is special about this cancer rehabilitation program?**

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This program is part of the STAR Program network of certified cancer rehabilitation programs. STAR Program Certified is a nationally recognized cancer survivorship accreditation that means that the program is focused on improving the lives of survivors who suffer from the side-effects caused by cancer and its treatments. Certified STAR Programs offer coordinated cancer rehabilitation care that is supported by a team of specially trained medical professionals. As a STAR Program patient, you will receive complete and individualized cancer rehabilitation treatment that has been designed to improve the issues affecting your daily life.

### **6. How can I receive more information about St. Joseph Hospital's Outpatient Rehab STAR Program?**

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For appointment and/or additional information, call St. Joseph Hospital's Outpatient Rehab at (707) 441-4454. A provider referral is usually needed before therapies can begin.

**For more information, call St. Joseph Hospital Outpatient Rehab at (707) 441-4454**