

Cancer-Related Fatigue - Continued from page 5

We understand the delicate balance between energizing the body versus depletion.

Our cancer rehabilitation program incorporates warm-up and cool-down exercises addressing the specific needs of each client based on their diagnosis and deficits, followed by a closely supervised aerobic program utilizing the upper body bike, treadmill, recumbent bike and the elliptical in advanced cases. Patients with lower energy levels may begin with a simple walking program with a progression towards higher level activities when appropriate. All of our patients are seen one-on-one as opposed to a group setting. We feel this individual approach is paramount due to the complexities our cancer patients face on a daily basis.

We welcome all cancer patients, no matter what type of cancer you or a loved one may have, to consider the **Amazing Benefits of Cancer Rehabilitation**. Your quality of life issues matter to us and we feel that we are uniquely qualified, as oncology specialists, to support you during this often challenging time.

Coupon for Free Cancer Rehabilitation Screening

Call our office at 610-695-9913 to set up a free screening for yourself or a loved one suffering with Cancer-Related Fatigue or Poor Energy!

Learn what we can do for you!

Limited to first 20 callers.....expiration date 10/31/2014



“NO ONE WALKS ALONE”

was our Physical Therapy Team’s moto designed by Michele Mallon for the 2014 Breast Cancer “Race for The Cure” in Phila. (pictured left to right Michele Mallon, Stephanie Bean PT, Sue Garrity PT, Christine Hayes PT, Sara Fortunato PTA, Kate Biles PT.

Christine F. Hayes P.T., P.C. and
The Integrated Healing Center
195 W. Lancaster Ave. Suites 2 & 3
Paoli, Pa. 19301



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Christine F. Hayes, PT, PC
and The Integrated Healing Center
Call 610-695-9913

Do You know Someone Who Suffers from Cancer-Related Fatigue?

Not only are cancer-related treatments extremely stressful, but these very same vital treatments can leave you or someone you know completely depleted!

Can anything be done to restore my energy? The answer is Yes!

Look inside and Pass it along!

610-695-9913



**Christine F. Hayes, P.T., P.C.
& The Integrated Healing Center**

*Specializing in orthopedics, sports
physical therapy, women & men’s health,
orthotic fabrications, cancer rehabilitation
& lymphedema treatments.*

Christine F, Hayes P.T., P.C. & The Integrated Healing Center Newsletter

The PT ADVOCATE

Everyone needs a healthcare advocate, let our physical therapy practice be yours!



October 2014 Newsletter

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Our goal is to serve you with such a great experience that you:

1. Thank the person who sent you here
2. AND Refer people you care

PT PATIENTS ENTER TO WIN!

Find the misspelled word in the newsletter and call 610-695-9913 for your chance to win a **\$10.00 gift card!**

Contest for Past and Present patients only!



Welcoming Miriam Brewer, DPT
Newest Member of our Physical
Therapy Staff

Miriam received her doctorate in physical therapy from Temple University in May 2014. She is originally from Michigan where she also earned a Bachelor of Sci-

ence degree in kinesiology from The University of Michigan. When she is not practicing PT, she enjoys yoga, running, cooking and gardening!

Miriam and her fellow Temple PT graduate students, faculty and Alumni had an **amazing service trip to Guatemala** in August this year. This trip was coordinated through “Hearts in Motion” to provide residents of Zacapa, Guatemala with physical therapy services. In 2002, when physical therapists first traveled to Guatemala, PT services were provided on a slotted park bench provided by the public health department. Today these services are provided with the assistance of both American and Guatemalan translators in a fully equipped free-standing rehabilitation center.

“Although we did not work with the “indigenous people” of Guatemala who reside in the Western highlands, the people I met were beyond special. They were the most kind, warm and gentle people, who placed greater

Miriam's Service trip to Guatemala.....

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importance on our happiness, rather than their own.” On the day we went to Esquipulos, over 100 people sat in the entryway, as they watched 30 physical therapists filter in. Some crossed the border from Hondurous to see us. For some, we would likely be the only healthcare professionals they would see all year. That day, a young woman offered me her shoes, an older woman gave me peanuts & sweet treats, while a little girl offered me her kitten! The gentleman who donated his entire home to create a rehab facility for these people, was a previously famous moto-cross rider who became paralyzed from a spinal cord injury. As the day was wrapping up, he said “this may be just one day for all of you, but for these people it feels like a whole year to them.” This will always stay with me, a powerful reminder of the impact we all have on other's lives, without always understanding the magnitude of our actions.”

For the people of Guatemala, it wasn't so much the orthopedic/physical changes we helped them with, it was more the fact that a healthcare provider took the time to patiently listen and care. I suppose in some ways Americans and Guatemalans aren't so different. However, the discrepancies between medical care across the world is heartbreaking to say the least. One of the Hearts in Motion leaders described the trip perfectly.....”people don't care how much you know until they know how much you care!” If you would like to make a donation to “Hearts in Motion”, please visit heartsinmotion.org



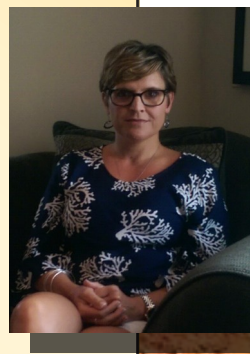
—— Miriam Brewer, DPT

Our New “Refer a Friend” Club Program....

To become a “Refer a Friend” Club Member , one needs to be a past or present patient of Christine F. Hayes, PT, PC , who has made a referral of a friend or family member for physical therapy. Join this prestigious club and receive discounts on an Integrated Healing Center service of your choosing! Club members and 2 guests will also be invited to a free lunch monthly which will host guest speakers or topics to promote health and well-being!

This month's “Refer a Friend” Club Member is Christina Tabarrini

Thank you Christina for referring 3 of your friends/family members to our PT practice! We appreciate the confidence you have displayed in our physical therapy practice and want to honor your commitment to pay it forward via the “Refer a Friend Program”!



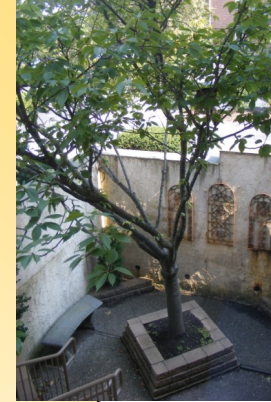
NEWS

INTEGRATED HEALING CENTER

Grand Opening Nov. 1, 2014

Imagine having the all your healing needs met all under one roof! That's right, the very best in both traditional and complimentary medicine are now located on the second and third floors of our physical therapy practice located in Paoli, Pa. Services you can expect to utilize now includes: acupuncture, massage therapy, cranio-sacral, energy healing (Barbara Brenna Healing Science & Reiki), integrated nutrition and wellness coaching, restorative yoga, pi-lates reformer, mat programs and more!

Whether you are a cancer patient recovering from treatment, an active sports enthusiast or a seeker of excellent self-care for stress relief and relaxation, our unique practice was designed especially to meet your needs! **Stay tuned for our Open House (TBD) to meet our Integrated Healing Center practitioners and sample our services**



Success Story - Karen Greene (Amazing Oncology Patient)

“When I first came to Christine Hayes, PT PC, my oncologist had let me know that I probably had 3 months left to live. When I met Chris that 1st day sitting in my wheelchair, I said “I am really tired and I just want to go home!” Chris doesn't take “No” for a response, but proceeds with what she knows is best for a patient with much care and love. I started coming to PT twice a week and did my assigned exercises faithfully at home. Slowly, very slowly, I was able to sit comfortably, stand for more than 10 minutes and walk. Eventually, I was walking on the treadmill @3 mph for 30 minutes!

Somehow under Chris' guidance, I became stronger. My lab numbers became better and better and miraculously I became a stem cell transplant candidate. Once again, Chris guided me and got me as strong as I could be. So I went from being in a wheelchair 9 months prior and being told I wouldn't walk again to a full remission of my cancer over the course of 1 year! Chris and her team were an integral part of my healthcare team and are responsible for my ongoing health and recovery!” —Karen Greene

(Pictured left to right, Christine Hayes, PT, Karen Greene and Sara Fortunato, PTA)



Cancer-Related Fatigue

Do you or someone you know suffer from Cancer-Related Fatigue?

Do you feel that this is an unavoidable side-effect from some of your treatments.....

Do you wonder if you will ever feel “normal” again?

If you answered yes to any of the questions above, you may be very surprised to know that there is help out there to combat the severity of your fatigue. First of all, cancer-related fatigue is the most common side-effect of all cancer treatments! From the time of diagnosis, the trauma of hearing “you have cancer” is a huge stressor which can impact your entire energetic system physically, emotionally and spiritually! Making important treatment-related decisions can feel overwhelming to say the least. In the midst of this crisis, it is critical to build your support team to navigate the best treatment strategies while keeping you feeling your best! Our oncology specialists can help you maintain and improve your energy levels during the time when you need it the most!

Statistics indicate greater than 70% of people experience cancer-related fatigue and if left untreated this debilitating level of fatigue can linger for up to 2 years after all treatment has concluded! We believe this statistic and quality of life issue needs to change and can change! As oncology specialists, we are passionate about educating physicians and patients regarding the benefits of early intervention to combat cancer-related fatigue! De-conditioning, muscle atrophy, potential changes to bone density, weight loss/weight gain etc. all set in rapidly when one is undergoing treatments related to their cancer diagnosis.

Cancer rehabilitation is a highly skilled specialty in physical therapy which requires extensive knowledge of cancer- related surgeries, chemotherapy, hormone therapy and radiation which by themselves or in combination carry the potential for marked fatigue. Our cancer rehabilitation process begins with a comprehensive evaluation of our oncology patient with special attention to the details of our patient's cancer journey to date. **As oncology and orthopedic specialists**, we will assess your muscle strength, flexibility, balance, posture and gait as precursors to beginning a safe exercise program.

Our cancer rehabilitation program parallels cardiac rehab in that we utilize the heart muscle to provide valuable information on how well you are tolerating the exercise routine via your blood pressure, heart rate and the use of a perceived exertion scale. We also stress the importance of energy conservation and pacing activities of daily living so that one does not overdue an activity, including exercise. Overdoing a given exercise can have detrimental side-effects creating more undesirable fatigue.....sometimes for days.

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