



Thursday, August 29, 2019

MEDIA RELEASE: NEW CLINIC OPENS TO HELP CENTRAL COAST CANCER PATIENTS

Recovering cancer patients on the Central Coast have celebrated the opening of a new facility in Erina last night, with the official launch of **Cancer Rehabilitation & Lymphatic Solutions** state-of-the-art specialised clinic.

Having treated hundreds of patients across the region to assist in their cancer recovery, the specialist clinic has been specifically designed to offer cancer rehabilitation and lymphoedema services to patients during and after their cancer treatment.

Cancer Rehab & Lymphoedema Therapist and Clinic Founder, Kate Perkins, said the clinic offers a warm and welcoming environment for patients to regain their strength and confidence throughout their cancer treatment and beyond.

“We’re so excited to be able to offer this space to all of our patients and anyone requiring support and assistance during treatment and throughout their cancer recovery,” says Kate.

“The clinic offers a welcoming and supportive environment, with a dedicated exercise floor space, and two comfortable treatment rooms.

“Our programs are designed to help people diagnosed with cancer during and post treatment to regain strength, movement and energy through education, as well as individualised and group exercise programs.”

The Clinic also offers internationally renowned **PINC & STEEL Next Steps** classes; combining Pilates, yoga and cardiovascular exercises specifically designed to rebuild strength, flexibility and stamina following cancer treatments.

“The results reported by those who have completed the PINC & STEEL programs worldwide confirm the positive impact they have and continue to have long after the program has been completed,” adds Kate.

Cancer rehabilitation services at the new facility include: early monitoring for cancer related lymphoedema; patient education relating to fatigue management and exercise benefits; scar tissue management; breathing techniques; lymphoedema risk minimisation strategies; postural and movement patterns.

Lymphoedema services include: the assessment, treatment and management of primary and secondary lymphoedema; prescription of compression garments; Manual Lymph Drainage Massage; Low Level Laser Therapy; patient education; early monitoring and detection of cancer related lymphoedema.

All services are Health Fund claimable, with EPC GP Management Plans accepted.

To find out more contact **Cancer Rehabilitation & Lymphatic Solutions** on **4312 7033** or email reception@lymphaticsolutions.com.au

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Kate Perkins is a qualified Occupational Therapist (OT) who specialises in cancer rehabilitation, including the early detection and early intervention of cancer related lymphoedema.

Her focus is on helping people who have been diagnosed with cancer recover their strength and movement to enable them to return to doing the things they love faster.

Kate is a certified PINC & STEEL Rehabilitation Therapist, a qualified Lymphoedema Practitioner and a member of the Australasian Lymphology Association.

MEDIA ENQUIRIES:

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