



Quick Recap

Survivorship therapy restores shoulder motion, arm stamina, and confidence with daily activities while monitoring swelling.

Edwin Manarang, RN

SPEAK WITH OUR TEAM

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EMAIL

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HOURS

9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.

Breast Cancer Remission Wellness

Post-Oncology Survivorship Guide



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Lymphedema-aware arm exercises: gentle pumps, elbow bends, and wall walks (as cleared).
- Shoulder ADLs: hair brushing, reaching into cabinets with step stool, and front-closure clothing.
- Drain care: empty as taught, record output 2–3 times daily, milk tubing only as instructed.
- Avoid blood pressure cuffs, blood draws, and IVs on the surgical-side arm to reduce lymphedema risk.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

- Check fatigue, shoulder stiffness, grip strength, and daily activity tolerance.
- Compare arm circumference or fit of sleeves if lymphedema risk exists.
- Screen skin color, temperature, and pain with overhead reaching.

Good to know

- Remission means cancer is controlled; treatment effects may persist.
- Lymphedema risk continues

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Daily shoulder stretches: pendulums, cane/wand lifts, and corner stretches.
- ADLs: carry light loads with affected arm only if cleared; use carts for groceries.
- Posture exercises: shoulder blade squeezes and seated spinal alignment.
- Sleep with the affected arm slightly elevated when comfortable.