

Editorial Note on Cancer Rehabilitation

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Editorial Note

Cancer and its treatment often cause physical, psychological, and cognitive problems. These problems can make it harder to do daily activities or return to work. They may also have a lasting effect on your health. Cancer rehabilitation can help with these problems, which can happen during and after cancer treatment. The goal of cancer rehabilitation is to:

Help you stay as active as possible and participate in work, family, and other life roles. Lessen the side effects and symptoms of the cancer and its treatment. Help keep you as independent as possible.

Improve your quality of life. When to get cancer rehabilitation

You can play a proactive role in your medical care. Talk with your health care team about cancer rehabilitation any time you notice a change in symptoms that makes you less active or makes everyday tasks more difficult. Ask yourself:

Am I having more trouble getting around?

Am I having pain, weakness, or other symptoms?

Am I having trouble thinking clearly?

It is important to address the changes you notice as early as possible so they do not worsen. For example, a little bit of joint stiffness that keeps you from reaching overhead may result in you using your arm less. As a result, the arm may become weaker and stiffer over time. Or a little bit of swelling can actually be an early sign of edema that should be treated before it worsens.

You can also ask your health care team about seeing a cancer rehabilitation professional before you start cancer treatment. The rehabilitation professional can assess your strength, mobility, and activities before problems start. You can then be monitored throughout treatment and beyond to catch issues before they become serious. This approach can increase your quality of life. And it can reduce symptoms and problems that can impact your work and home life.

Cancer rehabilitation is a program that helps people with cancer maintain and restore their physical and emotional well-being. It can help people with cancer recover more quickly and more fully from cancer treatment.

Treatment and rehabilitation:

Cancer treatments Cancer treatments are being continually developed. Increasingly more effective and better-targeted treatments are available. As treatment has developed, the outcomes have improved. Treatment outcomes in Finland are outstanding by international comparisons.

Cancer surgery Surgery is the first option in the treatment of many firm malignant tumours. Surgery to treat cancer removes the cancerous tumour and the healthy tissue surrounding it to prevent the spread of the tumour locally.

Radiotherapy Radiotherapy is a common form of cancer treatment.

Radiotherapy uses high energy, ionising radiation, known as radioactivity. Along with surgery, radiotherapy is another important form of treatment of localised cancer.

Cytotoxic drugs or cytostatics Cytotoxic drugs or cytostatics (also cytotoxic chemotherapy) are drugs used to destroy cancer cells. Cytotoxic drugs inhibit cell division and in this way cause cancer cells to die. Cytotoxic drugs are transported in the bloodstream throughout the body.

Other cancer therapies A number of other cancer therapies are used along with surgery, radiotherapy and chemotherapy. They include hormone therapy, protein kinases inhibitors and immunotherapy. New treatments for cancer are being actively developed and researched.

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Conclusion:

Cancer rehabilitation is a varied and challenging field of increasing public health importance. A growing evidence base suggests that conventional rehabilitative interventions succeed in preserving and restoring the functional status of patients with cancer.

