

CANCER REHABILITATION

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*Here Cancer Begins*

# Case studies

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# Introduction

Issues to consider:

- Pain;
- Psychological health;
- Fatigue;
- Frustration;
- Side effects;
- Family;
- Treatment appointments.




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## Case 1


- Female, 81 years of age;
- Bowel cancer, relapsed;
- Stent fitted, causing discomfort;
- Backache (low down), worsened by physical activity;
- Tired, but not anaemic;
- Oral chemotherapy (6 sessions) won't cure, but might slow down progression.

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## Case 2

- Female, 65 years of age;
- Breast cancer surgery;
- Herceptin (biological therapy) and Taxotere (chemotherapy);
- Developed paronychia (nail disease);
- Felt generally good, but gets tired easily;
- May go onto hormone therapy.

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## Case 3

- Female, 45 years of age;
- Chordoma (bone cancer);
- Lesion on forehead, but throughout body;
- Chemotherapy: Vincristine.

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## Case 4


- Female, 85 years of age;
- Tumour in arm, progressed to arm pit;
- Lymphoedema;
- Poor ROM.

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## Case 5


- Male, 74 years of age;
- Prostate cancer and solid spine metastasis;
- Hormone therapy: Zolodex;
- PSA (prostate specific androgen) 2.5→1.6;
- Hot flushes, fatigue, mood changes, joint pain and swelling, reduced bone density;
- Radiotherapy causing incontinence.

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## Case 6

- Male, 63 years of age;
- Prostate cancer;
- PSA = 6.8;
- Was on hormone therapy, now chemotherapy: 6 of 8 cycles, then going back on hormone therapy;
- No symptoms, no fatigue, feels fine;
- Works on farm, extremely active.

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## Case 7

- Female, 62 years of age;
- Chemotherapy;
- Fatigue, heartburn;
- Depression 3-4 days after treatment;
- Sore, 'corded veins';
- Going on to Taxotere.