

Physiotherapy after breast cancer surgery

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Breast cancer is becoming one of the most common conditions all over the world as well as Bangladesh. Cancer is also now declared as a major type of disability. Breast cancer is the most common type of cancer affecting women. One out of every eight women is at risk of developing breast cancer. In Bangladesh, most women present with late-stage breast cancer. If found at the early stage, 98% of women will survive past five years.

Women with breast cancer often have treatment with some kind of surgery or even multiple surgeries which can include surgical breast biopsy, lumpectomy, mastectomy, lymph node removal, and breast reconstruction surgery.

Any of these can have some side effects like pain, stiffness, lymphoedema etc. It also affects how well you can move your shoulder and arm or go about your ADLs (activities of daily living) like dressing, bathing and combing your hair. Pain and stiffness can cause weakness and limit movement of your arm and shoulder.

Many patients who undergo breast surgery rarely come to a physiotherapist as a part of



their recovery plan, especially if the procedure involved arms, legs or parts of the body that move or regulate movement. But physiotherapy is compulsory management for patients who have undergone breast surgery, including surgery to treat breast cancer and or radiation two the breast. Physiotherapy after breast cancer surgery is important to manage pain, relieve stiffness in the neck, back, chest and shoulders, increase range of motion, improve

fatigue and endurance, increase strength and cardiovascular fitness and correct postural mal-alignment etc. To manage the mentioned complications, the physiotherapists use physiotherapy techniques:

Chest physiotherapy: Exercise to help improve aerobic (heart-lung) capacity is important for women who have had breast cancer. There is evidence that fitness and weight loss may even help lower the risk that some types of cancer will come

back after treatment. Therefore some breathing exercises such as spirometry exercise, Deep breathing exercises (chest expansion and diaphragmatic breathing) are very common to maintain normal lung function also for managing pulmonary complications.

Myofascial release: After breast cancer surgery a patient may have tenderness and muscle spasm over and surrounding the area of surgery including chest wall, shoulder and arm.

Myofascial release and soft tissue mobilisation may help to reduce these muscle spasms thus reduce pain and tenderness.

Lymphatic drainage massage: A special physiotherapy technique that is designed to help reduce your risk of lymphoedema, or swelling in the arm, on the side where you had surgery. These exercises are mainly designed to help regain the range of motion of the arm and shoulder. Ask your physiotherapist about your lymphoedema risk and if you should use exercises to help reduce that risk.

Stretching and strengthening exercise: Physiotherapists can treat muscle imbalance that occurs after breast surgery. Physiotherapists stretch the short muscle and strengthen weak ones. These are not started until 4 to 6 weeks after surgery and must be personalised to your general health, medical condition, and fitness. It is probably best to start a strengthening programme in a supervised setting with a physiotherapist who is specially trained in post-cancer physiotherapy to be sure you are doing the exercises properly.

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GUIDE LINE

CDC updates coronavirus advice for clinicians



The CDC has issued new guidance for clinicians on screening patients for novel coronavirus (2019-nCoV) and caring for patients.

The update includes a new flowchart on identifying and assessing patients with potential coronavirus illness. For patients under investigation, they recommend testing upper respiratory samples from nasopharyngeal and oropharyngeal swabs, and lower respiratory samples should be tested for those with productive coughs. In other coronavirus news:

As of last count, China had 14,000 confirmed cases, including 300 deaths, according to the World Health Organisation. Over 25 countries and territories have patients with the virus.

A seventh case has been confirmed in the U.S. The patient recently traveled from Wuhan, China to California.

The White House declared a national public health emergency. American citizens who have been in China's Hubei Province in the 2 weeks prior to their re-entry will have to undergo up to 14 days of mandatory quarantine upon returning to the U.S. Those returning from mainland China will have to undergo screening upon entry and then will have a monitored self-quarantine. The White House also decided to block entry of foreign nationals (other than immediate family of U.S. citizens and permanent residents) who have been to China in the past 2 weeks.

The Lancet published a modeling study that found that 2.68 people could be infected from one sick person. The article estimates that over 75,000 people in Wuhan had contracted the virus as of Jan. 25. It took 6.4 days for the epidemic to double in size.

HEALTH bulletin



Behavioural therapy more effective for overactive bladder symptoms

Management of overactive bladder (OAB) symptoms in men generally is limited to drug therapies (e.g., α -adrenergic receptor antagonists, antimuscarinic agents). However, in women, combined therapy (behavioural plus drug therapies) is more effective than drug therapy alone. To evaluate the effectiveness of combined therapy in men, researchers conducted a multisite study in more than 200 men (mean age, 64) with OAB symptoms (baseline mean voids/24 hours, 12; baseline nocturia, 2.1). Participants were randomised to one of three groups:

- Drug therapy alone: tolterodine (4 mg/daily) plus tamsulosin (0.4 mg/daily)
- Behavioural therapy alone: Three clinic visits focused on pelvic floor muscle and urge suppression training plus contraction-relaxation exercises
- Combination behavioural and drug therapy

After 6 weeks, urinary frequency improved more in the behavioural-therapy and combination-therapy groups than in the drug-therapy group (mean voids/24 hours, 8.8 and 8.2 vs. 10.2), and nocturia improved similarly (mean overnight voids, 1.3 and 1.3 vs. 1.8). Adverse effects were more common in the groups that received drug therapy (alone or combined) than in the group that received behavioural therapy only (\approx 67% vs. 14%, respectively).

These results favour starting with behavioural therapy. However, as is frequently the case with non-pharmacologic approaches to common somatic symptoms, access to this type of therapy can be limited, and the default approach is a prescription (or two).

Novel Coronavirus (2019-nCoV) MYTH BUSTERS

Is it safe to receive a letter or a package from China?

Yes, it is safe. People receiving packages from China are not at risk of contracting the new coronavirus. From previous analysis, we know coronaviruses do not survive long on objects, such as letters or packages. Can pets at home spread the new coronavirus (2019-nCoV)?

At present, there is no evidence that companion animals/pets such as dogs or cats can be infected with the new coronavirus. However, it is always a good idea to wash your hands with soap and water after contact with pets.

Do vaccines against pneumonia protect you against the new coronavirus?

No. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.

Can regularly rinsing your nose with saline help prevent infection with the new coronavirus?

No. There is no evidence that regularly rinsing the nose with saline has protected people from infection with the new coronavirus. There is some limited evidence that regularly rinsing nose with saline can help people recover more quickly from the common cold.

Can gargling mouthwash protect you from infection with the new coronavirus?

No. There is no evidence that using mouthwash will protect you from infection with the new coronavirus. Some brands or

mouthwash can eliminate certain microbes for a few minutes in the saliva in your mouth. However, this does not mean they protect you from 2019-nCoV infection.

Can eating garlic help prevent infection with the new coronavirus?

Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating

nose. It can even be dangerous to put these chemicals on your skin.

Does the new coronavirus affect older people, or are younger people also susceptible?

People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill



garlic has protected people from the new coronavirus.

Does putting on sesame oil block the new coronavirus from entering the body?

No. Sesame oil does not kill the new coronavirus. There are some chemical disinfectants that can kill the 2019-nCoV on surfaces. These include bleach/chlorine-based disinfectants, either solvents, 75% ethanol, peracetic acid and chloroform. However, they have little or no impact on the virus if you put them on the skin or under your

with the virus.

Are antibiotics effective in preventing and treating the new coronavirus?

No, antibiotics do not work against viruses, only bacteria. The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalised for the 2019-nCoV, you may receive antibiotics because bacterial co-infection is possible.

Source: World Health Organisation



Bangladesh commits to reducing child deaths from pneumonia in 'Global Pneumonia Forum'

STAR HEALTH REPORT

Government officials from Bangladesh committed to reaching global targets of reducing child pneumonia to 3 pneumonia deaths per 1000 live births in 'Global Pneumonia Forum'.

World's first global conference on childhood pneumonia was held in Barcelona from 29th to 31st January which was attended by two Government Officials from Bangladesh, Shamsul Haque, Line Director, MNC&AH and Shariful Islam, Program Manager, National Newborn Health Program and Integrated Management of Childhood Illness, both representing Ministry of Health and Family Welfare, Government of Bangladesh.

A report recently released by Save the Children and Johns Hopkins University highlights that more collaborative efforts to fight pneumonia could avert nearly 140,000 child deaths from pneumonia and other related diseases in Bangladesh over the next ten years.

Pneumonia is one of the leading killers of children under 5 in Bangladesh. More than 1 in 10 under-five deaths in Bangladesh is because of pneumonia. However, we can save an estimated 140,000 children over the next decade if we act now.

Most deaths from pneumonia in development and emergency context can be averted by ensuring high coverage of pneumonia vaccines, timely treatment of pneumonia at the community level and appropriate infant and young children feeding.

  /StarHealthBD

Corona Virus, Aware to Care

Can kill 65 Million Lives. Death toll in China is 700 with confirmed cases of 34,546 (up to 8 Feb). Let's aware ourselves to protect ourselves.

How it spreads?

- Mainly through air droplets in the air
- Through sneezing and cough
 - Touching the victimized person
 - Touching your mouth or nose after in contact with any object that has presence of virus
 - Unhygienic toilet/washroom



Symptoms

- Cold
- Cough
- Fever
- Sinusitis
- Throat ache
- Headache
- Breathing Difficulty (losing of sense in severe case)

People with weak immune system (eg. Children, Senior citizen) may face pneumonia and bronchitis



Prevention

- Frequently wash your hands with soap or hand sanitizer
- Do not touch your nose or mouth with uncleansed hands
- Cover your nose or mouth while sneezing or coughing
- Avoid close contact with people suffering from cold or flu
- Properly cook meats and eggs
- Avoid contact with pets or animals with naked hands
- May use mask at outdoors

When to Wash Your Hands -

- After sneezing or coughing
- After attending to a patient suffering from cold or flu
- Before and after preparing food
- After coming from washroom or toilet
- Whenever your hand feels dirty
- After in contact with feces of pets or animals

Upon reveal of symptoms, drink lots of water and fluids, take adequate rest and seek advice from your nearest doctor.



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