

# Strength After Breast Cancer Program

**Where:** Markham Lymphatic Centre

**Length:** 1 hour long (every other week)

**Type:** Group session (maximum 3 per group)

**Cost:** \$40 per session

**When:** Times vary based on group



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**Please ask our staff for information about this program**

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Strength After Breast Cancer (Strength ABC) is program designed to teach breast cancer survivors that slowly progressive weightlifting performed twice weekly can reduce the onset or worsening of breast Cancer-related lymphedema.

Strength ABC was chosen because of the positive outcomes demonstrated by the PAL trial, a large clinical trial conducted at the University of Pennsylvania, composed of 154 BrCA survivors WITHOUT lymphedema and 141 BrCA survivors WITH lymphedema.

Women who participated showed these benefits:

- 50% reduced likelihood of lymphedema worsening
- 70% reduced likelihood of lymphedema onset among women with 5 or more nodes removed
- Improved strength and energy
- Improved body image
- Reduced body fat
- Prevented declines in physical function that can occur after breast cancer



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<http://www.markhamlymphaticcentre.com>