

LifeStrength Center for Cancer Rehabilitation and Lymphedema Care Opens in Nashville



As part of our commitment to practicing patient-centered medicine, e+CancerCare has launched the LifeStrength Center for Cancer Rehabilitation and Lymphedema Care in Nashville. The facility, located adjacent to our corporate headquarters, is one of Tennessee's only outpatient centers focused on the wellness needs of cancer patients. Staffing the center are licensed physical, occupational and massage therapists and exercise science specialists, all with advanced training in cancer and lymphedema care. Their one-on-one work with patients through tailored rehabilitation programs will help improve function and overall quality of life.

Why Lymphedema Therapy? This is a therapeutic specialty not commonly offered in rehabilitation facilities, but is critical to managing debilitating swelling and pain that can accompany cancer treatment or result from a congenital abnormality. Given the privacy afforded by the center's individual

appointment scheduling, expertly trained lymphedema therapists are able to provide pain relief and improve morale with a range of components including complete decongestive therapy, ongoing exercise protocols, compression bandaging, skin care and education.

LifeStrength is the result of a number of forward thinking people who recognized an opportunity to enhance the quality of life of cancer patients through wellness programming. One of these is exercise specialist, Matt Poe, MS, CET, the center's leader. Says Matt, "Tim Petrikin and I share a friend in common, Pat Rooney, who's battle with cancer allowed our paths to cross and planted a seed for the LifeStrength center. Pat's wife once told me that his appointments with me were the only ones he didn't dread, and it became clear to me that helping restore a little hope for someone and allowing them to feel a little like they used to feel before cancer was really the bottom line."

Employee Spotlight

meet: Megan Yoder
EMR Special Projects Leader

Although the Denver area is home for Megan, her work training cancer center nurses to use our oncology-based Electronic Medical Records system keeps her on a continual orbit between Gainesville, Florida, and Casper, Wyoming. Megan has been part of the e+CancerCare family for six years, first as a nuclear medical technician, and now leading one of our special projects efforts.

WHAT IS YOUR FAVORITE QUOTE?

"It is our attitude at the beginning of a difficult task which, more than anything else, will affect it's successful outcome."
-philosopher William James

WHAT IS A FUN FACT ABOUT YOU THAT WOULD BE SURPRISING?

Not many people know I'm getting married in October.

WHAT ARE YOUR HOBBIES/INTERESTS?

I love anything that gets me outdoors - golf, snowboarding, you name it!

IF YOU WERE STRANDED ON A DESERT ISLAND WHAT THREE THINGS WOULD YOU WANT TO HAVE WITH YOU?

My family, my dog, Sierra (a golden/black lab mix), and a surfboard.

WHAT MOTIVATES YOU EVERYDAY?

I'm lucky that I'm doing a job I love to do, and I enjoy working side by side with our nurses to teach them how to best use our record system so they can spend more time caring for their patients and less time worrying about record management. At the end of the day, even though I'm not directly involved with patient care, my job is about making sure that our patients have a good experience while they are in our care, regardless of the outcome. Knowing that I've touched others' lives motivates me to work hard.

THREE WORDS THAT DESCRIBE YOU:

Dependable, sincere and conscientious

FAVORITE BOOK?

The Cranberry Queen by Kathleen DeMarco.

