



BE EMPOWERED!

**BREAST CANCER AWARENESS
MONTH 2024**



**National Cancer
Centre Singapore**
SingHealth

Virtual CancerWise Workshop

Chemotherapy-Induced Peripheral Neuropathy



Ms Charmaine Lim
Physiotherapist
Singapore General Hospital

TOPIC HIGHLIGHTS

1. What is chemotherapy-induced peripheral neuropathy (CINV)?
2. How do I exercise safely?
3. What exercises should I be doing?

Prevention of Lymphedema Post Breast Surgery



Ms Esther Tan
Occupational Therapist
Singapore General Hospital

TOPIC HIGHLIGHTS

1. What is lymphedema?
2. Risk factors of lymphedema
3. Myths of do's and don'ts post breast surgery



12 Oct 2024 (Sat)



10 am to 12 pm



VIA ZOOM

Scan to Register!



<https://for.sg/cipnandlymphedema>